



MEALS on WHEELS
BUTLER COUNTY

Ingredient Book

2025

Questions? Please give us a call at

513-867-6222

Dear Meals on Wheels recipient,

We are committed to enhancing the lives of older adults in our community. Whether you are receiving only meals from us, or a combination of meals, transportation and in-home support, you can count on us to provide the right amount of help that you need to support your independence.

This booklet provides you a listing of the ingredients that make up the meals that you receive.

As always if you have any questions, comments or concerns about our service, please give our office a call at 513-867-6222.

Sincerely,

Julie Koebel

Meals on Wheels Assistant

Beef Meals

Meatloaf Beef (Beef Meatloaf)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
		Beef, Ground 80/20	11 lb 8 Oz		1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well. Thoroughly combine Ground Beef.
		Milk, 2% Lowfat Bulk	1 Cup		2. Combine Milk and Bread into a paste to form Panada.
		Bread, White RTS	1 lb		
		Cheese, Parmesan Grated	3 Tbsp		3. Knead Panada with Meats and mix in Cheese, Garlic, Onion, Egg, Oil, and Herbs. Mix thoroughly and season with Salt and Pepper.
		Garlic, Fresh	1/2 Cup	Chopped Fine	
		Onions, Yellow, Fresh	1 3/4 Cup	Chopped	
		Egg, Fresh Shell Large Pasteurized	6 each		
		Herb, Oregano, Fresh	3 Tbsp 2 tsp	Chopped	
		Herb, Parsley Italian Fresh	3 Tbsp 2 tsp	Chopped	
		Oil, Olive	3 Tbsp 2 tsp		
		Salt, Iodized Rounds	2.0 tsp		
		Spice, Pepper, Black Grd	1 tsp		
		Ketchup, Bulk	1/2 Cup		4. Form into football-sized loaves and place on greased sheet pans or roasting pans. Combine Ketchup, Tomato Paste, and Water and pour evenly over Meatloaf.
		Tomato, Paste Cnd	1/2 Cup		
		Water, Tap	1 Cup		
					5. Bake at 350F until *internal temp >160F held for 15 seconds.

50.19/Servings

Contains: Allergen Eggs;
Allergen Milk;
Allergen Wheat; Garlic;
Onion; Tomato

COOK TIME	COOK TEMP	COOK METHOD
60 Min	350.0 °F	Bake

SERVING UTENSIL	SERVING SIZE	YIELD
Spatula	3 Oz	48

NUTRIENTS PER SERVING

CHO	8 g	Calories	340	K	400
			kcal		mg
Sodium	290 mg	PRO	22 g	FAT	24 g

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
					6. CCP – Maintain >140F/60C for only 4 hrs. CCP – Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP – Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.



Meatball Swedish (K)(M) (Swedish Meatballs)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	----	-----------------	------------------

1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Combine all Ingredients. Mix well. Portion into 1 1/2z Meatballs using a #24 scoop. Brown in oven until CCP - 155F Cook to internal temp & hold for 15 sec. Transfer to steamtable pans.

Beef, Ground 80/20 8 lb

Bread Crumbs, Plain Fine 1 lb

Egg, Fresh Shell Large Pasteurized 2.0 Cup

Onions, Yellow, Fresh 12 Oz Chopped Fine

Salt, Iodized Rounds 1 Tbsp 1 tsp

Spice, Nutmeg, Grd 1 Tbsp

Spice, Garlic Powder 1 Tbsp

Sauce Meatball Swedish (K)(M) 3 Qt

2. Prepare sauce per separate recipe. Serve 3 Meatballs with 2 fl. oz of Gravy.

3. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

4. Cook Time: 15-20 min

50.28/Servings

Contains: Allergen Eggs;
Allergen Milk;
Allergen Soy;
Allergen Sulphites;
Allergen Wheat; Beef;
Citrus; Garlic;
Mushroom; Onion;
Tomato



COOK TEMP	COOK METHOD
400.0 °F	Bake

SERVING UTENSIL	SERVING SIZE	YIELD
Spoodle	3 each	48

NUTRIENTS PER SERVING			
CHO	11 g	Calories	300 kcal
Sodium	380 mg	PRO	17 g
		FAT	20 g
		K	350 mg

Sauce Meatball Swedish (K)(M) (Swedish Meatball Sauce)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	----	-----------------	------------------

1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool water and drain. In a stock pot melt margarine and add Onion, Mushrooms and Garlic and continue to cook until Onion is translucent.

Margarine	9.5 Oz	
Onions, Yellow, Fresh	1 lb 12 Oz	Diced
Mushrooms, Medium Fresh	2 lb 6 Oz	Sliced Thin
Garlic, Fresh	1.5 Oz	Chopped Fine

2. Add Wine, Lemon Juice and Beef Stock and bring to a simmer. Reduce heat and continue to simmer for 40 minutes.

Wine, Sauterne	1 1/4 Cup	
Juice, Lemon Conc Bulk	1/3 Cup	
Stock Beef	1 Gal 2 Cup	

3. Combine Flour into Sour Cream with a whip until well blended. Stir Sour Cream mixture into Beef and bring back to simmer remove from heat and put in pans. Do NOT boil.

Flour, All Purpose	2/3 Cup	
Sour Cream, Parve	1 lb 4 Oz	

4. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

50.32/Servings

Contains: AllergenSoy;
AllergenSulphites;
AllergenWheat; Beef;
Citrus; Garlic;
Mushroom; Onion;
Tomato



COOK TIME	COOK METHOD
-----------	-------------

30 Min Simmer

SERVING UTENSIL	SERVING SIZE	YIELD
-----------------	--------------	-------

Ladle 4 Oz 48

NUTRIENTS PER SERVING

CHO	6 g	Calories	100 kcal	K	125 mg
Sodium	115 mg	PRO	2 g	FAT	7 g

Pasta Spaghetti & Meat Sauce Hmd (Spaghetti & Meat Sauce)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
		Beef, Ground 80/20	11 lb 8 Oz		1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Brown Meat. Pour off fat. *Use immediately or chill <40F until ready to use.
		Onions, Yellow, Fresh	1 lb.	Chopped Fine	2. Prepare tomato sauce per separate recipe. Mince Onion. Add Tomatoes, Sauce, Water, Sugar, and Spices to cooked Meat. Cook slowly, stirring frequently, until thickened, about 1 hr and *internal temp >155F for 15 sec is reached. *Maintain >140F for only 4 hrs.
		Tomato, Diced Cnd	3 Qt		
		Sauce Tomato	1 3/4 Qt		
		Sauce, Worcestershire	1/4 Cup		
		Water, Tap	2.0 Cup		
		Sugar, Granulated Bulk	1/4 Cup		
		Spice, Garlic Powder	1 Tbsp		
		Herb, Basil, Dried Leaves	2.0 tsp		
		Herb, Oregano, Dry	1 Tbsp		

3. Heat to boiling enough Water for amount of Pasta to be prepared. Cook Spagetti according to separate Recipe. CCP - 145F Cook to internal temp & hold for 15 sec. Serve 1/2 C Sauce with 1/2 C Pasta.

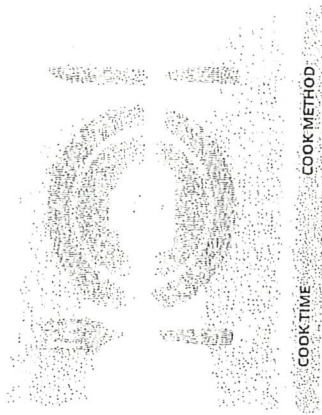
4. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding.

5. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs.

6. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

S0.16/Servings

Contains: AllergenFish;
AllergenWheat; Garlic
Onion; Tomato



COOK TIME

60 Min

COOK METHOD

Simmer

SERVING UTENSIL

Ladle

SERVING SIZE

1 Cup

YIELD

48

NUTRIENTS PER SERVING

CHO	17 g	Calories	350	K	700
			kcal		mg
Sodium	310	PRO	22 g	FAT	22 g
	mg				

Pasta Spaghetti Plain (Spaghetti)

SERVINGS

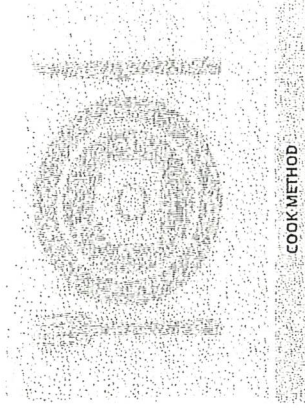
PRODUCT ID	VENDOR	INGREDIENTS	PREPARATION STEP
		Pasta, Spaghetti Dry	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Add Pasta to boiling water, gradually while stirring. Cook uncovered at a fast boil until tender, about 10 min. Test for doneness. Pasta should still be firm to the bite. Stir occasionally to help prevent sticking. Drain. CCP - 145F Cook to internal temp & hold for 15 sec.
		Water, Tap	

1 Gal 4 Cup

2. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2 hrs and 70F to 40F within 4 hrs. CCP - Reheat: To internal temp of 165F/74C hold 15 sec within 2 hrs-one time only.

50.07/Servings

Contains: AllergenWheat



COOK METHOD

Boil

SERVING UTENSIL	SERVING SIZE	YIELD
Tongs	1/2 Cup	48

NUTRIENTS PER SERVING

CHO	24 g	Calories	120 kcal	K	75 mg
Sodium	10 mg	PRO	5 g	FAT	0 g

Beef Stuffed Pepper Hmd (Stuffed Bell Pepper)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
		Rice, White Parboiled, Dry	1 lb		1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Cook Rice following directions on package.
		Peppers, Green Med Fresh	24 each		2. Wash Peppers; remove stem end. Cut in half and remove seeds. (If you want softer pepper you can par steam or boil the peppers until tender, before stuffing them CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs)
		Onions, Yellow, Fresh	1 1/2 Cup	Minced	3. Combine all Ingredients together. Once combined, mix well and add Rice. Using #8 dipper fill each Pepper with Meat. Single layer Peppers in steam table pan.
		Beef, Ground 80/20	10 lb		
		Egg, Liquid Whole	1 1/4 Cup		
		Spice, Pepper, Black Grd	1 Tbsp		
		Milk, 2% Lowfat Bulk	2.0 Cup		
		Bread Crumbs, Plain Fine	3.0 Cup		
		Butter	1/3 Cup		
		Sauce Tomato	2 Qt		4. Pour Sauce over Peppers. Cover and bake to CCP - 165F Cook to internal temp & hold for 15 sec.
					5. CCP - Maintain >140F Temperature should be taken every 2 hours during holding. CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP--Reheat To internal temp of 165F/74C hold 15sec within 2hrs-one time only.
					6. Cook Time: 45-60 Minutes

S0.52/Servings

Contains: Allergen Eggs; Allergen Milk; Allergen Soy; Allergen Wheat; Beef; Garlic; Onion; Peppers; Bell; Tomato



COOK TEMP		COOK METHOD	
350.0 °F		Bake	
SERVING UTENSIL	SERVING SIZE	YIELD	
Solid Spoon	1 each	48	
NUTRIENTS PER SERVING			
CHO	21 g	Calories	360 kcal
Sodium	250 mg	PRO	21 g
		FAT	22 g
			650 mg

Sauce Tomato (Tomato Sauce)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	-----------------	------------------

		Tomato, Puree Cnd	6 lb	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. In a stock pot heat oil and sauté onions until translucent and then add garlic.
		Onions, Yellow, Fresh	2 Tbsp 1 tsp	
		Oil, Vegetable	1 Tbsp	

2. Combine all ingredients and heat to *internal temp of 165F for 15 sec. Then blend sauce until smooth with a submerston blender or a blender.

3. *CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP—Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP—Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

4. Cook Temp: Simmer

S0.06/Servings

Contains: Garlic; Onion; Tomato



COOK TIME COOK METHOD

30 Min Simmer

SERVING UTENSIL	SERVING SIZE	YIELD
Ladle	2 fl. oz	48

NUTRIENTS PER SERVING

CHO	6 g	Calories	25 kcal	K	300 mg
Sodium	170 mg	PRO	1 g	FAT	0 g

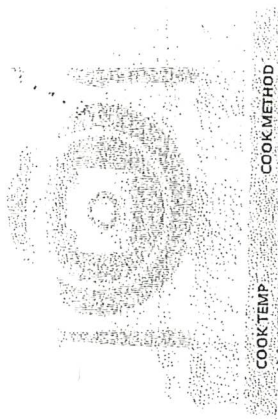


Casserole Beef Macaroni (Hamburger Macaroni Casserole)

SERVINGS

50.54/Servings
Contains: Allergen Eggs;
Allergen Fish;
Allergen Milk;
Allergen Wheat; Beef;
Garlic; Onion; Peppers
Bell; Tomato

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
		Pasta, Macaroni, Elbow Dry	4 lb 12 Oz		1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Cook Macaroni according to package directions. Rinse and drain. CCP -Maintain <40°F. Prepare Marinara as per separate recipe.
		Sauce Marinara	3 Qt		
		Beef, Ground 80/20	7 lb 4 Oz		2. In large braising pan, cook Beef, and Vegetables until Beef is browned and Onions are tender. Drain fat.
		Onions, Yellow, Fresh	2 1/3 Cup	Diced	
		Peppers, Green Med Fresh	1 Cup	Diced	
		Water, Tap	1 1/4 Qt		3. Add Sauce, Water, Worcestershire, and Pepper to Beef. Mix well. Cook for 15 minutes. Then add Macaroni.
		Sauce, Worcestershire	1/2 Cup		
		Spice, Pepper, Black Grd	1 1/4 tsp		
		Cheese, Mozzarella Fresh	2 lb	Shredded	4. Portion into baking pans; cover and bake to CCP - 165F Cook to internal temp & hold for 15 sec. OPTIONAL: Top with Mozzarella.
					5. CCP - Maintain >140°F. Temperature should be taken every 2 hours during holding. CCP-Cool: Product must reach 140°F to 70°F/21°C within 2 hrs and 70°F to 40°F within 4 hrs. CCP-Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.
					6. Cook Time: 45-60 min.



COOK TEMP		COOK METHOD	
350.0 °F	Bake		
SERVING UTENSIL	SERVING SIZE	YIELD	
Solid Spoon	1 Cup	48	

NUTRIENTS PER SERVING			
CHO	42 g	Calories	440 kcal
Sodium	280 mg	PRO	24 g
		FAT	20 g
		K	550 mg

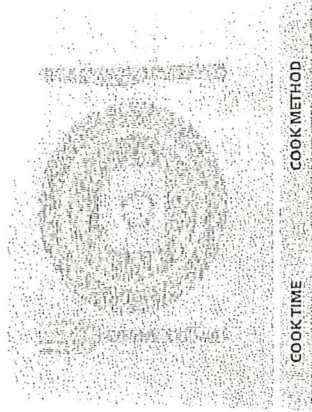
Sauce Marinara (Marinara Sauce)

SERVINGS

S0.07/Servings

Contains: Garlic;
Onion; Peppers Bell;
Tomato

PRODUCT ID	VENDOR	INGREDIENTS	INGREDIENT PREP	PREPARATION STEP
			48	
		Onions, Yellow, Fresh	5.5 Oz	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool water and drain. Saute Onions, Pepper, Carrot and Garlic in Oil until tender.
		Peppers, Green Med Fresh	3.5 Oz	
		Carrot, Fresh	2 Oz	
		Garlic, Fresh	1.5 Oz	
		Oil, Olive	1.5 Oz	
		Tomato, Paste Cnd	2/3 Cup	2. Add remaining ingredients. Bring to boil, reduce to a simmer for 1 hour. CCP - 165F Cook to internal temp & hold for 15 sec.
		Salt, Iodized Rounds	3/4 tsp	
		Spice, Pepper, Black Grd	3/4 tsp	
		Tomato, Crushed Cnd	2 Qt	
		Water, Tap	2 Cup	
		Herb, Basil, Dried Leaves	3 Tbsp	
		Sugar, Granulated Bulk	1 Tbsp 1 tsp	
		Herb, Parsley, Dried	2 tsp	
				3. CCP - Maintain > 140F. Temperature should be taken every 2 hours during holding. CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP--Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.
				4. Cook Temp: Simmer



COOK TIME		COOK METHOD	
60 Min	Simmer		
SERVING UTENSIL	SERVING SIZE	YIELD	
Ladle	2 fl. oz	48	
NUTRIENTS PER SERVING			
CHO	5 g	Calories	30 kcal
Sodium	140 mg	PRO	1 g
		FAT	1 g
		K	200 mg

Beef Pot Roast f/Eye Round (Beef Pot Roast)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	----	-----------------	------------------

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pre-heat a heavy rondeau or braising pan, over medium high heat. Season beef with pepper, and sear in the pan until browned on all sides. remove from pan and reserve meat for later.

