

**S & S NUTRITION NETWORK INC.**  
**P.O. BOX 1504 BOISE, ID. 83701**

March 20, 2020

Dear Food and Nutrition Services Manager;

The 7-Day Minimal Menu for Covid-19 is intended for easier preparation and service for staffing challenges which may occur during the virus outbreak. It is written to allow for a single 8-10 hour work shift to be able to prepare and serve the lunch and dinner meal. The “Grab and Go Breakfast” can be prepared ahead of time for ease in service by non-food service staff if needed. This menu is not intended to be used long term.

For this menu, recipes are simplified and convenience items are encouraged such as:

- Use salad mixes
- Use pre-packaged items such as individual bags of chips, fruit cups, and desserts
- Substitute frozen meatballs for the scratch meat in the Swedish Meatballs
- Use frozen biscuits or pre-made bakery products
- Use pre-packaged potato or macaroni salad.
- Put fruit on top of Sugar Cookies for Fruit Pizza
- Use prepared alfredo sauce, salsa and grilled chicken

The menu extensions have been simplified for ease in the kitchen as well, however the therapeutic and texture altered diet restrictions have remained consistent according to the Idaho Diet Manual, 12th Edition. This menu includes International Dysphagia Diet Standardization Initiative (IDDSI) diets. Some textures have been simplified to ease production, while maintaining the safety of the residents. For example, some items may be pureed when a less restrictive preparation method would normally be used. As always, all foods must pass IDDSI spoon and fork tests before serving.

This menu includes a “Resident Choice” meal. It is encouraged to solicit input from your residents, however in this situation, it could be a “Chef Choice” meal or even a “Take Out” meal. This meal should include at least; 2 oz of high-biological value protein, ½ cup of vegetables, and at least 1 serving of grains. This meal should be approved by your dietitian and extended for special diets as necessary.

This menu includes several choice items - seasonal fruit, choice of dessert, cookie, etc. These items are included for your benefit, so that you can take advantage of fresh fruits on sale, offer a variety that interests your residents or adjust according to your staffing challenges. Please choose a wide variety, keeping in mind the preferences of your residents. When choice items are offered, multiple recipes may be present for you to choose from.

It is recommended that you only begin using this menu after consultation with your in-house dietitian and/or your corporate dietitian. If substitutions are being made to the menu, please substitute with foods of similar nutritive value and with the approval of your registered dietitian.

If you have further questions or should require additional permanent menu changes, please feel free to contact me at (208) 280-2451.

Respectfully Submitted,

Kelly Dimond RDN, LD  
S&S Nutrition Network, Inc.

# S and S Nutrition Network Modified Minimal Breakfast

Approved by: Sue Linja, RD, LD  
Kelly Dimond RD, LD

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast
Choice of Toast or Bakery Item	Choice of Toast or Bakery Item	Choice of Toast or Bakery Item	Choice of Toast or Bakery Item	Choice of Toast or Bakery Item	Choice of Toast or Bakery Item	Choice of Toast or Bakery Item
Choice of Cereal	Choice of Cereal	Choice of Cereal	Choice of Cereal	Choice of Cereal	Choice of Cereal	Choice of Cereal
Hard Boiled Egg or String Cheese	Hard Boiled Egg or String Cheese	Hard Boiled Egg or String Cheese	Hard Boiled Egg or String Cheese	Hard Boiled Egg or String Cheese	Hard Boiled Egg or String Cheese	Hard Boiled Egg or String Cheese
Yogurt Parfait or Yogurt	Yogurt Parfait or Yogurt	Yogurt Parfait or Yogurt	Yogurt Parfait or Yogurt	Yogurt Parfait or Yogurt	Yogurt Parfait or Yogurt	Yogurt Parfait or Yogurt
Fruit of the Day &/or Choice of 100% Vit. C Juice	Fruit of the Day &/or Choice of 100% Vit. C Juice	Fruit of the Day &/or Choice of 100% Vit. C Juice	Fruit of the Day &/or Choice of 100% Vit. C Juice	Fruit of the Day &/or Choice of 100% Vit. C Juice	Fruit of the Day &/or Choice of 100% Vit. C Juice	Fruit of the Day &/or Choice of 100% Vit. C Juice
Milk	Milk	Milk	Milk	Milk	Milk	Milk
Salsa Chicken	Roasted Turkey Breast	Pork Roast	Resident/Chef Choice	Fried Chicken or Breaded Chicken Strips	Maple Glazed Ham	Swedish Meatballs
Buttered Rice	Herb Stuffing	Mashed Potatoes & Gravy		Mashed Potatoes & Cream Gravy	Hashbrown Casserole	Over Pasta
House Green Salad	Green Bean Casserole	Zucchini		Carrots	Broccoli	Seasoned Spinach
Bread Basket	Bread Basket	Bread Basket	Bread Basket	Biscuit	Bread Basket	Bread Basket
Cake or Cookie	Pudding or Cookie Bars	Seasonal Fruit or Ice Cream		Ice Cream or Cake	Fruit Pizza or Fruit	Apple Cake or Cookie
Choice of Beverage	Choice of Beverage	Choice of Beverage	Choice of Beverage	Choice of Beverage	Choice of Beverage	Choice of Beverage
Choice of Sandwich	Taco Salad or Taco	Chicken Alfredo	Split German Sausage w/ Sauerkraut On Bun	Patty Melt or Beef Sandwich	Hot or Cold Turkey Sandwich	Creamy Chicken Enchiladas or Taquitos
Tomato Basil Soup	Shredded Lettuce/Tomatoes	Over Pasta	Potato Salad	Macaroni Salad	Chips	Black Beans w/Lime
	Fiesta Corn (Cold or Hot)	Brown Sugar Carrots	Marinated Vegetable Salad	Crispy Coleslaw	Brussel Sprouts or Green Salad	Shredded Lettuce/Tomatoes
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
Optional Dessert	Optional Dessert	Optional Dessert	Optional Dessert	Optional Dessert	Optional Dessert	Optional Dessert
Milk	Milk	Milk	Milk	Milk	Milk	Milk

	Regular - Level 7	Serving	Temperature	Dental	Temperature	Level 7	Temperature	Level 6	Temperature	Level 5	Temperature	Level 4	Temperature	RCS	Temperature	Renal	Temperature	2 gm Na	Temperature	AHA/Cardiac	Temperature	Gluten Restricted	Temperature	Hi Cal/Fortified	Temperature	Plant Based	Temperature	
A M				Mech Soft		Easy to Chew		Soft & Bite Size		Minced & Moist		Extremely		Consistent Carb														
	<b>Grab n Go Breakfast</b>	This guide provides suggestions for appropriate foods however all foods must pass IDDSI testing methods. Test all foods before serving.																										
Starch	<b>Choice of Toast or Bakery Product</b>	1 slice/Each		X- No Nuts or Dried Fruit		X- No Nuts, Blueberries, Crushed Pineapple or Dried Fruit		X-Pureed #12		X-Pureed #12		X-Pureed #12		X		X		X		Whole Wheat Toast or 1/2 Baked Product		GF Bread or GF Baked Product		X + 1 T Margarine		Whole Wheat Toast or 1/2 Baked Product		
Starch	<b>Choice of Cereal</b>	3/4 cup or 1 oz		X		X- Soft Texture		X- Pureed #6		Pureed #6		X-Pureed #6		X		X		X		X		GF Cereal		8 oz.Fortified Cereal		X		
Cereal Condiment	<b>Brown Sugar/Butter (Hot Cereal Only)</b>	1 tsp/1 tsp		X		X		X-In Cereal Puree		X-In Cereal Puree		X-In Cereal Puree		X-Use sugar sub		X		X		X-Omit butter		X		X		w/ Olive Oil or Marg		
Protein	<b>Hard Boiled Egg or String Cheese</b>	1 each/1 each		X		X		X-SBS Egg		X-MM Egg		Pureed #16		X		X-Egg		X		X		X		X		X-Per Preference		
Meat	<b>Yogurt Parfait or Yogurt</b>	6-8 oz.		X- Omit Granola		X- NO Blueberries or Granola		X- SBS Omit Granola, No Blueberries		X-MM Omit Granola, No Blueberries		Pureed #6		X-Diet Yogurt or 1/2 Portion		1/2 Portion		X		X		X- Omit Granola		X		X -Or Sub Dairy Free Yogurt		
Fruit	<b>Seasonal Fruit</b>	#8		Soft, chop or Canned		X- Soft		X-SBS fresh soft or canned drained		X-MM, Fresh soft or canned drained		X- Pureed #8		X		Renal Fruit		X		X		X		X		X		
Juice	<b>Choice of Vitamin C Juice</b>	4 oz.		X		X		X		X		X		X		Apple		X		X		X		X		X		
Beverage	<b>Milk</b>	8 oz.		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk		Soy/Nut Milk		
<b>Noon</b>																												
Entree	<b>Salsa Chicken</b>	3 oz.		X		X- Puree Salsa		X-SBS Puree Salsa Drained		X-MM Puree Salsa Drained		X-Pureed #12		X		2 oz Portion		2 oz Portion		2 oz Portion		X		X+ Extra Cheese		Vegetarian Chili		
Starch	<b>Buttered Rice</b>	# 8		X		X		X-Med grain rice w/ Extremely thick sauce.		Flavored Rice Cereal		Flavored Rice Cereal#8		X		X-LS		X-LS		X-LS		X		X + 1 T Margarine		Plain Rice		
Vegetable	<b>Green Salad</b>	#4 or 1 cup		X- Shredd Veg		No- Steam Veg		No-SBS Cooked Veg		No-MM Cooked Veg		No-Pureed Cooked Veg #8		X		X- No tomato		X		X		X- No Croutons		X		X		
Condiment	<b>Choice of Dressing</b>	1-2 oz.		X		No		No		No		No		X		X-LS		X-LS		X-LF/LS		X-Gluten Free		X-2 oz.		X		
Bread	<b>Asst. Bread Basket</b>	1 serving		X-Soft		X		X-Pureed #12		X-Pureed #12		X- Pureed #12		X		X		X		Wheat		Gluten Free Roll		X		Wheat		
Dessert	<b>Cake or Cookie of the Day</b>	1 portion		X- No Nuts, Coconut, Pineapple, Etc		X- No Nuts, Coconut, Pineapple, Etc		X- Pregelled or SBS		X Pregelled or SBS		Pureed #12		1/2 Portion		X		X		1/2 portion		GF Cookie or Fruit		X + Ice Cream		#8 Fruit		
Beverage	<b>Choice of Beverage</b>	8 oz.		X		X		X		X		X		Diet		As Allowed		No Milk		X		X		8 oz. Whole Milk		Soy/Nut Milk		
<b>PM</b>																												
Entree	<b>Choice of Sandwich</b>	#6		X- Ground Meat, Soft		X- Soft		Pureed #6		X-Pureed #6		X- Pureed #6		X		X-LS		X-LS		X-LS		X-GF Bread		X+ 1 Slice Cheese		X- Hummus & Vegetable		
Salad	<b>Tomato Basil Soup</b>	#6		X		X		Pureed #6		Pureed #6		Pureed #6		X		No- Renal Soup		X		X		GF Soup		X + 1 T Margarine		X		
Fruit	<b>Seasonal Fruit</b>	#8		Soft, chop or Canned		X- Soft		X-SBS fresh soft or canned drained		X-MM, Fresh soft or canned drained		X- Pureed #8		X		Renal Fruit		X		X		X		X		X		
Dessert	<b>Dessert of the Day</b>	1 portion		X- No Nuts, Coconut, Pineapple, Etc		X- No Nuts, Coconut, Pineapple, Etc		X- Pregelled or SBS		X Pregelled or SBS		Pureed #12		1/2 Portion		X		X		1/2 portion		GF Dessert or Ice Cream		X + Ice Cream		#8 Fruit		
Beverage	<b>Milk</b>	8 oz.		X		X		X		X		X		X		4 oz.		X		Skim		X		8 oz. Whole Milk		Soy/Nut Milk		

NAS diet is regular diet without salt packet.  
 Small portion diet is 1/2 portion of regular diet except bread and dessert which remain the same.  
 Large portion diet is 1 & 1/2 portion of regular diet except bread and dessert which remain the same.  
 Variety of rolls/bread may be served to non-restrictive diets as residents desire.  
 All Liquids thickened as per diet order.

