

Nutrient Analyzed 14-Day Cycle Lunch Menu For Seniors



2013

This resource was made possible through collaborative efforts of Lanakila Pacific's Lanakila Kitchen and the Nutrition Education for Wellness' Supplemental Nutrition Assistance Program-Education (SNAP-Ed).

Table of Contents

Introduction.....	1
Adult Care Meal Pattern: Lunch	2
Menu	3
Menu Format	4
14-Day Cycle Lunch Menu for Seniors (Overview).....	5
14-Day Cycle Lunch Menu for Seniors (Detailed).....	6
Recipes	8
Recipe Format.....	9
Main Dishes	10
Beef Tomato (Day 8).....	11
Chicken and Noodles (Day 4).....	12
Honey-Lemon Chicken (Day 10)	13
Kalua Turkey and Cabbage (Day 2)	14
Meat Loaf (Day 1).....	15
Oven-Baked Fish (Day 7)	16
Pork Tofu (Day 13)	17
Shoyu Chicken (Lower Sodium) (Day 11)	18
Spaghetti and Meat Sauce (Day 14)	19
Sweet and Sour Fish (Day 5)	20
Tomato Beef Stew (Day 6).....	22
Grains/Breads.....	23
Brown Rice Pilaf (Day 10)	24
Cornbread (Day 6)	25
Garlic French Bread (Day 14).....	26
Sweet Potato-Plum Bread Square (Day 2)	27

Vegetables.	28
Broccoli Salad (Day 12).	29
Garden Salad (Day 4)	30
Instant Mashed Potatoes (Day 9)	31
Lomi Tomato (Day 2)	32
Shelled Edamame (Day 13)	33
Succotash (Day 10).	34
Three Bean Salad (Day 3).	35
Tossed Vegetable Salad (Days 7 and 14)	36
Soups/Gravies.	37
Beef Vegetable Soup (Lower Sodium) (Day 3).	38
Chicken or Turkey Gravy (Day 9).	39
Chicken Noodle Soup (Day 12)	40
Sandwiches	41
Egg Salad on Whole Wheat (Day 3)	42
Hot Turkey on Whole Wheat (Day 9).	43
Tuna Salad on whole Wheat (Day 12)	44
Comments/Alphabetical Recipe Index	45
Comment Sheet	46
Alphabetical Recipe Index	47

Introduction

By providing nutrient-dense food choices for older adults, we help to meet their unique nutrient needs, such as limitation of sodium and fat, and can help to make a positive impact on their quality of life. Selecting fresh or frozen vegetables rather than canned vegetables; “no salt added” canned tomato products; and lower sodium soy sauce, broth, and salad dressing will significantly lower sodium content of meals. “Light” or nonfat salad dressing, mayonnaise, yogurt, and other dairy products will help limit fat content. When using a spread, offer soft margarine (in tub rather than stick form).

This resource includes a nutrient analyzed 14-day cycle lunch menu with recipes that can be used to prepare balanced meals. Recipes are for fifty portions unless otherwise specified. The menu was analyzed using a combination of nutrition analysis software including Nutrikids Nutritional Analysis & Menu Planning Software and Food Processor SQL: Nutrition & Fitness Software.

Why is this lunch menu and recipe compilation special?

- * Each meal follows the United States Department of Agriculture Child and Adult Care Food Program meal pattern for lunch, and includes each of the required four food components:
 1. Milk
 2. Vegetables and Fruits
 3. Grains and Breads
 4. Meats and Meat Alternates

- * Recipes are accessible online and are equipped with creditable food values.

- * The cycle menu allows you to take action steps recommended in the latest Dietary Guidelines for Americans, 2010, by offering:
 1. Lowfat and nonfat dairy products
 2. Fruits for desserts
 3. Whole grains such as breads and brown rice
 4. Beans or peas weekly
 5. Seafood weekly
 6. Leaner meats, such as ground beef with no more than 15% fat
 7. Foods prepared with healthier methods like baking versus frying

- * This menu includes at least one local recipe each week, providing flavors that cater to the local palate of Hawaii. Several recipes are from Lanakila Kitchen, a local child and adult care caterer.

- * In addition to meeting the lunch meal pattern, the meals when averaged over time, generally meet the Dietary Reference Intake amounts for older adults.

Adult Care Meal Pattern

Lunch

Select All Four Components for a Reimbursable Meal

1 milk	1 cup	fluid milk (Milk served must be low-fat (1%) or nonfat (skim).)
2 fruits/vegetables	1 cup	juice, fruit and/or vegetable (Fruit or vegetable juice must be 100% juice and full-strength.)
1 grain/bread	2 slices 2 servings 1½ cups 1 cup 1 cup	bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains (Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.)
1 meat/meat alternate	2 ounces 2 ounces 2 ounces 1 ½ cup 4 tablespoons 1 ounce 8 ounces	lean meat or poultry or fish or (A serving consists of the edible portion of cooked lean meat or poultry or fish.) alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butter or nuts and/or seeds or (Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch requirement.) yogurt (Yogurt must be plain or flavored, unsweetened or sweetened.)

Menu

Menu Format

Basic 14-Day Menu

The 14-day cycle lunch menu (page 5) is formatted with each day sequentially numbered “Day 1” through “Day 14.” These numbers are used for easy reference in the “Recipes” section (see lower right corner of each recipe).

Lunch meals

Each of the 14 days of lunch meals follows the USDA food-based meal pattern for lunch, including:

- * Milk
- * Fruits and/or vegetables
- * Enriched or whole grains
- * Meats and/or meat alternates

Recipe origin

The recipes included in the nutrient analysis are based on recipes provided by the United States Department of Agriculture (USDA) Recipes for Child Care and Schools, Lanakila Kitchen, and *Food For Fifty* (Shugart and Molt).

Some of the recipes were subsequently modified for nutritional considerations to keep in line with the overarching goals of the Dietary Guidelines for Americans, 2010, such as lowering of sodium, fat and inclusion of more whole grains.

The basic menu (page 5) includes a footnote indicating which recipes can be found in the “Recipes” section of this resource.

Detailed 14-Day Menu

A more detailed version of the 14-Day Cycle Lunch Menu for Seniors (pages 6-7) specifies portion sizes.

14-Day Cycle Lunch Menu for Seniors

Week 1				
Monday (Day 1)	Tuesday (Day 2)	Wednesday (Day 3)	Thursday (Day 4)	Friday (Day 5)
<p>*Meat Loaf Steamed Brown Rice Peas & Carrots Orange Whole Wheat Bread Margarine 1% Milk</p>	<p>*Kalua Turkey & Cabbage Steamed Brown Rice *Lomi tomato Fruit Salad *Sweet Potato-Plum Bread Square Margarine 1% Milk</p>	<p>*Beef Vegetable Soup, Lower Sodium *Egg Salad Sandwich on Whole Wheat Bread *Three Bean Salad Apple 1% Milk</p>	<p>*Chicken and Noodles *Garden Salad w/ LFLS¹ Italian Dressing Pineapple Chunks Whole Wheat Bread Margarine 1% Milk</p>	<p>*Sweet & Sour Fish (48 servings) Steamed Brown Rice Green Peas Peaches Whole Wheat Bread Margarine 1% Milk</p>
Week 2				
Monday (Day 6)	Tuesday (Day 7)	Wednesday (Day 8)	Thursday (Day 9)	Friday (Day 10)
<p>*Tomato Beef Stew Steamed Brown Rice Banana Cornbread Margarine 1% Milk</p>	<p>*Oven-Baked Fish w/ Tartar Sauce Steamed Brown Rice *Tossed Vegetable Salad w/ LFLS¹ French Dressing Pears Whole Wheat Bread Margarine 1% Milk</p>	<p>*Beef Tomato (12 servings) Steamed Brown Rice Pineapple Slices Whole Wheat Bread Margarine 1% Milk</p>	<p>*Hot Turkey Sandwich on Whole Wheat Bread *Mashed Potatoes *Chicken Gravy (1 quart, 16 servings) Green Beans Orange 1% Milk</p>	<p>*Honey-Lemon Chicken *Brown Rice Pilaf *Succotash Fruit Cocktail Whole Wheat Bread Margarine 1% Milk</p>
Week 3				
Monday (Day 11)	Tuesday (Day 12)	Wednesday (Day 13)	Thursday (Day 14)	
<p>*Shoyu Chicken, Lower Sodium Steamed Brown Rice Mixed Vegetables Mandarin Orange Sections Whole Wheat Bread Margarine 1% Milk</p>	<p>*Chicken Noodle Soup *Tuna Salad Sandwich on Whole Wheat Bread *Broccoli Salad Apple 1% Milk</p>	<p>*Pork Tofu (6 servings) Steamed Brown Rice *Shelled Edamame (20 servings) Peaches Whole Wheat Bread Margarine 1% Milk</p>	<p>*Spaghetti & Meat Sauce *Garlic French Bread *Tossed Vegetable Salad w/ LFLS¹ Italian Dressing Banana 1% Milk</p>	<p>*Recipes can be found in "Recipes" section. Recipes are for 50 portions unless otherwise noted.</p> <p>¹LFLS = lower fat, lower sodium</p>