2. Add to the hot braising pan, onions carrots and celery and caramelize until browned stirring often, 20 to 30 minutes. add tomato paste and continue to caramelize, add water in 2 oz increments as needed and scrape the pan with a wooden spoon as the water evaporates to speed the process, continue to caramelize until browned another 20 to 30 minutes.

3. Add thyme, rosemary and bay leaf and stir to incorporate, then add garlic and cook for 1 to 2 minutes until garlic is fragrant. Next add the red wine and reduce until almost dry. Add beef broth and stir to incorporate. return seared top round to the pan with the mixture. cover with foil and place in the oven.

51.71/Servings

Contains: Allergen Milk; Allergen Wheat; Beef; Onion; Tomato



COOK TEMP	COOK METHOD
325.0 °F	Roast

SERVING UTENSIL	SERVING SIZE	YIELD
Tongs	4 Oz	48

NUTRIENTS PER SERVING			
CHO	6 g	Calories	210 kcal
Sodium	160 mg	PRO	31 g
		FAT	6 g
		K	650 mg



SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	----	-----------------	------------------

		Butter, Unsalted	3 fl. oz		4. CCP - Maintain >140°F. Temperature should be taken every 2 hours during holding. CCP--Cool: Product must reach 140°F to 70°F/21°C within 2 hrs and 70°F to 40°F within 4 hrs. CCP--Reheat: To internal temp of 165°F/74°C hold 15 sec within 2 hrs-one time only.*NOTE: If using whole leaves then they need to be ground in a spice grinder or placed in a sachet and removed before service. Allow top round to braise in the oven for 3.5 to 4 hours, checking it after 3 hours every 20 to 30 minutes for fork tenderness. Texture should be tender and feel like it can be shredded with a fork, once achieved, remove it from the oven and carefully remove the beef from the liquid, allow to rest for 20 minutes. In a separate sauce pot combine the flour and butter over medium heat to form a roux, cook this roux to blonde stage, roux should be blonde in color and smell nutty. Add the braising liquid to the roux and bring to a simmer, allow to simmer 20 minutes, skim any fat that rises to the top. Strain sauce and check for seasoning reserve for service. After beef has rested for 20 minutes slice beef across the grain as thin as possible using a slicing knife, portion into 3 oz portions, ladle 1.25 oz of sauce per portion on top and serve immediately.*CCP - Maintain >140°F. Temperature should be taken every 2 hours during holding. CCP--Cool: Product must reach 140°F to 70°F/21°C within 2 hrs and 70°F to 40°F within 4 hrs. CCP--Reheat: To internal temp of 165°F/74°C hold 15 sec within 2 hrs-one time only. Alternate option: cool beef whole and sauce after step 6, slice beef on slicer cold, against the grain and arrange in steam table pan into 3 oz portions. Reheat beef and sauce to 165 degrees internal temperature for 35 seconds, ladle 1.25 oz sauce on top of each portion and serve immediately.*CCP--Cool: Product must reach 140°F to 70°F/21°C within 2 hrs and 70°F to 40°F within 4 hrs. *CCP--Cool: Product must reach 140°F to 70°F/21°C within 2 hrs and 70°F to 40°F within 4 hrs.
--	--	------------------	----------	--	---

5. Cook Time: 3 to 4 hours



Burger Beef Cheese 4z ALA (Cheeseburger)

PRODUCT ID	VENDOR	INGREDIENTS	SERVINGS	PREPARATION STEP
1595857	Foodbuy Compass	Beef, Ground Chuck	4 Oz	1. *WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. *WASH ALL PRODUCE under cool water and drain.
6697890	Foodbuy Compass	Seasoning Salt & Pepper Cheese, American Yellow Sliced	1/4 tsp 1 slice	2. Form 4 oz. beef patty by hand. Season with salt and pepper and grill to *CCP - 155F Cook to internal temp & hold for 15 sec., approximately 4 minutes on each side. Place cheese on burger after flipping patty.
7203450	Foodbuy Compass	Bun, Hamburger 4in 1.7z	1 each	3. Place burger on bottom half of bun. Shingle top half of bun on top of burger patty, leaning against the plate.
JAMBROGL_AMB00101285	Foodbuy Secondary	Lettuce, Green Leaf Fresh Tomato, Med Fresh	1 leaf 1 slice (1/4")	
8877748	Foodbuy Compass	Garnish Pickle Spear Dill Onions, Red/Burmuda, Fresh	1 each 3 slice (1/8")	
5. Cook Time: 8-10 min				

\$1.45/Servings

Contains: Allergen Eggs;
Allergen Milk;
Allergen Wheat; Beef;
Onion; Tomato



COOK TEMP		COOK METHOD	
350.0 °F		Grill	
SERVING UTENSIL	SERVING SIZE	YIELD	
Spatula	1 each	1	
NUTRIENTS PER SERVING			
CHO	30 g	Calories	490 kcal
Sodium	1040 mg	PRO	28 g
		FAT	28 g
		K	550 mg

Seasoning Salt & Pepper (Salt and Pepper Mix)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	SERVINGS	PREPARATION STEP
6040760	Foodbuy Compass	Salt, Kosher	1 tsp	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment Combine salt and pepper together. Then mix until combined.
5331048	Foodbuy Compass	Spice, Pepper, Black Grd	0 Tbsp	

\$0.03/Servings

Contains:



COOK TIME COOK METHOD

5 Min Make

SERVING UTENSIL SERVING SIZE YIELD

Tongs 1 tsp 1

NUTRIENTS PER SERVING

CHO	1 g	Calories	0 kcal	K	20 mg
Sodium	2370 mg	PRO	0 g	FAT	0 g

Beef Sloppy Joe on Bun (Sloppy Joe on Bun)

Contains: Allergen/Wheat;
Beef; Onion; Peppers
Bell; Tomato

\$5.79/Servings



COOK TIME	COOK METHOD	
20 Min	Simmer	
SERVING UTENSIL	SERVING SIZE	YIELD
Not Specified	1 each	6

NUTRIENTS PER SERVING				
CHO	44 g	Calories	410 kcal	600 mg
Sodium	590 mg	PRO	20 g	FAT 18 g

PRODUCT ID	VENDOR	INGREDIENTS	INGREDIENT PREP	SERVINGS	PREPARATION STEP
1595857	Foodbuy Compass	Beef, Ground 80/20	1 lb	6	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Brown ground Beef; drain fat. CCP - 155F Cook to internal temp & hold for 15 sec.
HARDIES_PROACT02391	Foodbuy Secondary	Onions, Yellow, Fresh	1/4 Cup		2. Prepare tomato sauce per separate recipe. Mince Onion, Chopped Green Peppers, Minced Garlic, Mustard, Ketchup, Brown Sugar, and add Tomato Sauce to Beef. Simmer for 20 min. to CCP - 155F Cook to internal temp & hold for 15 sec. Add Black Pepper To Taste. Serve #12 scoop for 2 oz Meat and #10 scoop for 3 oz Meat. Place Meat mixture between Bun.
1164060	Foodbuy Compass	Peppers, Green Med Fresh	1 Cup		
1048164	Foodbuy Compass	Garlic, Fresh	1/2 tsp		
4005963	Foodbuy Compass	Mustard f/Bulk	1 tsp		
1854926	Foodbuy Compass	Ketchup, Bulk	3/4 Cup		
5331048	Foodbuy Compass	Sugar, Brown Light	1 Tbsp		
7203450	Foodbuy Compass	Sauce Tomato	3/4 Cup		
		Spice, Pepper, Black Grd	1 to taste		
		Bun, Hamburger 4in	6 whole		

3. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP--Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.



Mustard f/Bulk (Mustard)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	SERVINGS	PREPARATION STEP
7048336	Foodbuy Compass	Mustard, Prepared	2 Tbsp 2 tsp	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Portion and serve. *CCP -Maintain <40F.

S0.01/Servings



SERVING UTENSIL	SERVING SIZE	YIELD
Ladle	1 1/4 tsp	6

NUTRIENTS PER SERVING			
CHO	0 g	Calories	0 kcal
Sodium	75 mg	PRO	0 g
		K	10 mg
		FAT	0 g

Soup Chicken and Dumplings (Chicken and Dumplings Soup)

50.19/Servings

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
		Stock Chicken	1 Gal 3 Cup	Hot	1. *CCP - 165F Cook to internal temp & hold for 15 sec. Prepare Chicken Stock per recipe Skim off excess fat (depolage) and place this fat into a stock pot. Add onions and sweat until translucent, add celery and carrots and cook until just about tender (7-9 minutes) Add hot stock and bring to a simmer
	Foodbuy Secondary	Onions, Yellow, Fresh	2 Cup	Chopped	
		Celery, Fresh	1 1/2 Cup	Chopped	
		Carrot, Fresh	1 1/2 Cup	Chopped	
6230213	Foodbuy Compass	Herb, Basil, Fresh	1 Tbsp	Chopped Fine	2. Add fresh herbs and continue to simmer
		Herb, Thyme, Fresh	1 tsp	Chopped Fine	
7028094	Foodbuy Compass	Egg, Fresh Shell Large Pasteurized	4 each		3. In a medium bowl, stir together eggs, olive oil, salt, and pepper with water. Gradually add flour, and stir until thick. Using a spoon and knife cut small amounts of dough into the simmering stock until all of the dough is gone. Cover and simmer 10 minutes until dumplings flat and are cooked through.
0115370	Foodbuy Compass	Oil, Olive	2 Tbsp		
4540373	Sysco Consolidated Master	Salt, Iodized Rounds	1 Tbsp		
5331048	Foodbuy Compass	Spice, Pepper, Black Grd	1 tsp		
		Water, Tap	2 Cup		
8379251	Foodbuy Compass	Flour, All Purpose	1 Qt		

Contains: Allergen Eggs; Allergen Wheat; Chicken; Onion



COOK TIME		COOK METHOD	
120 Min		Simmer	
SERVING UTENSIL	SERVING SIZE	YIELD	
Not Specified	6 fl. oz	48	
NUTRIENTS PER SERVING			
CHO	10 g	Calories 70 kcal	K 125 mg
Sodium	210 mg	PRO 5 g	FAT 1.5 g

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
		Chicken Baked Brst bnls	1 lb 8 Oz		4. Prepare chicken per separate recipe and add to soup before serving.
					5. *CCP - Maintain>140F:Temperature should be taken every 2 hours during holding.CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP--Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.
					6. Cook Temp: Simmer

Steak Salisbury Hmd Oval (Salisbury steak)

SERVINGS

PRODUCT ID

VENDOR

INGREDIENTS

4S

INGREDIENT PREP

PREPARATION STEP

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool water and drain. In a saute pan heat oil. Then saute onions until tender. *CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. Mix all ingredients by hand just enough to incorporate ingredients. * Maintain <40F until ready to shape.

Oil, Canola

1 Tbsp

Onions, Yellow, Fresh

2 lb Chopped Fine

Peppers, Green Med Fresh

2 lb Chopped

Bread Crumbs, Plain Fine

2 Cup

Milk, 2% Lowfat Bulk

2 Cup

Spice, Pepper, Black Grd

2 tsp

Spice, Garlic Powder

2 tsp

Beef, Ground 80/20

11 lb 8 Oz

\$1.17/Servings

Contains: Allergen Eggs; Allergen Milk; Allergen Wheat; Beef; Garlic; Onion; Peppers Bell



COOK TEMP

325.0 °F

COOK METHOD

Bake

SERVING UTENSIL

Spatula

SERVING SIZE

3 Oz

YIELD

4S

NUTRIENTS PER SERVING

CHO

7 g

Calories

310 kcal

K

400 mg

Sodium

115 mg

PRO

21 g

FAT

23 g

2. Portion into baking pans using #8 scoop and flatten slightly. *Refrigerate <40F until ready to cook. Bake CCP - 155F Cook to internal temp & hold for 15 sec. Transfer to steam table pans, overlapping slightly.

3. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP--Reheat To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

4. Cook Time: 25-35 Min

Beef Sirloin Ground w/Mushrooms Onions (Chopped Sirloin w/Mushrooms Onion)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	----	-----------------	------------------

1. WASH HANDS before beginning preparation.
 SANITIZE surfaces & equipment. Season Meat and mold into 4x oblong patties. Sear the patties on the flat top and cook to *internal temp >160F held for 15 seconds. Shingle in a hotel pan. *Maintain >140F/60C.

Beef, Ground 80/20 12 lb

Salt, Iodized Rounds 1 Tbsp

Spice, Pepper, Black Grd 1 1/2 tsp

Butter 4 Oz

Mushrooms, Medium Fresh 4 lb 12 Oz

Onions, Yellow, Fresh 4 lb 12 Oz

Butter 3 Oz

Gravy Brown Hmd 1 Gal

2. Sauté Mushrooms and Onions until translucent.

3. Prepare Gravy per separate recipe. Top the Steaks with the Gravy and Mushroom/Onion mixture.

4. CCP - Maintain >140F/60C for only 4 hrs. CCP - Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP - Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.

5. Cook Time: 25-30Min

\$1.41/Servings

Contains: Allergen Milk; Allergen Wheat; Beef; Mushroom; Onion



COOK TEMP 350.0 °F
 COOK METHOD Bake

SERVING UTENSIL Solid Spoon
 SERVING SIZE 4 Oz
 YIELD 48

NUTRIENTS PER SERVING				
CHO	9 g	Calories	400 kcal	550 mg
Sodium	520 mg	PRO	23 g	FAT 30 g



Beef Pot Roast f/Eye Round (Beef Pot Roast)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	QTY	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	-----	-----------------	------------------

\$1.32/Servings

Contains: Alcohol;
Allergen Milk;
Allergen Wheat; Beef;
Onion; Tomato

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pre-heat a heavy rondeau or braising pan, over medium high heat. Season beef with pepper, and sear in the pan until browned on all sides. remove from pan and reserve meat for later.

Oil, Canola 2 fl. oz

Beef, Eye Round 14 lb

Spice, Pepper, Black Grd 1 tsp

2. Add to the hot braising pan, onions carrots and celery and caramelize until browned stirring often, 20 to 30 minutes. add tomato paste and continue to caramelize, add water in 2 oz increments as needed and scrape the pan with a wooden spoon as the water evaporates to speed the process. continue to caramelize until browned another 20 to 30 minutes.

Carrot, Fresh 1 lb Sliced

Celery, Fresh 1 lb Strips

Onions, Yellow, Fresh 1 lb Quartered

Water, Tap 24 fl. oz

Tomato, Paste Cnd 1 Cup

3. Add thyme, rosemary and bay leaf and stir to incorporate, then add garlic and cook for 1 to 2 minutes until garlic is fragrant. Next add the red wine and reduce until almost dry. Add beef broth and stir to incorporate. return seared top round to the pan with the mixture. cover with foil and place in the oven.