SBS= Bite Size (fork width) or approx 1/2 inch  
 MM= Minced & Moist, 1/8 inch size (between fork prongs) for adults, 2mm for pediatrics, often moisture added  
 Pureed= Pureed Extremely Thick, often requires added moisture & thicker  
 Extremely Thick= Thick enough that no liquid runs to avoid 2 consistencies  
 LS- Low Salt, LF= Low Fat  
 GF= Gluten Free

This guide provides suggestions for appropriate foods however all foods must pass IDDSI testing methods. Test all foods before serving.

Red= Mixed Consistency Restriction  
 Brown= Transitional Food Restriction

# **Cycle Menu Recipe Book**

S&S Minimal Menu Days Selected:0-7  
For Covid 19  
(80 Recipes)

## Table of Contents

Day	Number	Recipe Name	Page (Section)
1	1102	S&S Almond Poppy Seed Muffins	1
1	1318	S&S Apple Spice Muffins*	4
1	1406	S&S Banana Bread	6
1	536	S&S Blueberry Muffin *	8
1	715	S&S Bread Assortment	9
1	532	S&S Buttered Rice *-1/2 cup	11
1	483	S&S Carrot Cake Muffins *	14
1	29	S&S Chocolate Brownie	16
1	667	S&S Chocolate Cake w/ Frosting*	17
1	643	S&S Chocolate Chip Cookies*	18
1	1003	S&S Chocolate Muffins	20
1	772	S&S Choice of Cereal	21
1	437	S&S Choice of Toast *	22
1	1056	S&S Cranberry Oatmeal Muffin	26
1	1545	S&S Dessert of the Day	29
1	264	S&S Fresh Fruit In Season	31
1	566	S&S Fruit Danish	33
1	270	S&S Green Garden Salad (Facility Choice)	37
1	594	S&S Hard Boiled Eggs	40
1	1183	S&S Morning Glory Muffins*	51
1	1349	S&S No Bake Cookies	52
1	785	S&S Oatmeal Raisin Cookies*	53
1	383	S&S Peanut Butter Cookies	56
1	1123	S&S Pineapple Coffee Cake*	58
1	1524	S&S Pineapple Sunshine Cake	59
1	1037	S&S Raspberry Streusel Muffin	62
1	1547	S&S Salsa Chicken Bake	64
1	1232	S&S Sandwich of the Day	65
1	1122	S&S Tomato Basil Parmesan Soup*	75
1	1482	S&S Traditional Zucchini Bread	76

## Table of Contents

Day	Number	Recipe Name	Page (Section)
1	100	S&S Yogurt Parfait	80
2	196	S&S Almond Pudding	2
2	715	S&S Bread Assortment	9
2	630	S&S Butterscotch Brownies *	12
2	959	S&S Butterscotch Pudding Parfait from Scratch	13
2	772	S&S Choice of Cereal	21
2	437	S&S Choice of Toast *	22
2	1545	S&S Dessert of the Day	29
2	246	S&S Fiesta Corn	30
2	264	S&S Fresh Fruit In Season	31
2	1211	S&S Green Bean Casserole	36
2	594	S&S Hard Boiled Eggs	40
2	103	S&S Herb Stuffing	42
2	793	S&S House-made Banana Cream Pudding*	44
2	99	S&S Sliced Turkey-3 oz	72
2	554	S&S Taco Salad in Taco Bowl *	74
2	100	S&S Yogurt Parfait	80
3	715	S&S Bread Assortment	9
3	635	S&S Chicken Alfredo*	15
3	772	S&S Choice of Cereal	21
3	437	S&S Choice of Toast *	22
3	1545	S&S Dessert of the Day	29
3	264	S&S Fresh Fruit In Season	31
3	594	S&S Hard Boiled Eggs	40
3	802	S&S Ice Cream Sundae	45
3	475	S&S Mashed Potatoes *	49
3	757	S&S Pork Gravy	60
3	139	S&S Roasted Pork Loin-3 oz	63
3	207	S&S Sauteed Zucchini	67
3	1344	S&S Seasoned Baby Carrots	68

## Table of Contents

Day	Number	Recipe Name	Page (Section)
3	100	S&S Yogurt Parfait	80
4	715	S&S Bread Assortment	9
4	772	S&S Choice of Cereal	21
4	437	S&S Choice of Toast *	22
4	515	S&S Country Potato Salad	25
4	1545	S&S Dessert of the Day	29
4	264	S&S Fresh Fruit In Season	31
4	1548	S&S German Sausage (Split) on a Bun	35
4	594	S&S Hard Boiled Eggs	40
4	1020	S&S Marinated Vegetable Salad	48
4	1142	S&S Simple Sauerkraut*	71
4	100	S&S Yogurt Parfait	80
5	715	S&S Bread Assortment	9
5	772	S&S Choice of Cereal	21
5	437	S&S Choice of Toast *	22
5	175	S&S Country Biscuit	23
5	654	S&S Country Gravy	24
5	574	S&S Crispy Cole Slaw	28
5	1545	S&S Dessert of the Day	29
5	264	S&S Fresh Fruit In Season	31
5	188	S&S Grilled Patty Melt Sandwich	38
5	1124	S&S Grilled Roast Beef & Cheddar Sandwich*	39
5	594	S&S Hard Boiled Eggs	40
5	1386	S&S Macaroni Salad	46
5	10	S&S Mashed Potatoes	50
5	126	S&S Oven Fried Chicken-4 oz	54
5	96	S&S Philly Cheese Steak Sandwich-3 oz	57
5	1342	S&S Whole Grain Crispy Chicken Strips	79
5	100	S&S Yogurt Parfait	80
6	715	S&S Bread Assortment	9

## Table of Contents

Day	Number	Recipe Name	Page (Section)
6	2	S&S Broccoli Florets	10
6	772	S&S Choice of Cereal	21
6	437	S&S Choice of Toast *	22
6	1545	S&S Dessert of the Day	29
6	264	S&S Fresh Fruit In Season	31
6	1168	S&S Fruit Pizza	34
6	270	S&S Green Garden Salad (Facility Choice)	37
6	594	S&S Hard Boiled Eggs	40
6	1137	S&S Hashbrown Casserole	41
6	1424	S&S Hot Brown Turkey Sandwich	43
6	273	S&S Maple Glazed Ham-3 oz	47
6	1230	S&S Potato Chips	61
6	1232	S&S Sandwich of the Day	65
6	117	S&S Seasoned Brussels Sprouts	69
6	1527	S&S Turkey & Cucumber Sandwich w/Herb Cream Cheese	77
6	1477	S&S Turkey & Ham Club Sandwich	78
6	100	S&S Yogurt Parfait	80
7	1158	S&S Apple Cake with Butterscotch Sauce*	3
7	1491	S&S Baked Green Chile Chicken Taquitos	5
7	1182	S&S Black Beans	7
7	715	S&S Bread Assortment	9
7	1521	S&S Chocolate Crinkle Cookie	19
7	772	S&S Choice of Cereal	21
7	437	S&S Choice of Toast *	22
7	1197	S&S Creamy Green Chili Chicken Enchiladas	27
7	1545	S&S Dessert of the Day	29
7	264	S&S Fresh Fruit In Season	31
7	1283	S&S Frosted Sugar Cookie Bars	32
7	594	S&S Hard Boiled Eggs	40



## Table of Contents

Day	Number	Recipe Name	Page (Section)
7	74	S&S Pasta	55
7	195	S&S Sauteed Spinach w/ Garlic	66
7	765	S&S Shredded Lettuce & Chopped Tomatoes	70
7	1515	S&S Swedish Meatballs	73
7	100	S&S Yogurt Parfait	80

# S&S Almond Poppy Seed Muffins

Facility Recipe - Number: 1102

Baked Goods

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		20 mins	350	

Portion Size: 1 #16 scoop

Pan Size: Muffin

Ingredients	Servings			
	10	25	35	50
Flour	1 3/8 Cup	3 3/8 Cup	1 1/4 Quart	1 2/3 Quart
Sugar	7/8 Cups	2 1/4 Cup	3 1/8 Cup	1 1/8 Quart
Poppy Seeds	1/2 Tbsp	1 1/8 Tbsp	1 5/8 Tbsp	2 1/4 Tbsp
Baking Soda	2/3 Tsp	5/8 Tbsp	3/4 Tbsp	1 1/8 Tbsp
Salt	2/3 Tsp	5/8 Tbsp	3/4 Tbsp	1 1/8 Tbsp
Eggs	2 3/8 Oz	6 Oz	8 1/3 Oz	11 7/8 Oz
Milk, 2% Fat	2/3 Cups	1 2/3 Cup	2 3/8 Cup	3 3/8 Cup
Oil, Vegetable	3 5/8 Tbsp	5/8 Cup	3/4 Cup	1 1/8 Cup
Applesauce	3 5/8 Tbsp	5/8 Cup	3/4 Cup	1 1/8 Cup
Extract, Vanilla	2/3 Tsp	5/8 Tbsp	3/4 Tbsp	1 1/8 Tbsp
Almond Extract	2/3 Tsp	5/8 Tbsp	3/4 Tbsp	1 1/8 Tbsp

### Procedures:

1. Preheat oven to 350 degrees.
2. Mix dry ingredients in a large mixing bowl; flour, sugar, poppy seeds, baking soda and salt.
3. Add liquid ingredients, eggs, milk, applesauce, vanilla, and almond extract. Mix until combined and smooth.
4. Portion muffin batter using a #16 scoop into greased or paper lined muffin tins. Bake for about 20 minutes, or until done.
5. Serve 1 muffin per person.

### Notes:

1. IDDSI Help  
Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.

**S&S Almond Poppy Seed Muffins**

Facility Recipe - Number: 1102

Baked Goods

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 #16 scoop (71g) <b>Calories</b> 205 Calories from Fat 59	<b>Total Fat</b>	7g		<b>10%</b>	<b>Total Carbohydrate</b>	33g	
		Saturated Fat 1g		<b>4%</b>		Dietary Fiber 1g		<b>2%</b>
		Trans Fat 0g				Sugars 20g		
		<b>Cholesterol</b> 27mg		<b>9%</b>	<b>Protein</b>	3g		
		<b>Sodium</b> 265mg		<b>11%</b>				
		Vitamin A 1%		Vitamin C 0%	Calcium 4%			Iron 2%
		Thiamin 2%		Riboflavin 4%	Niacin 1%			

\* Percent Daily Values are based on a 2,000 calorie diet.

# S&S Almond Pudding

Facility Recipe - Number: 196

Desserts-pudding

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 1/2 Cup

Pan Size:

Ingredients	Servings			
	10	25	35	50
Pudding Mix, Vanilla Instant	11 1/2 Ounces	28 3/4 Ounces	40 1/4 Ounces	57 1/2 Ounces
Milk, 2% Fat	4 1/2 Cups	2 3/4 Quart	3 7/8 Quart	1 3/8 Gal
Topping, whipping base	1/2 Cup	1 1/4 Cup	1 3/4 Cup	2 1/2 Cup
Extract, Almond	1 Tsp	7/8 Tbsp	1 1/8 Tbsp	1 2/3 Tbsp

### Procedures:

1. Mix pudding and milk. Follow direction on package for whipped topping. Fold in prepared whipped topping and almond extract.

