



# ‘7 Days & 7 Countries’ Global-Inspired Menu

Enjoy inspired flavors and ingredients from...



France – Beef Burgundy



India – Braised Lentils with Parsnips



Italy – Caprese Chicken



Argentina – Chimichurri Pork Loin



Ireland – Colcannon Potato



Turkey – Marinated Beef Kabobs



Mexico – Pork Carnitas

# Nutrient Summary: Beef Burgundy f/Cubes (Beef Burgundy)

**Serving Size:** 3/4 cup (186.66gm) | **Allergens:** Mushroom, AllergenSulphites, Beef, Pepper (spice), Corn, Tomato, [Alcohol]

MacroNutrients	
Carbohydrates	5 g
Calories	120 kcal
Insoluble Fiber	0 g
Protein	17 g
Total Fat	3.5 g
Alcohol	0.73 g
Water	159.32 g
Caffeine	0 mg
Total Sugars	1 g
Total Dietary Fiber	1 g
Added Sugar	0 g
Soluble Fiber	0 g
Insoluble Fiber	0 g

Minerals	
Calcium	20 mg
Potassium	350 mg
Sodium	500 mg
Zinc	4.07 mg
Iron	2 mg
Magnesium	21.05 mg
Phosphorus	172.18 mg
Copper	0.12 mg
Manganese	0.05 mg

Fatty Acids	
Linoleic FA	0.21 g
Oleic FA	1.57 g
Cholesterol	50 mg
Trans Fats	0.17 g
Saturated Fat	1.5 g
Monounsaturated Fat	1.74 g
Polyunsaturated Fat	0.25 g

Vitamins	
Vitamin D	0 mcg
Vitamin K	1.8 mcg
Vitamin E	0.38 mg
Vitamin A	5.45 RE
Vitamin C	1.15 mg
Thiamin (B1)	0.07 mg
Riboflavin (B2)	0.14 mg
Niacin (B3)	4.05 mg
Pantothenic Acid	0.6 mg
Vitamin B6	0.43 mg
Total Folacin	4.77 mcg
Vitamin B12	1.68 mcg

Other Information					
Calories from Carbohydrates	16%	Calories from Fat	27%	Calories from Protein	57%
Ply/SatFat	0.18:1	Sodium/Potassium	1.43:1	Calcium/Phosphorus	0.1:1

\*Indicates 1 or more Unreported values

# Beef Burgundy f/Cubes (Beef Burgundy)

COOK TIME	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
90 Min	Simmer	Not Specified	3/4 Cup	<b>Contains: AllergenSulphites; Beef; Corn; Mushroom; Tomato</b>

NUTRIENTS PER SERVING					
CARBOHYDRATES	CALORIES	SODIUM	PROTEIN	TOTAL FAT	SATURATED FAT
5 g	120 kcal	500 mg	17 g	3.5 g	1.5 g

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap	2 Qt	3 1/4 Qt	1 Gal 1 Cup	1 Gal 3 Cup	Heat beef cubes until brown. Add first portion of water, turn heat to high until water comes to a boil. Reduce heat and cover pan. Let simmer until beef cubes are tender (approximately 1 1/2 hrs). CCP -- Maintain at >135F/57C.
	Beef, Cubes Raw	5 lb	8 lb	12 lb	15 lb	
<b>3</b>	Base, Beef Paste G-F	2 Tbsp	3 Tbsp 1 tsp	1/3 Cup	1/3 Cup	Add mushrooms, beef base, black pepper, burgundy wine, and tomato paste to beef mixture. CCP - Maintain at >135F/57C.
	Pepper, Black Ground	1/2 tsp	3/4 tsp	1 1/4 tsp	1 1/2 tsp	
	Wine, Burgundy	3/4 Cup	1 1/4 Cup	1 3/4 Cup	2 1/4 Cup	
	Tomato Paste, Cnd	1/2 Cup	3/4 Cup	1 1/4 Cup	1 1/2 Cup	
	Mushrooms, Pieces Cnd	2 Cup	3 1/4 Cup	1 1/4 Qt	1 1/2 Qt	Drained
<b>4</b>	Cornstarch	1/2 Cup	3/4 Cup	1 1/4 Cup	1 1/2 Cup	Mix cornstarch with cold water to form a smooth paste. Add to beef and cook to desired consistency. CCP -- cook to minimum internal temp of >155F/68C for 15 sec.
	Water, Tap	1 Cup	1 2/3 Cup	2 1/3 Cup	3 Cup	
<b>5</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		25	40	60	75		
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Nutrient Summary: Beans Lentils with Parsnip Braised (Braised Lentils With Parsnips)