Herb, Bay Leaf, Ground 1/4 tsp

Herb, Thyme, Fresh 8 sprig

Herb, Rosemary, Fresh 4 sprig

Wine, Burgundy 12 fl. oz

Broth Beef f/ LS Base 64 fl. oz

Flour, All Purpose 2/3 Cup



COOK TEMP	COOK METHOD		
325.0 °F	Roast		
SERVING UTENSIL	SERVING SIZE	YIELD	
Tongs	4 Oz	48	

NUTRIENTS PER SERVING			
CHO	6 g	Calories	210 Kcal
Sodium	160 mg	PRO	31 g
		FAT	6 g
		K	650 mg



PRODUCT ID

VENDOR

INGREDIENTS

SERVINGS

48

INGREDIENT PREP

PREPARATION STEP

Butter, Unsalted

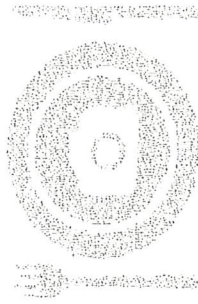
3 fl. oz

4. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP--Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only. *NOTE: If using whole leaves then they need to be ground in a spice grinder or placed in a sachet and removed before service. Allow top round to braise in the oven for 3.5 to 4 hours, checking it after 3 hours every 20 to 30 minutes for fork tenderness. Texture should be tender and feel like it can be shredded with a fork. Once achieved, remove it from the oven and carefully remove the beef from the liquid, allow to rest for 20 minutes. In a separate sauce pot combine the flour and butter over medium heat to form a roux, cook this roux to blonde stage, roux should be blonde in color and smell nutty. Add the braising liquid to the roux and bring to a simmer, allow to simmer 20 minutes, skim any fat that rises to the top. Strain sauce and check for seasoning reserve for service. After beef has rested for 20 minutes slice beef across the grain as thin as possible using a slicing knife, portion into 3 oz portions, ladle 1.25 oz of sauce per portion on top and serve immediately. *CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP--Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only. Alternate option: cool beef whole and sauce after step 6, slice beef on slicer cold, against the grain and arrange in steam table pan into 3 oz portions. Reheat beef and sauce to 165 degrees internal temperature for 15 seconds, ladle 1.25 oz sauce on top of each portion and serve immediately. *CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. *CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs.

5. Cook Time: 3 to 4 hours

Steak Country Fried (Country Fried Steak)

**Contains: Allergen Eggs;
Allergen Milk;
Allergen Wheat; Beef**



\$2.32/Servings

SERVINGS

PREPARATION STEP

1. WASH HANDS before beginning preparation.
SANTITZ surfaces & equipment. Mix Eggs and Milk.
*Maintain <40F

3 1/2 Cup

Milk, 2% Lowfat Bulk

Bread Crumbs, Plain Fine

21/202

2. Mix Bread Crumbs, Flour, Salt and Pepper.

3 1/4 Cup

Flour, All Purpose

27/4/5p

Spice, Pepper, Black Grd

2 Tbsd

Salt, Iodized Rounds

COOK METHOD

30 01253

১৭৮৩

SERVING UTENSIL	SERVING SIZE

△
△
△
△

5

67

3. Dredge Steak in Flour, shake off excess Flour. Then dredge in Egg Mixture. Then into Breadcrumbs Mixture. CCP -Keep ingredients refrigerated at an internal temperature of 40 or below until needed.

2004

Steak, Cube 4 oz Raw (Swiss)

Shorrening, Vegetable

1 Cup

4. Heat Shortening in skillet or braising pan. Place Meat in hot fat, brown on both sides. About 5-5 Minutes each.

5. Place in hotel pans slightly shingled. Bake uncovered to CCP - 155F Cook to internal temp & hold for 15 sec.OPTIONAL: Serve with Graw.

6. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP—Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP—Reheat: To internal temp of 165F/73C hold 15sec within 2hrs-one time only.

7. Cook Time: 20-30 Minutes

7 Apr 2022 | 9:03 AM

Page 1 of 1



Beef and Bean Chili f/base (Chili Beef and Bean)

SERVINGS

\$0.58/Servings

Contains: Beef, Garlic, Onion, Peppers Bell, Tomato

PRODUCT ID: VENDOR: INGREDIENTS: 36 PREPARATION STEP

1. *WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. *WASH ALL PRODUCE under cool water and drain.

Spice, Chili Powder	1/2 Cup	1/4" Dice
Spice, Cumin, Ground	2 Tbsp	1/2" Dice
Spice, Coriander, Dried	2 Tbsp	
Salt, Kosher	2 1/2 tsp	
Spice, Pepper, Black Grd	3/4 tsp	
Sugar, Granulated Bulk	2 1/2 tsp	
Spice, Paprika	1/4 Cup	
Onion, White, Fresh	8.5 Oz	
Garlic, Fresh	2 1/2 tsp	
Peppers, Green Med Fresh	1 lb	
Beef, Ground 80/20	2 lb 11 Oz	
Beans, Kidney Salt Free Cnd	3 lb 5 Oz	
Tomato, Diced Cnd	1 3/4 Qt	
Juice, Tomato RTS Cnd	3 1/4 Cup	
Base, Beef Refrigerated	2 1/2 tsp	

COOK TIME	COOK METHOD
60 Min	Simmer
SERVING UTENSIL	SERVING SIZE
Ladle	6 fl. oz
YIELD	36

NUTRIENTS PER SERVING			
CHO	17 g	Calories	170
		kcal	550
		mg	
Sodium	460 mg	PRO	11 g
		FAT	8 g

2. Combine all seasonings. Chop onions, peppers into medium dice and mince garlic.

3. Heat large stock pot or steam kettle and begin to brown ground beef breaking up into small pieces. Add onions and garlic. Add seasoning bland and continue to cook until meat is browned. Then drain fat away from them meat. Add remaining ingredients and stir. Simmer for at least 1 hour and stir occasionally. *CCP -165F Cook to internal temp & hold for 15 sec.

SERVINGS

PRODUCT ID VENDOR INGREDIENTS

36

INGREDIENT PREP

PREPARATION STEP

4. *CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP--Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

Pork Meals

Soup Ham & Bean f/Cnd Beans (Ham & Bean Soup(GF))

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	----	-----------------	------------------

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool water and drain. Combine all ingredients and simmer 45 min to CCP - 165F Cook to internal temp & hold for 15 sec.

Beans, Navy Cnd	8 lb				
Stock Chicken	1 Gal 3 Cup				
Ham, Buffet Flat Bn's	4 lb			Diced	
Onions, Yellow, Fresh	1/2 Cup			Diced	
Celery, Fresh	1 Cup			Chopped	
Spice, Pepper, Black Grd	1 Tbsp				
Salt, Iodized Rounds	2 tsp				
Spice, Garlic, Granulated	2 tsp				

2. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

\$0.36/Servings

Contains: Chicken; Garlic; Onion; Pork & Products



COOK METHOD

Simmer

SERVING UTENSIL	SERVING SIZE	YIELD
Ladle	6 fl. oz	48

NUTRIENTS PER SERVING

CHO	17 g	Calories	140	K	400
			mg		
Sodium	760	PRO	15 g	FAT	2 g
	mg				

Stock Chicken (Chicken Stock)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	----	-----------------	------------------

Chicken, Bones 3 lb

1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool water and drain. Rinse Bones and dry them well.

Water, Tap 2 Gal

2. Combine Bones, Water and remaining Ingredients in stock pot. Tie Sachet d'Espices to handle of pot if possible (cut away remaining string if possible to prevent fire). Bring stock pot to a boil then reduce to a simmer and cook for a minimum of 6 hours. CCP - 165F Cook to internal temp & hold for 15 sec.

Onions, Yellow, Fresh	3 Oz	Chopped
Carrot, Fresh	2 Oz	Chopped
Celery, Fresh	2 Oz	Chopped
Sachet d'Espices	1 each	
Salt, Kosher	0.5 Oz	

3. Skim fat from surface as needed.

4. When done strain Stock twice, once with large China cap and once with fine China cap.

5. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding CCP—Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP—Reheat To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

6. For Brown Chicken Stock add 3 ounces of oil to recipe. Pour one half of oil into large roasting pan and cover bottom of pan with oil. Place bones in roasting pan. Drizzle remaining oil over bones in pan. Place pan in convection oven at 425 degrees F for 20-25 minutes until bones are browned. Make sure to watch oven, depending on size of bones they may take longer to brown.

\$0.07/Servings

Contains: Garlic, Onion



COOK TIME COOK METHOD

360 Min Boil

SERVING UTENSIL	SERVING SIZE	YIELD
Ladle	6 fl. oz	48

NUTRIENTS PER SERVING

CHO	1 g	Calories	5 kcal	K	20 mg
Sodium	40 mg	PRO	0 g	FAT	0 g

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
					7. For turkey stock replace chicken bones with turkey bones.
					8. Cook Temp: Simmer

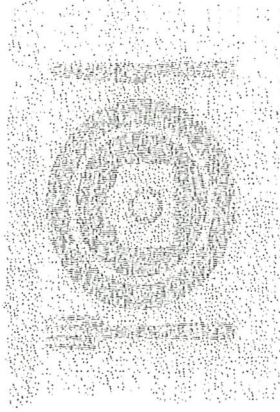
Sachet d'Epices (Sachet d'Epices)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
		Herb, Thyme, Fresh	12 Oz		1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment
		Herb, Parsley Fresh	12 Oz		
		Garlic, Fresh	1 lb 8 Oz	Crushed	3. Peel garlic into cloves, trim ends then lightly crush
		Spice, Peppercorns	384 each		4. Place all ingredients in a piece of cheesecloth approximately 4-inches square. Gather up the edges and tie with butchers twine, leaving long tail of string to tie to handle of stock pot.*NOTE: If using whole leaves then they need to be ground in a spice grinder or placed in a sachet and removed before service.
		Herb, Bay Leaf, Ground	1 tsp		

\$0.97/Servings

Contains: Garlic



SERVING UTENSIL: Not Specified
SERVING SIZE: 1 Oz
YIELD: 48

NUTRIENTS PER SERVING

CHO	10 g	Calories	45 kcal	K	175 mg
Sodium	15 mg	PRO	2 g	FAT	0.5 g

Pork BBQ on Bun (BBQ Pork on Bun)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	PREPARATION STEP
3677911	Foodbuy Compass	Pork, Loin Bnls Raw	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Bake Roast until tender and to *internal temp 155F for 15 sec. Quick chill to <40F within 4 hrs if Roast prepared day before. If processing from hot, maintain >140F.
7203450	Foodbuy Compass	Sauce BBQ	2. Cut drained Pork as desired (sliced, shredded or chopped). Add Barbecue Sauce reheat to >165F for 15 sec. (Sauce can be heated separately - id served on the side if desired.) Serve 2 oz Meat on warmed Buns.
		Bun, Hamburger 4in 1.7z	3. CCP - Maintain >140F for only 4 hrs
			4. CCP - Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
			5. CCP - Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

S4.87/Servings

Contains: AllergenWheat;
Onion; Pork & Products;
Tomato



COOK METHOD

Reheat

SERVING UTENSIL	SERVING SIZE	YIELD
Not Specified	1 each	48

NUTRIENTS PER SERVING

CHO	41 g	Calories	320	K	600
			kcal		mg
Sodium	580 mg	PRO	26 g	FAT	7 g

Sauce BBQ (Homemade BBQ Sauce)

PRODUCT ID	VENDOR	INGREDIENTS	SERVINGS	PREPARATION STEP
			48	

S6.31/Servings

Contains: Onion; Tomato



1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Bring all ingredients to a simmer EXCEPT Ketchup, then add ketchup, stir. CCP-Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs.

2 Qt

Ketchup, Bulk

Foodbuy Compass

4005963

3.5 Oz

Sugar, Brown Dark

Foodbuy Compass

5825668

1.0 Cup

Sugar, Granulated Bulk

Foodbuy Compass

5108253

1.0 Cup

Molasses, Blackstrap

Foodbuy Compass

5370952

3 Tbsp 2 tsp

Mustard, Dijon

Foodbuy Compass

4006821

3 Tbsp 2 tsp

Spice, Chili Powder

Foodbuy Compass

5239495

3 Tbsp

Spice, Paprika

Foodbuy Compass

5236690

1 1/4 Cup

Vinegar, Cider

Foodbuy Compass

4296653

1 Tbsp 2 tsp

Herb, Oregano, Dry

Foodbuy Compass

3492692

2 1/2 tsp

Spice, Pepper, Black Grd

Foodbuy Compass

5331048

2. *CCP -Maintain<40F.

3. Cook Temp: Simmer

COOK TIME	COOK METHOD
30 Min	Simmer

SERVING UTENSIL	SERVING SIZE	YIELD
Ladle	2 fl. oz	48

NUTRIENTS PER SERVING			
CHO	21 g	Calories	80 kcal
Sodium	400 mg	PRO	1 g
		FAT	0 g
		K	300 mg



Sausage Polish & Cabbage (Kielbasa & Cabbage)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
4027617	Foodbuy Compass	Bacon, Pork 14-18 Count	3.2 slice		1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.Fry Bacon. Remove from pan and reserve drippings. CCP-Maintain >140F.
5108253	Foodbuy Compass	Water, Tap	3 Cup		2. Stir Water, Sugar, chopped Onions, Garlic, Red Pepper Flakes, Seasoned Salt and Caraway Seed into drippings. Add wedged Cabbage and stir gently. Cover and cook for 10-15 min.
1048164	Foodbuy Compass	Sugar, Granulated Bulk	1 1/2 Cup		
	Foodbuy Compass	Garlic, Fresh	1/2 Cup	Minced	
HARDIES_PROACT02391	Foodbuy Secondary	Onions, Yellow, Fresh	11.84 each	Chopped	
5229448	Foodbuy Compass	Spice, Red Pepper Flakes	1 Tbsp		
	Seasoning Chef		1 tablespoon		
5228432	Test Vendor	Spice, Caraway Seed	3/4 Cup		
		Cabbage, Green Fresh	1 Gal 3 Cup	Wedges	
		Sausage Kielbasa	10 lb		

3. Add Sausage to pan. Cook, covered, for an additional 10-15 min until CCP - 155F Cook to internal temp & hold for 15 sec.

4. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding.CCP-Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP-Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

\$1.07/Servings

Contains: AllergenSulphite
Garlic; Onion; Pork & Products



COOK METHOD

Cook

SERVING UTENSIL	SERVING SIZE	YIELD
Solid Spoon	6 Oz	48

NUTRIENTS PER SERVING

CHO	16 g	Calories	410 kcal	K	500 mg
Sodium	810 mg	PRO	16 g	FAT	32 g

Seasoning Chef (Chef Seasoning)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	PREPARATION STEP
				1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment
6040760	Foodbuy Compass	Salt, Kosher	1 3/4 tsp	2. Mix all spices together until well blended.
5331048	Foodbuy Compass	Spice, Pepper, Black Grd	1/3 Cup	
3777812	Foodbuy Compass	Seasoning, Salt-Free	3/4 Cup	
3492610	Foodbuy Compass	Herb, Basil, Dried Leaves	1/2 Cup	
5913538	Foodbuy Compass	Herb, Thyme, Dried Leaves	1/2 Cup	
5236690	Foodbuy Compass	Spice, Paprika	1/3 Cup	
				3. Store in tightly sealed container. Shelf life of 6 months.

S0.10/Servings

Contains: Garlic; Onion



COOK TIME	COOK METHOD	
5 Min	Bake	
SERVING UTENSIL	SERVING SIZE	YIELD
Not Specified	2 tsp	48

NUTRIENTS PER SERVING			
CHO	3 g	Calories	10 kcal
Sodium	85 mg	PRO	1 g
		FAT	0 g
		K	75 mg

Sausage Kielbasa (Kielbasa Sausage)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	SERVINGS	PREPARATION STEP
7180995	Foodbuy Compass	Sausage Kielbasa	10 lb 12 Oz	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare per package instructions. CCP - 155F Cook to internal temp & hold for 15 sec. 2. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to <70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

50.82/Servings

Contains: Allergen Sulphite
Pork & Products



COOK METHOD

Bake

SERVING UTENSIL	SERVING SIZE	YIELD
Tongs	3 Oz	48

NUTRIENTS PER SERVING

CHO	3 g	Calories	310 kcal	K	350 mg
Sodium	680 mg	PRO	13 g	FAT	28 g

[illegible]

Quiche Ham & Cheese (Ham & Cheese Quiche)

SERVINGS

Contains: Allergen Eggs;
Allergen Milk;
Allergen Wheat;
Pineapple; Pork &
Products

\$0.68/Servings

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
6752984	Sysco Consolidated Master	Pie Shell, 10 in 8z RTB	8 each		1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pre-bake pie Shells for 10 min in a preheated 375F oven.