14-Day Cycle Lunch Menu for Seniors (Detailed)

Week 1				
Monday (Day 1)	Tuesday (Day 2)	Wednesday (Day 3)	Thursday (Day 4)	Friday (Day 5)
<p>¾” slice *Meat Loaf ½ cup Steamed Brown Rice ½ cup Peas & Carrots, frozen 1 medium Fresh Orange 1 slice Whole Wheat Bread 1 teaspoon Margarine, tub 1 cup 1% Milk</p>	<p>1 cup *Kalua Turkey and Cabbage ½ cup Steamed Brown Rice ½ cup *Lomi Tomato ½ cup Fruit Salad, canned, light syrup 1 piece *Sweet Potato-Plum Bread Square 1 teaspoon Margarine,tub 1 cup 1% Milk</p>	<p>1 cup *Beef Vegetable Soup, Lower Sodium 1 sandwich *Egg Salad on Whole Wheat: 2 slices bread ⅓ cup egg salad ¼ cup *Three Bean Salad 1 medium Fresh Apple 1 cup 1% Milk</p>	<p>1 cup *Chicken and Noodles 1 cup *Garden Salad 2 tablespoons LFLS¹ Italian Dressing ½ cup Pineapple Chunks, canned, light syrup 1 slice Whole Wheat Bread 1 teaspoon Margarine,tub 1 cup 1% Milk</p>	<p>3 ounces *Sweet and Sour Fish² ½ cup Steamed Brown Rice ½ cup Green Peas, frozen ½ cup Peaches, canned, light syrup 1 slice Whole Wheat Bread 1 teaspoon Margarine,tub 1 cup 1% Milk</p>
Week 2				
Monday (Day 6)	Tuesday (Day 7)	Wednesday (Day 8)	Thursday (Day 9)	Friday (Day 10)
<p>1 cup *Tomato Beef Stew ½ cup Steamed Brown Rice 1 small Banana 1 piece Cornbread 1 teaspoon Margarine, tub 1 cup 1% Milk</p>	<p>2 ounces *Oven-Baked Fish 2 tablespoons Tartar Sauce ½ cup Steamed Brown Rice 3 ounces *Tossed Vegetable Salad 2 tablespoons LFLS¹ French Dressing ½ cup Pears, canned, light syrup 1 slice Whole Wheat Bread 1 teaspoon Margarine,tub 1 cup 1% Milk</p>	<p>1 cup *Beef Tomato² ½ cup Steamed Brown Rice 2 slices Pineapple, canned, light syrup 1 slice Whole Wheat Bread 1 teaspoon Margarine,tub 1 cup 1% Milk</p>	<p>1 sandwich *Hot Turkey on Whole Wheat: 1 slice bread 1½ ounces turkey ½ cup *Mashed Potatoes ¼ cup *Chicken or Turkey Gravy² ½ cup Green Beans, Frozen 1 medium Fresh Orange 1 cup 1% Milk</p>	<p>1 thigh *Honey-Lemon Chicken ½ cup *Brown Rice Pilaf ½ cup *Succotash, frozen ½ cup Fruit Cocktail, canned, light syrup 1 slice Whole Wheat Bread 1 teaspoon Margarine,tub 1 cup 1% Milk</p>

*Recipes found in “Recipes” section

¹LFLS = lower fat, lower sodium

²Fewer than 50 portions

14-Day Cycle Lunch Menu for Seniors (Detailed)

Week 3

Monday (Day 11)	Tuesday (Day 12)	Wednesday (Day 13)	Thursday (Day 14)
1 thigh *Shoyu Chicken, Lower Sodium ½ cup Steamed Brown Rice ½ cup Mixed Vegetables, frozen ½ cup Mandarin Orange Sections, canned, light syrup 1 slice Whole Wheat Bread 1 teaspoon Margarine, tub 1 cup 1% Milk	1 cup *Chicken Noodle Soup 1 sandwich *Tuna Salad on Wheat: 2 slices wheat bread ½ cup tuna salad ½ cup *Broccoli Salad 1 medium Fresh Apple 1 cup 1% Milk	1 cup *Pork Tofu² ½ cup Steamed Brown Rice ½ cup *Shelled Edamame² ½ cup Peaches, canned, light syrup 1 slice Whole Wheat Bread 1 teaspoon Margarine, tub 1 cup 1% Milk	1 cup *Spaghetti and Meat Sauce 1 slice *Garlic French Bread 3 ounces *Tossed Vegetable Salad 2 tablespoons LFLS ¹ Italian Dressing 1 small Banana 1 cup 1% Milk

***Recipes are for 50 portions (see “Recipes” section) unless otherwise noted.**

¹LFLS = lower fat, lower sodium

²Fewer than 50 portions:

Beef Tomato (Day 8)—12 (1 cup) portions

Chicken or Turkey Gravy (Day 9)—1 quart or 16 (¼ cup) portions

Pork Tofu (Day 13)—6 (1 cup) portions

Shelled Edamame (Day 13)—12 (½ cup) portions

Sweet and Sour Fish (Day 5)—48 (3-ounce) portions

Recipes

Recipe Format

Recipe Title

BEEF AND MAC CASSEROLE Main Dish

Recipe Category:

Recipes are organized by food category:

- Main Dishes
- Grains/Breads
- Vegetables
- Soups/Gravies
- Sandwiches

Yield & Portion:

Each recipe indicates the total yield and portion size.

YIELD	PORTION	CREDIT
50 portions	¾ cup (3 ounces)	¾ cup provides 1½ ounce equivalent meat/meat alternate, ¼ cup vegetable, and the equivalent of ½ slice of bread

Ingredients:

Ingredients are listed in the order in which they are used in the recipe.

Ingredients specify the *form* that should be purchased, and how to prepare it prior to being added to the recipe.

Example:

Fresh round onions, chopped

Ingredients	Weight	Measure	Directions
Ground beef (no more than 15% fat)	6 pounds 8 ounces		1. Brown the ground beef in a large pot. Drain fat.
*Fresh onions, mature, chopped	12 ounces	2 cups	2. Add onions and sauté for 5 minutes or until onions are translucent.
Canned tomato paste, unsalted Water Sugar, granulated Dried basil Dried oregano Salt, iodized Garlic powder Ground black pepper	2 pounds 4 ounces	1 quart 2 quarts 1 cup 2 tablespoons 2 teaspoons 1½ teaspoons 1½ teaspoons 1½ teaspoons 1 tablespoon 1 teaspoon 1½ teaspoons	3. Add tomato paste, water, sugar, basil, oregano, salt, garlic powder and black pepper. Bring to a boil over medium heat. Reduce heat, cover and simmer for 20 minutes, stirring occasionally.
*Enriched elbow macaroni, cooked		3 quarts ½ cup	4. Stir cooked macaroni into meat sauce. Spread mixture into 4 pans (9" x 12" x 2"). 5. <i>CCP: Heat to 155°F or higher for at least 15 seconds.</i> 6. <i>CCP: Hold for hot service at 135°F or higher.</i>
			7. Portion with No. 10 scoop (¾ cup).

Creditability:

This indicates the food components that can be credited towards the meal pattern per designated portion.

Nutrition information:

Each recipe includes a table with major nutrients provided in one serving of the recipe.

NUTRIENTS PER ¾ CUP (3 OUNCE) SERVING			
Calories	205	Cholesterol	40 mg
Total fat	9 g	Sodium	130 mg
Saturated fat	3.5 g	Total carbohydrate	16 g
Trans fat	0.5 g	Dietary fiber	2 g
		Protein	14 g
		Vitamin A	16 RAE
		Vitamin C	5 mg
		Calcium	23 mg
		Iron	2.36 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:

Fresh onions, mature	14 ounces
Elbow macaroni, dry	1 pound 4½ ounces

Day: 6
Source: Mod CC D-03

Marketing Guide:

Some recipes include a buying guide for certain ingredients. Buying these quantities will ensure you will have the desired quantity for the recipe, as it accounts for waste and cooking yield.

Day:

This indicates which day(s) of the cycle menu this dish is offered. Days are numbered sequentially 1 through 14.

Source:

This indicates where the recipe originated:

- *Local*: local source
- *CC*: USDA Recipes for Child Care
- *Sch*: USDA Recipes for Schools
- *FF50*: Food For Fifty (Shugart and Molt)

Main Dishes

BEEF TOMATO

Main Dish

YIELD	PORTION	CREDIT
12 portions	1 cup	1 cup provides 2 ounces meat/meat alternate and ¼ cup vegetable

Ingredients	Weight	Measure	Directions
Raw beef tri-tip steak, lean, boneless	2 pounds 4 ounces		1. Slice beef into ½ inch thick slices.
Cornstarch Soy sauce, low-sodium Sugar, granulated		1 tablespoon 1 teaspoon ¼ cup 2 tablespoons 2 teaspoons	2. In a large bowl, combine cornstarch, light soy sauce, and sugar to make a marinade. Add beef to marinade and soak for 15 minutes.
Water Cornstarch Sugar, granulated Salt, iodized Ground black or white pepper		½ cup 1 tablespoon 1 teaspoon 2 teaspoons ⅛ teaspoon ¼ teaspoon	3. In a small bowl, combine water, cornstarch, sugar, salt, and pepper to form the gravy. Set this aside.
Nonstick cooking spray Fresh garlic Fresh celery stalks Fresh sweet green peppers Fresh round onions Fresh tomatoes		2 cloves 4 large stalks 4 large 2 medium 4 large	4. Peel and crush garlic; set it aside. 5. Cut celery into thin diagonal slices, bell peppers into thin strips; and onions and tomatoes into wedges. 6. Spray a large pot with nonstick cooking spray and stir-fry the garlic and marinated beef. Remove the cooked beef and set aside. 7. Using the same pot, stir-fry the celery, peppers, and onions for a few minutes. 8. Return meat to the pot. Add gravy to the meat and vegetables, and mix well. 9. Add tomato wedges. Heat and stir until gravy is clear. <i>CCP: Heat until 165°F or higher for at least 15 seconds.</i> <i>CCP: Hold for hot service at 135°F or higher</i> 10. Portion with 8 ounce ladle (1 cup).