**Serving Size:** 1 cup (254.41gm) | **Allergens:** AllergenSulphites, Celery, Beans/Legumes, AllergenSoy, Hulls/Peels, Onions, Cooked, Pepper (spice), Onion, Onion, [Alcohol], Lentil, Garlic, Nutmeg

MacroNutrients	
Carbohydrates	45 g
Calories	290 kcal
Insoluble Fiber	0 g
Protein	13 g
Total Fat	6 g
Alcohol	1.81 g
Water	187.04 g
Caffeine	0 mg
Total Sugars	5 g
Total Dietary Fiber	8 g
Added Sugar	0 g
Soluble Fiber	0 g
Insoluble Fiber	0 g

Minerals	
Calcium	75 mg
Potassium	600 mg
Sodium	160 mg
Zinc	1.91 mg
Iron	4 mg
Magnesium	44.08 mg
Phosphorus	181.77 mg
Copper	0.45 mg
Manganese	1.06 mg

Fatty Acids	
Linoleic FA	0.83 g
Oleic FA	4.08 g
Cholesterol	5 mg
Trans Fats	0 g
Saturated Fat	1 g
Monounsaturated Fat	4.19 g
Polyunsaturated Fat	0.93 g

Vitamins	
Vitamin D	0 mcg
Vitamin K	21.96 mcg
Vitamin E	1.89 mg
Vitamin A	3.12 RE
Vitamin C	13.31 mg
Thiamin (B1)	0.47 mg
Riboflavin (B2)	0.14 mg
Niacin (B3)	1.71 mg
Pantothenic Acid	1.37 mg
Vitamin B6	0.34 mg
Total Folicin	263.68 mcg
Vitamin B12	0.01 mcg

## Other Information

Calories from Carbohydrates	62%	Calories from Fat	20%	Calories from Protein	18%
Ply/SatFat	0.99:1	Sodium/Potassium	0.27:1	Calcium/Phosphorus	0.3:1

\*Indicates 1 or more Unreported values

# Beans Lentils with Parsnip Braised (Braised Lentils with Parsnips)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Braise	Not Specified	1 Cup	<b>ⓘ Contains: AllergenSoy; AllergenSulphites; Beans/Legumes; Celery; Garlic; Onion</b>

NUTRIENTS PER SERVING					
CARBOHYDRATES	CALORIES	SODIUM	PROTEIN	TOTAL FAT	SATURATED FAT
45 g	290 kcal	160 mg	13 g	6 g	1 g

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Combine base with water to make a broth. Set aside.
<b>3</b>						Heat oil in a pot over medium heat. Add onion, celery, and parsnip. Cook until tender, 6-8 minutes.
Base, Vegetable Paste G-F	1.5 Oz	2.5 Oz	3.5 Oz	4.5 Oz		
Water, Tap	3 Qt	1 Gal 1 Cup	1 Gal 5 Cup	2 Gal 2 Cup	Hot	
Oil, Olive	2/3 Cup	1 Cup	1 1/2 Cup	2.0 Cup		
<b>4</b>						Add the broth and next 5 ingredients and bring to a boil. Reduce heat to medium low, then partially cover pot and cook for 25-35 minutes until lentils are tender. Stir occasionally. Add additional stock or water if necessary to prevent the lentils from burning or clumping.
Onion, Yellow	2.5 each	4 each	6 each	7.5 each	Chopped	
Celery, Fresh	1 3/4 Cup	2 3/4 Cup	1.0 Qt	1 1/4 Qt	Chopped	
Parsnips, Fresh	1 1/2 Qt	2 1/2 Qt	3 1/2 Qt	1 Gal 1 Cup	Chopped	
<b>5</b>						Once lentils are tender, remove bay leaves, then stir in salt and nutmeg. CCP -- Maintatin >135F/57C.
Garlic, Minced/Chopped	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		
Bay Leaf, Whole	5 each	8 each	12 each	15 each		
Wine, Cooking Sherry	1 1/4 Cup	2 Cup	3 Cup	3 3/4 Cup		
Beans, Lentil Dry	1 1/2 Qt	2 1/2 Qt	3 1/2 Qt	1 Gal 1 Cup	Rinsed/Drained	
Pepper, Black Ground	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		

