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Milk 1% Bulk 8 flz (1% Milk)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	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 Milk, 1% Bulk	2 1/2 Qt	1 Gal 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk cups.
3					CCP -- Maintain <40F/4C; discard unused product. (FDA)

Roll Wheat (Wheat Roll)

SERVING UTENSIL	SERVING SIZE	ALLERGIES
Tongs	1 each	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	15 g	3 g	1.5 g	30 mg	150 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.

Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	0 g	0 g	1 g	0 mg	40 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.

Seafood Newburg w/Shrimp & Fish (Seafood Newburg)

COOK METHOD	SERVING SIZE	ALLERGIES
Heat	4 fl. oz	ⓘ Contains: AllergenMilk; Onion; AllergenFish; AllergenShellfish; AllergenCrustacean; AllergenWheat; Citrus; AllergenSulphites; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	11 g	15 g	12 g	150 mg	530 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Fish Pollock Baked	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Prepared	Thaw Salad Shrimp at <40F. Prepare Baked Pollock and Newburg Sauce according to separate recipes.
Sauce Newburg Hmd	1 1/8 Qt	2 3/4 Qt	1 Gal 5 Cup	2 Gal 11 Cup	Prepared	
3 Shrimp, Salad Style	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		Cut Fish into 1/2 inch pieces. As close to service as possible, combine Fish, Shrimp and Sauce. Toss gently to evenly coat. Reheat until *internal temp reaches 145F held for 15 sec.
4						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.

Seafood Newburg w/Shrimp & Fish (Seafood Newburg)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5							CCP -- Cool: Product must reach 135F/57C 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.

Fish Pollock Baked (Baked Pollock)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	375.0 °F	63 °C	Bake	3 Oz	ⓘ Contains: AllergenFish; AllergenMilk; AllergenSoy; Citrus; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	0 g	14 g	8 g	50 mg	125 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Fish, Pollock 2-4z	2 lb	5 lb	10 lb	20 lb		Portion fish into serving size pieces onto baking sheet and sprinkle with seasonings. Refrigerate until ready to use. Melt margarine and add lemon juice. Drizzle over fish.
Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Pepper, White	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp		
Margarine, Solids	1/3 Cup	1 Cup	2 Cup	1 Qt	Melted	
Juice, Lemon Bulk	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
3						Bake until fish flakes easily.

Fish Pollock Baked (Baked Pollock)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4							Fish: Cook to internal temp of 145F/63C held for 15 sec.
5							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.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8							Discard unused product.

Sauce Newburg Hmd (Newburg Sauce)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
63 °C	Simmer	2 fl. oz	ⓘ Contains: AllergenMilk; Onion; AllergenWheat; AllergenSulphites; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	6 g	2 g	5 g	75 mg	130 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Onion, Yellow	2.0 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	Diced Small	Sauté onion in margarine.
	Margarine, Solids	1.5 Oz	4 Oz	8.5 Oz	1 lb 1 Oz		
3	Flour, All Purpose	1.5 Oz	3.5 Oz	7.5 Oz	14.5 Oz		Stir in flour with wire whip. Cook, stirring constantly, for 10 minutes. Do not brown.
4	Milk, 2% Bulk	1 1/2 Cup	4.0 Cup	2.0 Qt	4.0 Qt	Scalded	Gradually add milk, salt, pepper & paprika. Stir until smooth. Simmer for 5 to 10 minutes or until raw flour taste disappears.
	Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Pepper, White	1/8 tsp	1/8 tsp	1/4 tsp	1/2 tsp		
	Paprika	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		

Sauce Newburg Hmd (Newburg Sauce)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5	Wine, Cooking Sherry	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1.0 Cup		Add sherry. Stir until smooth.
6	Cream, Half & Half	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		Gradually, add half & half. Stir until well-blended . Do not boil.
7							Use as directed in other recipes.
8							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
9							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.
10							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
11							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Rice Long Grain & Wild (White & Wild Rice Blend)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
35 Min	350.0 °F	63 °C	Bake	1/2 Cup	ⓘ Contains: Rice; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	26 g		3 g	1 g	30 mg	55 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp	Melted	Place rice and margarine in shallow baking pan. Add salt, and boiling water amount according to manufacturer's instruction. Stir. Cover pan with heavy duty foil. Bake for 30-35 min until liquid is absorbed. Fluff with fork.
Margarine, Solids	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
2 Rice, Wild & Long Grain Blend	11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb	Boiled	
Water, Tap	3 1/3 Cup	2 1/8 Qt	1 Gal 1 Cup	2 Gal 2 Cup		
3						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Rice Long Grain & Wild (White & Wild Rice Blend)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4							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.
5							CCP -- Cool: Product must reach 135F/57C 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.

Broccoli Spears f/Frz (Broccoli Spears)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
5 Min	63 °C	Steam	1/2 Cup	ⓘ Contains: Broccoli; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	7 g	4 g	2 g	75 mg	45 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Broccoli, Spears Frz	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	Arrange partially thawed broccoli spears all in one direction in cooking pans. Steam for 5 minutes or until tender. Add seasoning and mix well.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	
	Parsley, Dried	3/4 tsp	1 1/2 tsp	1 Tbsp	
3					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.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Broccoli Spears f/Frz (Broccoli Spears)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
6						Discard unused product.