NUTRIENTS PER 1 CUP SERVING

Calories	170	Cholesterol	50 mg	Vitamin A	806 IU
Total fat	6 g	Sodium	370 mg	Vitamin C	54.4 mg
Saturated fat	2.0 g	Total carbohydrate	11 g	Calcium	36 mg
Trans fat	0 g	Dietary fiber	2 g	Iron	2.24 mg
		Protein	19 g		

CHICKEN AND NOODLES

Main Dish

YIELD	PORTION	CREDIT
50 portions	1 cup	1 cup provides 2 ounces equivalent meat/meat alternate and 1 serving grains/breads

Ingredients	Weight	Measure	Directions
Canned chicken broth, no MSG (less sodium) Enriched noodles, uncooked *Fresh round onions, chopped *Fresh carrots, shredded	2 pounds 8 ounces 14 ounces 8 ounces	2 gallons 1 gallon 3½ quarts 2 1/3 cups 2 1/3 cups	1. Heat chicken broth to boiling. Slowly stir in noodles, onions, and carrots. Boil, uncovered, for 6 minutes. DO NOT DRAIN.
Margarine Enriched all-purpose flour	4 ounces 4 ounces	½ cup ¾ cup 3 tablespoons	2. Melt margarine. Add flour and stir until smooth..
Instant nonfat dry milk, reconstituted Ground black or white pepper Dried marjoram Dried parsley *Cooked chicken, chopped	6 pounds 6 ounces	1 quart 2 cups 1½ teaspoons 1½ teaspoons ½ cup 1 gallon 1 quart	3. Add flour mixture, milk, pepper, marjoram, parsley, a chicken to noodles. Stir gently to combine. 4. Stir occasionally until thickened. <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i>
			5. Pour into 3 medium half-steamtable pans (10" x 12" x 4"). <i>CCP: Hold for hot service at 135°F or higher.</i>
			6. Portion with 8 ounce ladle (1 cup).

NUTRIENTS PER 1 CUP SERVING			
Calories	290	Cholesterol	70 mg
Total fat	11 g	Sodium	130 mg
Saturated fat	2.5 g	Total carbohydrate	21 g
Trans fat	0 g	Dietary fiber	1 g
		Protein	25 g
		Vitamin A	1013 IU
		Vitamin C	1.4 mg
		Calcium	63 mg
		Iron	2.29 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh round onions	1 pound
Fresh carrots	10 ounces
Chicken, thighs, with bone, with skin	14 pounds 10 ounces

HONEY-LEMON CHICKEN

Main Dish

YIELD	PORTION	CREDIT
50 portions	1 thigh	1 piece provides 2 ounces equivalent meat/meat alternate

Ingredients	Weight	Measure	Directions
			1. Preheat oven to 400°F.
Nonstick cooking spray			2. Spray 2 steamtable pans (12" x 20" x 2½") with nonstick cooking spray, lightly coating the entire surface that will be used.
Water Honey Lemon juice Salt, iodized Ground black or white pepper	1 pound 7 ounces	1 quart 2 cups 1 cup 1 tablespoon 1 teaspoon 2 teaspoons	3. In a medium bowl, combine water, honey, lemon juice, salt, and pepper. Set aside.
Raw chicken thighs, with bone and skin (about 4 ounces each)	14 pounds 12 ounces	50 thighs	4. Remove and discard skin from thighs. 5. Place 25 thighs in each prepared pan. 6. Bake at 400°F for 20 minutes. 7. Drain and discard fat. 8. Pour 3½ cups of honey-lemon mixture over each pan of thighs. 9. Bake for 15 minutes, until golden brown <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i>
			10. For glazed appearance, baste after 10 minutes. <i>CCP: Hold for hot service at 135°F or higher.</i>
			12. Portion is 1 thigh.

NUTRIENTS PER (1 THIGH) SERVING					
Calories	120	Cholesterol	55 mg	Vitamin A	38 IU
Total fat	6 g	Sodium	240 mg	Vitamin C	0.2 mg
Saturated fat	1.5 g	Total carbohydrate	1 g	Calcium	8 mg
Trans fat	0 g	Dietary fiber	0 g	Iron	0.77 mg
		Protein	15 g		

KALUA TURKEY AND CABBAGE

Main Dish

YIELD	PORTION	CREDIT
50 portions	1 cup	1 cup provides 2 ounces equivalent meat/meat alternate and ¼ cup vegetable

Ingredients	Weight	Measure	Directions
Ti or banana leaves		12 each	1. Wash ti or banana leaves. Remove ribs or stems. Set aside. 2. Preheat oven to 325°F.
Raw turkey breast, whole or halves, defrosted	11 pounds		3. Poke several holes into turkey using a meat fork.
Kosher salt, coarse Liquid smoke	1 ounce	1 tablespoon ½ teaspoon 2 tablespoons	4. Rub salt, then liquid smoke onto turkey, allowing seasoning to enter holes.
			5. Place the washed leaves evenly into a pan (12" x 20" x 2½"), with leaves radiating from the pan center. Place the turkey into the pan, wrap the turkey in the leaves and then in foil. Cover the pan tightly with additional foil. 6. Follow cooking directions on package, or roast turkey at 325°F for 3-4 hours. <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i> 7. Carefully remove foil and leaves. Shred turkey with a fork and put into a large pot.
*Fresh round onions, chopped	14 ounces		8. Add onions and cabbage. Cook until vegetables are tender. <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i>
*Fresh green head cabbage, coarsely shred	9 pounds		9. Place in 2 steamtable pans (12" x 20" x 2½"). <i>CCP: Hold for hot service at 135°F or higher.</i>
			10. Portion with 8 ounce ladle or serving spoon (1 cup).

NUTRIENTS PER 1 CUP SERVING					
Calories	170	Cholesterol	60 mg	Vitamin A	77 IU
Total fat	6 g	Sodium	200 mg	Vitamin C	31.8 mg
Saturated fat	1.5 g	Total carbohydrate	6 g	Calcium	53 mg
Trans fat	0 g	Dietary fiber	2 g	Iron	1.35 mg
		Protein	22 g		

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh round onions	1 pound 2 ounces
Fresh green head cabbage	10 pounds 6 ounces

MEAT LOAF

Main Dish

YIELD	PORTION	CREDIT
50 portions 2 loaves per 12" x 20" x 2½" pan	4" x 2" x ¾" slice 25 slices per loaf	1 slice provides 2 ounces equivalent meat/meat alternate and ¼ serving grains/breads

Ingredients	Weight	Measure	Directions
			1. Preheat oven to 350°F.
Canned tomato paste, no salt added Water Fresh large eggs Rolled oats Instant nonfat dry milk Canned beef broth, no MSG (less sodium)	6 ounces 14½ ounces 2¼ ounces	⅔ cup 1 cup 5 each 1 quart 1 cup ¾ cup 2 tablespoons 2 cups	2. In a 20 quart mixer bowl with paddle attachment, combine tomato paste, water, eggs, oats, dry milk, and beef broth. Mix for 2 minutes on medium speed.
Raw ground beef (no more than 15% fat) *Fresh round onions, chopped fine *Fresh celery, chopped fine Dried parsley Ground black pepper Garlic powder Salt, iodized Dried basil Dried oregano Dried marjoram Dried thyme	7 pounds 14 ounces 9 ounces 1 pound	1½ cups 3¾ cups ¼ cup 1 tablespoon 1 tablespoon 1 teaspoon ¾ teaspoon ¾ teaspoon ½ teaspoon ½ teaspoon	3. Add ground beef, onions, celery, parsley, pepper, garlic powder, salt, basil, oregano, marjoram, and thyme. 4. Mix on low speed for 2 to 3 minutes or until blended. DO NOT OVERMIX. 5. Press meat mixture into one steamtable pan (12" x 20" x 2½"). Smooth the top and separate the mixture down the middle lengthwise into 2 equal loaves. 6. Bake at 350°F for 1½ hours. <i>CCP: Heat to 155°F or higher for at least 15seconds.</i> 7. Drain fat from pan and let meat loaf stand for 20 minutes. 8. Cut each loaf into 25 slices, about ¾" thick. <i>CCP: Hold for hot service at 135°F or higher.</i>
			7. Portion is 1 slice, about ¾" thick.