	INGREDIENTS	SERVINGS 25	SERVINGS 40	SERVINGS 60	SERVINGS 75	INGREDIENT PREP	PREPARATION STEP
6	Salt, Iodized	1 1/4 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		To Serve: Ladle 1 cup in to a bowl per serving. Sprinkle with fresh parsley if desired for presentation.
	Nutmeg, Ground	1 tsp	1 1/2 tsp	2 1/2 tsp	1 Tbsp		
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Nutrient Summary: Chicken Breast Mozzarella Tomato & Basil (Caprese Chicken)

**Serving Size:** 3 oz (128.66gm) | **Allergens:** AllergenMilk, cheese, Cheese, Hard, Lactose Restricted, Milk & Milk Product, Chicken, Tomato

MacroNutrients	
Carbohydrates	3 g
Calories	170 kcal
Insoluble Fiber	0 g
Protein	23 g
Total Fat	7 g
Alcohol	0 g
Water	95.03 g
Caffeine	0 mg
Total Sugars	2 g
Total Dietary Fiber	0 g
Added Sugar	0 g
Soluble Fiber	0 g
Insoluble Fiber	0 g

Minerals	
Calcium	125 mg
Potassium	400 mg
Sodium	250 mg
Zinc	1 mg
Iron	0.75 mg
Magnesium	30.46 mg
Phosphorus	248.13 mg
Copper	0.05 mg
Manganese	0.05 mg

Fatty Acids	
Linoleic FA	1.41 g
Oleic FA	1.68 g
Cholesterol	70 mg
Trans Fats	0.01 g
Saturated Fat	2 g
Monounsaturated Fat	1.87 g
Polyunsaturated Fat	1.69 g

Vitamins	
Vitamin D	0 mcg
Vitamin K	11.46 mcg
Vitamin E	0.87 mg
Vitamin A	33.9 RE
Vitamin C	2.78 mg
Thiamin (B1)	0.09 mg
Riboflavin (B2)	0.19 mg
Niacin (B3)	8.1 mg
Pantothenic Acid	1.27 mg
Vitamin B6	0.71 mg
Total Folacin	12.26 mcg
Vitamin B12	0.29 mcg

## Other Information

Calories from Carbohydrates	7%	Calories from Fat	38%	Calories from Protein	55%
Ply/SatFat	0.76:1	Sodium/Potassium	0.69:1	Calcium/Phosphorus	0.49:1

\*Indicates 1 or more Unreported values



# Chicken Breast Mozzarella Tomato & Basil (Caprese Chicken)

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
350.0 °F	Bake	Not Specified	3 Oz	<b>ⓘ Contains: AllergenMilk; Chicken; Tomato</b>

NUTRIENTS PER SERVING					
CARBOHYDRATES	CALORIES	SODIUM	PROTEIN	TOTAL FAT	SATURATED FAT
3 g	170 kcal	250 mg	23 g	7 g	2 g

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Dressing, Italian Bulk	1 1/4 Cup	2 Cup	3 Cup	3 3/4 Cup		Marinate chicken in Italian dressing for 4-24 hours. CCP -- Maintain <40F/4C until ready to use.
<b>2</b> Chicken, Breast Bnls Sknls	6 lb 4 Oz	10 lb	15 lb	18 lb 12 Oz		
<b>3</b>						Place chicken on greased baking sheet. Bake at 350F until chicken is approx. 3/4 of the way cooked.
Basil, Dried Leaves	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp		Remove chicken from oven. Place one tomato slice on each chicken breast. Top each with ~2 Tbsp shredded mozzarella cheese and sprinkle with basil. Bake uncovered until cheese is melted and chicken is cooked through. CCP - Cook to minimum internal temp of 165F/74C held for 15 sec.
<b>4</b> Cheese, Mozzarella Shredded	3 1/4 Cup	1 1/4 Qt	2.0 Qt	2 1/4 Qt		
Tomato, Med Fresh	1 lb 2 Oz	1 lb 12 Oz	2 lb 10 Oz	3 lb 5 Oz	Sliced	
<b>5</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>6</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>7</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Nutrient Summary: Pork Loin Chimichurri (Chimichurri Pork Loin)