49*1694	Foodbuy Compass	Egg Liquid Whole	3 1/2 Cup		2. Beat Eggs well. Add Milk and Seasonings to Eggs and mix well. If not going to use immediately, *refrigerate to <40F.
---------	-----------------	------------------	-----------	--	---

2557668	Foodbuy Compass	Milk, 2% Lowfat Bulk	2 3/4 Qt		
5331048	Foodbuy Compass	Spice, Pepper, Black Grd	1/2 tsp		

7018105	Sysco Consolidated Master	Cheese, Mozzarella Fresh	1 lb 10 Oz	Shredded	3. Add Cheeses to Egg Mixture. *Hold at <40F if not preparing immediately.
---------	---------------------------	--------------------------	------------	----------	--

7018509	Foodbuy Compass	Cheese, Parmesan Grated	2.0 Cup		
---------	-----------------	-------------------------	---------	--	--

		Deli Meats Ham	3 lb 8 Oz	1/4" Dice	4. Sprinkle Pie Shells with 1/2lb Ham each. Scale Egg Mixture for Pies, approx. 3 cups per Pie. Bake Quiche Mixture to CCP - 160F Cook to internal Temp & hold for 15 seconds.
--	--	----------------	-----------	-----------	--

					5. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP-Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP-Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.
--	--	--	--	--	--

6. Cook Time: 25-30 min.



COOK TEMP

375.0 °F

COOK METHOD

Bake

SERVING UTENSIL	SERVING SIZE	YIELD
Spatula	1 slice	48

NUTRIENTS PER SERVING

CHO	27 g	Calories	340 kcal	K	250 mg
Sodium	730 mg	PRO	19 g	FAT	18 g

Deli Meats Ham (Ham Deli Meat)

\$0.66/Servings

Contains: Pineapple

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	PREPARATION STEP	SERVINGS
				48

1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. In a bowl, add Brown Sugar, Honey, Water and Pineapple Juice. Mix well to combine for Glaze. CCP - Keep Ingredients refrigerated at an internal temperature of 40 or below until needed.

5 Oz

Sugar, Brown Light

Foodbuy Compass

1854926

3.5 Oz

Honey, Bulk

Foodbuy Compass

4361432

1 1/4 Cup

Water, Tap

Foodbuy Compass

5748827

2 Tbsp 1 tsp

Juice, Pineapple RTS Cnd

Foodbuy Compass

4244949

11 lb 4 Oz

Ham, Pit-Style

Foodbuy Compass

5748827

2. Score Ham in a 1" diamond pattern. Brush 4 TBSP of Glaze over each 2 1/2 pounds of ham. Place on a rack on baking sheets. Tent with foil. *NOTE: Remove foil 15 minutes before end of cooking period, and brush with pan dripping to aid in developing color.

3. Bake to CCP -165F Cook to internal Temp & hold for 15 seconds.

4. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

COOK TIME	COOK TEMP	COOK METHOD
60 Min	325.0 °F	Bake

SERVING UTENSIL	SERVING SIZE	YIELD
Tongs	3 Oz	48

NUTRIENTS PER SERVING

CHO	12 g	Calories	150	K	200
Sodium	980 mg	PRO	20 g	FAT	2.5 g

Pork Loin Roasted (Roasted Pork Loin)

SERVINGS

PRODUCT ID

VENDOR

INGREDIENTS

48

PREPARATION STEP

\$0.54/Servings

Contains: Garlic, Onion, Pork & Products

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. In a mixing bowl mix garlic powder, paprika, oregano, onion powder, salt, and pepper. Then generously rub spices on pork loin. Let spice marinate on pork for 4 hours minimum. *CCP - Maintain <40F. Cook Loin in oven at 350F to *CCP - 145F. Cook to internal temp & hold for 4 minutes

Pork, Loin Bnls Raw	12 lb
Spice, Garlic Powder	1/3 Cup
Spice, Paprika	1/3 Cup
Herb, Oregano, Fresh	1/3 Cup
Spice, Onion Powder	1/3 Cup
Salt, Iodized Rounds	3/4 tsp
Spice, Pepper, Black Grd	3/4 tsp

COOK TEMP

350.0 °F

COOK METHOD

Bake

SERVING UTENSIL

Not Specified

SERVING SIZE

3 Oz

YIELD

48

NUTRIENTS PER SERVING

CHO	3 g	Calories	160 kcal	K	500 mg
Sodium	100 mg	PRO	23 g	FAT	6 g

2. *CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

3. Cook Time: 45-55 minutes

Chicken Meals

Chicken Fried Chicken (Chicken Fried Chicken)

Contains: Allergen Eggs;
Allergen Milk;
Allergen Wheat; Chicken

\$1.00/Servings



COOK TEMP 350.0 °F

COOK METHOD Bake

SERVING UTENSIL Not Specified

SERVING SIZE 7 Oz

YIELD 48

NUTRIENTS PER SERVING

CHO	28 g	Calories	370 kcal	K	500 mg
Sodium	640 mg	PRO	36 g	FAT	13 g

SERVINGS 48

PREPARATION STEP

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Mix Eggs and Milk. *Maintain <40F.

1 Cup

Egg, Liquid Whole

3 1/2 Cup

Milk, 2% Lowfat Bulk

2 1/2 Qt

Bread Crumbs, Plain Fine

3 1/4 Cup

Flour, All Purpose

2 1/4 tsp

Spice, Pepper, Black Grd

2 Tbsp

Salt, Iodized Rounds

3. Lightly pound chicken to tenderize. Dredge Chicken in Flour, shake off excess Flour. Then dredge in Egg Mixture. Then into Breadcrumbs Mixture. CCP -Keep Ingredients refrigerated at an internal temperature of 40 or below until needed.

2 Cup

Flour, All Purpose

16 lb

Chicken, Thigh Bnls 3.5z

4. Heat Shortening in skillet of braising pan. Place Meat in hot fat, brown on both sides. About 5-6 Minutes each.

1 Cup

Shortening, Vegetable

5. Place in hotel pans slightly shingled. Bake uncovered to CCP - 165F Cook to internal temp & hold for 15 sec. OPTIONAL: Serve with Gravy.

6. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

7. Cook Time: 20-30 Minutes

Stew Beef/round (Beef Stew)

SERVINGS

\$1.24/Servings
Contains: AllergenWheat;
Onion; Peas

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	----	-----------------	------------------

		Beef, Round Bottom	11 lb	1" Dice	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Brown Beef in kettle or oven. CCP--Maintain>140F.
--	--	--------------------	-------	---------	--

		Water, Tap	1 1/4 Qt		2. Add Water, Base, Beef and Seasonings. Cover and simmer 1 hrs to CCP - 165F Cook to internal temp & hold for 15 sec. Add more Water as necessary. Then add the vegetables and simmer for 30 min or until the vegetable are tender.
--	--	------------	----------	--	--

7009221	Foodbuy Compass	Base, Beef Refrigerated	1 Oz		
---------	-----------------	-------------------------	------	--	--

5239629	Foodbuy Compass	Spice, Garlic Powder	2 tsp		
---------	-----------------	----------------------	-------	--	--

5236690	Foodbuy Compass	Spice, Paprika	2 tsp		
---------	-----------------	----------------	-------	--	--

6001600	Foodbuy Compass	Potato, Red Fresh	4 lb 12 Oz	1" Cube	
---------	-----------------	-------------------	------------	---------	--

		Carrot, Fresh	4 lb	Sliced	
--	--	---------------	------	--------	--

		Celery, Fresh	1 lb 8 Oz	Diced	
--	--	---------------	-----------	-------	--

		Onions, Yellow, Fresh	2 lb	Diced	
--	--	-----------------------	------	-------	--

		Herb, Parsley Fresh	1 Tbsp	Chopped	
--	--	---------------------	--------	---------	--

8379251	Foodbuy Compass	Flour, All Purpose	12 Oz		3. Mix Flour and 2nd Water until smooth. Add to Meat and continue to simmer and stir until thickened.
---------	-----------------	--------------------	-------	--	---

		Water, Tap	1 1/2 Cup		
--	--	------------	-----------	--	--

3608953	Foodbuy Compass	Peas, Fresh	3 lb		4. Add Peas and herbs the last 30 min of cooking or use Peas as garnish on top. Serve 1 cup portion. CCP - 165F Cook to internal temp & hold for 15 sec.
---------	-----------------	-------------	------	--	--

SARDILLI_SPD00102013	Foodbuy Secondary	Herb, Rosemary, Fresh	1 Tbsp	Chopped	
----------------------	-------------------	-----------------------	--------	---------	--



COOK TIME	COOK METHOD
120 Min	Simmer

SERVING UTENSIL	SERVING SIZE	YIELD
Solid Spoon	1 Cup	48

NUTRIENTS PER SERVING					
CHO	25 g	Calories	330 kcal	K	650 mg
Sodium	210 mg	PRO	36 g	FAT	10 g

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
SARDILLI_SPD00102020	Foodbuy Secondary	Herb, Sage, Fresh	1 Tbsp	Chopped	

5. CCP - Maintain > 140F. Temperature should be taken every 2 hours during holding. CCP-Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP-Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.



Chicken Parmesan Cutlet (Chicken Parmesan Cutlet)

SERVINGS

PRODUCT ID: VENDOR

INGREDIENTS

48

PREPARATION STEP

S1.14/Servings

Contains: Allergen Eggs; Allergen Milk; Allergen Wheat;

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pre-prep: Defrost Chicken under refrigeration at <40F. Rinse Chicken under cool running Water. Drain Chicken well and lightly pound out to even out breast meat and tenderize. CCP<40F.

2. Mix Crumbs, Parmesan & Garlic together. Season Flour with Salt and Pepper. Whisk Eggs together. Start three procedure breading, dip the raw Chicken into the Flour, then into the Egg, finally roll Chicken in coating mixture. Sprinkle with butter.

Chicken, Breast 4z Raw Bnls Sknls

48 (4z)

Bread Crumbs, Plain Fine

2.0 Cup

Cheese, Parmesan Grated

1 Cup

Spice, Garlic Powder

1 Tbsp

Flour, All Purpose

2.0 Cup

Salt, Iodized Rounds

1 Tbsp

Spice, Pepper, Black Grd

1 1/2 tsp

Egg, Fresh Shell Large Pasteurized

15.36 fl. oz

Butter

7.5 Oz

Sauce Marinara

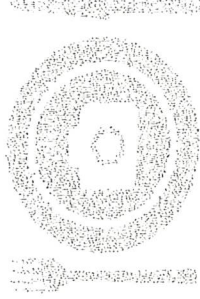
48 fl. oz

Cheese, Mozzarella Shredded

4 lb 8 Oz

3. Place on greased baking sheets. Bake until golden brown. CCP - 165F Cook to internal temp & hold for 15 sec. Product can be topped with marinara sauce and cheese as desired. Then browned in broiler or high heat oven.

4. *CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.



COOK TIME COOK TEMP COOK METHOD

30 Min 350.0 °F Bake

SERVING UTENSIL SERVING SIZE YIELD

Spatula 4 Oz 48

NUTRIENTS PER SERVING

CHO	14 g	Calories	370	K	600
Sodium	670 mg	PRO	39 g	FAT	17 g

Chicken Fried f/Breast w/Egg & Flour (Fried Chicken Breast)

SERVINGS

PRODUCT ID

VENDOR

INGREDIENTS

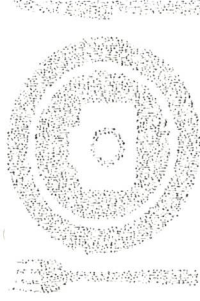
48

PREPARATION STEP

\$0.90/Servings



Contains: Allergen Eggs,
Allergen Wheat,
Chicken, Garlic, Onion



1. *CCP- Keep ingredients refrigerated at an internal temperature of 40 or below until needed. *WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.

2. Wash chicken and dry in colander then pat dry with paper towels to remove excess water. In a clean lexan add seasoning place chicken and toss with Lawry's seasoning salt, garlic salt, black pepper and paprika and marinate in walk-in overnight tightly covered.

Chicken, Breast 4z Raw Bnls Sknls

12 lb

Seasoning Salt

1/4 Cup

Spice, Garlic, Salt

2 tsp

Spice, Pepper, Black Grd

1 Tbsp 2 tsp

Spice, Paprika

1 Tbsp 2 tsp

Egg Liquid Whole

2 3/4 Cup

3. Drain any excess purge and then add liquid eggs and toss well.

Flour, All Purpose

3 1/2 Qt

4. In a second clean lexan mix AP flour, baking powder and baking soda together. In small batches dredge the chicken in the flour and deep fry to *CCP - 155F Cook to internal temp & hold for 15 sec.

Baking Powder

3 Tbsp 2 tsp

Baking Soda

1 Tbsp 2 tsp

5. Cook in small batches to ensure fresh hot product through out meal services. serve 4 oz of chicken per portion.

6. *CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP-Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP-Reheat To internal temp of 155F/74C hold 15sec within 2hrs-one time only.

7. Cook Time: 10 to 12 min

7 Apr 2022 | 8:58 AM

Page 1 of 3

COOK TEMP	COOK METHOD	
350.0 °F	Deep Fry	
SERVING UTENSIL	SERVING SIZE	YIELD
Not Specified	5 Oz	48

NUTRIENTS PER SERVING			
CHO	29 g	Calories	290 kcal
Sodium	1220 mg	PRO	32 g
		FAT	4.5 g
		K	500 mg



Chicken Breast Marsala (Chicken Varsala)

SERVINGS

PRODUCT ID: VENDOR: INGREDIENTS:

INGREDIENT PREP

PREPARATION STEP

S1.45/Servings

Contains: Alcohol;
Allergen Milk;
Allergen Wheat;
Chicken; Garlic;
Mushroom; Onion

1. WASH HANDS before beginning preparation.
SANITIZE surfaces & equipment. WASH ALL PRODUCE
under cool water and drain. In a shallow bowl,
combine Flour and Spices. Dredge Chicken in
seasoned flour mixture, shaking to remove any excess
Flour.

1 1/2 Qt

Flour, All Purpose

1/4 Cup

Spice, Paprika

2 Tbsp

Salt, Kosher

2 Tbsp

Spice, Garlic Powder

1 Tbsp

Spice, Pepper, Black Grd

1 Tbsp

Spice, Onion Powder

1 Tbsp

Spices, Pepper, Cayenne

1 Tbsp

Herb, Thyme, Dried Leaves

1 Tbsp

Herb, Oregano, Dry

48 each

Chicken, Breast 4z Raw Bnls Sknls

2. Heat Oil over medium-high heat. Add 1/4 of the
Butter and cook Chicken until golden-brown on both
sides, about 3 minutes per side. Transfer to a plate
and set aside. CCP-Maintain >140F. Temperature
should be taken every 2 hours during holding.

3/4 Cup

Oil, Olive

3 lb

Butter, Unsalted

2 Gal 2 Cup

Mushrooms, Medium Fresh

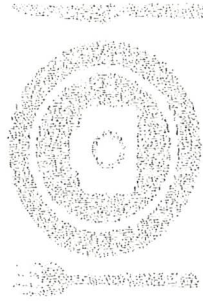
Sliced

3. Add another 1/4 of the Butter to pan and add
Mushrooms. Cook, stirring frequently, until golden-
brown around the edges and have given off their
liquid.

2 1/2 Qt

Wine, Marsala

4. Add wine to pan bring to a boil, scraping bottom of
pan to remove any stuck brown bits.



COOK TEMP

0.0 °F

COOK METHOD

Simmer

SERVING UTENSIL

Tongs

SERVING SIZE

4 Oz

YIELD

48

NUTRIENTS PER SERVING

CHO	17 g	Calories	490	K	700
Sodium	370 mg	PRO	30 g	FAT	30 g

SERVINGS

PRODUCT ID VENDOR INGREDIENTS

43

INGREDIENT PREP

PREPARATION STEP

5. When Wine has reduced by half, add Stock and cook 3 minutes, or until the Sauce has thickened slightly. Lower heat to medium and return Chicken to pan. Continue to cook until *internal temp >165F held for 15 seconds and the Sauce has thickened, about 5-6 minutes.