### Notes:

1. IDDSI Help  
 This recipe may need some modifications in order to meet IDDSI diets. Please consider the following; First of all, foods must not have any liquid that separates from solids when placed on the plate or it is considered a mixed consistency. Also consider condiments that would be served with the food. For example; butter served with a baked potato would melt and cause a mixed consistency (a solid and liquid in the same food). Also consider the restrictions of each diet level.
2. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. 1/2 inch for adults (approx. 1/4 inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

**S&S Almond Pudding**

**Facility Recipe - Number: 196**

**Desserts-pudding**

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>		
	<b>Total Fat</b>	3g		<b>5%</b>	<b>Total Carbohydrate</b>	14g		<b>5%</b>	
		Saturated Fat 2g		<b>9%</b>		Dietary Fiber 0g		<b>0%</b>	
		Trans Fat 0g				Sugars 6g			
		<b>Cholesterol</b>	11mg		<b>4%</b>	<b>Protein</b>	5g		
		<b>Sodium</b>	457mg		<b>19%</b>				
		Vitamin A 1%		Vitamin C 2%		Calcium 17%		Iron 1%	
		Thiamin 3%		Riboflavin 13%		Niacin 1%			
		* Percent Daily Values are based on a 2,000 calorie diet.							
	Serving Size 0.5 Cup (123g)								
<b>Calories</b> 103									
Calories from Fat 26									

**S&S Apple Cake with Butterscotch Sauce\***

Facility Recipe - Number: 1158

Desserts-cakes

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		40-45 minutes	350	

**Portion Size:** 1 2 x 2 square

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Margarine	1/3 Cup	3/4 Cup	1 1/10 Cup	1 1/2 Cup
Sugar	1 1/4 Cup	3 1/8 Cup	1 1/10 Quart	1 1/2 Quart
Extract, Vanilla	1/3 Tsp	3/4 Tsp	3/8 Tbsp	1/2 Tbsp
Eggs, Fresh, Liquid	2 1/8 Oz	5 1/2 Oz	7 2/3 Oz	10 7/8 Oz
Flour	1 1/4 Cup	3 1/8 Cup	1 1/10 Quart	1 1/2 Quart
Cinnamon	7/8 Tsp	3/4 Tbsp	1 1/10 Tbsp	1 5/8 Tbsp
Nutmeg, Ground	5/8 Tsp	1/2 Tbsp	3/4 Tbsp	1 Tbsp
Salt	1/3 Tsp	3/4 Tsp	3/8 Tbsp	1/2 Tbsp
Baking Soda	1/3 Tsp	3/4 Tsp	3/8 Tbsp	1/2 Tbsp
Apples,Tart, fresh peeled, sliced raw	3 3/4 Cup	2 1/3 Quart	3 1/4 Quart	1 1/8 Gal
Brown Sugar, Light, packed	1/3 Cup	3/4 Cup	1 1/10 Cup	1 1/2 Cup
Margarine	2 1/2 Tbsp	3/8 Cup	1/2 Cup	3/4 Cup
Cream, Whipping, Heavy	1/3 Cup	3/4 Cup	1 1/10 Cup	1 1/2 Cup

**Procedures:**

1. In a large bowl, cream the margarine, sugar and vanilla. Add eggs, one at time, beating well after each addition.
2. Combine the flour, cinnamon, nutmeg, salt and baking soda; gradually add to the creamed mixture and mix well (batter will be stiff). Stir in apples until well combined.
3. Spread into a greased baking dish. Bake at 350 for 40-45 minutes or until the top is lightly browned and springs back when lightly touched.
4. Meanwhile, in a small saucepan, combine the brown sugar and margarine. Cook over medium heat until the butter is melted. Gradually add the cream. Bring to a slow boil over medium heat, stirring constantly. Remove from the heat.
5. At the time of service, plate individual servings of the apple cake. Drizzle butterscotch over the top of each individual serving. Garnish with whipped cream if desired.

**Notes:**

1. This is the "chunky apple cake" recipe.

**S&S Apple Cake with Butterscotch Sauce\***

2. IDDSI Help  
 Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 2 x 2 square (114g) Calories 312 Calories from Fat 110	<b>Total Fat</b>	12g		<b>19%</b>	<b>Total Carbohydrate</b>	49g	
		Saturated Fat 4g		<b>18%</b>		Dietary Fiber 1g		<b>4%</b>
		Trans Fat 2g				Sugars 36g		
		<b>Cholesterol</b>	34mg		<b>11%</b>	<b>Protein</b>	3g	
		<b>Sodium</b>	206mg		<b>9%</b>			
		Vitamin A 11%		Vitamin C 3%		Calcium 2%		Iron 2%
		Thiamin 2%		Riboflavin 4%		Niacin 1%		

\* Percent Daily Values are based on a 2,000 calorie diet.

**S&S Apple Spice Muffins\***

**Facility Recipe - Number: 1318**

**Baked Goods**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		25-30 minutes	375	

**Portion Size:** 1 #12 Scoop

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Margarine	3/8 Cup	1 Cup	1 1/2 Cup	2 1/10 Cup
Sugar	3/8 Cup	1 Cup	1 1/2 Cup	2 1/10 Cup
Brown Sugar, dark, packed	3 1/3 Tbsp	1/2 Cup	3/4 Cup	1 Cup
Egg	1 1/2 Oz	3 2/3 Oz	5 1/10 Oz	7 1/3 Oz
Plain Yogurt	7/8 Cup	2 1/10 Cup	2 7/8 Cup	1 Quart
Flour, Whole Wheat	7/8 Cup	2 1/10 Cup	2 7/8 Cup	1 Quart
Flour, All Purpose	7/8 Cup	2 1/10 Cup	2 7/8 Cup	1 Quart
Baking Powder	7/8 Tsp	2/3 Tbsp	1 Tbsp	1 3/8 Tbsp
Baking Soda	7/8 Tsp	2/3 Tbsp	1 Tbsp	1 3/8 Tbsp
Salt	1/4 Tsp	1/2 Tsp	3/4 Tsp	1/3 Tbsp
Cinnamon, Ground	7/8 Tbsp	2 1/10 Tbsp	2 7/8 Tbsp	1/4 Cup
Nutmeg	3/8 Tsp	1/3 Tbsp	1/2 Tbsp	2/3 Tbsp
Cloves, Ground	1/4 Tsp	1/2 Tsp	3/4 Tsp	1/3 Tbsp
Apples, fresh peeled, sliced raw	1 2/3 Cup	1 Quart	1 1/2 Quart	2 1/10 Quart
Brown Sugar, dark, packed	5 Tbsp	3/4 Cup	1 1/10 Cup	1 1/2 Cup

**Procedures:**

1. Preheat the oven to 375 degrees.
2. Grease muffin cups, or line with paper liners.
3. In a mixing bowl, cream margarine, sugar and dark brown sugar until fluffy, 1-2 minutes. Scrape the sides of the bowl with a spatula.
4. Add egg and mix well. Add yogurt and mix again. Add dry ingredients; both flours, baking powder, baking soda, salt cinnamon, nutmeg, and cloves. Beat on low until just combined. The batter will be very thick.
5. Stir in the peeled sliced, chopped, apples. Mix until just combined.
6. Portion muffins using a #12 scoop into the prepared muffin tin. Divide the remaining brown sugar 1/2 Tbsp per muffin over the top of portioned dough.
7. Bake the muffins for 25-30 minutes, or until done.



**S&S Apple Spice Muffins\***

8. Serve 1 muffin per portion.

**Notes:**

1. IDDSI Help  
Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 #12 Scoop (94g) <b>Calories</b> 245 Calories from Fat 82	<b>Total Fat</b>	9g		<b>14%</b>	<b>Total Carbohydrate</b>	39g	
		Saturated Fat 2g		<b>10%</b>		Dietary Fiber 2g		<b>8%</b>
		Trans Fat 1g				Sugars 22g		
		<b>Cholesterol</b>	18mg		<b>6%</b>	<b>Protein</b>	4g	
		<b>Sodium</b>	244mg		<b>10%</b>			
		Vitamin A 8%		Vitamin C 1%		Calcium 7%		Iron 6%
		Thiamin 10%		Riboflavin 7%		Niacin 6%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

# S&S Baked Green Chile Chicken Taquitos

Facility Recipe - Number: 1491

Entrees-poultry

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		15-20	425	

Portion Size: 2 Each

Pan Size:

Ingredients	Servings			
	10	25	35	50
Cheese, Cream softened	2 1/2 Oz	6 1/4 Oz	8 3/4 Oz	12 1/2 Oz
Greek yogurt, plain non-fat	3/8 Cup	1 Cup	1 1/2 Cup	2 1/10 Cup
Salsa, Verde	1/3 Cup	3/4 Cup	1 1/10 Cup	1 1/2 Cup
Chilies, Green, Chopped	5 Oz	12 1/2 Oz	17 1/2 Oz	25 Oz
Green Onions, Chopped	2 1/2 ea	6 1/4 ea	8 3/4 ea	12 1/2 ea
Cilantro, Fresh, Chopped	2 1/2 Tbsp	3/8 Cup	1/2 Cup	3/4 Cup
Cumin, Ground	5/8 Tsp	1/2 Tbsp	3/4 Tbsp	1 Tbsp
Chili Powder	5/8 Tsp	1/2 Tbsp	3/4 Tbsp	1 Tbsp
Salt	1/3 Tsp	3/4 Tsp	3/8 Tbsp	1/2 Tbsp
Chicken, Cooked, Shredded	2 1/2 Cup	1 1/2 Quart	2 1/8 Quart	3 1/8 Quart
Cheese, Monterey Jack, shredded	5/8 Cup	1 1/2 Cup	2 1/8 Cup	3 1/8 Cup
Tortillas Corn, 6"	20 Each	50 Each	70 Each	100 Each
Sour Cream	3/8 Cup	1 Cup	1 1/2 Cup	2 1/10 Cup
Cilantro	2 1/2 Tbsp	3/8 Cup	1/2 Cup	3/4 Cup

## Procedures:

1. Preheat oven to 425 F.
2. Line a baking sheet with foil and spray it with cooking spray, set aside.
3. In a large bowl fold together cream cheese, yogurt, salsa, green chilies, green onion, cilantro cumin, chili powder and salt until combined.
4. Fold in the shredded chicken and cheese.
5. Heat the corn tortillas in the microwave if needed to make them more pliable.
6. Fill each tortilla with a #30 scoop of chicken mixture and roll up. Place each tortilla seam side down on a greased cookie sheet.
7. Spray the tops of the taquitos with cooking spray and sprinkle with kosher salt.
8. Bake for 15 to 20 minutes or until lightly browned and bubbly inside.
9. Top each taquito with 1 tsp of sour cream and garnish with a few cilantro leaves.

**Notes:**

1. IDDSI Help  
Omit Fresh Vegetables. This recipe contains vegetables that are not suitable for IDDSI diets below level 7 Regular. Very few fruits (such as a banana) and no raw vegetables meet IDDSI criteria for diets below Level 7 Regular
2. Corn tortillas can meet IDDSI criteria if soaked and drained in a liquid such as enchilada sauce. Consult your speech therapist for more information.
3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.
4. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

**S&S Banana Bread**

Facility Recipe - Number: 1406

Baked Goods

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
			350 degrees F	

**Portion Size:** 1 3x3 INCHES

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Flour, All Purpose	7 1/2 Ounces	18 3/4 Ounces	26 1/4 Ounces	37 1/2 Ounces
Baking Powder	2 1/2 Tsp	2 1/10 Tbsp	2 7/8 Tbsp	1/4 Cup
Baking Soda	3/8 Tsp	7/8 Tsp	1/2 Tbsp	5/8 Tbsp
Salt	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp
Shortening, Vegetable	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Sugar, Granulated	4 1/4 Ounces	10 5/8 Ounces	14 7/8 Ounces	21 1/4 Ounces
Eggs	1/2 Cup	1 1/4 Cup	1 3/4 Cup	2 1/2 Cup
Banana, ripe mashed	1 Cup	2 1/2 Cup	3 1/2 Cup	1 1/4 Quart
Milk, 2% Fat	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup

**Procedures:**

1. Preheat oven to 350 degrees F (175 degrees C). Sift flour, baking powder, soda, and salt together.
2. Cream shortening and sugar until light and fluffy. Add eggs, then dry ingredients, bananas, and milk.
3. Spray pans with cooking spray and lightly flour. Standard loaf pans: scale 2 lbs of batter for each pan and bake approximately 1 hour. Cut 12 per pan. Sheet pan: scale 8 lb per pan and check for doneness at 30-35 minutes. Cut 6x8.