**Serving Size:** 3 oz (130.89gm) | **Allergens:** Pork & Products, AllergenSulphites, Pepper (spice), [Alcohol], Garlic

MacroNutrients	
Carbohydrates	3 g
Calories	330 kcal
Insoluble Fiber	0 g
Protein	18 g
Total Fat	28 g
Alcohol	0 g
Water	81.15 g
Caffeine	0 mg
Total Sugars	0 g
Total Dietary Fiber	1 g
Added Sugar	0 g
Soluble Fiber	0 g
Insoluble Fiber	0 g

Minerals	
Calcium	75 mg
Potassium	450 mg
Sodium	250 mg
Zinc	1.69 mg
Iron	2.25 mg
Magnesium	29.38 mg
Phosphorus	179.2 mg
Copper	0.08 mg
Manganese	0.11 mg

Fatty Acids	
Linoleic FA	2.71 g
Oleic FA	16.97 g
Cholesterol	55 mg
Trans Fats	0 g
Saturated Fat	6 g
Monounsaturated Fat	17.68 g
Polyunsaturated Fat	3.03 g

Vitamins	
Vitamin D	0.6 mcg
Vitamin K	336.15 mcg
Vitamin E	3.02 mg
Vitamin A	90.97 RE
Vitamin C	27.51 mg
Thiamin (B1)	0.76 mg
Riboflavin (B2)	0.24 mg
Niacin (B3)	4.1 mg
Pantothenic Acid	0.7 mg
Vitamin B6	0.44 mg
Total Folacin	31.77 mcg
Vitamin B12	0.44 mcg

## Other Information

Calories from Carbohydrates	3%	Calories from Fat	77%	Calories from Protein	21%
Ply/SatFat	0.5:1	Sodium/Potassium	0.58:1	Calcium/Phosphorus	0.28:1

\*Indicates 1 or more Unreported values

# Pork Loin Chimichurri (Chimichurri Pork Loin)

COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
150 Min	325.0 °F	Roast	Not Specified	3 Oz	<b>Contains: Allergen Sulphites; Garlic; Pork &amp; Products</b>

NUTRIENTS PER SERVING					
CARBOHYDRATES	CALORIES	SODIUM	PROTEIN	TOTAL FAT	SATURATED FAT
3 g	330 kcal	250 mg	18 g	28 g	6 g

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Sauce Chimichurri Hmd	2 Cup	3 1/4 Cup	1 1/4 Qt	1 1/2 Qt	Prepared	Marinate pork loin in first chimichurri sauce overnight. CCP -- Maintain <40F/4C. Reserve the additional chimichurri sauce in refrigerator for time of service.
<b>3</b> Pork, Loin Bnls	6 lb 4 Oz	10 lb	15 lb	18 lb 12 Oz		Place pork with sauce in roasting pan and roast in oven until cooked through. CCP -- Cook pork to minimum internal temp of 145F/63C held for 15 sec. Let rest for 10 minutes, maintaining >135F/57C, before slicing into 3 oz servings.
<b>4</b> Sauce Chimichurri Hmd	3 1/4 Cup	1 1/4 Qt	2.0 Qt	2 1/4 Qt	Prepared	For service, ladle 1oz of reserved chimichurri sauce over each 3 oz pork serving.
<b>5</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>6</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>7</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Sauce Chimichurri Hmd (Chimichurri Sauce)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Mix & Chill	Not Specified	2 Tbsp	<b>ⓘ Contains: Allergen Sulphites; Garlic</b>

NUTRIENTS PER SERVING					
CARBOHYDRATES	CALORIES	SODIUM	PROTEIN	TOTAL FAT	SATURATED FAT
2 g	100 kcal	130 mg	0 g	11 g	1.5 g

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
Oil, Olive	1 1/4 Cup	2 Cup	3 Cup	3 3/4 Cup		<p>WASH HANDS before beginning preparation &amp; SANITIZE surfaces &amp; equipment. WASH ALL PRODUCE under cool, running water. Drain well. Combine all ingredients in a food processor. Process until mixture is consistent particle size throughout. Transfer sauce to a bowl, cover and let stand at least 20 minutes.</p>
Vinegar, Wine Red	1/2 Cup	3/4 Cup	1 1/4 Cup	1 1/2 Cup		
Parsley, Fresh	1 1/4 Qt	2 Qt	3 Qt	3 3/4 Qt	Chopped	
Garlic, Minced/Chopped	3 Tbsp	1/3 Cup	1/2 Cup	1/2 Cup		
<b>1</b> Pepper, Red Flakes	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		
Oregano, Dry	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		
Salt, Iodized	1 1/4 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Pepper, Black Ground	1 1/4 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
<b>2</b>						CCP -- Maintain <40F/4C..