Stock Chicken

3 Qt

Spice, Pepper, Black Grd

1 1/2 tsp

6. Swirl in remaining Butter and seasoning. Garnish with Chives and serve immediately.

Herb, Chives, Fresh

3 Tbsp

Chopped

7. *CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP-Cool: Product must reach 140F to 70F/21 C within 2hrs and 70F to 40F within 4hrs. CCP-Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

Chicken BBQ Breast (BBQ Chicken Breast)

PRODUCT ID: VENDOR: INGREDIENTS: SERVICINGS: 48 \$0.82/Servings Contains: Chicken; Onion; Tomato



1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place washed and drained Chicken in a bowl and toss with oil. Then place the chicken on baking sheets. CCP - Maintain <40F until ready to bake. Brown Chicken in oven. Reduce heat to 325F. Drain off drippings and discard. Maintain at >140F. Prepare BBQ Sauce per separate recipe.

Chicken, Breast 4z Raw Bnls Sknls

48 (4z)

Oil, Vegetable

2 Oz

Sauce BBQ

1 1/2 Qt

2. Pour Barbecue Sauce over Chicken. Bake immediately. Bake to CCP - 165F Cook to internal temp & hold for 15 sec.

3. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP—Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP—Reheat To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

COOK TIME 25 Min COOK TEMP 425.0 °F COOK METHOD Bake SERVING UTENSIL Not Specified SERVING SIZE 3 Oz YIELD 48

NUTRIENTS PER SERVING			
CHO	11 g	Calories	190 kcal
Sodium	250 mg	PRO	26 g
		FAT	4.5 g
		K	550 mg

Salad Chicken Craisins and Pecans (Chicken Craisin Pecan Salad)

SERVINGS

\$1.73/Servings

Contains: Allergen Free Nut
Chicken; Citrus; Garlic;
Onion; Orange

PREPARATION STEP

1. WASH HANDS before beginning preparation &
SANITIZE surfaces & equipment.

2. Please prepare chicken per separate recipes. Add 6
oz of Chopped Romaine. Then Place 3z of Chicken, 1z
Oranges, 1z Nuts, 1z craisin on top of the Lettuce to
Garnish.



INGREDIENT	PREP
Deli Meats Chicken Breast Marinated	23 lb 8 Oz
Cranberries, Dried Swind	5 lb
Nuts, Pecan Halves	5 lb
Orange Manderin f/Cnd	8 lb
Lettuce, Romaine Fresh	2 Gal

SERVING UTENSIL	SERVING SIZE	YIELD
Tongs	1 each	125

NUTRIENTS PER SERVING

CHO	22 g	Calories	450	k	550
Sodium	180	PRO	28 g	PAT	29 g
	mg				mg

Deli Meats Chicken Breast Marinated (Marinated Seared Chicken Breast)

SERVINGS

125

PRODUCT ID

VENDOR

INGREDIENTS

PREPARATION STEP

1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment Using fresh Chicken Breast, pat Chicken Breast dry fresh paper towel. Arrange on a cutting board and then cover with film wrap. Tenderize the Chicken using a meat mallet with light pressure.

31 lb 4 Oz

Chicken, Breast Random

2. Place Chicken Breast into house made Italian dressing to marinate. Marinate overnight CCP - Maintain <40F.

7 lb 13 Oz

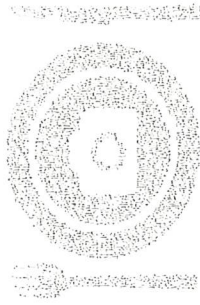
Dressing Italian Homemade

3. Remove Chicken Breast from marinade and shake off excess marinade. Place Chicken Breast bone side up on a preheated flat grill or char grill. Grill each side for approximately 5 minutes.

4. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP-Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP-Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

\$1.08/Servings

Contains: Chicken, Garlic, Onion



COOK TIME 10 Min
COOK TEMP 300.0 °F
COOK METHOD Grill

SERVING UTENSIL Tongs
SERVING SIZE 3 Oz
YIELD 125

NUTRIENTS PER SERVING

CHO	0 g	Calories	250 kcal	K	400 mg
Sodium	170 mg	PRO	25 g	FAT	16 g

Chicken Strips Oven Fried f/Brst (Chicken Strips)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	PREPARATION STEP
		48	

S0.77/Servings

Contains: AllergenMilk;
Chicken; Garlic

1. WASH HANDS before beginning preparation.
SANITIZE surfaces & equipment. Wash and trim
Chicken. Cut Meat in 1/2 in strips. Arrange on baking
sheet in single layer.

2. Mix Spices; sprinkle over Meat. Bake yo CCP - 165F
Cook to internal temp & hold for 15 sec.

3. CCP - Maintain > 140F. Temperature should be taken
every 2 hours during holding. CCP-Cool: Product must
reach 140F to 70F/21 C within 2hrs and 70F to 40F
within 4hrs. CCP-Reheat: To internal temp of
165F/74C hold 15sec within 2hrs-one time only.

Chicken, Breast 3z Raw brls-sknls

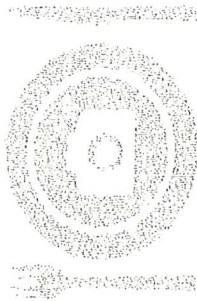
Spice, Garlic Powder

Cheese, Parmesan Grated

Spice, Paprika

Salt, Iodized Rounds

Herb, Parsley, Dried



COOK TIME	COOK TEMP	COOK METHOD
30 Min	355.0 °F	Sake

SERVING UTENSIL	SERVING SIZE	YIELD
Tongs	3 Oz	48

NUTRIENTS PER SERVING			
CHO	0 g	Calories	110 kcal
Sodium	120 mg	PRO	20 g
		EAT	2.5 g
		K	300 mg

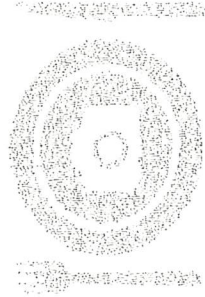
Chicken Fried f/8 cut w/Herb (Crispy Herb Chicken)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
		Chicken, 8-Cut Raw	18 lb 12 Oz		1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Thaw Chicken under refrigeration. Rinse Chicken in cold running Water. Drain. Place skin side up on racks to drain.

\$0.79/Servings

Contains: AllergenWheat, Chicken, Garlic, Onion



Herb, Thyme, Ground	1 Tbsp 2 tsp	2. Sprinkle Chicken evenly with Spices. *Chill <40F.
Herb, Marjoram, Grd	1 Tbsp 2 tsp	
Spice, Pepper, Black Grd	2.0 tsp	
Herb, Rosemary, Ground	1 Tbsp	
Flour, All Purpose	2.0 Cup	3. Dredge Chicken lightly with Flour. Deep fry for 2 min to a rich golden brown. Drain well.
Stock Chicken	2 1/2 Qt	4. Place Chicken, skin side up, in each 2" steamtable pan(s). Pour Broth over Chicken. Sprinkle Chicken with Parsley. Bake uncovered, CCP - 165F Cook to internal temp & hold for 15 sec.
Herb, Parsley Fresh	1 1/4 Cup	5. *CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP-Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP-Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

COOK TEMP
350.0 °F

COOK METHOD
Bake

SERVING UTENSIL
Tongs

SERVING SIZE
3 Oz

YIELD
48

NUTRIENTS PER SERVING

CHO	5 g	Calories	230 kcal	K	225 mg
Sodium	85 mg	PRO	25 g	FAT	12 g

6. Cook Time: 35-40 min.



Chicken Baked f/Random (Baked Chicken)

SERVINGS

\$1.36/Servings

120

INGREDIENTS

VENDOR

PRODUCT ID

Contains: Garlic, Onion

PREPARATION STEP

1. *WASH HANDS before beginning preparation & SANITIZE surfaces & equipment

2. Remove all excess fat from chicken. Spray sheet tray with pan spray place all chicken on sheet tray. (save scrapes for chicken stock)

3. Sprinkle chicken with chef seasoning.

4. Bake at 350 degrees 30-40 minutes.

5. Cook Time: 30-40 minutes



COOK TEMP

COOK METHOD

350.0 °F

Bake

SERVING UTENSIL

SERVING SIZE

YIELD

Not Specified

4 Oz

120

NUTRIENTS PER SERVING

CHO	0 g	Calories	190 kcal		550 mg
Sodium	80 mg	PRO	35 g	FAT	4.5 g

Vegetarian Meals

Ricotta Stuffed Shells

Nutrition Facts

Serving Size: 1

stuffed shell (85 grams)

Amount Per Serving

Calories from Fat 79

Calories 158

% Daily Value* 13%

Total Fat 8.7g grams 25%

Saturated Fat 4.9 grams

Trans Fat 0 grams 16%

Cholesterol 49mg milligrams 13%

Sodium 301mg milligrams 4%

Potassium 157mg milligrams 3%

Total Carbohydrates 10g grams 3%

Dietary Fiber 0.8g grams

Sugars 1.7g grams

Protein 9.4g grams 9%

Vitamin A 1%

Vitamin C 17%

Calcium 4%

* Percent Daily Values are based on a 2000 calorie diet.

Serving	Ingredient	Calories
27.79 grams	ricotta cheese	48
5.65 g	eggs	8
0.03 gram	parsley	0
0.904 oz	pasta sauce	13
0.311 oz	uncooked pasta	33
0.452 oz	mozzarella cheese	38
4.24 grams	parmesan cheese	18

Macaroni & Cheese Ent (Macaroni & Cheese(ML))

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
9688367	Foodbuy Compass	Pasta, Macaroni, Elbow Dry	4 lb 12 Oz		1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Stir Macaroni into boiling Water. Cook 10-12 min or until tender, stirring occasionally. Drain well.
592557	Foodbuy Compass	Butter	1 1/2 Cup	Melted	2. Melt 1st portion butter. Stir in Flour and Seasoning. Cook roux on low heat for 3 to 5 minutes.
8379251	Foodbuy Compass	Flour, All Purpose	2.0 Cup		
4540373	Systco Consolidated Master	Salt, Iodized Rounds	1 tsp		
5229026	Foodbuy Compass	Spice, Mustard, Dry Powder	1 Tbsp		
2557668	Foodbuy Compass	Milk, 2% Lowfat Bulk	1 Gal		3. Add Milk gradually, stirring constantly. Cook until thickened.
7018116	Foodbuy Compass	Cheese, Cheddar Shredded	3 lb	Shredded	4. Add Cheese to sauce; stir until smooth. Pour Cheese Sauce over Macaroni. Mix well. Scale into baking pans, 12 lb per pan.
6884403	Foodbuy Compass	Bread Crumbs, Plain Fine	1 lb		5. Combine Bread Crumbs and 2nd portion butter. Sprinkle over Macaroni and Cheese. Bake CCP - 145F Cook to internal temp & hold for 15 sec
5925987	Foodbuy Compass	Butter	1/2 Cup	Melted	6. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP--Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.
					7. Cook Time: 30-40 min

50.46/Servings

Contains: Allergen Milk, Allergen Wheat



COOK TEMP		COOK METHOD	
350.0 °F		Bake	
SERVING UTENSIL	SERVING SIZE	YIELD	
Spoodle	8 Oz	48	
NUTRIENTS PER SERVING			
CHO	49 g	Calories 440 kcal	300 mg
Sodium	410 mg	PRO 17 g	FAT 20 g

Pasta Ziti Baked Entree (Baked Ziti)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	----	-----------------	------------------

1. WASH HANDS before beginning preparation. WASH ALL PRODUCE under cool water and drain. SANITIZE surfaces & equipment. Cook Pasta per separate recipe. CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Maintain<40F.

2. Prepare Sauce Pomodoro per separate recipe

3. Add Cottage Cheese, onions, and Mozzarella Cheese to Sauce. Mix well.

HARDIES_PROACT02391	Foodbuy Secondary	Onions, Yellow, Fresh	1/2 Cup	Diced
5020169	Foodbuy Compass	Cottage Cheese, 1% Fat	2 lb 14 Oz	
7018105	Sysco Consolidated Master	Cheese, Mozzarella Fresh	2 lb 6 Oz	Shredded
7018509	Foodbuy Compass	Cheese, Parmesan Grated	1/2 Cup	
6884403	Foodbuy Compass	Bread Crumbs, Plain Fine	1 Cup	
5925987	Foodbuy Compass	Butter	1/4 Cup	

4. Fold cooked Pasta into Tomato mixture. Grease pans and portion Pasta Cheese mixture into each pan. CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP -Maintain<40F.

5. Topping: Combine Parmesan, Bread Crumbs and melted butter. Sprinkle over Pasta Casserole. Bake. CCP - 145F Cook to internal temp & hold for 15 sec

6. CCP - Maintain>140F: Temperature should be taken every 2 hours during holding. CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP--Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

50.49/Servings

Contains: AllergenEggs;
AllergenMilk;
AllergenWheat; Onion;
Tomato



COOK TEMP

350.0 °F

COOK METHOD

Bake

SERVING UTENSIL

Not Specified

SERVING SIZE

8 Oz

YIELD

48

NUTRIENTS PER SERVING

CHO	16 g	Calories	190 kcal	K	400 mg
Sodium	400 mg	PRO	11 g	FAT	10 g

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	----	-----------------	------------------

7. Cook Time: 20-30 min



Pasta Ziti (Penne Ziti)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
1056308	Foodbuy Compass	Pasta, Ziti, Dry	3 lb		1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Boil Noodles with Oil in Water until tender.
5828017	Foodbuy Compass	Oil, Canola	1/4 Cup		
		Water, Tap	2 Gal	Boiled	

2. Add Pasta gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, about 10 min. Test for doneness. Pasta should still be firm to the bite. Stir occasionally to help prevent sticking. Drain. CCP - 145F Cook to internal temp & hold for 15 sec.

3. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2 hrs and 70F to 40F within 4 hrs. CCP - Reheat To internal temp of 165F/74C hold 15 sec within 2 hrs-one time only.

50.06/Servings

Contains: Allergen Eggs;
Allergen Wheat



COOK METHOD

Boil

SERVING UTENSIL	SERVING SIZE	YIELD
Not Specified	1/2 Cup	48

NUTRIENTS PER SERVING

CHO	22 g	Calories	120 kcal	K	75 mg
Sodium	10 mg	PRO	4 g	FAT	1.5 g

Sauce Pomodoro (Pomodoro Sauce)

SERVINGS

\$0.09/Servings

Contains: Tomato

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	----	-----------------	------------------

0115370 Foodbuy Compass Oil, Olive 1.92 fl. oz

6230213 Foodbuy Compass Herb, Basil, Fresh 1/3 Cup Julienne

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Oil. Once the oil shimmers, add Basil and cook until dark green and stops releasing steam, 1 minute.

1048164 Foodbuy Compass Garlic, Fresh 2 Oz Chopped Fine

5229448 Foodbuy Compass Spice, Red Pepper Flakes 1 3/4 tsp

2. Add Garlic and Crushed Red Pepper, cook 1 minute.

4030565 Foodbuy Compass Tomato, Whole Cnd 3 1/2 Qt Crushed

5910237 Foodbuy Compass Herb, Parsley Italian Fresh 1/4 Cup Chopped

6230213 Foodbuy Compass Herb, Basil, Fresh 2 Tbsp Chiffonade

COOK TIME

20 Min

Simmer

SERVING UTENSIL

Ladle

SERVING SIZE

2 fl. oz

YIELD

48

NUTRIENTS PER SERVING

CHO	3 g	Calories	25 kcal	K	150 mg
Sodium	85 mg	PRO	1 g	FAT	1.5 g

3. Drain Tomatoes, reserve juice. Crush Tomatoes, and add juice and crushed Tomatoes to saucepan. Bring to a simmer, reduce, and cook uncovered 20 minutes. Remove from heat and finish with basil.