NUTRIENTS PER ¾" SLICE			
Calories	210	Cholesterol	70 mg
Total fat	12 g	Sodium	125 mg
Saturated fat	4.5 g	Total carbohydrate	8 g
Trans fat	0.5 g	Dietary fiber	1 g
		Protein	16 g
		Vitamin A	155 IU
		Vitamin C	1.8 mg
		Calcium	44 mg
		Iron	2.25 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh round onions	11 ounces
Fresh celery	1 pound 4 ounces

OVEN-BAKED FISH

Main Dish

YIELD	PORTION	CREDIT
50 portions	1 piece (2 ounces)	1 piece provides 2 ounces equivalent meat/meat alternate

Ingredients	Weight	Measure	Directions
Nonstick cooking spray			<ol style="list-style-type: none"> 1. Preheat oven to 500°F. 2. Spray 4 half-sheet pans (13" x 8" x 1") with nonstick cooking spray, lightly coating the entire area that will be used.
Enriched dry bread crumbs, plain Salt, iodized Ground black or white pepper	8 ounces	2 cups 1 tablespoon 1 teaspoon 1½ teaspoons	<ol style="list-style-type: none"> 3. In a small bowl, combine bread crumbs, salt, and pepper. Set aside.
Fresh or frozen fish fillets, thawed Low-calorie mayonnaise-type salad dressing	9 pounds 8¼ ounces	50 pieces, at least 3 ounces each ¾ cup 2 tablespoons	<ol style="list-style-type: none"> 4. Pat fish pieces dry using paper towels. Cut into 50 pieces, at least 3 ounces each. 5. In a large bowl, coat fish pieces in salad dressing. Note: Lowfat plain yogurt or lowfat mayonnaise may be substituted for salad dressing. 6. Roll fish pieces in bread crumbs to evenly coat. 7. Place 12 to 13 pieces of fish in a single layer on each prepared pan. 8. Bake at 500°F for 17 minutes in oven, until the fish flakes easily with a fork. <i>CCP: Heat to 145°F or higher for at least 15 seconds.</i> <i>CCP: Hold for hot service at 135°F or higher.</i>
			<ol style="list-style-type: none"> 9. Portion is 1 piece (2 ounces).

NUTRIENTS PER 1 PIECE (2 OUNCE) SERVING			
Calories	120	Cholesterol	45 mg
Total fat	4.0 g	Sodium	370 mg
Saturated fat	1.5 g	Total carbohydrate	4 g
Trans fat	0 g	Dietary fiber	0 g
		Protein	16 g
		Vitamin A	39 IU
		Vitamin C	0 mg
		Calcium	21 mg
		Iron	0.59 mg

PORK TOFU

Main Dish

YIELD	PORTION	CREDIT
6 portions	1 cup	1 cup provides 1 ounce equivalent meat/meat alternate and ½ cup vegetable

Ingredients	Weight	Measure	Directions
Nonstick cooking spray			1. Lightly coat a large skillet with nonstick cooking spray.
Raw pork, Boston butt, boneless, cut into thin, small slices	1 pound		2. Brown the pork in the prepared skillet.
*Fresh round onions, cut into thin short slices	4 ounces		3. Add onions to the pork and cook over low heat until the pork is tender.
*Fresh carrots, sliced thin Canned mushrooms, drained, sliced Canned bamboo shoots, drained, sliced thin	4 ounces	¼ cup ¼ cup	4. Add carrots, mushrooms and bamboo shoots.
Oyster sauce Sesame oil		2 tablespoons 1 teaspoon	5. Add oyster sauce and sesame oil. Stir to combine.
Firm tofu, drained, cut into cubes	14 ounces		6. Add the tofu to the skillet. <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i> <i>CCP: Hold for hot service at 135°F or higher.</i>
*Fresh green onions, sliced		¼ cup	7. Garnish with green onions.
			8. Portion with 8-ounce ladle (1 cup).

NUTRIENTS PER 1 CUP SERVING			
Calories	150	Cholesterol	25 mg
Total fat	6 g	Sodium	250 mg
Saturated fat	1.5 g	Total carbohydrate	7 g
Trans fat	0 g	Dietary fiber	2 g
		Protein	15 g
		Vitamin A	3685 IU
		Vitamin C	4.3 mg
		Calcium	140 mg
		Iron	1.75 mg

*Marketing Guide—Food AS PURCHASED for 6 portions:	
Fresh round onions	5 ounces
Fresh carrots	5 ounces
Fresh green onions	2½ ounces

SHOYU CHICKEN (Lower Sodium)

Main Dish

YIELD	PORTION	CREDIT
50 portions	1 thigh	1 piece provides 2 ounces equivalent meat/meat alternate

Ingredients	Weight	Measure	Directions
			1. Preheat oven to 350°F.
Nonstick cooking spray			2. Spray 2 steamtable pans (12" x 20" x 2½") with nonstick cooking spray, lightly coating the entire surface that will be used.
Sugar, granulated Soy sauce, low-sodium Water *Fresh garlic, crushed *Fresh ginger root, sliced thin	2 ounces	1 cup 1½ cups 7 ounces 10 cloves	3. In a small bowl, combine sugar, soy sauce, water, garlic, and ginger root. Bring to a boil. Set aside.
Raw chicken thighs, with bone and skin (about 4 ounces each)	12 pounds 8 ounces	50 thighs	4. Remove and discard skin from thighs. 5. Place 25 thighs in each prepared pan. 6. Pour sauce over chicken, cover with foil, and bake at 350°F for 1 hour in oven. Baste as needed. <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i> <i>CCP: Hold for hot service at 135°F or higher.</i>
			7. Portion is 1 thigh.

NUTRIENTS PER (1 THIGH) SERVING			
Calories	110	Cholesterol	65 mg
Total fat	3.5 g	Sodium	320 mg
Saturated fat	1 g	Total carbohydrate	5 g
Trans fat	0 g	Dietary fiber	0 g
		Protein	14 g
		Vitamin A	16 IU
		Vitamin C	0.2 mg
		Calcium	8 mg
		Iron	0.68 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh garlic	1.7 ounces
Fresh ginger root	2 ounces

SPAGHETTI AND MEAT SAUCE

Main Dish

YIELD	PORTION	CREDIT
50 portions	1 cup	1 cup provides 2 ounces equivalent meat/meat alternate, $\frac{3}{8}$ cup vegetable, and 1 serving grains/breads

Ingredients	Weight	Measure	Directions
Raw ground beef (no more than 15% fat) *Fresh round onions, chopped	8 pounds 8 ounces 8 ounces	1 $\frac{1}{3}$ cups	1. Brown the ground beef in a large pot. Drain fat and continue immediately. Add onions and cook for 5 minutes.
Garlic powder Ground black or white pepper Canned tomato puree, no salt added Water Salt, iodized Dried parsley Dried basil Dried oregano Dried marjoram Dried thyme	5 pounds	1 tablespoon 1 $\frac{1}{2}$ teaspoons 1 $\frac{1}{2}$ teaspoons 2 quarts 1 cup 2 quarts 1 tablespoon $\frac{1}{4}$ cup 2 tablespoons 2 tablespoons 1 tablespoon 1 $\frac{1}{2}$ teaspoons	2. Add garlic powder, pepper, tomato puree, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour. <i>CCP: Heat to 155°F or higher for at least 15 seconds.</i>
Water Enriched spaghetti, broken into thirds, uncooked	6 gallons 4 pounds 12 ounces	3 quarts 3 $\frac{1}{2}$ cups	3. Heat water to a rolling boil. 4. Slowly add spaghetti, stirring constantly, until water boils again. Cook 10-12 minutes or until tender, stirring occasionally. DO NOT OVERCOOK. 5. Drain well. Run cold water over spaghetti to cool slightly. 6. Stir into meat sauce.
Nonstick cooking spray			7. Spray 3 medium half-steamtable pans (12" x 10" x 4") with nonstick cooking spray, lightly coating the bottom and sides. 8. Divide mixture evenly into the 3 pans. <i>CCP: Hold for hot service at 135°F or higher.</i>

NUTRIENTS PER 1 CUP SERVING			
Calories	350	Cholesterol	50 mg
Total fat	12 g	Sodium	220 mg
Saturated fat	4.5 g	Total carbohydrate	37 g
Trans fat	0 g	Dietary fiber	3 g
		Protein	21 g
		Vitamin A	253 IU
		Vitamin C	5.4 mg
		Calcium	55 mg
		Iron	4.23 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh round onions	10 ounces

SWEET AND SOUR FISH

Main Dish

YIELD	PORTION	CREDIT
48 portions	3 ounces	1 portion provides 2¾ ounces equivalent meat/meat alternate