# Nutrient Summary: Potato Colcannon w/Cabbage (Colcannon Potatoes)

**Serving Size:** 1/2 cup (238.99gm) | **Allergens:** AllergenMilk, Potatoes, Lactose Restricted, Pepper (spice), Milk & Milk Product, Cabbage

MacroNutrients	
Carbohydrates	34 g
Calories	310 kcal
Insoluble Fiber	0 g
Protein	6 g
Total Fat	18 g
Alcohol	0 g
Water	180.39 g
Caffeine	0 mg
Total Sugars	6 g
Total Dietary Fiber	3 g
Added Sugar	0 g
Soluble Fiber	0 g
Insoluble Fiber	0 g

Minerals	
Calcium	100 mg
Potassium	700 mg
Sodium	230 mg
Zinc	0.73 mg
Iron	0.75 mg
Magnesium	43.61 mg
Phosphorus	134.82 mg
Copper	0.3 mg
Manganese	0.28 mg

Fatty Acids	
Linoleic FA	2.25 g
Oleic FA	5.91 g
Cholesterol	35 mg
Trans Fats	0.34 g
Saturated Fat	8 g
Monounsaturated Fat	6.23 g
Polyunsaturated Fat	2.48 g

Vitamins	
Vitamin D	1 mcg
Vitamin K	18.66 mcg
Vitamin E	0.62 mg
Vitamin A	205.03 RE
Vitamin C	25.84 mg
Thiamin (B1)	0.18 mg
Riboflavin (B2)	0.18 mg
Niacin (B3)	1.98 mg
Pantothenic Acid	1.09 mg
Vitamin B6	0.47 mg
Total Folacin	25.23 mcg
Vitamin B12	0.31 mcg

Other Information					
Calories from Carbohydrates	43%	Calories from Fat	50%	Calories from Protein	7%
Ply/SatFat	0.32:1	Sodium/Potassium	0.34:1	Calcium/Phosphorus	0.71:1

\*Indicates 1 or more Unreported values

# Potato Colcannon w/Cabbage (Colcannon Potatoes)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Cook	Not Specified	1/2 Cup	<b>Contains: AllergenMilk; Cabbage; Potatoes</b>

NUTRIENTS PER SERVING					
CARBOHYDRATES	CALORIES	SODIUM	PROTEIN	TOTAL FAT	SATURATED FAT
34 g	310 kcal	230 mg	6 g	18 g	8 g

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Potato, Gold Fresh	7 lb 5 Oz	11 lb 11 Oz	17 lb 9 Oz	21 lb 15 Oz	Peeled & Cubed	In a stock pot, cover potatoes with water and bring to a boil, reduce heat and allow to simmer approx 20-30 minutes until tender. Drain.
Margarine, Solids	1.0 Cup	1 2/3 Cup	2 1/2 Cup	3 1/4 Cup		
<b>3</b> Cabbage, Green Fresh	10 Oz	1 lb	1 lb 8 Oz	1 lb 14 Oz	Shredded	In a large skillet, melt margarine and cook garlic until fragrant. Add first portion of the cabbage and stir constantly until cabbage is wilted.
Garlic, Fresh	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	1/2 Cup	Minced	
<b>4</b> Cream, Whipping Heavy	2 1/2 Cup	1 Qt	1 1/2 Qt	2.0 Qt		Add milk and cream and bring to a simmer.
Milk, 2% Bulk	1 1/4 Qt	2 Qt	3 Qt	3 3/4 Qt		
Salt, Iodized	1 tsp	1 1/2 tsp	2 1/2 tsp	1 Tbsp		Add potatoes, remaining cabbage, salt, and pepper. Coarsely mash.
<b>5</b> Pepper, Black Ground	1 tsp	1 1/2 tsp	2 1/2 tsp	1 Tbsp		
Cabbage, Green Fresh	10 Oz	1 lb	1 lb 8 Oz	1 lb 14 Oz	Shredded	
<b>6</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		25	40	60	75		
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Nutrient Summary: Beef Kabobs Marinated f/Cubes (Marinated Beef Kabob)