**Notes:**

1. Serving Size: 3"x3"
2. IDDSI Help  
Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness

**S&S Banana Bread**

**Facility Recipe - Number: 1406**

**Baked Goods**

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 3x3 INCHES (70g) <b>Calories</b> 171 Calories from Fat 59	<b>Total Fat</b>	7g		<b>10%</b>	<b>Total Carbohydrate</b>	26g	
		Saturated Fat 2g		<b>9%</b>		Dietary Fiber 1g		<b>4%</b>
		Trans Fat 1g				Sugars 14g		
		<b>Cholesterol</b> 46mg		<b>15%</b>	<b>Protein</b>	3g		
		<b>Sodium</b> 187mg		<b>8%</b>				
		Vitamin A 2%		Vitamin C 3%	Calcium 7%			Iron 5%
		Thiamin 7%		Riboflavin 8%	Niacin 4%			
		* Percent Daily Values are based on a 2,000 calorie diet.						

**S&S Black Beans**

**Facility Recipe - Number: 1182**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1/2 Cup

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Oil, Olive	2 Tbsp	1/3 Cup	3/8 Cup	5/8 Cup
Garlic clove, fresh, minced	8 Each	20 Each	28 Each	40 Each
Jalapeno, finely chopped	1 1/2 Tbsp	3 3/4 Tbsp	1/3 Cup	1/2 Cup
Cumin, Ground	3/8 Tbsp	1 Tbsp	1 3/8 Tbsp	2 Tbsp
Beans, Black, Canned	60 Oz	150 Oz	210 Oz	300 Oz
Broth, Chicken	14 1/2 Oz	36 1/4 Oz	50 3/4 Oz	72 1/2 Oz
Juice, Lime	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Black Pepper, ground	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp
Cilantro, Fresh, Chopped	3/8 Cup	1 1/10 Cup	1 1/2 Cup	2 1/8 Cup

**Procedures:**

1. Heat oil in a heavy sauce pan over medium-high heat. Add garlic, Jalapeno and cumin. Saute for 30 seconds.
2. Add beans (rinsed and drained) and broth and cook for 5 minutes or until heated through.
3. If desired, part of the beans may be mashed with a potato masher. This will help thicken the beans. Continue boiling until thick, stirring frequently, about 10 minutes.
4. Season beans with lime juice, and pepper. Sprinkle with chopped cilantro just before serving.

**Notes:**

1. IDDSI Help  
Mixed Consistencies  
This recipe contains a mixed consistency. Mixed consistencies are two different consistencies, a solid and a thin liquid, in the same food product such as canned fruit with juice, soup with chunks, or a fried egg with a runny center. Mixed consistencies are only allowed on level 7 Regular Diet. You must obtain Speech Language Pathologist (SLP) approval before giving to a level 6 diet or lower. To correct this recipe for IDDSI diets, you can puree the food (such as soup), thicken extremely thick or so thick the product does not run ( such as gravy or sauce) or serve drained (such as drained canned fruit). Some fruits are a mixed consistency in nature such as watermelon or mandarin oranges, that easily separate into water and solid in the mouth. These fruits can be served pureed or substituted for fruits that fit the diet descriptions.
2. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.
3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds it shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b> Serving Size 0.5 Cup (186g)  <b>Calories</b> 208 Calories from Fat 34	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 4g	<b>6%</b>	<b>Total Carbohydrate</b> 33g	<b>11%</b>
	Saturated Fat 1g	<b>3%</b>	Dietary Fiber 11g	<b>46%</b>
	Trans Fat 0g		Sugars 0g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 13g	
	<b>Sodium</b> 320mg	<b>13%</b>		
	Vitamin A 1%	Vitamin C 6%	Calcium 5%	Iron 17%
	Thiamin 22%	Riboflavin 6%	Niacin 7%	
	* Percent Daily Values are based on a 2,000 calorie diet.			



**S&S Blueberry Muffin \***

**Facility Recipe - Number: 536**

**Baked Goods**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		15-20 minutes	400 degrees F	

**Portion Size:** 1 each

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Flour, All Purpose	2 Cup	1 1/4 Quart	1 3/4 Quart	2 1/2 Quart
Baking Powder	7/8 Tbsp	2 1/4 Tbsp	3 1/8 Tbsp	1/4 Cup
Sugar, Granulated	1 Cup	2 1/2 Cup	3 1/2 Cup	1 1/4 Quart
Salt	2/3 Tsp	1/2 Tbsp	3/4 Tbsp	1 1/10 Tbsp
Eggs	2 3/8 Oz	6 Oz	8 3/8 Oz	12 Oz
Milk, 2%	2/3 Cup	1 2/3 Cup	2 1/3 Cup	3 1/3 Cup
Oil, Vegetable	1/2 Cup	1 1/10 Cup	1 1/2 Cup	2 1/4 Cup
Blueberries	1 1/3 Cup	3 1/3 Cup	1 1/8 Quart	1 2/3 Quart
Butter	2 1/8 Tbsp	1/3 Cup	1/2 Cup	2/3 Cup
Flour, All Purpose	3 1/3 Tbsp	1/2 Cup	3/4 Cup	1 Cup
Sugar	1/3 Cup	7/8 Cup	1 1/8 Cup	1 2/3 Cup
Cinnamon	2/3 Tsp	1/2 Tbsp	3/4 Tbsp	1 1/10 Tbsp

**Procedures:**

1. Combine dry ingredients in mixer bowl. Save the last four ingredients, butter, flour sugar, and cinnamon for crumb topping. Blend on low speed for 10 seconds, using flat beater.
2. Mix eggs, milk, oil, and add all at once to dry ingredients. Mix on low speed only long enough to blend, about 15 seconds. Batter will still be lumpy. Carefully fold in blueberries.
3. Line a muffin pan with paper cups. Fill cups with a #12, 1/3 cup each.
4. For crumb topping; Mix together the 2nd listed sugar, flour, cold butter, and cinnamon. Use a fork or pastry cutter to combine. Top each muffin with 1 Tbsp of crumb topping.
5. Bake at 400 degrees F (205 degrees C) for 15-20 minutes or until golden brown and until an end baking temperature of 145 degrees F (62.8 degrees C) or higher for 15 seconds.

**S&S Blueberry Muffin \***

**Notes:**

1. **IDDSI Help**  
 Blueberries have a thick skin that can be difficult to pass IDDSI testing methods. Consider omitting or substituting an alternate fruit for IDDSI diets below Level 7. Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.
  
2. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>  Serving Size 1 each (112g)  <b>Calories</b> 342 Calories from Fat 120	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	<b>Total Fat</b>	13g		<b>21%</b>	<b>Total Carbohydrate</b>	52g		<b>17%</b>
		Saturated Fat 3g		<b>14%</b>		Dietary Fiber 1g		<b>5%</b>
		Trans Fat 0g				Sugars 30g		
		<b>Cholesterol</b> 33mg		<b>11%</b>	<b>Protein</b>	5g		
		<b>Sodium</b> 177mg		<b>7%</b>				
		Vitamin A 2%	Vitamin C 3%		Calcium 9%	Iron 9%		
		Thiamin 16%	Riboflavin 13%		Niacin 9%			
	* Percent Daily Values are based on a 2,000 calorie diet.							

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1 each

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Bread	10 Slices	25 Slices	35 Slices	50 Slices
Butter	10 Tsp	1/2 Cup	3/4 Cup	1 Cup

**Procedures:**

1. Serve 1 slice or equivalent of bread for each serving. Serve a variety which may include, rolls, bread sticks, sliced bread, garlic bread, flavored bread, etc. If appropriate serve butter with bread.

**Notes:**

1. If specialty breads are served, follow guidelines for special diets.
2. **IDDSI Help**  
This recipe includes a bread product that must be pre-gelled (also known as slurried) on diet levels below level 7 to help soften it to the right texture. Complementary liquids should be used (such as maple syrup for a pancake) and mixed with commercial thickeners. If done correctly, the end product should feel like pudding in the mouth. There can be no liquid separating from the product to avoid a mixed consistency. Some cakes, quick breads, muffins and desserts also need to be pre-gelled or can be appropriate if served moistened and cut to the appropriate size for the diet. Please contact your Speech Language Pathologist (SLP) for more information.
3. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 each (33g)  Calories 108 Calories from Fat 43	<b>Total Fat</b>	5g		<b>7%</b>	<b>Total Carbohydrate</b>	14g	
		Saturated Fat 3g		<b>13%</b>		Dietary Fiber 1g		<b>3%</b>
		Trans Fat 0g				Sugars 1g		
		<b>Cholesterol</b>	10mg		<b>3%</b>	<b>Protein</b>	3g	
		<b>Sodium</b>	138mg		<b>6%</b>			
		Vitamin A 2%		Vitamin C 0%		Calcium 7%		Iron 6%
		Thiamin 10%		Riboflavin 4%		Niacin 7%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

**S&S Broccoli Florets**

**Facility Recipe - Number: 2**  
**Vegetables**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1/2 Cup

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Broccoli, Fresh, Head	3 Lbs	7 1/2 Lbs	10 1/2 Lbs	15 Lbs
Butter	2 3/8 Tbsp	3/8 Cup	1/2 Cup	3/4 Cup

**Procedures:**

1. Melt Butter. Boil Or Steam Broccoli Until Tender. Drain Well.
2. Pour Melted Butter Over Cooked Broccoli.

**Notes:**

1. IDDSI Help  
 This recipe may need some modifications in order to meet IDDSI diets. Please consider the following; First of all, foods must not have any liquid that separates from solids when placed on the plate or it is considered a mixed consistency. Also consider condiments that would be served with the food. For example; butter served with a baked potato would melt and cause a mixed consistency (a solid and liquid in the same food). Also consider the restrictions of each diet level.
2. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. 1/2 inch for adults (approx. 1/4 inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

**S&S Broccoli Florets**

- 3. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	<b>Total Fat</b>	3g		<b>5%</b>	<b>Total Carbohydrate</b>	10g		<b>3%</b>
		Saturated Fat 2g		<b>9%</b>		Dietary Fiber 4g		<b>18%</b>
		Trans Fat 0g				Sugars 2g		
		<b>Cholesterol</b>	7mg		<b>2%</b>	<b>Protein</b>	3g	
		<b>Sodium</b>	56mg		<b>2%</b>			
		Vitamin A 44%		Vitamin C 147%		Calcium 6%		Iron 5%
		Thiamin 6%		Riboflavin 10%		Niacin 4%		
		* Percent Daily Values are based on a 2,000 calorie diet.						
	Serving Size 0.5 Cup (139g)							
<b>Calories</b> 72								
Calories from Fat 30								

**S&S Buttered Rice \*-1/2 cup**

Facility Recipe - Number: 532

Starch-other

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		25-30 minutes		

Portion Size: 1/2 Cup

Pan Size:

Ingredients	Servings			
	10	25	35	50
Rice, white long grain converted	1 3/4 Cups	1 1/10 Quart	1 1/2 Quart	2 1/8 Quart
Water	2 3/4 Cups	1 3/4 Quart	2 3/8 Quart	3 3/8 Quart
Margarine	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Salt	3/8 Tsp	7/8 Tsp	1/2 Tbsp	5/8 Tbsp
Pepper, black	1/4 Tsp	5/8 Tsp	7/8 Tsp	3/8 Tbsp

**Procedures:**

1. Rinse rice under cold running water. Combine all ingredients in a sauce pan; cover tightly. Cook over low heat for 25-30 minutes. Remove from heat and let stand covered for 15 minutes at 140 degrees F or above before serving.