Ingredients	Weight	Measure	Directions
Fresh or frozen fish fillets, thawed, cut in 4-ounce portions	12 pounds		<ol style="list-style-type: none"> 1. <i>CCP: Thaw in refrigerator at 41°F or lower.</i> 2. Preheat oven to 350°F.
Nonstick cooking spray Lemon juice Margarine Ground black or white pepper	6 ounces	½ cup ¾ cup ¾ teaspoon	<ol style="list-style-type: none"> 3. Spray 2 steamtable pans (20" x 12" x 2½") with nonstick cooking spray, lightly coating the entire surface that will be used. 4. Place fish portions close together in a single layer. Brush fish lightly with lemon juice, then with melted margarine. Lightly season with pepper. 5. Bake in preheated oven until done, about 10-15 minutes. Halfway through cooking time, check fish. If tops re drying out, brush with more margarine. When done, fish should flake easily with a fork. <p><i>CCP: Heat to 145°F or higher for at least 15 seconds.</i> <i>CCP: Hold at 135°F or higher.</i></p>
Canned chicken broth, no MSG (less sodium) Brown sugar, lightly packed Vinegar, distilled Canned pineapple juice, unsweetened Soy sauce, low-sodium	6 ounces	2 quarts 1 ⅛ cups 1 cup 1 quart 2 cups ¼ cup 2 tablespoons	<ol style="list-style-type: none"> 6. Heat chicken broth in a large pot. Add brown sugar, vinegar, pineapple juice (drained from canned pineapple), and soy sauce. Mix well and bring to a boil over medium heat. Reduce heat to simmer.
Cornstarch Water	8 ounces	1½ cups 1½ cups	<ol style="list-style-type: none"> 7. Mix cornstarch and water until smooth. Stir mixture into simmering broth and cook over medium heat until thickened and clear, stirring occasionally. <p><i>CCP: Heat to 145°F or higher for at least 15 seconds.</i></p>
*Fresh green bell peppers, cut into fine strips Canned pineapple chunks, packed in juice, drained *Fresh carrots, sliced	1 pound 8 ounces 1 pound	 3 quarts	<ol style="list-style-type: none"> 8. Add green peppers, drained pineapple, and carrots to the thickened sauce. 9. Pour the sauce over the fish. <p><i>CCP: Heat to 135°F or higher for at least 15 seconds.</i> <i>CCP: Hold for hot service at 135°F or higher.</i></p>

SWEET AND SOUR FISH

Main Dish

NUTRIENTS PER 3 OUNCE SERVING			
Calories	250	Cholesterol	60 mg
Total fat	7 g	Sodium	190 mg
Saturated fat	2.0 g	Total carbohydrate	21 g
Trans fat	0 g	Dietary fiber	1 g
		Protein	25 g
		Vitamin A	2106 IU
		Vitamin C	24.6 mg
		Calcium	40 mg
		Iron	1.06 mg

*Marketing Guide—Food AS PURCHASED for 48 portions:	
Fresh green bell peppers	1 pound 14 ounces
Fresh carrots	1 pound 7 ounces

TOMATO BEEF STEW

Main Dish

YIELD	PORTION	CREDIT
50 portions	1 cup	1 cup provides 2 ounces equivalent meat/meat alternate and ½ cup vegetable

Ingredients	Weight	Measure	Directions
Raw beef chuck pot roast, lean, boneless	10 pounds		1. Cut beef into cubes and brown in steam-jacketed kettle or oven.
Water Salt, iodized Ground black pepper Worcestershire sauce		2 quarts 2 tablespoons 2 teaspoons ¾ cup	2. Add water, salt, pepper, and Worcestershire sauce. Cover and simmer for 2 hours, or until meat is tender. Add more water as needed.
Fresh potatoes, white or russet, peeled, diced Fresh carrots, sliced Fresh round onions, chopped Fresh celery, diced	7 pounds, AP 3 pounds, AP 1 pound, AP 12 ounces, AP		3. Cook potatoes, carrots, onions, and celery in a steamer or in a small amount of water in a kettle or oven. Vegetables may also be cooked with the meat.
Enriched all-purpose flour Water	12 ounces	1 quart	4. Mix flour and water until smooth, then add to meat and cook until thickened.
Canned crushed tomatoes		1 quart 1 cup	5. Add tomatoes and cooked vegetables. Cook over medium heat until heated through. <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i> <i>CCP: Hold for hot service at 135°F or higher.</i> 6. Portion with 8 ounce ladle (1 cup).

NUTRIENTS PER 1 CUP SERVING			
Calories	210	Cholesterol	55 mg
Total fat	4 g	Sodium	420 mg
Saturated fat	1.5 g	Total carbohydrate	22 g
Trans fat	0 g	Dietary fiber	3 g
		Protein	20 g
		Vitamin A	4297 IU
		Vitamin C	17.1 mg
		Calcium	45 mg
		Iron	2.88 mg

Grains/Breads

BROWN RICE PILAF

Grains/Breads

YIELD	PORTION	CREDIT
50 portions	½ cup	½ cup provides the equivalent of 1 serving grains/breads

Ingredients	Weight	Measure	Directions
Brown rice, long grain, uncooked	2 pounds 14 ounces	1 quart ¾ cups	1. Preheat oven to 350°F. 2. Place 1 pound 7 ounces of brown rice into each of 2 steamtable pans (12" x 20" x 2½"). 3. Add 13½ ounces of white rice to each steamtable pan, and mix brown and white rice together.
Enriched white rice, long grain, uncooked	1 pound 11 ounces	1 quart	
Canned chicken broth, no MSG (less sodium) Ground black or white pepper *Fresh round onions, diced	4 ounces	1 gallon 2½ cups ½ teaspoon ¾ cup	4. In a large pot, heat the chicken broth, pepper, and onions. Bring to a boil. 5. Add 2 quarts 1¼ cups of the hot broth mixture to each steamtable pan. Cover each pan with foil or a metal lid. 6. Bake at 350°F for 50 minutes. <i>CCP: Heat to 135°F or higher for at least 15 seconds.</i> <i>CCP: Hold for hot service at 135°F or higher.</i>

NUTRIENTS PER ½ CUP SERVING			
Calories	160	Cholesterol	0 mg
Total fat	1 g	Sodium	30 mg
Saturated fat	0 g	Total carbohydrate	33 g
Trans fat	0 g	Dietary fiber	1 g
		Protein	4 g

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh round onions	5 ounces

CORNBREAD

Grains/Breads

YIELD	PORTION	CREDIT
50 portions	1¾" x 2½" piece	1 piece provides 1 serving grains/breads

Ingredients	Weight	Measure	Directions
			1. Preheat oven to 400°F.
Enriched all-purpose flour Cornmeal Sugar, granulated Baking powder Salt, iodized	1 pound 1 pound 5¼ ounces 1 ounce	¾ cups ¾ cups ¼ cup 2 tablespoons 2 teaspoons 1¼ teaspoons	2. In mixer bowl, combine flour, cornmeal, sugar, baking powder, and salt. Blend on low speed using flat beater.
Fresh large eggs Instant nonfat dry milk, reconstituted Vegetable oil		3 each ¾ cups ½ cup	3. Combine eggs, milk, and oil. 4. Add to dry ingredients. Mix on low speed only until dry ingredients are moistened. Batter will be lumpy. DO NOT OVERMIX.
Nonstick cooking spray			5. Spray one half-sheet pan (13" x 18" x 1") with nonstick cooking spray, lightly coating the bottom. 6. Pour batter into the pan. Bake at 400°F for 30-35 minutes, or until lightly browned.
			7. Cut pan 5 x 10 (50 pieces).

NUTRIENTS PER 1¾" x 2½" PIECE			
Calories	110	Cholesterol	10 mg
Total fat	2.5 g	Sodium	150 mg
Saturated fat	0 g	Total carbohydrate	18 g
Trans fat	0 g	Dietary fiber	Less than 1 g
		Protein	3 g
		Vitamin A	73 IU
		Vitamin C	0 mg
		Calcium	69 mg
		Iron	0.96 mg

GARLIC FRENCH BREAD

Grains/Breads

YIELD	PORTION	CREDIT
50 portions	1 slice	1 slice provides the equivalent of 1 serving grains/breads

Ingredients	Weight	Measure	Directions
Enriched French or Vienna bread	3 pounds 4 ounces		1. Cut loaves into 1 inch slices (16 slices per pound).
Margarine, softened Fresh garlic		1½ cups 2 tablespoons 3 cloves	2. Finely chop the garlic and mix into the softened margarine. Note: 3/8 teaspoon garlic powder may be substituted for fresh garlic. Note: ½ cup (0.37 ounce) dried parsley flakes may be combined with margarine and garlic.
			3. Spread margarine over each slice of bread. 4. Reassemble loaves and wrap each loaf in heavy-duty aluminum foil, leaving foil partially open at the top. 5. In oven preheated to 400°F, heat bread until hot, about 15-20 minutes.
			6. Portion is 1 slice.