**Serving Size:** 1 Each (190.21gm) | **Allergens:** AllergenSulphites, Beef, Mushroom, AllergenWheat, AllergenSoy, Onions, Cooked, Pepper (spice), Peppers Bell, Cooked, Soy Products, [Green peppers], Onion, Peppers Bell, Onion, Peppers Bell, [Alcohol], Ginger

MacroNutrients	
Carbohydrates	13 g
Calories	250 kcal
Insoluble Fiber	0 g
Protein	21 g
Total Fat	13 g
Alcohol	0 g
Water	139.6 g
Caffeine	0 mg
Total Sugars	10 g
Total Dietary Fiber	1 g
Added Sugar	0 g
Soluble Fiber	0 g
Insoluble Fiber	0 g

Minerals	
Calcium	40 mg
Potassium	500 mg
Sodium	760 mg
Zinc	4.78 mg
Iron	2.5 mg
Magnesium	30.74 mg
Phosphorus	225.61 mg
Copper	0.19 mg
Manganese	0.2 mg

Fatty Acids	
Linoleic FA	2.02 g
Oleic FA	7.47 g
Cholesterol	55 mg
Trans Fats	0.23 g
Saturated Fat	2.5 g
Monounsaturated Fat	7.82 g
Polyunsaturated Fat	2.92 g

Vitamins	
Vitamin D	0.2 mcg
Vitamin K	9.67 mcg
Vitamin E	1.85 mg
Vitamin A	5.5 RE
Vitamin C	19.67 mg
Thiamin (B1)	0.12 mg
Riboflavin (B2)	0.25 mg
Niacin (B3)	5.52 mg
Pantothenic Acid	0.97 mg
Vitamin B6	0.6 mg
Total Folacin	16.14 mcg
Vitamin B12	1.93 mcg

## Other Information

Calories from Carbohydrates	20%	Calories from Fat	47%	Calories from Protein	33%
Ply/SatFat	1.28:1	Sodium/Potassium	1.53:1	Calcium/Phosphorus	0.13:1

\*Indicates 1 or more Unreported values



# Beef Kabobs Marinated f/Cubes (Marinated Beef Kabob)

COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
20 Min	350.0 °F	Bake	Not Specified	1 each	<b>ⓘ Contains: AllergenSoy; AllergenSulphites; AllergenWheat; Beef; Mushroom; Onion; Peppers Bell</b>

NUTRIENTS PER SERVING					
CARBOHYDRATES	CALORIES	SODIUM	PROTEIN	TOTAL FAT	SATURATED FAT
13 g	250 kcal	760 mg	21 g	13 g	2.5 g

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Marinade Meat 1 Qt	1 1/2 Qt	2 1/2 Qt	3 Qt	Prepared	Prepare meat marinade per separate recipe. Pour 3/4 of the marinade over beef cubes. Cover & refrigerate for at least 30 minutes to overnight, CCP -- Maintain <40F/4C. Soak skewers in water overnight if wooden skewers are used.
	Beef, Cubes Raw 5 lb 12 Oz	9 lb 3 Oz	13 lb 13 Oz	17 lb 4 Oz		
<b>3</b>	Pepper, Green Fresh 1 lb 3 Oz	1 lb 14 Oz	2 lb 13 Oz	3 lb 8 Oz	Cut 3/4" Pieces	Drain beef and discard marinade. Place ingredients on each skewer in the following order: green pepper, beef cube, onion wedge, green pepper, beef cube, onion wedge, mushroom, and beef cube.
	Onion, Yellow 1 lb 11 Oz	2 lb 11 Oz	4 lb	5 lb	Cut into Wedges	
	Mushrooms, Medium Fresh 1 lb 1 Oz	1 lb 12 Oz	2 lb 10 Oz	3 lb 4 Oz		
<b>4</b>						Brush kabobs with reserved marinade. CCP -- Bake to minimum internal temperature of >145F/63C held for at least 15 seconds.
<b>5</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>6</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>7</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Marinade Meat (Meat Marinade)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Mix & Chill	Not Specified	1 fl. oz	<b>Contains: AllergenSoy; AllergenSulphites; AllergenWheat</b>

NUTRIENTS PER SERVING					
CARBOHYDRATES	CALORIES	SODIUM	PROTEIN	TOTAL FAT	SATURATED FAT
7 g	90 kcal	540 mg	2 g	7 g	0.5 g