**Notes:**

1. IDDSI Help  
The IDDSI complete framework states the following on rice –“Not sticky or glutinous (particularly short grain rice) and should not separate into individual grains when cooked and served (particularly long grain rice).” From this we understand that a medium grain rice may be best. Rice must still pass the fork and spoon tests before serving. Some SLP prefer rice be served with a sauce or be served pureed (rice cereal). Consult your SLP for more information.

<b>Nutrition Facts</b> Serving Size 0.5 Cup (103g)  Calories 159 Calories from Fat 43	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 5g	<b>7%</b>	<b>Total Carbohydrate</b> 26g	<b>9%</b>
	Saturated Fat 1g	<b>5%</b>	Dietary Fiber 0g	<b>2%</b>
	Trans Fat 1g		Sugars 0g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 2g	
	<b>Sodium</b> 135mg	<b>6%</b>		
	Vitamin A 4%	Vitamin C 0%	Calcium 1%	Iron 8%
	Thiamin 12%	Riboflavin 1%	Niacin 7%	
	* Percent Daily Values are based on a 2,000 calorie diet.			

**S&S Butterscotch Brownies \***

Facility Recipe - Number: 630

Desserts-other

30 servings per 1/2 sheet pan.

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		30 minutes	350 degrees F	

Portion Size: 1 3X2.5" CUT

Pan Size: 1/2 sheet pan

Ingredients	Servings			
	10	25	35	50
Sugar, Brown	7 1/3 Ounces	18 1/3 Ounces	25 2/3 Ounces	36 2/3 Ounces
Margarine, Softened	3 Ounces	7 1/2 Ounces	10 1/2 Ounces	15 Ounces
Eggs, Liquid Whole	2 2/3 Ounces	6 2/3 Ounces	9 1/3 Ounces	13 1/3 Ounces
Extract, Vanilla	1/2 Tsp	1 1/4 Tsp	5/8 Tbsp	7/8 Tbsp
Flour, All Purpose	5 Ounces	12 1/2 Ounces	17 1/2 Ounces	25 Ounces
Baking Powder	2/3 Tsp	1 2/3 Tsp	3/4 Tbsp	1 1/10 Tbsp
Salt	1/2 Tsp	1 1/4 Tsp	5/8 Tbsp	7/8 Tbsp
Pecans, chopped OR chocolate chips (choose one)	2 Ounces	5 Ounces	7 Ounces	10 Ounces

**Procedures:**

1. Preheat oven to 350 degrees F
2. In a large saucepan, melt margarine and sugar together. Remove from heat promptly when butter is just melted. Beat with an electric mixer until creamy.
3. Add eggs, continue beating until well blended.
4. Add dry ingredients; flour, baking powder, and salt. Mix until evenly combined. Stir in pecans, if using. If using chocolate chips pour batter into pan and then sprinkle chocolate chips on top.
5. Bake in a greased pan at 350 degrees F for 30 minutes.
6. Cut 1/2 sheet pan 6x5. Cut full sheet pan 6x10.

**Notes:**

1. IDDSI Help  
Nut pieces are not appropriate for IDDSI diets below Level 7 Regular. At times, pureed nut butters can be used as an ingredient in a recipe (such as peanut butter cookies) but are usually too sticky to pass IDDSI testing methods when served alone.
2. Some cakes, quick breads, muffins and desserts also need to be pre-gelled or can be appropriate if served moistened and cut to the appropriate size for the diet. Please contact your Speech Language Pathologist (SLP) for more information.



**S&S Butterscotch Brownies \***

**Facility Recipe - Number: 630**

**Desserts-other**

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	<b>Total Fat</b>	9g		<b>13%</b>	<b>Total Carbohydrate</b>	26g		<b>9%</b>
		Saturated Fat 1g		<b>7%</b>		Dietary Fiber 0g		<b>2%</b>
		Trans Fat 1g				Sugars 20g		
		<b>Cholesterol</b>	0mg		<b>0%</b>	<b>Protein</b>	2g	
		<b>Sodium</b>	201mg		<b>8%</b>			
		Vitamin A 6%		Vitamin C 0%		Calcium 4%		Iron 4%
		Thiamin 6%		Riboflavin 4%		Niacin 3%		
		* Percent Daily Values are based on a 2,000 calorie diet.						
	Serving Size 1 3X2.5" CUT (48g)							
<b>Calories</b> 187								
Calories from Fat 78								

# S&S Butterscotch Pudding Parfait from Scratch

Facility Recipe - Number: 959

Desserts-other

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
				2 hours +

Portion Size: 1/2 Cup

Pan Size:

Ingredients	Servings			
	10	25	35	50
Brown Sugar, dark, packed	7/8 Cup	2 1/10 Cup	2 7/8 Cup	1 Quart
Cornstarch	4 3/8 Tbsp	2/3 Cup	1 Cup	1 3/8 Cup
Salt	1/4 Tsp	1/2 Tsp	3/4 Tsp	1/3 Tbsp
Milk, Skim	3 1/3 Cup	2 1/10 Quart	2 7/8 Quart	1 Gal
Egg Yolks, Beaten	2 1/10 Oz	5 1/4 Oz	7 1/3 Oz	10 3/8 Oz
Butter	1 2/3 Tbsp	1/4 Cup	3/8 Cup	1/2 Cup
Extract, Vanilla	7/8 Tbsp	2 1/10 Tbsp	2 7/8 Tbsp	1/4 Cup
Topping, whipped prepared	1 1/4 Cup	3 1/8 Cup	1 1/10 Quart	1 1/2 Quart
Vanilla Wafers	10 ea	25 ea	35 ea	50 ea

## Procedures:

1. In a sauce pan or steam jacketed kettle, combine the dark brown sugar, cornstarch and salt.
2. Add milk and egg yolks, stir until smooth. Cook and stir over medium heat until the mixture comes to a boil. Boil 1-2 minutes or until thickened.
3. Remove from the heat, stir in butter and vanilla.
4. Portion into individual dessert dishes. Cover and refrigerate for 1-2 hours or until chilled.
5. Top with 2 Tbsp Whipped Topping and 1 vanilla wafer per serving. Serve chilled

## Notes:

1. Margarine may be substituted for the butter.  
Pre-made butterscotch pudding or instant butterscotch pudding may be substituted if desired.

2. **IDDSI Help**  
The wafer may qualify as a transitional food. Complete IDDSI testing.  
**Transitional Food**  
This recipe contains a transitional food. A transitional food is one that changes texture in the mouth. For example, a frozen food that melts or a food that is easily broken down by moisture in the mouth. Transitional foods can be allowed on Levels 5, 6, and 7. Your Speech Language Pathologist may also use transitional foods to help re-teach chewing skills. Consult with your SLP to determine if it is appropriate for your resident.
3. This recipe may need some modifications in order to meet IDDSI diets. Please consider the following; First of all, foods must not have any liquid that separates from solids when placed on the plate or it is considered a mixed consistency. Also consider condiments that would be served with the food. For example; butter served with a baked potato would melt and cause a mixed consistency (a solid and liquid in the same food). Also consider the restrictions of each diet level.
4. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.
5. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

**S&S Butterscotch Pudding Parfait from Scratch**

Facility Recipe - Number: 959

Desserts-other

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 0.5 Cup (127g)  Calories 199 Calories from Fat 58	<b>Total Fat</b>	6g		<b>10%</b>	<b>Total Carbohydrate</b>	31g	
		Saturated Fat 3g		<b>16%</b>		Dietary Fiber 0g		<b>1%</b>
		Trans Fat 0g				Sugars 23g		
		<b>Cholesterol</b>	81mg		<b>27%</b>	<b>Protein</b>	4g	
		<b>Sodium</b>	111mg		<b>5%</b>			
		Vitamin A 7%		Vitamin C 0%		Calcium 13%		Iron 3%
		Thiamin 5%		Riboflavin 12%		Niacin 1%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

**S&S Carrot Cake Muffins \***

Facility Recipe - Number: 483

Baked Goods

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		22-24 mins	350	

Portion Size: 1 #16

Pan Size:

Ingredients	Servings			
	10	25	35	50
Flour, Whole Wheat	1 1/10 Cup	2 2/3 Cup	3 3/4 Cup	1 1/3 Quart
Baking Soda	3/4 Tsp	5/8 Tbsp	7/8 Tbsp	1 1/4 Tbsp
Cinnamon, Ground	3/4 Tsp	5/8 Tbsp	7/8 Tbsp	1 1/4 Tbsp
Ginger, Ground	3/8 Tsp	7/8 Tsp	3/8 Tbsp	5/8 Tbsp
Salt	3/8 Tsp	7/8 Tsp	3/8 Tbsp	5/8 Tbsp
Margarine, Softened	3/8 Cup	7/8 Cup	1 1/4 Cup	1 3/4 Cup
Honey	3/8 Cup	7/8 Cup	1 1/4 Cup	1 3/4 Cup
Egg (1.75 oz)	3/4 Each	1 3/4 Each	2 1/2 Each	3 5/8 Each
Extract, Vanilla	3/4 Tsp	5/8 Tbsp	7/8 Tbsp	1 1/4 Tbsp
Applesauce, Unsweetened	3/4 Cup	1 3/4 Cup	2 1/2 Cup	3 5/8 Cup
Carrot, Raw, Shredded	1/2 Cup	1 1/3 Cup	1 7/8 Cup	2 2/3 Cup
Golden Raisins	3/4 Cup	1 3/4 Cup	2 1/2 Cup	3 5/8 Cup
Nuts, Walnuts, English Pieces chopped	3/8 Cup	7/8 Cup	1 1/4 Cup	1 3/4 Cup
Coconut, dried flaked sweened	3/8 Cup	7/8 Cup	1 1/4 Cup	1 3/4 Cup

**Procedures:**

1. Preheat oven to 350 degrees. Prepare a muffin pan with paper liners or grease.
2. Plump raisins by covering with hot water. Drain water before adding to recipe.
3. In a medium bowl, whisk the dry ingredients, flour, baking soda, cinnamon, ginger and salt.
4. In a large mixing bowl, combine the margarine, honey, egg, and vanilla on medium speed. Turn the speed down and add the flour mixture until well combined. The batter will be thick.
5. Using a spatula, carefully fold in the applesauce carrots, walnuts, raisins and coconut.
6. Portion muffins using a # 16 scoop. Bake for 22-24 minutes or until a toothpick comes out clean and muffins are beginning to turn golden brown.