NUTRIENTS PER 1 SLICE SERVING			
Calories	160	Cholesterol	0 mg
Total fat	6 g	Sodium	310 mg
Saturated fat	1.5 g	Total carbohydrate	22 g
Trans fat	0 g	Dietary fiber	1 g
		Protein	4 g
		Vitamin A	260 IU
		Vitamin C	0 mg
		Calcium	5 mg
		Iron	1.39 mg

SWEET POTATO-PLUM BREAD SQUARES

Grains/Breads

YIELD	PORTION	CREDIT
50 portions	1 piece	1 piece provides ⅓ cup vegetable/fruit and 1¼ servings grains/breads

Ingredients	Weight	Measure	Directions
Nonstick cooking spray			1. Preheat oven to 350°F. 2. Spray one steamtable pan (12" x 20" x 2½"), lightly coating the entire surface that will be used.
Enriched all-purpose flour Sugar, granulated Sugar, brown, packed Instant nonfat dry milk powder Baking powder, low-sodium Baking soda Salt, iodized Ground allspice Ground cinnamon Shortening	2 pounds 14 ounces 14½ ounces 15 ounces 15 ounces	2 quarts 2½ cups 2 cups 3½ cups ¼ cup 2 tablespoons 2 tablespoons ½ teaspoon 3 tablespoons 1½ teaspoons 1½ teaspoons 2 teaspoons 2¼ cups	3. In mixer bowl, blend flour, sugar, brown sugar, dry milk, baking powder, baking soda, salt, allspice, cinnamon, and shortening for 3-5 minutes on low speed.
Canned sweet potatoes, drained, mashed Fresh large eggs Water Prunes, without pits, chopped Walnuts, chopped	3 pounds 4 ounces 7½ ounces 6½ ounces	1 quart 2¼ cups (½ No. 10 can) 5 each 2 cups 1¼ cups 1½ cups 2 tablespoons	4. Add half of the sweet potatoes and mix for 2 minutes on low speed. 5. Add eggs and water. Mix for one minute on low speed. 6. Add chopped prunes, remaining sweet potatoes, and walnuts. Mix for 3 minutes on low speed. 7. Pour batter into prepared steamtable pan and bake for one hour.
			8. Cool. Cut pan 5 x 10 (50 pieces).

NUTRIENTS PER 1 PIECE SERVING			
Calories	310	Cholesterol	20 mg
Total fat	12 g	Sodium	330 mg
Saturated fat	2.5 g	Total carbohydrate	47 g
Trans fat	0 g	Dietary fiber	2 g
		Protein	5 g
		Vitamin A	2658 IU
		Vitamin C	1.9 mg
		Calcium	63 mg
		Iron	2.01 mg

Vegetables

BROCCOLI SALAD

Vegetables

YIELD	PORTION	CREDIT
50 portions	½ cup	½ cup provides ½ cup fruits/vegetables

Ingredients	Weight	Measure	Directions
Low-calorie mayonnaise-type salad dressing Sugar, granulated White vinegar Lowfat (1%) milk	2 pounds 1 pound	1 quart 2 cups ¼ cup ¼ cup	1. To make the dressing, combine salad dressing, sugar, vinegar, and milk. Mix well.
*Fresh broccoli florets Raisins	3 pounds 8 ounces 2 pounds 4 ounces	1 gallon 2¼ quarts 1 quart ¾ cups	2. Cut broccoli into bite-size pieces. Add dressing and raisins. Stir to coat all pieces with dressing.
			3. Divide the salad into 2 steamtable pans (12" x 20" x 2½") to a product depth of 2" or less (about 4½ pounds or 3 quarts per pan). <i>CCP: Cool to 41°F or lower within 4 hours.</i>
			4. Cover and refrigerate until ready to serve.
			5. Portion with No. 8 scoop (½ cup).

NUTRIENTS PER ½ CUP SERVING			
Calories	150	Cholesterol	5 mg
Total fat	3.5 g	Sodium	170 mg
Saturated fat	0.5 g	Total carbohydrate	31 g
Trans fat	0 g	Dietary fiber	2 g
		Protein	2 g
		Vitamin A	503 IU
		Vitamin C	30.3 mg
		Calcium	29 mg
		Iron	0.82 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh broccoli	4 pounds 6 ounces

GARDEN SALAD

Vegetables

YIELD	PORTION	CREDIT
50 portions	1 cup	1 cup provides 1 cup vegetable

Ingredients	Weight	Measure	Directions
*Fresh iceberg lettuce, shredded *Fresh spinach	7 pounds 4 ounces 2 pounds 8 ounces		1. In a large mixing bowl, combine the lettuce and spinach.
*Fresh tomatoes, diced *Fresh carrots, shredded *Fresh cucumber, diced	3 pounds 8 ounces 3 pounds 8 ounces 2 pounds 8 ounces		2. Toss tomatoes, carrots and cucumbers with the lettuce and spinach mixture.
			3. Portion is 1 cup.

NUTRIENTS PER 1 CUP SERVING			
Calories	35	Cholesterol	0 mg
Total fat	0 g	Sodium	50 mg
Saturated fat	0 g	Total carbohydrate	8 g
Trans fat	0 g	Dietary fiber	3 g
		Protein	2 g
		Vitamin A	8075 IU
		Vitamin C	15.2 mg
		Calcium	51 mg
		Iron	1.12 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh iceberg lettuce	9 pounds 9 ounces
Fresh spinach, partly trimmed	2 pounds 14 ounces
Fresh tomatoes	4 pounds 1 ounce
Fresh carrots	4 pounds 4 ounces
Fresh cucumbers	2 pounds 9 ounces

INSTANT MASHED POTATOES

Vegetables

YIELD	PORTION	CREDIT
50 portions	½ cup	½ cup provides ½ cup vegetable

Ingredients	Weight	Measure	Directions
Water, boiling Instant nonfat dry milk, reconstituted, warm		1 gallon 2 cups 1 quart 2 cups	1. Pour water and milk into large bowl.
Potato flakes Margarine Salt, iodized	2 pounds 1 ounce 6 ounces	¾ cup 1 tablespoon	2. Add instant potato flakes, margarine, and salt. 3. Stir ½ minute to moisten potatoes. Stir another ½ minute to fluff. DO NOT overmix. (Use of mixer is not recommended.)
			4. Pour into steamtable pan (12" x 20" x 2½"). <i>CCP; Hold for hot service at 135°F or higher.</i> 5. Portion with No. 8 scoop (½ cup).

NUTRIENTS PER 1/2 CUP SERVING			
Calories	120	Cholesterol	0 mg
Total fat	3 g	Sodium	230 mg
Saturated fat	0 g	Total carbohydrate	19 g
Trans fat	0 g	Dietary fiber	1 g
		Protein	4 g
		Vitamin A	67 IU
		Vitamin C	15.6 mg
		Calcium	108 mg
		Iron	0.25 mg

LOMI TOMATO Vegetables

YIELD	PORTION	CREDIT
50 portions	½ cup	½ cup provides ⅜ cup of vegetable

Ingredients	Weight	Measure	Directions
Fresh tomatoes Fresh round onions Fresh green onions Salt, iodized	7 pounds 8 ounces 1 pound 2 ounces 12 ounces	1 tablespoon ⅛ teaspoon	1. Dice tomatoes and round onions. Slice green onions. 2. Combine tomatoes, round onions, green onions, and salt. Mix well and chill thoroughly. <i>CCP: Hold for cold service at 41°F or lower.</i>
			3. Portion with a No. 8 scoop (½ cup).

NUTRIENTS PER 1/2 CUP SERVING			
Calories	20	Cholesterol	0 mg
Total fat	0 g	Sodium	150 mg
Saturated fat	0 g	Total carbohydrate	4 g
Trans fat	0 g	Dietary fiber	1 g
		Protein	Less than 1 g
		Vitamin A	771 IU
		Vitamin C	11.1 mg
		Calcium	13 mg
		Iron	0.26 mg

SHELLED EDAMAME

Vegetables

YIELD	PORTION	CREDIT
12 portions	½ cup	½ cup provides 1 ounce equivalent meat/meat alternate or ½ cup vegetable

Ingredients	Weight	Measure	Directions
Water		1 gallon	1. Bring water to boil in a large pot.
Frozen shelled edamame (soybeans)	2 pounds		2. Add frozen, shelled edamame. Return water to a boil and cook for 5 minutes, or according to package directions. 3. Drain. If serving as a hot side dish, do not rinse with cold water to cool. <i>CCP: Hold for hot service at 135°F or higher.</i>
			4. Portion with a No. 8 scoop (½ cup).

NUTRIENTS PER ½ CUP SERVING			
Calories	100	Cholesterol	0 mg
Total fat	4 g	Sodium	15 mg
Saturated fat	0 g	Total carbohydrate	8 g
Trans fat	0 g	Dietary fiber	4 g
		Protein	8 g
		Vitamin A	0 IU
		Vitamin C	4.6 mg
		Calcium	57 mg
		Iron	1.72 mg

Sr, Day: 13
Source: Local

SUCCOTASH

Vegetables

YIELD	PORTION	CREDIT
50 portions	½ cup	½ cup provides ½ cup vegetable

Ingredients	Weight	Measure	Directions
Margarine	4 ounces		1. Melt the margarine.
Frozen lima beans, baby, cooked Frozen corn, cooked	5 pounds 5 pounds		2. In a steamtable pan (12" x 20" x 2½"), combine the cooked lima beans and corn. 3. Pour the melted margarine over the lima beans and corn and mix well. 4. Portion with a No. 8 scoop (½ cup).

