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# Milk 1% PC (1% Milk)

SERVING SIZE	ALLERGIES
8 fl. oz	ⓘ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Roll Wheat f/RTB Dough (Wheat Dinner Roll)



EC7



RG7

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	350.0 °F	63 °C	Bake	1 each	<b>ⓘ Contains: AllergenWheat; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	22 g	4 g	2 g	50 mg	230 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3 Roll Dough, Whole Wheat	10 each	25 each	50 each	100 each	Place rolls 2 inches apart on baking sheet and bake at 350F/177C until golden brown.
4					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5					CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Roll Wheat f/RTB Dough (Wheat Dinner Roll)



**Regular Easy to Chew (EC7):** NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture Easy to Chew. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

**Regular (RG7):** NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture only. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Chicken Breast Balsamic Blackberry (Balsamic Blackberry Chicken)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	400.0 °F	74 °C	Bake	3 Oz	<b>ⓘ Contains: Corn; Garlic; Allergen Sulphites; Chicken; Onion</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	17 g	19 g	3.5 g	20 mg	70 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Chicken, Breast Bnls Sknls Large	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	In a large skillet over medium-high heat, lightly brown chicken breasts on both sides. Transfer chicken to prepared pan(s).
	Oil, Olive	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	
<b>3</b>	Water, Tap	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt	Warm Combine water and base to make broth. In a large bowl, whisk together the broth, thyme, blackberry preserves, fresh blackberries and vinegar. Pour blackberry sauce over chicken in pan, and place in oven to bake.
	Base, Chicken Paste LS G-F	0.5 Oz	1 Oz	1.5 Oz	3 Oz	
	Thyme, Dried Leaves	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	

# Chicken Breast Balsamic Blackberry (Balsamic Blackberry Chicken)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Jam/Preserves, Blackberry Bulk	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		
	Blackberries, Fresh	1.5 Oz	4 Oz	8.5 Oz	1 lb 1 Oz		
	Vinegar, Balsamic	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
4	Cornstarch	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		While chicken cooks, whisk together cornstarch and cold water to make a slurry. Set aside.
	Water, Tap	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Cold	
5							Remove chicken from oven, set aside to rest. Pour sauce/juices from cooking pan into a large saucepan. Stir cornstarch slurry into the saucepan and bring to a gentle boil over medium-high heat, stirring occasionally until sauce thickens, 5-7 minutes.
6							To serve: Spoon 2 Tbsp sauce over each 3 oz chicken breast.
7							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Chicken Breast Balsamic Blackberry (Balsamic Blackberry Chicken)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
11							Discard unused product.

# Melon Watermelon Cantaloupe f/Fresh (Fresh Watermelon & Cantaloupe Cubes)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	12 g	2 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Watermelon, Seedless	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb	Diced	Cut in bite size chunks, 1/2 inch in size. Mix together.
<b>2</b> Melon, Cantaloupe Fresh	13 Oz	2 lb	4 lb	8 lb	Diced	
<b>3</b>						CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Barley Mushroom Pilaf (Barley Mushroom Pilaf)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Bake	1/2 Cup	<b>ⓘ Contains: Onion; AllergenWheat; Corn; AllergenSoy; AllergenMilk; Mushroom; Chicken; Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	19 g	4 g	2.5 g	20 mg	130 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Barley, Pearl	7.5 Oz	1 lb 3 Oz	2 lb 6 Oz	4 lb 12 Oz	Chopped	Saute barley and vegetables in margarine.
	Onion, Yellow	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz		
	Mushrooms, Pieces Cnd	5.5 Oz	14 Oz	1 lb 12 Oz	3 lb 8 Oz		
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
<b>3</b>	Soup Broth Chicken f/Base	2 3/4 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 12 Cup		Add broth. Pour into a 12 x 20 x 2" counter pan. Bake at 350F for 1 1/2 hours.
<b>4</b>							*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.

# Barley Mushroom Pilaf (Barley Mushroom Pilaf)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5							CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Soup Broth Chicken f/Base (Chicken Broth)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Boil	6 fl. oz	<b>ⓘ Contains: Chicken; Onion; Corn; Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	2 g	1 g	0 g	10 mg	120 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Base, Chicken Paste LS G-F	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	Heat Water and add Base, stirring until well dissolved, heated to *internal temp of 145F/62C held for 15 sec.
	Water, Tap	1 3/4 Qt	1 Gal 2 Cup	2 Gal 4 Cup	4 Gal 8 Cup	
<b>3</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Vegetable Mix Capri Blend (Capri Blend Vegetables)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	63 °C	Steam	1/2 Cup	<b>ⓘ Contains: Carrots; AllergenMilk; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	4 g	1 g	2 g	20 mg	65 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Vegetable Mix, Capri	2 lb	5 lb	10 lb	20 lb	Steam vegetables until tender. Add seasoning and mix well.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
<b>3</b>					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.	
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
<b>5</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	

## Vegetable Mix Capri Blend (Capri Blend Vegetables)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		10	25	50	100	
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7						Discard unused product.