4. CCP – Maintain >140F/60C for only 4 hrs. CCP – Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP – Reheat: To internal temp of 165F/74C held 15 sec within 1 hr – one time only.

5. Cook Temp: Simmer

Vegetables

Potato O'Brien Diced f/Fresh (O'Brien Potatoes)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
1070499	Foodbuy Compass	Potato, Peeled & Diced Fresh	11 lb		1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Steam or boil until fork tender. CCP - 145F Cook to internal temp & hold for 15 sec.
1164060	Foodbuy Compass	Peppers, Green Med Fresh	4 Oz	Diced	
		Pimento, Pieces Cnd	4 Oz		
HARDIES_PROACT02391	Foodbuy Secondary	Onions, Yellow, Fresh	4 Oz	Diced	
5331048	Foodbuy Compass	Spice, Pepper, Black Grd	3/4 tsp		2. Pan Fry Potatoes and Vegetables in Margarine. Add Seasoning and cook to light brown; 30-40 min. CCP - 145F Cook to internal temp & hold for 15 sec.
5925987	Foodbuy Compass	Butter	5 Oz		
					3. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

S0.21/Servings

Contains: Allergen Milk; Allergen Soy; Onion; Peppers Bell



COOK TIME	COOK METHOD	
40 Min	Pan Fry	
SERVING UTENSIL	SERVING SIZE	YIELD
#8 scoop	4 Oz	48
NUTRIENTS PER SERVING		
CHO 17 g	Calories 90 kcal	K 450 mg
Sodium 40 mg	PRO 2 g	FAT 2.5 g

)

8 - - - -

)

8 - - - -

)

8 - - - -

Beans Baked f/Dry (Homestyle Baked Beans)

PRODUCT ID	VENDOR	INGREDIENTS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
4099099	Foodbuy Compass	Beans, Navy Dry	1 1/2 Qt		1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Soak Beans overnight, drain, cover Beans in 2" cold water and simmer until tender. Drain and reserve.

Contains: Allergen Milk; Onion; Tomato

HARDIES_PROACT02391	Foodbuy Secondary	Onions, Yellow, Fresh	3 Cup	Chopped	2. Simmer Onion in Water about 10 minutes, then add remaining ingredients except Beans and cook for about 5 minutes, stirring occasionally.
---------------------	-------------------	-----------------------	-------	---------	---

COOK TIME	COOK TEMP	COOK METHOD
60 Min	350.0 °F	Bake

SERVING UTENSIL	SERVING SIZE	YIELD
#8 scoop	4 Oz	48

NUTRIENTS PER SERVING				
CHO	21 g	Calories	130 kcal	450 mg
Sodium	85 mg	PRO	7 g	FAT 3.5 g

5229026	Foodbuy Compass	Spice, Mustard, Dry Powder	1 Tbsp 2 tsp		3. Add Beans and cook 10-15 minutes to blend flavors and to *internal temp >145F held for 15 seconds.
4030599	Foodbuy Compass	Tomato, Crushed Cnd	1 1/2 Qt		
5229265	Foodbuy Compass	Herb, Parsley, Dried	3 Tbsp		
4827852	Foodbuy Compass	Spice, Ginger, Grd	1 1/2 tsp		
5331048	Foodbuy Compass	Spice, Pepper, Black Grd	2 1/4 tsp		
6219331	Foodbuy Compass	Syrup, Maple Bulk	1/3 Cup		

4. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

67

4

67

5

67

6

Tomato Stewed f/Cnd (Stewed Tomatoes)

S0.18/Servings

Contains: Onion; Peppers Bell; Tomato

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	1	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	---	-----------------	------------------

1. WASH HANDS before beginning preparation. WASH ALL PRODUCE under cool water and drain. SANITIZE surfaces & equipment. Sauté Peppers, Onion and Celery until just tender. CCP - 145F Cook to internal temp & hold for 15 sec. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding.

HARDIES_PROACT02391	Foodbuy Secondary	Onions, Yellow, Fresh	1 tsp	Diced	
1164060	Foodbuy Compass	Celery, Fresh	1 tsp	Diced	
	Foodbuy Compass	Peppers, Green Med Fresh	1 tsp	Diced	

COOK TIME

20 Min

COOK METHOD

Simmer

SERVING UTENSIL	SERVING SIZE	YIELD
#8 scoop	4 Oz	1

NUTRIENTS PER SERVING

CHO	12 g	Calories	50 kcal	K	400 mg
Sodium	290 mg	PRO	2 g	FAT	0 g

2. Add Cornstarch to small amount of juice from Tomatoes; make paste. Combine Tomatoes with Seasonings and heat to boiling. Add Cornstarch paste; stirring constantly cook until thick and clear. Cook until CCP - 165F Cook to internal temp & hold for 15 sec. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding.

4073441	Foodbuy Compass	Cornstarch	0 Tbsp		
4030318	Foodbuy Compass	Tomato, Diced Cnd	1/2 Cup		
5108253	Foodbuy Compass	Sugar, Granulated Bulk	0 Tbsp		
5331048	Foodbuy Compass	Spice, Pepper, Black Grd	1/8 tsp		

3. CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP--Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

Peas Green Steamed (Steamed Green Peas)

PRODUCT ID	VENDOR	INGREDIENTS	SERVINGS	PREPARATION STEP	SERVING UTENSIL	SERVING SIZE	YIELD	Contains: Peas
3608353	Foodbuy Compass	Peas, Fresh	48	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place Vegetable not more than 3-4 inches deep in stainless steel inset pans. Cook vegetables in the steamer for 6-7 minutes until just tender. CCP - 145F Cook to internal temp & hold for 15 sec. 2. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat To internal temp of 165F/74C hold 15sec within 2hrs-one time only.	Not Specified	4 Oz	48	
NUTRIENTS PER SERVING								
CHO	17 g	Calories	90 kcal	K	125 mg			
Sodium	85 mg	PRO	6 g	FAT	0 g			

2

5

2

)

2

0

Carrots Buttered (Buttered Carrots)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	INGREDIENT PREP	PREPARATION STEP
5925987	Foodbuy Compass	Carrot, Fresh	Sliced	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Add Vegetables to boiling Water and simmer 8-10 min, until tender and CCP - 145F Cook to internal temp & hold for 15 sec. Drain and toss with Butter

\$0.21/Servings

Contains: AllergenMilk



COOK METHOD

Boil

SERVING UTENSIL	SERVING SIZE	YIELD
Spoodle	4 Oz	48

NUTRIENTS PER SERVING

CHO	11 g	Calories	110 kcal	K	400 mg
Sodium	80 mg	PRO	2 g	FAT	8 g

6.

6.

6.

—

Spinach Sauteed f/Fresh (Sauteed Fresh Spinach)

SERVINGS

\$1.81/Servings

Contains: Citrus

PRODUCT ID	VENDOR	INGREDIENTS	50	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	----	-----------------	------------------

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well.

2. In a saute pan heat oil over medium heat. Then Saute Garlic for 30 seconds (the garlic should not brown). Pour lemon juice in oil to stop garlic from over cooking. Add the Spinach and toss gently to cook. Season with salt. Cook Spinach 3-5 minutes until wilted and *CCP - 145F Cook to internal temp & hold for 15 sec.

0115370	Foodbuy Compass	Oil, Olive	1 Cup		
4066106	Foodbuy Compass	Spinach, Fresh	12 lb	Trimmed	
1048164	Foodbuy Compass	Garlic, Fresh	1/2 Cup		
0138818	Foodbuy Compass	Juice, Lemon Fresh	2 fl. oz		
4540373	Sysco Consolidated Master	Salt, Iodized Rounds	1 tsp		

COOK TIME

10 Min

COOK METHOD

Saute

SERVING UTENSIL

Slotted Spoon

SERVING SIZE

4 Oz

YIELD

50

NUTRIENTS PER SERVING

CHO	5 g	Calories	70 kcal	K	650 mg
-----	-----	----------	---------	---	--------

Sodium	135 mg	PRO	4 g	FAT	5 g
--------	--------	-----	-----	-----	-----

3. CCP - Maintain >140F/60C for only 4 hrs. CCP - Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP - Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.

4.

Brussels Sprouts Steamed f/Fresh (Steamed Brussels Sprouts)

S0.57/Servings

Contains:

PRODUCT ID	VENDOR	INGREDIENTS	SERVINGS	PREPARATION STEP
SARDILLI_SPD00101325	Foodbuy Secondary	Brussels Sprouts, Fresh	48	

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool water and drain. Place Vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation but if cooking liquid needs to be retained, use solid pans. Cook Vegetables in steamer for 10-12 to CCP - 145F Cook to internal temp & hold for 15 sec.

2. CCP - Maintain > 140F. Temperature should be taken every 2 hours during holding CCP—Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP—Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

3. Cook Time: 10-12 min

COOK METHOD

Steam

SERVING UTENSIL	SERVING SIZE	YIELD
Spoodle	4 Oz	48

NUTRIENTS PER SERVING

CHO	11 g	Calories	50 kcal	K	450 mg
Sodium	30 mg	PRO	4 g	FAT	0 g

Potato Mashed Whipped (Mashed Potatoes)

PRODUCT ID: 1070499 VENDOR: Foodbuy Compass INGREDIENTS: Potato, Peeled & Diced Fresh SERVINGS: 48 PREPARATION STEP: 1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool water and drain. Steam or boil until tender. Drain and place in mixer bowl. Whip, using whip attachment on low speed until there are no lumps. Whip on high speed about 2 min. 2. Add hot Milk, Margarine and Seasonings. Whip on high speed until light and fluffy. CCP - 145F Cook to internal temp & hold for 15 sec. 3. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

PRODUCT ID	VENDOR	INGREDIENTS	SERVINGS
1070499	Foodbuy Compass	Potato, Peeled & Diced Fresh	48
2557668	Foodbuy Compass	Milk, 2% Lowfat Bulk	1 1/2 Qt
5925987	Foodbuy Compass	Butter	5.5 Oz
4540373	Sysco Consolidated Master	Salt, Iodized Rounds	1 Tbsp

COOK TEMP: 0.0 °F

SERVING UTENSIL: Not Specified

SERVING SIZE: 4 Oz

YIELD: 48

NUTRIENTS PER SERVING			
CHO	17 g	Calories	110 kcal
Sodium	200 mg	PRO	3 g
		FAT	3.5 g
		K	450 mg

Veg Mixed Peas Carrot Corn (Mixed Corn Vegetable)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	INGREDIENT PREP	PREPARATION STEP
			48	

S0.23/Servings

Contains: AllergenMilk; Corn; Peas

1. *WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. *WASH ALL PRODUCE under cool water and drain.

2. Steam Vegetable for 3 min separately until tender and *CCP - 145F Cook to internal temp & hold for 15 sec. Then toss vegetables together with melted butter and salt.

Carrot, Fresh

4 lb

Peeled & Diced

3533494 Foodbuy Compass Corn, Whole Kernel Frz

4 lb

5925987 Foodbuy Compass Butter, Unsalted

2/3 Cup

Melted

6040760 Foodbuy Compass Salt, Kosher

1 Tbsp 1 tsp

COOK METHOD

Steam

SERVING UTENSIL	SERVING SIZE	YIELD
Not Specified	4 Oz	48

NUTRIENTS PER SERVING

CHO	17 g	Calories	100 kcal	K	300 mg
Sodium	270 mg	PRO	4 g	FAT	3 g

2.

$$A_1^2 \quad \cdot \quad \cdot \quad \cdot$$
 Δ

Applesauce Cinnamon (Cinnamon Applesauce)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	PREPARATION STEP
3627175	Foodbuy Compass	Applesauce, Cnd JcPk	1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Mix Applesauce together with Cinnamon. Mix well for Spice to distribute evenly.
5265451	Foodbuy Compass	Spice, Cinnamon, Grd	2. Portion 1/2 cup into individual serving dishes.
			3. CCP -Maintain<40F.

Dysphagia 3 (SB6): - Pieces less than or equal to 15mm x 15mm (adults); 8mm x 8mm (pediatrics) -No separate thin liquid When pushing down on a 15mm x 15mm sample with a dinner fork or teaspoon, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape -Food can be separated into smaller pieces using pressure from a dinner fork or teaspoon held on its side -When pushing down on a 15mm x 15mm sample using thumb, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape -Food feels moist
 Note: This recipe should be appropriate for those on a Level 6 Soft & Bite-sized. (Adults= mm x 15mm, Pediatric=8mm x 8mm)

COOK METHOD

Chill

SERVING UTENSIL	SERVING SIZE	YIELD
Solid Spoon	4 Oz	48

NUTRIENTS PER SERVING

CHO	15 g	Calories	50 kcal	K	100 mg
Sodium	5 mg	PRO	0 g	FAT	0 g

Potato Roasted No Peel f/Fresh (Roasted Potatoes)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	----	-----------------	------------------

0115370	Foodbuy Compass	Oil, Olive	1 1/4 Cup		1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.Preprep: Wash & peel Potatoes. Cut into wedges.Combine all ingredients except Potatoes in a bowl.
5236690	Foodbuy Compass	Spice, Paprika	1 Tbsp 3 tsp		
4540373	Sysco Consolidated Master	Salt, Iodized Re:nds	1 Tbsp		
5331048	Foodbuy Compass	Spice, Pepper, Black Grd	1 Tbsp		

	Potato, Baking 120ct Fresh	12 lb	Peeled & Quartered		2. Add Potatoes. Toss evenly to coat Potatoes. Arrange in single layer on parchment-lined sheet pans.
--	----------------------------	-------	--------------------	--	---

					3. Roast in 375F (350F convection) oven for 30 minutes or until tender. *CCP - 145F Cook to internal temp & hold for 15 sec.
--	--	--	--	--	--

					4. *CCP - Maintain>140F.Temperature should be taken every 2 hours during holding.CCP-Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP-Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.
--	--	--	--	--	--

S0.20/Servings

Contains:



COOK TIME	COOK TEMP	COOK METHOD
30 Min	375.0 °F	Bake

SERVING UTENSIL	SERVING SIZE	YIELD
Not Specified	1/2 Cup	48

NUTRIENTS PER SERVING

CHO	25 g	Calories	160 kcal	K	500 mg
Sodium	160 mg	PRO	3 g	FAT	6 g

Broccoli Steamed f/Fresh (Fresh Steamed Broccoli)

SERVINGS

PRODUCT ID

VENDOR

INGREDIENTS

48

\$0.32/Servings

Contains: Broccoli

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool water and drain. Place Broccoli not more than 3-4" deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained, use solid pans.

2. Cook Broccoli in steamer 10-15 minutes or until just tender and CCP - 145°F Cook to internal temp & hold for 15 sec.

3. CCP - Maintain >140°F. Temperature should be taken every 2 hours during holding. CCP--Cool: Product must reach 140°F to 70°F/21°C within 2 hrs and 70°F to 40°F within 4 hrs. CCP--Reheat: To internal temp of 165°F/74°C hold 15 sec within 2 hrs-one time only.

COOK METHOD

Steam

SERVING UTENSIL	SERVING SIZE	YIELD
Spoon	4 Oz	48

NUTRIENTS PER SERVING

CHO	6 g	Calories	30 kcal	K	400 mg
Sodium	35 mg	PRO	4 g	FAT	0 g

Potato Scalloped Slices f/Fresh (Scalloped Potatoes)

SERVINGS

\$0.70/Servings

Contains: Allergen Milk;
Allergen Wheat

PREPARATION STEP

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prep: Peel eye and slice Potatoes. Steam or boil prepared Potatoes. When done, drain. *Use immediately or refrigerate at <40F. Place Potatoes in greased 11x20x2" pan(s); 6 lbs per pan.

2. Melt butter. Add Flour and Salt; stir until smooth about 5 min.

3. Slowly add Milk; stirring and cooking until thickening to form White Sauce.

4. Pour Sauce over Potatoes. Combine Bread Crumbs and 2nd amount of butter.

5. Lightly sprinkle Bread Crumb Mixture over Potatoes. Garnish with sprinkling of Paprika. *Bake immediately or refrigerate at <40F until ready to cook.