NUTRIENTS PER ½ CUP SERVING			
Calories	100	Cholesterol	0 mg
Total fat	2.5 g	Sodium	30 mg
Saturated fat	0 g	Total carbohydrate	18 g
Trans fat	0 g	Dietary fiber	4 g
		Protein	4 g
		Vitamin A	166 IU
		Vitamin C	4.2 mg
		Calcium	14 mg
		Iron	1.11 mg

THREE BEAN SALAD

Vegetables

YIELD	PORTION	CREDIT
50 portions	¼ cup	¼ cup provides ¼ cup vegetable

Ingredients	Weight	Measure	Directions
Canned kidney beans, chilled, drained	1 pound 2 ounces	1½ cups 1 tablespoon	1. Rinse kidney beans in cold water and drain well.
Canned wax beans, chilled drained Canned cut green beans, no salt added; chilled, drained *Fresh white or red onions, chopped	15 ounces 2 pounds 5½ ounces 3 ounces	2¾ cups 1 quart 3½ cups ½ cup	2. In a large bowl, combine kidney beans, wax beans, green beans, and onions.
Vegetable oil White vinegar Sugar, granulated Dried basil Ground black or white pepper Garlic powder	2¼ ounces	⅓ cup ⅓ cup ⅓ cup 1 tablespoon 1 teaspoon 1 teaspoon	3. In a small bowl, combine vegetable oil, vinegar, sugar, basil, pepper, and garlic powder. Mix until well blended. 4. Pour dressing over beans and toss lightly to evenly coat the vegetables. Spread the salad into one steamtable pan (12" x 20" x 2½"). 5. Cover and refrigerate until ready to serve. <i>CCP: Cool to 41°F or lower within 4 hours.</i>
			6. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

NUTRIENTS PER ¼ CUP SERVING			
Calories	45	Cholesterol	0 mg
Total fat	3 g	Sodium	110 mg
Saturated fat	0 g	Total carbohydrate	5 g
Trans fat	0 g	Dietary fiber	1 g
		Protein	Less than 1 g

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh round onions	4 ounces

TOSSED VEGETABLE SALAD

Vegetables

YIELD	PORTION	CREDIT
50 portions	3 ounces	3 ounces provide 1 7/8 cups vegetable

Ingredients	Weight	Measure	Directions
*Fresh cos or romaine lettuce, torn into bite-sized pieces	7 pounds		1. In a large mixing bowl, combine lettuce, celery, cucumbers, green pepper, and red cabbage. Toss lightly, portion, and garnish with tomato wedges. <i>CCP: Hold for cold service at 41°F or lower.</i>
*Fresh celery, sliced	10 ounces		
*Fresh cucumber, sliced	10 ounces		
*Fresh bell peppers, chopped	2 ounces		
*Fresh red cabbage, shredded	10 ounces		
*Fresh tomatoes, cut in wedges	1 pound		
			2. Portion is 3 ounces..

NUTRIENTS PER 3 OUNCE SERVING			
Calories	20	Cholesterol	0 mg
Total fat	0 g	Sodium	15 mg
Saturated fat	0 g	Total carbohydrate	4 g
Trans fat	0 g	Dietary fiber	2 g
		Protein	1 g
		Vitamin A	7470 IU
		Vitamin C	9.2 mg
		Calcium	35 mg
		Iron	0.92 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh Romaine lettuce	11 pounds
Fresh celery	12 ounces
Fresh cucumber	12 ounces
Fresh bell pepper	3 ounces
Fresh red cabbage	12 ounces
Fresh tomatoes	1 pound 3 ounces

Soups/Gravies

BEEF VEGETABLE SOUP (Lower Sodium) Soup

YIELD	PORTION	CREDIT
50 portions	1 cup	1 cup provides ½ ounce equivalent meat/meat alternate and ½ cup vegetable

Ingredients	Weight	Measure	Directions
Raw ground beef (no more than 15% fat)	2 pounds 2½ ounces		1. Brown the ground beef in a large pot. Drain fat and continue immediately.
Canned beef broth, no MSG (less sodium) Canned diced tomatoes, no salt added *Fresh celery, chopped *Fresh round onions, chopped Ground black or white pepper Dried parsley Garlic powder	10 ounces 1 pound	1 gallon 3½ quarts 3 quarts ½ cup (1 No. 10 can) 2½ cups 2⅔ cups 1 teaspoon ¼ cup 2 tablespoons	2. Combine broth, cooked ground beef, tomatoes, celery, onions, pepper, parsley, and garlic powder. Bring to a boil. 3. Reduce heat, cover, and simmer for 20 minutes.
Frozen whole kernel corn Frozen sliced carrots Frozen cut green beans Frozen green peas	1 pound 1½ ounces 1 pound 6 ounces 15 ounces 1 pound 4 ounces	3¼ cups 1 quart 1 cup 3½ cups 1 quart	4. Add corn, carrots, green beans, and green peas. 5. Cover and simmer for 15 minutes, or until vegetables are tender. <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i> 6. Pour into 3 steamtable pans (12" x 20" x 4"). <i>CCP: Hold for hot service at 135°F or higher.</i>
			7. Portion with No. 8 ounce ladle (1 cup).

NUTRIENTS PER 1 CUP SERVING			
Calories	100	Cholesterol	15 mg
Total fat	3.5 g	Sodium	150 mg
Saturated fat	1 g	Total carbohydrate	11 g
Trans fat	0 g	Dietary fiber	2 g
		Protein	8 g
		Vitamin A	2458 IU
		Vitamin C	10.8 mg
		Calcium	51 mg
		Iron	1.57 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh celery	12 ounces
Fresh round onions	1 pound 3 ounces

CHICKEN OR TURKEY GRAVY

Gravy

YIELD	PORTION	CREDIT
1 quart 16 portions	¼ cup	

Ingredients	Weight	Measure	Directions
Margarine	2 ounces	¼ cup	1. Melt the margarine in stock pot.
Enriched all-purpose flour	2½ ounces	¼ cup 3½ tablespoons	2. Blend in flour and cook on medium heat, stirring frequently until light brown, 5 minutes.
Canned chicken or turkey broth, no MSG (less sodium) Poultry seasoning Onion powder Ground black or white pepper		1 quart ¼ cup ½ teaspoon 1 teaspoon ⅓ teaspoon	3. Slowly stir in chicken or turkey broth, poultry seasoning, onion powder, and pepper. Blend well and bring to boil. Reduce heat and simmer on medium heat, stirring constantly until thickened, 6-8 minutes. <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i> <i>CCP: Hold for hot service at 135°F or higher.</i>
			4. Portion with 2 ounce ladle (¼ cup).

NUTRIENTS PER ¼ CUP SERVING			
Calories	50	Cholesterol	0 mg
Total fat	3 g	Sodium	45 mg
Saturated fat	0 g	Total carbohydrate	4 g
Trans fat	0 g	Dietary fiber	0 g
		Protein	2 g
		Vitamin A	1 IU
		Vitamin C	0 mg
		Calcium	4 mg
		Iron	0.36 mg

CHICKEN NOODLE SOUP

Soup

YIELD	PORTION	CREDIT
50 portions	1 cup	1 cup provides ½ ounce equivalent meat/meat alternate and ⅛ serving grains/breads

Ingredients	Weight	Measure	Directions
Canned chicken broth, no MSG (less sodium) *Fresh celery, chopped *Fresh round onion, chopped Ground black or white pepper Poultry seasoning	1 pound 8 ounces 14 ounces	3 gallons 3½ quarts 1 quart 1¾ cups 2⅓ cups 1 teaspoon 1 teaspoon	1. Combine stock, celery, onions, pepper, and poultry seasoning. 2. Bring to a boil, reduce heat, and cover. Simmer for 20 minutes.
Enriched medium noodles *Cooked chicken, chopped	1 pound 6 ounces 1 pound 9½ ounces	1 gallon 1 quart 1 cup	3. Add noodles and chicken, return to simmer, and cover. Simmer for 10 minutes or until noodles are tender. <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i>
			4. Using 3 medium steamtable pans (12" x 20" x 4"), pour 9 pounds (1 gallon) into each pan. <i>CCP: Hold for hot service at 135°F or higher.</i>
			5. Portion with 8 ounce ladle (1 cup).

NUTRIENTS PER 1 CUP SERVING			
Calories	100	Cholesterol	25 mg
Total fat	2 g	Sodium	210 mg
Saturated fat	0.5 g	Total carbohydrate	12 g
Trans fat	0 g	Dietary fiber	Less than 1 g
		Protein	7 g
		Vitamin A	33 IU
		Vitamin C	1.7 mg
		Calcium	26 mg
		Iron	0.86 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh celery	1 pound 13 ounces
Fresh round onions	1 pound
Raw chicken, whole, without neck and giblets	4 pounds 7 ounces

Sandwiches

EGG SALAD SANDWICH ON WHOLE WHEAT BREAD

Sandwich

YIELD	PORTION	CREDIT
50 portions	1 sandwich (2 halves)	1 sandwich provides 2 ounces equivalent meat/meat alternate and 2 servings of grains/breads

Ingredients	Weight	Measure	Directions
Fresh large eggs, hard-boiled, peeled, chilled		50 each	1. Finely chop eggs.
*Fresh round onions, chopped fine, chilled *Fresh celery, chopped, chilled Ground black or white pepper Dry mustard Low-calorie mayonnaise-type salad dressing Sweet pickle relish, not drained, chilled	8 ounces 14½ ounces 14 ounces 8½ ounces	1⅓ cups 3½ cups 1½ teaspoons 1½ teaspoons 1¾ cups 1 cup	2. In a large bowl, combine eggs, onions, celery, pepper, mustard, dressing, and relish. Mix lightly until well blended.
			3. Using 2 steamtable pans (12" x 20" x 2½"), spread 4 pounds (2 quarts ¼ cup) egg salad mixture evenly into each pan to a depth of 2" or less. 4. Cover and refrigerate until ready to use. <i>CCP: Cool to 41°F or lower within 4 hours.</i>
*Enriched whole wheat bread (0.9 ounce per slice)	5 pounds 10 ounces	100 slices	5. For each sandwich, portion egg salad mixture with No. 12 scoop (⅓ cup) onto 1 slice of bread, top with second slice of bread, and cut diagonally in half. 6. Cover and refrigerate until ready to serve. <i>CCP: Hold for cold service at 41°F or lower.</i>
			7. Portion is 1 sandwich (2 halves).