**S&S Carrot Cake Muffins \***

**Notes:**

1. IDDSI Help  
Nuts, Raisins and Coconut are not appropriate for IDDSI Diets below Level 7 Regular. Omit, serve pureed or substitute an equivalent item.  
Nuts  
Nut pieces are not appropriate for IDDSI diets below Level 7 Regular. At times, pureed nut butters can be used as an ingredient in a recipe (such as peanut butter cookies) but are usually too sticky to pass IDDSI testing methods when served alone.
2. This recipe includes a bread product that must be pre-gelled (also known as slurried) on diet levels below level 7 to help soften it to the right texture. Complementary liquids should be used (such as maple syrup for a pancake) and mixed with commercial thickeners. If done correctly, the end product should feel like pudding in the mouth. There can be no liquid separating from the product to avoid a mixed consistency. Some cakes, quick breads, muffins and desserts also need to be pre-gelled or can be appropriate if served moistened and cut to the appropriate size for the diet. Please contact your Speech Language Pathologist (SLP) for more information.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>			
	<b>Total Fat</b>	10g		<b>16%</b>	<b>Total Carbohydrate</b>	34g		<b>11%</b>		
		<b>Saturated Fat</b>	3g		<b>13%</b>	<b>Dietary Fiber</b>	3g		<b>11%</b>	
		<b>Trans Fat</b>	1g			<b>Sugars</b>	20g			
		<b>Cholesterol</b>	13mg		<b>4%</b>	<b>Protein</b>	3g			
		<b>Sodium</b>	255mg		<b>11%</b>					
		Vitamin A	29%		Vitamin C	8%	Calcium	2%	Iron	6%
		Thiamin	6%		Riboflavin	5%	Niacin	5%		
		* Percent Daily Values are based on a 2,000 calorie diet.								
	Serving Size	1 #16 (80g)								
<b>Calories</b>	226									
Calories from Fat	93									

**S&S Chicken Alfredo\***

**Facility Recipe - Number: 635**

**Entrees-italian**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1/2 Cup

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Cream, Whipping, Heavy	1 Cup	2 1/2 Cup	3 1/2 Cup	1 1/4 Quart
Margarine	2 Oz	5 Oz	7 Oz	10 Oz
Pasta, Fettuccine	3/4 Pounds	1 7/8 Pounds	2 5/8 Pounds	3 3/4 Pounds
Cream, Whipping, Heavy	1 Cup	2 1/2 Cup	3 1/2 Cup	1 1/4 Quart
Cheese, Parmesan, Grated	6 Oz	15 Oz	21 Oz	30 Oz
Pepper, Black, Ground	1/4 Tsp	5/8 Tsp	7/8 Tsp	3/8 Tbsp
Salt	1/4 Tsp	5/8 Tsp	7/8 Tsp	3/8 Tbsp
Chicken Breast, cooked, sliced	20 Oz	50 Oz	70 Oz	100 Oz

**Procedures:**

1. Combine margarine and cream. Cook on high heat, stirring continuously, until cream is reduced by one fourth volume. Remove from heat.
2. Add angel hair pasta to boiling water. Boil about 6 minutes until slightly under cooked. The noodles must be under cooked because they will cook further in the cream.
3. Put the drained noodles in the pan with the hot cream and butter. Over low heat, toss the noodles until they are well coated with cream.
4. Add the remainder of the cream and the cheese and toss to mix well. (If the noodles are dry at this point, add a little more cream).
5. Serve 1/2 cup portions with a #8 scoop.
6. Place 2 oz of sliced, warm, cooked chicken over the top of the noodles.
7. If desired, sprinkle with parsley.

**Notes:**

1. **IDDSI Help**  
This recipe may need some modifications in order to meet IDDSI diets. Please consider the following; First of all, foods must not have any liquid that separates from solids when placed on the plate or it is considered a mixed consistency. Also consider condiments that would be served with the food. For example; butter served with a baked potato would melt and cause a mixed consistency (a solid and liquid in the same food). Also consider the restrictions of each diet level.
2. **For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.**  
**For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.**  
**For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.**
3. **Mixed Consistencies**  
This recipe contains a mixed consistency. Mixed consistencies are two different consistencies, a solid and a thin liquid, in the same food product such as canned fruit with juice, soup with chunks, or a fried egg with a runny center. Mixed consistencies are only allowed on level 7 Regular Diet. You must obtain Speech Language Pathologist (SLP) approval before giving to a level 6 diet or lower. To correct this recipe for IDDSI diets, you can puree the food (such as soup), thicken extremely thick or so thick the product does not run ( such as gravy or sauce) or serve drained (such as drained canned fruit). Some fruits are a mixed consistency in nature such as watermelon or mandarin oranges, that easily separate into water and solid in the mouth. These fruits can be served pureed or substituted for fruits that fit the diet descriptions.
4. **All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.**



**S&S Chicken Alfredo\***

**Facility Recipe - Number: 635**

**Entrees-italian**

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>		
	Serving Size 0.5 Cup (158g)  Calories 411 Calories from Fat 264	<b>Total Fat</b>	29g		<b>45%</b>	<b>Total Carbohydrate</b>	11g		<b>4%</b>
		Saturated Fat 15g		<b>77%</b>		Dietary Fiber 0g		<b>0%</b>	
		Trans Fat 1g				Sugars 0g			
		<b>Cholesterol</b>	137mg		<b>46%</b>	<b>Protein</b>	26g		
		<b>Sodium</b>	419mg		<b>17%</b>				
		Vitamin A 21%		Vitamin C 0%		Calcium 23%		Iron 6%	
		Thiamin 8%		Riboflavin 15%		Niacin 38%			

\* Percent Daily Values are based on a 2,000 calorie diet.

**S&S Chocolate Brownie**

**Facility Recipe - Number: 29**

**Desserts-other**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		30-35 minutes	350 degrees F	

**Portion Size:** 2 inches

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Baking Square, Chocolate semisweet	3 3/4 Ounces	9 3/8 Ounces	13 1/8 Ounces	18 3/4 Ounces
Margarine (or butter)	3 3/4 Ounces	9 3/8 Ounces	13 1/8 Ounces	18 3/4 Ounces
Sugar, Granulated	6 1/2 Ounces	16 1/4 Ounces	22 3/4 Ounces	32 1/2 Ounces
Eggs	1/2 Cup	1 1/4 Cup	1 3/4 Cup	2 1/2 Cup
Salt	1/4 Tsp	5/8 Tsp	7/8 Tsp	3/8 Tbsp
Vanilla, Extract	1 Tsp	7/8 Tbsp	1 1/8 Tbsp	1 2/3 Tbsp
Flour, All Purpose	2 Ounces	5 Ounces	7 Ounces	10 Ounces

**Procedures:**

1. Mix chocolate and margarine in a double boiler; heat only until chocolate and margarine has melted. Remove from heat and cool slightly.
2. Pour chocolate mixture into a bowl and beat in sugar, salt, vanilla, and flour.
3. Pour into a greased baking pan. Bake in a moderate oven of 350 degrees F (175 degrees C) for 30-35 minutes and until an end baking temperature of 145 degrees F (62.8 degrees C) or higher is reached for 15 seconds. Cool before cutting into 2 inch servings.

**Notes:**

1. Serving size: 2 inch square
2. IDDSI Help  
Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.

**S&S Chocolate Brownie**

**Facility Recipe - Number: 29**

**Desserts-other**

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 2 inches (53g)  Calories 223 Calories from Fat 112	<b>Total Fat</b>	12g		<b>19%</b>	<b>Total Carbohydrate</b>	26g	
		Saturated Fat 4g		<b>18%</b>		Dietary Fiber 1g		<b>3%</b>
		Trans Fat 2g				Sugars 22g		
		<b>Cholesterol</b>	46mg		<b>15%</b>	<b>Protein</b>	2g	
		<b>Sodium</b>	145mg		<b>6%</b>			
		Vitamin A 1%		Vitamin C 0%		Calcium 1%		Iron 4%
		Thiamin 2%		Riboflavin 4%		Niacin 1%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

# S&S Chocolate Cake w/ Frosting\*

Facility Recipe - Number: 667

Desserts-cakes

Chocolate Cake with Chocolate Frosting Cut 20 servings per cake.

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		22-25 mins	350	

Portion Size: 1 1/20

Pan Size: 9" round

Ingredients	Servings			
	10	25	35	50
Sugar	1 Cup	2 1/2 Cup	3 1/2 Cup	1 1/4 Quart
Flour	7/8 Cup	2 1/8 Cup	3 1/10 Cup	1 1/10 Quart
Cocoa Powder	3/8 Cup	7/8 Cup	1 1/3 Cup	1 7/8 Cup
Baking Powder	3/4 Tsp	5/8 Tbsp	7/8 Tbsp	1 1/4 Tbsp
Baking Soda	3/4 Tsp	5/8 Tbsp	7/8 Tbsp	1 1/4 Tbsp
Salt	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp
Egg (1.75 oz)	1 Each	2 1/2 Each	3 1/2 Each	5 Each
Milk, 2%	1/2 Cup	1 1/4 Cup	1 3/4 Cup	2 1/2 Cup
Oil, Vegetable	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Extract, Vanilla	1 Tsp	7/8 Tbsp	1 1/8 Tbsp	1 2/3 Tbsp
Water, Boiling	1/2 Cup	1 1/4 Cup	1 3/4 Cup	2 1/2 Cup
Margarine	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Cocoa Powder	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Sugar, Powdered	1 3/4 Cup	1 1/10 Quart	1 1/2 Quart	2 1/8 Quart
Milk, 2%	2 5/8 Tbsp	3/8 Cup	5/8 Cup	7/8 Cup
Extract, Vanilla	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp

### Procedures:

- Heat oven to 350 degrees. Grease and flour two 9" round baking pans for each 20 servings.
- Combine dry ingredients in a large bowl; sugar, flour, first listed cocoa, baking powder, baking soda and salt. Add eggs, first listed milk, oil, and vanilla. Beat on medium speed 2 minutes or until well combined. Stir in boiling water (batter will be thin). Pour into pans.
- Bake 30-35 minutes or until wooden toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pans to wire racks. Cool completely. Frost with Frosting.
- Frosting:  
Melt margarine. To margarine, alternately add milk and powdered sugar beating on medium speed to spreading consistency. Add more milk if needed. Stir in vanilla. Makes about 2 cups of frosting per cake.

**S&S Chocolate Cake w/ Frosting\***

**Notes:**

1. IDDSI help  
Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 1/20 (100g)  Calories 316 Calories from Fat 104	<b>Total Fat</b>	12g		<b>18%</b>	<b>Total Carbohydrate</b>	53g	
		Saturated Fat 2g		<b>10%</b>		Dietary Fiber 2g		<b>8%</b>
		Trans Fat 1g				Sugars 41g		
		<b>Cholesterol</b>	20mg		<b>7%</b>	<b>Protein</b>	3g	
		<b>Sodium</b>	271mg		<b>11%</b>			
		Vitamin A 5%		Vitamin C 0%		Calcium 5%		Iron 6%
		Thiamin 2%		Riboflavin 4%		Niacin 1%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

**S&S Chocolate Chip Cookies\***

**Facility Recipe - Number: 643**

**Desserts-cookies**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		8 to 10 minutes	350	

**Portion Size:** 1 #30 scoop

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Shortening	3/8 Cup	7/8 Cup	1 1/3 Cup	1 7/8 Cup
Sugar, white granulated	1/4 Cups	2/3 Cups	1 Cups	1 3/8 Cup
Sugar, Brown	1/4 Cup	2/3 Cup	1 Cup	1 3/8 Cup
Egg (1.75 oz)	3/4 Each	1 7/8 Each	2 5/8 Each	3 2/3 Each
Extract, Vanilla	3/4 Tsp	1 7/8 Tsp	7/8 Tbsp	1 1/4 Tbsp
Flour, All Purpose	7/8 Cup	2 1/10 Cup	2 7/8 Cup	1 Quart
Baking Soda	3/8 Tsp	7/8 Tsp	3/8 Tbsp	5/8 Tbsp
Salt	3/8 Tsp	7/8 Tsp	3/8 Tbsp	5/8 Tbsp
Chocolate Chips, Semi Sweet	3/4 Cups	1 7/8 Cup	2 5/8 Cup	3 2/3 Cup

**Procedures:**

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl, cream the shortening, sugar, and brown sugar until light and fluffy.
3. Add the eggs one at a time, beating well with each addition, then stir in the vanilla.
4. Combine the dry ingredients, and then gradually add to the creamed mixture.
5. Finally, fold in the chocolate chips.
6. Using a #30 scoop, drop onto cookie sheets. Bake for 8-10 minutes or until done. Allow cookies to cool on baking sheet for a few minutes before transferring to a wire rack to cool completely.
7. Serve 1 cookie per portion.

**Notes:**

1. Butter or margarine may be substituted for the shortening if desired.
2. IDDSI Help  
Some cakes, quick breads, muffins and desserts also need to be pre-gelled or can be appropriate if served moistened and cut to the appropriate size for the diet. Please contact your Speech Language Pathologist (SLP) for more information.