6. Bake 350F until Potatoes are tender and Sauce is bubbly and lightly browned to *internal temp 145F for 15 sec.

7. *CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP-Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP-Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

8. Cook Time: 1-1/2-2 hours



COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	YIELD
350.0 °F	Bake	Not Specified	4 Oz	48

NUTRIENTS PER SERVING

CHO	23 g	Calories	170	500
Sodium	200 mg	kcal	5 g	mg
		FAT	5 g	g

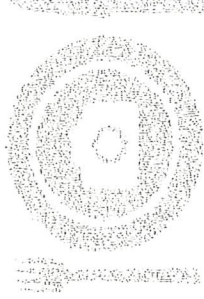
Orange Mandarin f/Cnd (Mandarin Oranges)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	PREPARATION STEP
		Oranges, Mandarin JcPk Cnd	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Lightly drain Fruit. Portion using 1/2 Cup solid spoodle or #10 scoop.
			2. Refrigerate at <40F until service.

S021/Servings

Contains: Citrus:
Orange



COOK TEMP

0.0 °F

SERVING UTENSIL	SERVING SIZE	YIELD
Spoodle	4 Oz	125

NUTRIENTS PER SERVING

CHO	12 g	Calories	45 kcal	K	175 mg
Sodium	10 mg	PRO	1 g	FAT	0 g

Miscellaneous Items

Barilla Pastas

Ingredients:

SEMOLINA (WHEAT), DURUM WHEAT FLOUR. VITAMINS/MINERALS: VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID.

NUTRITION VALUES	UNITS (per 2 oz.)	DAILY VALUE %
Calories	200	N/A
Fat Cal	1	N/A
Total Fat	1 g	1 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	0 %
Cholesterol	0 mg	0 %
Sodium	0 mg	0 %
Potassium	118 mg	2 %
Total Carbohydrate	42 g	15 %
Dietary Fiber	3 g	11 %
Soluble Fiber	2 g	N/A
Insoluble Fiber	1 g	N/A
Sugar	1 g	N/A
Protein	7 g	N/A
Vitamin A	0 %	N/A
Vitamin C	0 %	N/A
Calcium	0 %	N/A
Iron	10 %	N/A
Vitamin D	0 %	N/A
Thiamin	40 %	N/A
Riboflavin	15 %	N/A
Niacin	30 %	N/A
Folate	50 %	N/A

Allergen Values (FDA)

Contains:

Wheat, Cereals w Gluten

May Contain:

Eggs

Free From:

Peanuts, Tree Nuts, Milk, Fish, Molluscs, Crustacean, Soy

Sachet d'Epices (Sachet d'Epices)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	INGREDIENT PREP	PREPARATION STEP
			48	
		Herb, Thyme, Fresh	12 Oz	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
		Herb, Parsley Fresh	12 Oz	2. Wash parsley and thyme, leave stems whole.
		Garlic, Fresh	1 lb 8 Oz	3. Peel garlic into cloves, trim ends then lightly crush
		Crushed		
		Spice, Peppercorns	384 each	4. Place all ingredients in a piece of cheesecloth approximately 4-inches square. Gather up the edges and tie with butchers twine, leaving long tail of string to tie to handle of stock pot.*NOTE: If using whole leaves then they need to be ground in a spice grinder or placed in a sachet and removed before service.
		Herb, Bay Leaf, Ground	1 tsp	

\$0.97/Servings

Contains: Garlic



SERVING UTENSIL	SERVING SIZE	YIELD
Not Specified	1 Oz	48

NUTRIENTS PER SERVING				
CHO	10 g	Calories	45 kcal	K 175 mg
Sodium	15 mg	PRO	2 g	FAT 0.5 g

.....

2. 1. 1.

...

Broth Beef f/ LS Base (Beef Broth Low Sodium)

SERVINGS

50.07/Servings

Contains:

PRODUCT ID	VENDOR	INGREDIENTS	PREPARATION STEP
------------	--------	-------------	------------------

48

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Water and add Base, stirring until well dissolved. CCP - 165F Cook to internal temp & hold for 15 sec.

2 Gal 2 Cup

Water, Tap

6 Oz

Base, Beef LS Refrigerated

2. *CCP - Maintain >140F Temperature should be taken every 2 hours during holding CCP-Coc. Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP-Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

COOK TEMP

COOK METHOD

0.0 °F

Simmer

SERVING UTENSIL

SERVING SIZE

YIELD

Not Specified

6 fl. oz

48

NUTRIENTS PER SERVING

CHO	3 g	Calories	15 kcal	K	20
Sodium	45 mg	PRO	1 g	FAT	0

Stock Beef (Beef Stock)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	INGREDIENT PREP	PREPARATION STEP
			48	

50.13/Servings

Contains: Beef, Garlic; Onion; Tomato



1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Rinse Bones and dry them well.

2. Smear Bones with Tomato Paste.

3. Pour one half of Oil into large roasting pan and cover bottom of pan with Oil. Place Bones in roasting pan. Drizzle remaining Oil over Bones in pan. Place pan in convection oven at 425 degrees F for 25-30 minutes until Bones are browned. Make sure to watch oven, depending on size of Bones they may take longer to brown.

4. Combine browned Bones and Water in stock pot. Then add remaining Ingredients. Tie Sachet d'Espices to handle of pot if possible (cut away remaining string if possible to prevent fire). Bring stock pot to a boil then reduce to a simmer and cook for a minimum of 6 hours.

Onions, Yellow, Fresh	3 Oz	Chopped
Carrot, Fresh	1.5 Oz	Chopped
Celery, Fresh	1.5 Oz	Chopped
Sachet d'Espices	0.38 each	
Salt, Kosher	0.5 Oz	

Water, Tap

2 Gal

COOK TIME

360 Min

COOK METHOD

Boil

SERVING UTENSIL

Ladle

SERVING SIZE

6 fl. oz

YIELD

48

NUTRIENTS PER SERVING

CHO	1 g	Calories	15 kcal	K	30 mg
Sodium	50 mg	PRO	1 g	FAT	1 g

5. Skim fat from surface as needed.

6. When done strain Stock twice, once with large China cap and once with fine China cap.

7. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

8. NOTE: For veal stock replace beef bones with veal bones.



SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	INGREDIENT PREP	PREPARATION STEP
			48	

9. Cook Temp: Simmer



Sauce Tomato (Tomato Sauce)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	INGREDIENT PREP	PREPARATION STEP
			48	
		Tomato, Puree Cnd	6 lb	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. In a stock pot heat oil and sauté onions until translucent and then add garlic.
		Onions, Yellow, Fresh	2 Tbsp 1 tsp	
		Oil, Veget-Jle	1 Tbsp	
				2. Combine all ingredients and heat to *internal temp of 165F for 15 sec. Then blend sauce until smooth with a submersion blender or a blender.
				3. *CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP—Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP—Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.
				4. Cook Temp: Simmer

S0.06/Servings

Contains: Garlic
Onion; Tomato



COOK TIME		COOK METHOD	
30 Min	Simmer		
SERVING UTENSIL	SERVING SIZE	YIELD	
Ladle	2 fl. oz	48	

NUTRIENTS PER SERVING			
CHO	6 g	Calories	25 kcal
Sodium	170 mg	PRO	1 g
		FAT	0 g
		K	300 mg

6

2

87

Dice Tomato Stewed f/Cnd (Dice Stewed Tomatoes)

PRODUCT ID	VENDOR	INGREDIENTS	SERVINGS	PREPARATION STEP	COOK TEMP	COOK METHOD
			1	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare per separate recipe. Set aside portions for Dice Texture Product on a cutting board and dice product 1/4 x 1/4 x 1/4 inch. CCP Maintain >140F. If temperature of product falls below 140F, product must then be reheated to CCP 165F and held for 15 seconds. For Service: Portion product and top with correct portion of Gravy or Sauce according to Regular Recipe.	0.0 °F	Make
		Stock Vegetable	1 Tbsp			
		Tomato Stewed f/Cnd	4 Oz			

50.17/Servings

Contains: Onion; Peppers Bell; Tomato



SERVING UTENSIL	SERVING SIZE	YIELD
Not Specified	4 Oz	1

NUTRIENTS PER SERVING				
CHO	12 g	Calories	50 kcal	K 400 mg
Sodium	300 mg	PRO	2 g	FAT 0 g



Stock Vegetable (Vegetable Stock(ML))

S0.03/Servings 10 Contains: Onion; Tomato

PRODUCT ID	VENDOR	INGREDIENTS	SERVINGS	1	INGREDIENT PREP	PREPARATION STEP
5828017	Foodbuy Compass	Oil, Canola	0.5 Oz			1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool water and drain. Pour one half of Oil into large roasting pan and cover bottom of pan with Oil. Place Vegetables in roasting pan. Drizzle remaining Oil over Vegetables in pan. Place pan in convection oven at 425 degrees F for 25-30 minutes until Vegetables are browned. At 10-15 minutes check Vegetables and stir to prevent burning.
HARDIES_PROACT02391	Foodbuy Secondary	Onions, Yellow, Fresh	0.5 Oz		Chopped	
		Carrot, Fresh	0.5 Oz		Chopped	
		Celery, Fresh	0.5 Oz		Chopped	
		Turnip, Fresh Whole	0.5 Oz		Chopped	
		Cabbage, Green Fresh	0.5 Oz		Shredded	
6040760	Foodbuy Compass	Water, Tap	2/3 Cup			2. Combine browned Vegetables and Water in stock pot. Then add remaining ingredients. Tie Sachet d'Espices to handle of pot if possible (cut away remaining string if possible to prevent fire). Bring stock pot to a boil then reduce to a simmer and cook for a minimum of 1 hour.
		Tomato, Plum Fresh	0.5 Oz		Diced	
		Sachet d'Espices	0.02 each			
		Salt, Kosher	1/8 tsp			
						3. Skim at from surface as needed.



COOK TIME

360 Min

COOK METHOD

Simmer

SERVING UTENSIL

Ladle

SERVING SIZE

6 fl. oz

YIELD

1

NUTRIENTS PER SERVING

CHO

1 g

Calories

10 kcal

K

30 mg

Sodium

60 mg

PRO

0 g

FAT

0.5 g

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	1	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	---	-----------------	------------------

4. When done strain Stock twice, once with large China cap and once with fine China cap.

5. CCP—Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP—Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

6. Cook Temp: Simmer

Sachet d'Epices (Sachet d'Epices)

SERVINGS

S0.92/Servings

PRODUCT ID	VENDOR	INGREDIENTS	1	INGREDIENT PREP	PREPARATION STEP
					1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
		Herb, Thyme, Fresh	0.5 Oz		2. Wash parsley and thyme, leave stems whole.
1020155	Foodbuy Compass	Herb, Parsley Fresh	0.5 Oz		
1048164	Foodbuy Compass	Garlic, Fresh	0.5 Oz	Crushed	3. Peel garlic into cloves, trim ends then lightly crush
					4. Place all ingredients in a piece of cheesecloth approximately 4-inches square. Gather up the edges and tie with butchers twine, leaving long tail of string to tie to handle of stock pot.*NOTE: If using whole leaves then they need to be ground in a spice grinder or placed in a sachet and removed before service.
5517073	Foodbuy Compass	Spice, Peppercorns	8 each		
5158502	Foodbuy Compass	Herb, Bay Leaf, Ground	1/8 tsp		

SERVING UTENSIL
Not Specified

SERVING SIZE
1 Oz

YIELD
1

NUTRIENTS PER SERVING

CHO	10 g	Calories	45 kcal	K	175 mg
Sodium	15 mg	PRO	2 g	FAT	0.5 g

Sauce Tomato (Tomato Sauce)

SERVINGS

\$0.06/Servings

Contains: Onion; Tomato

PRODUCT ID	VENDOR	INGREDIENTS	6	INGREDIENT PREP	PREPARATION STEP
4030243	Foodbuy Compass	Tomato, Puree Cnd	12 Oz		1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. In a stock pot heat oil and sauté onions until translucent and then add garlic.
HARDIES_PROACT02391	Foodbuy Secondary	Onions, Yellow, Fresh	1.0 tsp	1/4" Dice	
5828017	Foodbuy Compass	Oil, Vegetable	1/2 tsp		
2. Combine all ingredients and heat to *internal temp of 165F for 15 sec. Then blend sauce until smooth with a submersion blender or a blender.					
3. *CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP-Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP-Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.					
4. Cook Temp: Simmer					

COOK TIME		COOK METHOD	
30 Min	Simmer		
SERVING UTENSIL	SERVING SIZE	YIELD	
Ladle	2 fl. oz	6	
NUTRIENTS PER SERVING			
CHO	6 g	Calories 25 kcal	K 300 mg
Sodium	170 mg	PRO 1 g	FAT 0 g

Stock Chicken (Chicken Stock)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	----	-----------------	------------------

		Chicken, Bones	3 lb		1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool water and drain. Rinse Bones and dry them well.
--	--	----------------	------	--	---

		Water, Tap	2 Gal		2. Combine Bones, Water and remaining ingredients in stock pot. Tie Sachet d'Espices to handle of pot if possible (cut away remaining strir, if possible to prevent fire). Bring stock pot to a boil then reduce to a simmer and cook for a minimum of 6 hours. CCP - 165F Cook to internal temp & hold for 15 sec.
--	--	------------	-------	--	---

HARDIES_PROACT02391	Foodbuy Secondary	Onions, Yellow, Fresh	3 Oz	Chopped	
		Carrot, Fresh	2 Oz	Chopped	
		Celery, Fresh	2 Oz	Chopped	
		Sachet d'Espices	1 each		
6040760	Foodbuy Compass	Salt, Kosher	0.5 Oz		

3. Skim fat from surface as needed.

4. When done strain Stock twice, once with large China cap and once with fine China cap.

5. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

\$0.07/Servings

Contains: Onion



COOK TIME	COOK METHOD
-----------	-------------

360 Min Boil

SERVING UTENSIL	SERVING SIZE	YIELD
-----------------	--------------	-------

Ladle 6 fl. oz 48

NUTRIENTS PER SERVING

CHO	1 g	Calories	5 kcal	K	20 mg
Sodium	40 mg	PRO	0 g	FAT	0 g

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
					6. For Brown Chicken Stock add 3 ounces of oil to recipe. Pour one half of oil into large roasting pan and cover bottom of pan with oil. Place bones in roasting pan. Drizzle remaining oil over bones in pan. Place pan in convection oven at 425 degrees F for 20-25 minutes until bones are browned. Make sure to watch oven, depending on size of bones they may take longer to brown.
					7. For turkey stock replace chicken bones with turkey bones.
					8. Cook Temp: Simmer



Sachet d'Epices (Sachet d'Epices)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	INGREDIENT PREP	PREPARATION STEP
1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.					
1020155	Foodbuy Compass	Herb, Thyme, Fresh	12 Oz		2. Wash parsley and thyme, leave stems whole.
1048164	Foodbuy Compass	Herb, Parsley Fresh	12 Oz		
	Foodbuy Compass	Garlic, Fresh	1 lb 8 Oz	Crushed	3. Peel garlic into cloves, trim ends then lightly crush
5517073	Foodbuy Compass	Spice, Peppercorns	384 each		4. Place all ingredients in a piece of cheesecloth approximately 4-inches square. Gather up the edges and tie with butchers twine, leaving long tail of string to tie to handle of stock pot. *NOTE: If using whole leaves then they need to be ground in a spice grinder or placed in a sachet and removed before service.
5158502	Foodbuy Compass	Herb, Bay Leaf, Ground	1 tsp		

50.92/Servings



SERVING UTENSIL	SERVING SIZE	YIELD
Not Specified	1 Oz	48
NUTRIENTS PER SERVING		
CHO	10 g	Calories 45 kcal
Sodium	15 mg	PRO 2 g
		FAT 0.5 g
		K 175 mg

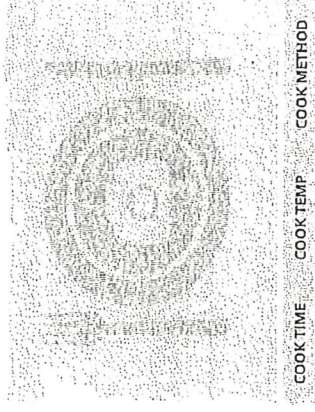
Chicken Baked Brst bnls (Chicken Breast)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	48	PREPARATION STEP
7677816	Test Vendor	Chicken, Breast 3z Raw bnls-sknls	48 each	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place Chicken on greased baking sheet. *Maintain <40F until ready to continue.
4540373	Sysco Consolidated Master	Salt, Iodized Rounds	2.0 tsp	2. Sprinkle Chicken with Seasonings. Bake uncovered or grill to CCP - 165F internal temp & hold for 15 sec.
5236690	Foodbuy Compass	Spice, Paprika	1 Tbsp	
5331048	Foodbuy Compass	Spice, Pepper, Black Grd	1 Tbsp	

3. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP--Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

\$0.60/Servings



COOK TIME	COOK TEMP	COOK METHOD
20 Min	350.0 °F	Bake
SERVING UTENSIL	SERVING SIZE	YIELD
Tongs	3 Oz	48

NUTRIENTS PER SERVING			
CHO	0 g	Calories	100 kcal
Sodium	135 mg	PRO	20 g
		FAT	2.5 g
		K	300 mg



Garnish Pickle Spear Dill (Pickle Spear)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS
------------	--------	-------------

1

PREPARATION STEP

1. WASH HANDS before beginning preparation.
SANITIZE surfaces & equipment. Place 1 Pickle Spear on each plate as garnish. CCP -Maintain<40F.