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	25	40	60	75	
Oil, Vegetable	3/4 Cup	1 1/3 Cup	2 Cup	2 1/2 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Combine all Ingredients until well blended. CCP- Refrigerate at <40F/4C. Use within 3 days.
Sauce, Soy Bulk	3/4 Cup	1 1/3 Cup	2 Cup	2 1/2 Cup	
Vinegar, Wine White	1/2 Cup	3/4 Cup	1 1/4 Cup	1 1/2 Cup	
<b>1</b> Sugar, Brown Light	2/3 Cup	1 Cup	1 1/2 Cup	2.0 Cup	
Garlic, Powder	1 1/4 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Ginger, Ground	3/4 tsp	1 tsp	1 1/2 tsp	2.0 tsp	
Pepper, Black Ground	3/4 tsp	1 tsp	1 1/2 tsp	2.0 tsp	
<b>2</b>					CCP -- Discard marinade after use.

# Nutrient Summary: Pork Carnitas Flour Tortilla (Carnitas)

**Serving Size:** 2 Each (130.69gm) | **Allergens:** Pork & Products, AllergenWheat, Pork, entree, Gluten, Garlic

MacroNutrients	
Carbohydrates	33 g
Calories	320 kcal
Insoluble Fiber	0 g
Protein	19 g
Total Fat	13 g
Alcohol	0 g
Water	66.01 g
Caffeine	0 mg
Total Sugars	0 g
Total Dietary Fiber	2 g
Added Sugar	0 g
Soluble Fiber	0 g
Insoluble Fiber	0 g

Minerals	
Calcium	50 mg
Potassium	350 mg
Sodium	360 mg
Zinc	1.6 mg
Iron	3 mg
Magnesium	30.3 mg
Phosphorus	204.21 mg
Copper	0.2 mg
Manganese	0.29 mg

Fatty Acids	
Linoleic FA	1.38 g
Oleic FA	5.57 g
Cholesterol	45 mg
Trans Fats	0 g
Saturated Fat	4 g
Monounsaturated Fat	5.88 g
Polyunsaturated Fat	1.56 g

Vitamins	
Vitamin D	0.4 mcg
Vitamin K	1.03 mcg
Vitamin E	0.43 mg
Vitamin A	12.89 RE
Vitamin C	2.78 mg
Thiamin (B1)	0.9 mg
Riboflavin (B2)	0.34 mg
Niacin (B3)	5.19 mg
Pantothenic Acid	0.82 mg
Vitamin B6	0.37 mg
Total Folacin	74.38 mcg
Vitamin B12	0.35 mcg

## Other Information

Calories from Carbohydrates	41%	Calories from Fat	36%	Calories from Protein	23%
Ply/SatFat	0.4:1	Sodium/Potassium	1.06:1	Calcium/Phosphorus	0.2:1

\*Indicates 1 or more Unreported values

# Pork Carnitas Flour Tortilla (Carnitas)

COOK TIME	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
240 Min	Bake	Not Specified	2 each	<b>ⓘ Contains: AllergenWheat; Garlic; Pork &amp; Products</b>

NUTRIENTS PER SERVING					
CARBOHYDRATES	CALORIES	SODIUM	PROTEIN	TOTAL FAT	SATURATED FAT
33 g	320 kcal	360 mg	19 g	13 g	4 g

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pepper, Chile Green Cnd	1 1/4 Cup	2 Cup	3 Cup	3 3/4 Cup	Chopped	Combine green chilies and seasonings.
Chili Powder, Mild	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	1/2 Cup		
<b>2</b> Oregano, Dry	3/4 tsp	1 tsp	1 1/2 tsp	2.0 tsp		
Cumin, Ground	1/2 tsp	3/4 tsp	1 tsp	1 1/4 tsp		
Garlic, Minced/Chopped	1 1/4 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
<b>3</b> Pork, Loin Bnls	5 lb	8 lb	12 lb	15 lb		Place pork in a pan. Spread seasoning mixture on top of the pork. Cover pan tightly with aluminum foil & bake for 3 1/2 to 4 hours until the meat is tender and falls apart. CCP -- cook to minimum internal temp of 145F/63C held for 15 sec. Use fork to shred pork. CCP - Maintain >135F/57C.
<b>4</b> Tortilla Flour 6 in	50 each	80 each	120 each	150 each		At time of service, portion 1 1/2 oz meat on each tortilla, serving 2 per person unless otherwise instructed.
<b>5</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>6</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>7</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.