**S&S Chocolate Chip Cookies\***

**Facility Recipe - Number: 643**

**Desserts-cookies**

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 #30 scoop (51g) <b>Calories</b> 243 Calories from Fat 111	<b>Total Fat</b>	12g		<b>19%</b>	<b>Total Carbohydrate</b>	31g	
		Saturated Fat 5g		<b>27%</b>		Dietary Fiber 1g		<b>6%</b>
		Trans Fat 0g				Sugars 20g		
		<b>Cholesterol</b> 19mg		<b>6%</b>	<b>Protein</b>	2g		
		<b>Sodium</b> 140mg		<b>6%</b>				
		Vitamin A 1%		Vitamin C 0%	Calcium 1%			Iron 6%
		Thiamin 6%		Riboflavin 4%	Niacin 3%			

\* Percent Daily Values are based on a 2,000 calorie diet.

**S&S Chocolate Crinkle Cookie**

**Facility Recipe - Number: 1521**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
	15 minutes	11 minutes	350	

**Portion Size:** 1 #30 scoop

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Flour	2/3 Cups	1 5/8 Cup	2 1/4 Cup	3 1/4 Cup
Cocoa Powder, unsweetened	3/8 Cup	1 Cup	1 3/8 Cup	2 Cup
Baking Soda	2/3 Tsp	1 5/8 Tsp	3/4 Tbsp	1 1/10 Tbsp
Salt	1/10 Tsp	1/4 Tsp	1/4 Tsp	3/8 Tsp
Butter	1/8 Lbs	3/8 Lbs	5/8 Lbs	3/4 Lbs
Sugar, Granulated	1/3 Cup	3/4 Cup	1 1/8 Cup	1 5/8 Cup
Brown Sugar	1/3 Cup	3/4 Cup	1 1/8 Cup	1 5/8 Cup
Egg	1 1/8 Oz	2 7/8 Oz	4 Oz	5 2/3 Oz
Extract, Vanilla	2/3 Tsp	1 5/8 Tsp	3/4 Tbsp	1 1/10 Tbsp
Chocolate Chips	1/3 Cups	3/4 Cups	1 1/8 Cup	1 5/8 Cup
Sugar, Granulated	1 1/4 Tbsp	3 1/4 Tbsp	1/4 Cup	3/8 Cup
Sugar, powdered (confectionary)	2 5/8 Tbsp	3/8 Cup	5/8 Cup	3/4 Cup

**Procedures:**

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine dry ingredients; flour, cocoa, baking soda, salt.
3. Cream butter and sugars (first listed granulated sugar and brown sugar) in a mixing bowl with a paddle attachment until fluffy. Add eggs and vanilla and beat until combined.
4. Combine dry ingredient into wet mixture. Mix until uniform. Stir in chocolate Chips. At this point it is ideal to refrigerate the dough for a few hours if time allows.
5. Prepare 2 small bowls for rolling cookies. In one bowl place the 2nd listed granulated sugar. In the second bowl, place the powdered sugar.
6. Portion cookies using a #30 scoop. Roll in lightly in granulated sugar and then generously in powdered sugar. Place on a greased cookie sheet.
7. Bake in preheated oven for about 11 minutes or until done. Serve 1 cookie per portion.



**Notes:**

1. IDDSI Help  
Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 #30 scoop (45g) <b>Calories</b> 189 Calories from Fat 78	<b>Total Fat</b>	9g		<b>13%</b>	<b>Total Carbohydrate</b>	28g	
		Saturated Fat 5g		<b>26%</b>		Dietary Fiber 2g		<b>7%</b>
		Trans Fat 0g				Sugars 20g		
		<b>Cholesterol</b>	28mg		<b>9%</b>	<b>Protein</b>	2g	
		<b>Sodium</b>	109mg		<b>5%</b>			
		Vitamin A 4%		Vitamin C 0%		Calcium 2%		Iron 5%
		Thiamin 1%		Riboflavin 3%		Niacin 1%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

**S&S Chocolate Muffins**

Facility Recipe - Number: 1003

Baked Goods

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		20 minutes	400	

Portion Size: 1 #16 Scoop

Pan Size: Muffin

Ingredients	Servings			
	10	25	35	50
Flour	1 1/4 Cup	3 1/8 Cup	1 1/10 Quart	1 1/2 Quart
Sugar	5/8 Cup	1 1/2 Cup	2 1/8 Cup	3 1/8 Cup
Chocolate Chips, Semi Sweet	1/2 Cups	1 1/8 Cup	1 5/8 Cup	2 1/3 Cup
Cocoa Powder	1/3 Cup	3/4 Cup	1 1/10 Cup	1 1/2 Cup
Baking Soda	5/8 Tsp	1/2 Tbsp	3/4 Tbsp	1 Tbsp
Extract, Vanilla	5/8 Tsp	1/2 Tbsp	3/4 Tbsp	1 Tbsp
Egg	5/8 Each	1 1/2 Each	2 1/8 Each	3 1/8 Each
Plain Yogurt	5/8 Cup	1 1/2 Cup	2 1/8 Cup	3 1/8 Cup
Milk, 2%	1/3 Cup	3/4 Cup	1 1/10 Cup	1 1/2 Cup
Oil, Vegetable	1/3 Cup	3/4 Cup	1 1/10 Cup	1 1/2 Cup
Chocolate Chips	2 1/2 Tbsp	3/8 Cups	1/2 Cups	3/4 Cups

**Procedures:**

1. Preheat oven to 400 degrees F.
2. Grease muffin pan or line with paper muffin liners.
3. Combine flour, sugar, first listed chocolate chips, cocoa powder and baking soda in a large bowl.
4. Whisk egg, yogurt, milk, and vegetable oil in another bowl until smooth. Pour into chocolate mixture until batter is just blended. Fill muffin cups using a #16 scoop.
5. Sprinkle muffins with the 2nd listed chocolate chips. Bake in preheated oven until done, about 20 minutes. Cool in the pan for about 10 minutes before removing.

**Notes:**

- IDDSI Help**  
 This recipe includes a bread product that must be pre-gelled (also known as slurried) on diet levels below level 7 to help soften it to the right texture. Complementary liquids should be used (such as maple syrup for a pancake) and mixed with commercial thickeners. If done correctly, the end product should feel like pudding in the mouth. There can be no liquid separating from the product to avoid a mixed consistency. Some cakes, quick breads, muffins and desserts also need to be pre-gelled or can be appropriate if served moistened and cut to the appropriate size for the diet. Please contact your Speech Language Pathologist (SLP) for more information.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 #16 Scoop (77g) Calories 258 Calories from Fat 107	<b>Total Fat</b>	12g		<b>18%</b>	<b>Total Carbohydrate</b>	36g	
		Saturated Fat 3g		<b>17%</b>		Dietary Fiber 2g		<b>9%</b>
		Trans Fat 0g				Sugars 21g		
		<b>Cholesterol</b> 15mg		<b>5%</b>	<b>Protein</b> 4g			
		<b>Sodium</b> 96mg		<b>4%</b>				
		Vitamin A 1%		Vitamin C 0%	Calcium 4%		Iron 6%	
		Thiamin 2%		Riboflavin 4%	Niacin 1%			

\* Percent Daily Values are based on a 2,000 calorie diet.

**S&S Choice of Cereal**

**Facility Recipe - Number: 772**

Cereal may include oatmeal, cream of wheat, cream of rice, or a variety of cold cereals.

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1 serving

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Cereal RTS, Rice Krispies	1 1/4 Quart	3 1/8 Quart	1 1/10 Gal	1 1/2 Gal
Oatmeal Cereal	2 1/2 Oz	6 1/4 Oz	8 3/4 Oz	12 1/2 Oz

**Procedures:**

1. Choose what type of cereal each morning, (Not limited to those listed in this recipe) providing a variety if no selection has been made by the resident. Serve 1 portion of cereal. Portion size is generally on recipe for hot cereal, 1/2 to 3/4 a cup. If cold cereal is not pre-portioned, serve approx 1 ounce usually about 3/4 c to 1 cup.

**Notes:**

1. IDDSI Help  
Mixed Consistencies  
This recipe contains a mixed consistency. Mixed consistencies are two different consistencies, a solid and a thin liquid, in the same food product such as canned fruit with juice, soup with chunks, or a fried egg with a runny center. Mixed consistencies are only allowed on level 7 Regular Diet. You must obtain Speech Language Pathologist (SLP) approval before giving to a level 6 diet or lower. To correct this recipe for IDDSI diets, you can puree the food (such as soup), thicken extremely thick or so thick the product does not run ( such as gravy or sauce) or serve drained (such as drained canned fruit). Some fruits are a mixed consistency in nature such as watermelon or mandarin oranges, that easily separate into water and solid in the mouth. These fruits can be served pureed or substituted for fruits that fit the diet descriptions.
2. The mixed consistency in cereal usually occurs when milk is added.

3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.
  
4. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 serving (21g)  <b>Calories</b> 53 Calories from Fat 1	<b>Total Fat</b>	0g		<b>0%</b>	<b>Total Carbohydrate</b>	12g	
		Saturated Fat 0g		<b>0%</b>		Dietary Fiber 0g		<b>0%</b>
		Trans Fat 0g				Sugars 2g		
		<b>Cholesterol</b>	0mg		<b>0%</b>	<b>Protein</b>	1g	
		<b>Sodium</b>	79mg		<b>3%</b>			
		Vitamin A 14%		Vitamin C 11%		Calcium 0%		Iron 27%
		Thiamin 17%		Riboflavin 18%		Niacin 15%		

\* Percent Daily Values are based on a 2,000 calorie diet.

**S&S Choice of Toast \***

**Facility Recipe - Number: 437**

**Misc.-other**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1 Slice

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Bread, Wheat, Slices	10 Slice 1 Oz	25 Slice 1 Oz	35 Slice 1 Oz	50 Slice 1 Oz
Margarine	3 1/4 Tbsp	1/2 Cups	2/3 Cups	1 Cups

**Procedures:**

1. Toast the wheat bread slices.
2. Spread 1/2 teaspoon of margarine over each slice.
3. Cut in half diagonally. Serve 1 slice per portion.

**Notes:**

1. **IDDSI Help**  
 This recipe includes a bread product that must be pre-gelled (also known as slurried) on diet levels below level 7 to help soften it to the right texture. Complementary liquids should be used (such as maple syrup for a pancake) and mixed with commercial thickeners. If done correctly, the end product should feel like pudding in the mouth. There can be no liquid separating from the product to avoid a mixed consistency. Some cakes, quick breads, muffins and desserts also need to be pre-gelled or can be appropriate if served moistened and cut to the appropriate size for the diet. Please contact your Speech Language Pathologist (SLP) for more information.
2. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 Slice (33g)  Calories 109 Calories from Fat 42	<b>Total Fat</b>	5g		<b>7%</b>	<b>Total Carbohydrate</b>	14g	
		Saturated Fat 1g		<b>5%</b>		Dietary Fiber 1g		<b>5%</b>
		Trans Fat 1g				Sugars 2g		
		<b>Cholesterol</b> 0mg		<b>0%</b>	<b>Protein</b>	3g		
		<b>Sodium</b> 181mg		<b>8%</b>				
		Vitamin A 3%		Vitamin C 0%	Calcium 4%			Iron 6%
		Thiamin 9%		Riboflavin 5%	Niacin 8%			

\* Percent Daily Values are based on a 2,000 calorie diet.