50.08/Servings

Contains:



SERVING UTENSIL SERVING SIZE YIELD

Tongs 1 each 1

NUTRIENTS PER SERVING

CHO	1 g	Calories	0 kcal	K	40 mg
Sodium	230 mg	PRO	0 g	FAT	0 g

10

11

12

Sauce Marinara (Marinara Sauce)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	INGREDIENT PREP	PREPARATION STEP
50.07	Servings			

Contains: Garlic,
Onion; Peppers Bell;
Tomato

1. WASH HANDS before beginning preparation.
SANITIZE surfaces & equipment. WASH ALL PRODUCE
under cool water and drain. Sauté Onions, Pepper,
Carrot and Garlic in Oil until tender.

Onions, Yellow, Fresh	5.5 Oz	Chopped Fine
Peppers, Green Med Fresh	3.5 Oz	Chopped Fine
Carrot, Fresh	2 Oz	Shredded
Garlic, Fresh	1.5 Oz	Chopped Fine
Oil, Olive	1.5 Oz	

2. Add remaining Ingredients. Bring to boil, reduce to
a simmer for 1 hour. CCP - 165F Cook to internal temp
& hold for 15 sec.

Tomato, Paste Cnd	2/3 Cup
Salt, Iodized Rounds	3/4 tsp
Spice, Pepper, Black Grd	3/4 tsp
Tomato, Crushed Cnd	2 Qt
Water, Tap	2 Cup
Herb, Basil, Dried Leaves	3 Tbsp
Sugar, Granulated Bulk	1 Tbsp 1 tsp
Herb, Parsley, Dried	2 tsp

COOK TIME	COOK METHOD	
60 Min	Simmer	
SERVING UTENSIL	SERVING SIZE	YIELD
Ladle	2 fl. oz	48

NUTRIENTS PER SERVING

CHO	5 g	Calories	30	K	200
Sodium	140	PRO	1 g	EAT	1 g
	mg				mg

3. CCP - Maintain > 140F. Temperature should be taken
every 2 hours during holding. CCP-Cool: Product must
reach 140F to 70F/21C within 2hrs and 70F to 40F
within 4hrs. CCP-Reheat: To internal temp of
165F/74C hold 15sec within 2hrs-one time only.

4. Cook Temp: Simmer

Broth Beef f/ LS Base (Beef Broth Low Sodium)

SERVINGS

PRODUCT ID VENDOR

INGREDIENTS

\$0.07/Servings Contains: Beef

Water, Tap

2 Gal 2 Cup

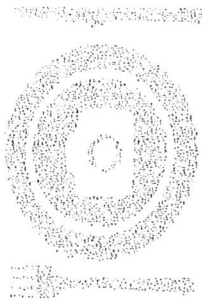
Base, Beef LS Refrigerated

6 Oz

PREPARATION STEP

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Water and add Base, stirring until well dissolved. CCP - 165F Cook to internal temp & hold for 15 sec.

2. *CCP - Maintain > 140F. Temperature should be taken every 2 hours during holding. CCP - Cook: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.



COOK TEMP

0.0 °F

COOK METHOD

Simmer

SERVING UTENSIL

Not Specified

SERVING SIZE

6 fl. oz

YIELD

48

NUTRIENTS PER SERVING

CHO

3 g

Calories

15 kcal

K

20 mg

Sodium

45 mg

PRO

7 g

FAT

0 g

)

)

)

Gravy Brown Hmd (Brown Gravy)

SERVINGS

PRODUCT: VENDOR: INGREDIENTS

INGREDIENT PREP

PREPARATION TIP

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Bring Water to a boil and add Beef Base.

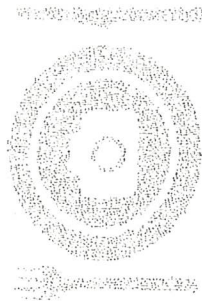
2. Combine Flour and butter to make a roux and whisk together thoroughly.

3. Add stock to roux gradually, stirring constantly with a wire whip. Cook until thickened and smooth.

4. CCP - Hold at 140F for only 4 hrs. CCP - Cook: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs. CCP - Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

\$0.05/Servings

Contains: Allergen Milk, Allergen Wheat, Beef



COOK TEMP

COOK METHOD

0.0 °F

Cook

SERVING UTENSIL

SERVING SIZE

YIELD

Ladle

2 fl. oz

48

NUTRIENTS PER SERVING

CHO

3 g

Calories

40 kcal

K

0 mg

Sodium

210 mg

PRO

0 g

FAT

3.5 g

Stock Chicken (Chicken Stock)

SERVINGS

\$0.07/Servings

PREPARATION STEP

INGREDIENT PREP

48

PRODUCT ID: VENDOR: INGREDIENTS

Contains: Garlic, Onion

1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool water and drain. Rinse Bones and dry them well.

2. Combine Bones, Water and remaining ingredients in stock pot. Tie Sachet d'Espices to handle of pot if possible (cut away remaining string if possible to prevent fire). Bring stock pot to a boil then reduce to a simmer and cook for a minimum of 6 hours. CCP - 165F Cook to internal temp & hold for 15 sec.

Chicken, Bones	3 lb	
Water, Tap	2 Gal	
Onions, Yellow, Fresh	5 Oz	Chopped
Carrot, Fresh	2 Oz	Chopped
Celery, Fresh	2 Oz	Chopped
Sachet d'Espices	1 each	
Salt, Kosher	0.5 Oz	

COOK TIME	COOK METHOD	
360 Min	Boil	
SERVING UTENSIL	SERVING SIZE	YIELD
Ladle	5 fl. oz	48

NUTRIENTS PER SERVING

CHO	1 g	Calories	5 kcal	K	20 mg
Sodium	40 mg	PRO	0 g	FAT	0 g

3. Skim fat from surface as needed.

4. When done strain Stock twice, once with large China cap and once with fine China cap.

5. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

6. For Brown Chicken Stock add 3 ounces of oil to recipe. Pour one half of oil into large roasting pan and cover bottom of pan with oil. Place bones in roasting pan. Drizzle remaining oil over bones in pan. Place pan in convection oven at 425 degrees F for 20-25 minutes until bones are browned. Make sure to watch oven, depending on size of bones they may take longer to brown.

SERVINGS

PRODUCT ID

VENDOR

INGREDIENTS

48

INGREDIENT PREP

PREPARATION STEP

7. For turkey stock replace chicken bones with turkey bones.

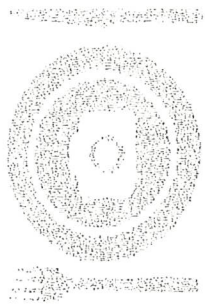
8. Cook Temp: Simmer

Sachet d'Espices (Sachet d'Epices)

SERVINGS

\$0.97/Servings 48 Contains: Garlic

PRODUCT ID	VENDOR	INGREDIENTS	INGREDIENT PREP	PREPARATION STEP
		Herb, Thyme, Fresh	12 Oz	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. 2. Wash parsley and thyme, leave stems whole.
		Herb, Parsley Fresh	12 Oz	
		Garlic, Fresh	1 lb 8 Oz	
			Crushed	3. Peel garlic into cloves, trim ends then lightly crush
		Spice, Peppercorns	384 each	4. Place all ingredients in a piece of cheesecloth approximately 4-inches square. Gather up the edges and tie with butchers twine, leaving long tail or string to tie to handle of stock pot. *NOTE: If using whole leaves then they need to be ground in a spice grinder or placed in a sachet and removed before service.
		Herb, Bay Leaf, Ground	1 tsp	



SERVING UTENSIL Not Specified
SERVING SIZE 1 Oz
YIELD 48

NUTRIENTS PER SERVING

CHO	10 g	Calories	45 kcal	K	175 mg
Sodium	15 mg	PRO	2 g	EAT	0.5 g



Seasoning Salt (Seasoning Salt)

SERVINGS

PRODUCT ID

VENDOR

INGREDIENTS

48

PREPARATION STEP

S0.03/Servings Contains: Garlic, Onion

1. *WASH HANDS before beginning preparation & SANITIZE surfaces & equipment

2. Mix all ingredients together until spices are incorporated.

Salt, Iodized Rounds	1 1/3 Cup
Spice, Onion Powder	1/4 Cup
Spice, Garlic, Granulated	1/4 Cup
Spice, Paprika	1/4 Cup
Spice, Pepper, Black Grd	2 3/4 tsp



COOK METHOD

Make

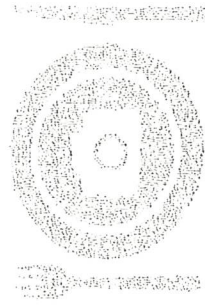
SERVING UTENSIL	SERVING SIZE	YIELD
Not Specified	1 tsp	48

NUTRIENTS PER SERVING

CHO	2 g	Calories	5 kcal	K	40 mg
Sodium	3250 mg	PRO	0 g	FAT	0 g

Sauce BBQ (Homemade BBQ Sauce)

PRODUCT ID: 48 VENDOR: 48 SERVINGS: 48 PREPARATION STEP: 1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Bring all ingredients to a simmer EXCEPT Ketchup, then add ketchup, stir. CCP--Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs.



Ketchup, Bulk	2 Qt
Sugar, Brown Dark	3.5 Oz
Sugar, Granulated Bulk	1.0 Cup
Molasses, Blackstrap	1.0 Cup
Mustard, Dijon	3 Tbsp 2 tsp
Spice, Chili Powder	3 Tbsp 2 tsp
Spice, Paprika	3 Tbsp
Vinegar, Cider	1 1/4 Cup
Herb, Oregano, Dry	1 Tbsp 2 tsp
Spice, Pepper, Black Grd	2 1/2 tsp

2. *CCP -Maintain<40F.

3. Cook Temp: Simmer

COOK TIME: 30 Min
COOK METHOD: Simmer
SERVING UTENSIL: Ladle
SERVING SIZE: 2 fl oz
YIELD: 48

NUTRIENTS PER SERVING

CHO	21 g	Calories	80 kcal	K	300 mg
Sodium	400 mg	PRO	1 g	FAT	0 g

Seasoning Chef (Chef Seasoning)

SERVINGS

50.08/Servings

Contains: Garlic, Onion

PRODUCT ID: VENDOR: INGREDIENTS

120

PREPARATION STEP

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.

2. Mix all spices together until well blended.

Salt, Kosher	1 Tbsp 1 tsp
Spice, Pepper, Black Grd	1.0 Cup
Seasoning, Salt-Free	2.0 Cup
Herb, Basil, Dried Leaves	1 1/4 Cup
Herb, Thyme, Dried Leaves	1 1/4 Cup
Spice, Paprika	1.0 Cup

3. Store in tightly sealed container. Shelf life of 6 months.

COOK TIME: 5 Min
COOK METHOD: Bake

SERVING UTENSIL: Not Specified
SERVING SIZE: 2 tsp
YIELD: 120

NUTRIENTS PER SERVING

CHO	3 g	Calories	10 kcal	K	75 mg
Sodium	85 mg	PRO	1 g	FAT	0 g

Sachet d'Epices (Sachet d'Epices)

SERVINGS

\$0.97/Servings

Contains: Garlic

PRODUCT ID	VENDOR	INGREDIENTS	INGREDIENT PREP	PREPARATION STEP
------------	--------	-------------	-----------------	------------------

1. WASH HANDS before beginning preparation.
SANITIZE surfaces & equipment.

2. Wash parsley and thyme, leave stems whole.

Herb, Thyme, Fresh 12 Oz

Herb, Parsley Fresh 12 Oz

Garlic, Fresh 1 lb 8 Oz

3. Peel garlic into cloves, trim ends then lightly crush

4. Place all ingredients in a piece of cheesecloth approximately 4-inches square. Gather up the edges and tie with butchers twine, leaving long tail of string to tie to handle of stock pot. *NOTE: If using whole leaves then they need to be ground in a spice grinder or placed in a sachet and removed before service.

Spice, Peppercorns 384 each

Herb, Bay Leaf, Ground 1 tsp

SERVING UTENSIL Not Specified
SERVING SIZE 1 Oz
YIELD 48

NUTRIENTS PER SERVING

CHO	10 g	Calories	45 kcal	K	175 mg
Sodium	15 mg	PRO	2 g	FAT	0.5 g

Stock Chicken (Chicken Stock)

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	INGREDIENT PREP	PREPARATION STEP	S0.07/Servings	Contains: Garlic, Onion
------------	--------	-------------	-----------------	------------------	----------------	-------------------------

1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool water and drain. Rinse Bones and dry them well.

2. Combine Bones. Water and remaining ingredients in stock pot. Tie Sachet d'Espices to handle of pot if possible (cut away remaining string if possible to prevent fire). Bring stock pot to a boil then reduce to a simmer and cook for a minimum of 6 hours. CCP - 165F Cook to internal temp & hold for 15 sec.

Chicken, Bones	3 lb	
Water, Tap	2 Gal	
Onions, Yellow, Fresh	3 Oz	Chopped
Carrot, Fresh	2 Oz	Chopped
Celery, Fresh	2 Oz	Chopped
Sachet d'Espices	1 each	
Salt, Kosher	0.5 Oz	

COOK TIME	COOK METHOD
360 Min	Boil
SERVING UTENSIL	SERVING SIZE
Ladle	6 fl. oz

NUTRIENTS PER SERVING

CHO	1 g	Calories	5 Kcal	K	20 mg
Sodium	40 mg	PRO	0 g	FAT	0 g

3. Skim fat from surface as needed.

4. When done strain Stock twice, once with large China cap and once with fine China cap.

5. CCP - Maintain >140F. Temperature should be taken every 2 hours during holding. CCP - Cool: Product must reach 140F to 70F/21C within 2hrs and 70F to 40F within 4hrs. CCP - Reheat: To internal temp of 165F/74C hold 15sec within 2hrs-one time only.

6. For Brown Chicken Stock add 3 buces of oil to recipe. Pour one half of oil into large roasting pan and cover bottom of pan with oil. Place bones in roasting pan. Drizzle remaining oil over bones in pan. Place pan in convection oven at 425 degrees F for 20-25 minutes until bones are browned. Make sure to watch oven, depending on size of bones they may take longer to brown.

SERVINGS

PRODUCT ID	VENDOR	INGREDIENTS	AD	INGREDIENT PREP	PREPARATION STEP
					7. For turkey stock replace chicken bones with turkey bones.
					8. Cook Temp: Simmer