NUTRIENTS PER 1 SANDWICH SERVING			
Calories	250	Cholesterol	190 mg
Total fat	10 g	Sodium	440 mg
Saturated fat	2.5 g	Total carbohydrate	28 g
Trans fat	0 g	Dietary fiber	2 g
		Protein	12 g
		Vitamin A	357 IU
		Vitamin C	0.7 mg
		Calcium	102 mg
		Iron	2.44 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh round onions	10 ounces
Fresh celery	1 pound 2 ounces
Whole Wheat bread, sliced	3¼ sandwich loaves (2 pounds each)

HOT TURKEY SANDWICH ON WHOLE WHEAT BREAD

Sandwich

YIELD	PORTION	CREDIT
50 portions	1 slice bread, 2 ounces turkey, ½ cup potatoes, ¼ cup gravy	1 portion provides 2 ounces meat/meat alternate, ½ cup vegetable, and 1 serving grains/breads

Ingredients	Weight	Measure	Directions
Raw turkey breast, whole or halves	11 pounds		<ol style="list-style-type: none"> 1. If frozen, thaw turkey completely in the original wrapper in a pan in the refrigerator. <i>CCP: Thaw at 41°F or lower.</i> 2. Preheat oven to 325°F. 3. Place thawed turkey roasts on a rack in a shallow roasting pan.
Vegetable oil Garlic powder Onion powder Paprika Rubbed sage Italian seasoning		¼ cup 1½ teaspoons 1½ teaspoons 1 teaspoon 1 teaspoon 1 teaspoon	<ol style="list-style-type: none"> 4. In a small bowl, combine oil, garlic powder, onion powder, paprika, sage, and Italian seasoning. Rub seasoned oil over each roast and cover with loose tent of foil. 5. Roast in preheated oven for 2½ - 3 hours, or according to directions on the package. 6. Remove foil during the last 30-40 minutes of cooking time and baste with pan drippings. <i>CCP: Heat to an internal temperature of 165°F or higher for at least 15 seconds.</i> 7. Allow meat to rest for 10 -15 minutes. 8. Slice into 2-ounce portions and place in 2 steamtable pans (12" x 20" x 2½"). Add defatted drippings and a little water, if needed, to keep meat moist. Cover with foil and place in oven to keep warm. <i>CCP: Hold for hot service at 135°F or higher.</i>
Mashed potatoes Chicken or turkey gravy		3 quarts ½ cup	<ol style="list-style-type: none"> 9. Prepare mashed potatoes (USDA, I-05) and chicken or turkey gravy (USDA, G-03A) [see "Recipes" section, pages 31 and 39]
Enriched whole wheat bread (0.9 ounce per slice)		50 slices	<ol style="list-style-type: none"> 10. Assemble hot sandwiches. For each portion, place 2 ounces meat on one slice of bread; put ½ cup (No. 8 scoop) mashed potatoes beside the bread; pour ¼ cup (2 -ounce ladle) gravy over meat and potatoes.

NUTRIENTS PER 1 SANDWICH SERVING					
Calories	390	Cholesterol	60 mg	Vitamin A	217 IU
Total fat	15 g	Sodium	420 mg	Vitamin C	15.4 mg
Saturated fat	3.5 g	Total carbohydrate	35 g	Calcium	94 mg
Trans fat	0 g	Dietary fiber	4 g	Iron	2.57 mg
		Protein	30 g		

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Whole Wheat bread, sliced	3¼ sandwich loaves (2 pounds each)

TUNA SALAD SANDWICH ON WHOLE WHEAT BREAD

Sandwich

YIELD	PORTION	CREDIT
50 portions	1 sandwich (2 halves)	1 sandwich provides 2 ounces equivalent meat/meat alternate, 1/8 cup vegetable, and 2 servings grains/breads

Ingredients	Weight	Measure	Directions
Tuna, canned in water, no salt added, chilled	8 pounds 5 ounces	2-66½ ounce cans	1. In a large bowl, drain and flake the tuna.
*Fresh round onion, chopped *Fresh celery, chopped Pickle relish, sweet Dry mustard Low-calorie mayonnaise-type salad dressing	1 pound 2 pounds 8¾ ounces 2 pounds 11 ounces	2⅔ cups 1 quart 3½ cups 1 cup 1½ teaspoons 1 quart 1½ cups	2. Combine tuna, onions, celery, pickle relish dry mustard, and salad dressing. Mix lightly until well blended. 3. Cover and refrigerate until ready to use. 4. <i>CCP: Cool to 41°F or lower within 4 hours.</i>
Enriched whole wheat bread (0.9 ounce per slice)	5 pounds 10 ounces	100 slices	5. Portion with No. 8 scoop (½ cup) on one slice of the bread. Top with second slice of bread. Cut each sandwich diagonally in half. 6. Cover and refrigerate until ready to serve. <i>CCP: Hold for cold service at 41°F or lower.</i>

NUTRIENTS PER 1 SANDWICH SERVING			
Calories	350	Cholesterol	23 mg
Total fat	14 g	Sodium	440 mg
Saturated fat	2.5 g	Total carbohydrate	31 g
Trans fat	0 g	Dietary fiber	2 g
		Protein	25 g
		Vitamin A	184 IU
		Vitamin C	1.4 mg
		Calcium	89 mg
		Iron	2.99 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh round onions	1 pound 3 ounces
Fresh celery	2 pounds 7 ounces
Whole Wheat bread, sliced	3¼ sandwich loaves (2 pounds each)

Comments

**Alphabetical Recipe
Index**

Senior Cycle Menu Comment Sheet

Thank you for utilizing the Nutrient Analyzed 14-Day Cycle Lunch Menu for Seniors. To improve our efforts of providing appropriate, quality nutrition resources to those feeding the older adults of Hawaii, we would greatly appreciate any comments, concerns, or feedback about this cycle menu. Your comments will be anonymous and will be very helpful to improve this resource.

Please complete the questionnaire below and send it to:

SNAP-Ed
1955 East-West Road, #306
Honolulu, HI 96822
Fax: (808) 956-6457
Email: NEW@ctahr.hawaii.edu

How long have you used / been using the 14-day cycle menu at your facility? (Example: about 6 months)

1. Was this 14-day cycle menu easy to follow and practical to implement at your facility? If not, please provide a brief explanation.

2. Were there any discrepancies or errors that you came across with the recipes provided in this resource? Such as recipe yield, recipe directions, marketing guide information, etc. Please specify recipe(s) and error(s).

3. Were any of the recipes not well received by the kupuna (seniors)? Please specify recipe(s) and possible reason(s) why.

4. Do you have any suggestions for improvements?

Thank you for your time and also for your efforts to feed our kupuna healthy foods!

Alphabetical Recipe Index

Beef Tomato (Day 8)	11
Beef Vegetable Soup, Lower Sodium (Day 3)	38
Broccoli Salad (Day 12)	29
Brown Rice Pilaf (Day 10)	24
Chicken and Noodles (Day 4)	12
Chicken Noodle Soup (Day 12)	40
Chicken or Turkey Gravy (Day 9).	39
Cornbread (Day 6)	25
Egg Salad Sandwich on Whole Wheat Bread (Day 3).	42
Garden Salad (Day 4)	30
Garlic French Bread (Day 14)	26
Honey-Lemon Chicken (Day 10)	13
Hot Turkey Sandwich on Whole Wheat Bread (Day 9)	43
Instant Mashed Potatoes (Day 9).	31
Kalua Turkey and Cabbage (Day 2).	14
Lomi Tomato (Day 2)	32
Meat Loaf (Day 1).	15
Oven-Baked Fish (Day 7).	16
Pork Tofu (Day 13).	17
Shelled Edamame (soybeans) (Day 13)	33
Shoyu Chicken, Lower Sodium (Day 11).	18
Spaghetti and Meat Sauce (Day 14)	19
Succotash (Day 10)	34
Sweet and Sour Fish (Day 5).	20
Sweet Potato-Plum Bread Squares (Day 2)	27
Three Bean Salad (Day 3).	35
Tomato Beef Stew (Day 6).	22
Tossed Vegetable Salad (Days 7 and 14)	36
Tuna Salad Sandwich on Whole Wheat Bread (Day 12).	44