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		10-12 minutes	425 degrees F	

**Portion Size:** 1 Ounces

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Flour, All Purpose	9 3/4 Ounces	24 3/8 Ounces	34 1/8 Ounces	48 3/4 Ounces
Baking Powder	1 Tsp	7/8 Tbsp	1 1/8 Tbsp	1 2/3 Tbsp
Baking Soda	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp
Salt	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp
Shortening	4 Ounces	10 Ounces	14 Ounces	20 Ounces
Buttermilk	3/4 Cup	1 7/8 Cup	2 5/8 Cup	3 3/4 Cup

**Procedures:**

- Sift flour, baking powder, baking soda, and salt together. Cut in shortening. Add buttermilk; mix lightly until a soft dough forms. Do not over mix. Transfer the dough to floured surface. Knead lightly 10 times, turning the dough each time. Roll dough to a .5 inch thickness. Cut biscuits in 1 oz circles.
- Place biscuits on a baking sheet. Bake 425 degrees F for 10-12 minutes, until golden brown and until an end baking temperature of 145 degrees F or higher is reached for 15 seconds.

**Notes:**

- IDDSI Help  
Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.

<b>Nutrition Facts</b>  Serving Size 1 Ounces (45g)  Calories 159 Calories from Fat 99	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 11g	<b>17%</b>	<b>Total Carbohydrate</b> 13g	<b>4%</b>
	Saturated Fat 4g	<b>20%</b>	Dietary Fiber 0g	<b>2%</b>
	Trans Fat 0g		Sugars 1g	
	<b>Cholesterol</b> 8mg	<b>3%</b>	<b>Protein</b> 2g	
	<b>Sodium</b> 199mg	<b>8%</b>		
	Vitamin A 1%	Vitamin C 0%	Calcium 5%	Iron 4%
	Thiamin 9%	Riboflavin 6%	Niacin 5%	
	* Percent Daily Values are based on a 2,000 calorie diet.			



Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 2 Ounces

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Drippings, Beef	2 1/4 Ounces	5 5/8 Ounces	7 7/8 Ounces	11 1/4 Ounces
Flour, All Purpose	3/8 Cup	7/8 Cup	1 1/3 Cup	1 7/8 Cup
Milk, 2% Fat	2 1/2 Cup	1 1/2 Quart	2 1/8 Quart	3 1/8 Quart
Sauce, Worcestershire	2 1/2 Tsp	2 1/10 Tbsp	2 7/8 Tbsp	1/4 Cup
Salt	1/8 Tsp	1/3 Tsp	3/8 Tsp	5/8 Tsp
Pepper, black	1/8 Tsp	1/3 Tsp	3/8 Tsp	5/8 Tsp

**Procedures:**

- Heat measured drippings in a heavy pan; blend in flour using a wire whisk. Add milk, Worcestershire sauce, and seasoning; continue to cook until smooth and thickened.

**Notes:**

- IDDSI Help**  
 Gravy is a mixed consistency when paired with a solid such as mashed potatoes.

**Mixed Consistencies**  
 This recipe contains a mixed consistency. Mixed consistencies are two different consistencies, a solid and a thin liquid, in the same food product such as canned fruit with juice, soup with chunks, or a fried egg with a runny center. Mixed consistencies are only allowed on level 7 Regular Diet. You must obtain Speech Language Pathologist (SLP) approval before giving to a level 6 diet or lower. To correct this recipe for IDDSI diets, you can puree the food (such as soup), thicken extremely thick or so thick the product does not run ( such as gravy or sauce) or serve drained (such as drained canned fruit). Some fruits are a mixed consistency in nature such as watermelon or mandarin oranges, that easily separate into water and solid in the mouth. These fruits can be served pureed or substituted for fruits that fit the diet descriptions.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 2 Ounces (74g)  Calories 110 Calories from Fat 68	<b>Total Fat</b>	8g		<b>12%</b>	<b>Total Carbohydrate</b>	7g	
		Saturated Fat 4g		<b>18%</b>		Dietary Fiber 0g		<b>1%</b>
		Trans Fat 0g				Sugars 3g		
		<b>Cholesterol</b>	11mg		<b>4%</b>	<b>Protein</b>	3g	
		<b>Sodium</b>	114mg		<b>5%</b>			
		Vitamin A 0%		Vitamin C 1%		Calcium 9%		Iron 2%
		Thiamin 4%		Riboflavin 9%		Niacin 2%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

**S&S Country Potato Salad**

Facility Recipe - Number: 515

Salads-other

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1/2 Cup

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Potatoes, peeled cooked cubed	23 Ounces	57 1/2 Ounces	80 1/2 Ounces	115 Ounces
Celery, fresh sliced raw	1 Cup	2 1/2 Cup	3 1/2 Cup	1 1/4 Quart
Onions, fresh chopped fine raw	3/8 Cup	7/8 Cup	1 1/3 Cup	1 7/8 Cup
Eggs, Hard Cooked	3 Large	7 1/2 Large	10 1/2 Large	15 Large
Mayonnaise	6 Tbsp	7/8 Cup	1 1/3 Cup	1 7/8 Cup
Pickle Relish, Sweet	3/4 Cup	1 7/8 Cup	2 5/8 Cup	3 3/4 Cup
Garlic Salt	1/4 Tsp	5/8 Tsp	7/8 Tsp	3/8 Tbsp
Celery Salt	1/4 Tsp	5/8 Tsp	7/8 Tsp	3/8 Tbsp
Pepper, black	1/4 Tsp	5/8 Tsp	7/8 Tsp	3/8 Tbsp
Mustard, Prepared	1 Tbsp	2 1/2 Tbsp	3 1/2 Tbsp	1/3 Cup

**Procedures:**

- Note: Thoroughly chill all salad ingredients before mixing. combine potatoes, celery, onion, and chopped egg; mix lightly.
- Mix mayonnaise, relish, mustard, and seasoning; pour over potato mixture and mix to coat.
- Serve potato salad on clean, crisp lettuce if desired. Do not pack measure for proper yield.

**Notes:**

- IDDSI Help  
 This recipe contains fresh fruits and vegetables that are not suitable for IDDSI diets level 6 and below. Very few fruits (such as a banana) and no raw vegetables meet IDDSI criteria for diets level 6 and below.
- Omit Relish as it is anticipated that it will NOT pass IDDSI testing methods.
- Canned, diced, drained pimentos could be added for color.

# S&S Country Potato Salad

4. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.
5. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. 1/2 inch for adults (approx. 1/4 inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 0.5 Cup (106g)  Calories 152 Calories from Fat 79	<b>Total Fat</b>	9g		<b>14%</b>	<b>Total Carbohydrate</b>	16g	
		Saturated Fat 1g		<b>7%</b>		Dietary Fiber 1g		<b>5%</b>
		Trans Fat 0g				Sugars 6g		
		<b>Cholesterol</b>	56mg		<b>19%</b>	<b>Protein</b>	3g	
		<b>Sodium</b>	357mg		<b>15%</b>			
		Vitamin A 7%		Vitamin C 7%		Calcium 2%		Iron 3%
		Thiamin 4%		Riboflavin 6%		Niacin 3%		

\* Percent Daily Values are based on a 2,000 calorie diet.

# S&S Cranberry Oatmeal Muffin

Facility Recipe - Number: 1056

Baked Goods

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		12-15 minutes	400	

Portion Size: 1 #16

Pan Size: Muffin Pan

Ingredients	Servings			
	10	25	35	50
Oats, Rolled, Regular, Uncooked	7/8 Cup	2 1/4 Cup	3 1/8 Cup	1 1/8 Quart
Yogurt, Plain	7/8 Cup	2 1/4 Cup	3 1/8 Cup	1 1/8 Quart
Oil, Vegetable	1/2 Cup	1 1/8 Cup	1 5/8 Cup	2 1/4 Cup
Sugar	3 5/8 Tbsp	5/8 Cup	3/4 Cup	1 1/8 Cup
Brown Sugar, Light, packed	1/2 Cup	1 1/8 Cup	1 5/8 Cup	2 1/4 Cup
Egg	1 5/8 Oz	4 Oz	5 5/8 Oz	8 Oz
Flour, All Purpose	7/8 Cup	2 1/4 Cup	3 1/8 Cup	1 1/8 Quart
Salt	7/8 Tsp	3/4 Tbsp	1 1/10 Tbsp	1 1/2 Tbsp
Baking Powder	7/8 Tsp	3/4 Tbsp	1 1/10 Tbsp	1 1/2 Tbsp
Baking Soda	1/2 Tsp	3/8 Tbsp	1/2 Tbsp	3/4 Tbsp
Orange Rind, Grated	1 7/8 Tsp	1 1/2 Tbsp	2 1/8 Tbsp	3 Tbsp
Whole raw cranberries, chopped	2/3 Cup	1 2/3 Cup	2 3/8 Cup	3 3/8 Cup
Coconut Flakes	1/3 Cup	3/4 Cup	1 Cup	1 1/2 Cup

### Procedures:

1. Preheat oven to 400 degrees F.
2. In a large mixing bowl, mix oats and yogurt until oats are moist. Add oil, sugars, and egg. Beat until well blended.
3. In a separate bowl, sift dry ingredients; flour, salt, baking powder, baking soda, and orange rind.
4. Add dry mixture to wet, and fold until combined. Fold in cranberries and coconut.
5. Using a #16 scoop, portion batter into greased or paper lined muffin tins. Bake for 12-15 minutes or until done.

### Notes:

1. IDDSI Help  
Cranberries and coconut are not appropriate for IDDSI diets below Level 7 Regular, Omit, Serve pureed or substitute an equivalent item.

## **S&S Cranberry Oatmeal Muffin**

**Facility Recipe - Number: 1056**

**Baked Goods**

2. Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.

# S&S Creamy Green Chili Chicken Enchiladas

Facility Recipe - Number: 1197

Entrees-poultry

Enchiladas with a creamy sauce made with sour cream and cream soup.

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		30 minutes	350	

Portion Size: 1 Each

Pan Size:

Ingredients	Servings			
	10	25	35	50
Boneless, skinless, chicken, breasts	2 1/8 Lb	5 3/8 Lb	7 1/2 Lb	10 3/4 Lb
Onion, Fresh, Chopped	8 5/8 Oz	21 3/8 Oz	30 Oz	42 7/8 Oz
Cream Of Chicken Soup, Cndsd	7 1/2 Oz	18 3/4 Oz	26 1/4 Oz	37 1/2 Oz
Soup, Cream Of Mushroom, Canned, Condensed	7 1/2 Oz	18 3/4 Oz	26 1/4 Oz	37 1/2 Oz
Sauce, Enchilada, green	13 5/8 Oz	33 7/8 Oz	47 1/2 Oz	67 7/8 Oz
Chilies, Green, Chopped	5 3/4 Oz	14 1/4 Oz	20 Oz	28 5/8 Oz
Sour Cream	11 3/8 Oz	28 5/8 Oz	40 Oz	57 1/8 Oz
Shells, flour tortillas 8"	10 Each	25 Each	35 Each	50 Each
Cheese, Cheddar, Shredded	5/8 Lbs	1 1/2 Lbs	2 1/8 Lbs	3 1/8 Lbs

### Procedures:

1. Cook chicken and onions in a large pan until done.
2. Meanwhile, in a large bowl mix sauce; cream soups, enchilada sauce, green chilies, and sour cream.
3. Assemble enchiladas by combining 3 oz of chicken mixture, 1/2 cup of sauce and 3/4 oz of cheese, and one tortilla for each enchilada. The sauce and cheese can be divided between the middle and outside of the rolled tortilla.
4. Bake at 350 degrees for 30-45 minutes until heated through.

### Notes:

1. IDDSI Help  
Flour tortillas can be difficult to serve to IDDSI Diets below Level 7. Consult your SLP for more information.
2. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

# S&S Creamy Green Chili Chicken Enchiladas

Facility Recipe - Number: 1197

Entrees-poultry

3. **Mixed Consistencies**  
 This recipe contains a mixed consistency. Mixed consistencies are two different consistencies, a solid and a thin liquid, in the same food product such as canned fruit with juice, soup with chunks, or a fried egg with a runny center. Mixed consistencies are only allowed on level 7 Regular Diet. You must obtain Speech Language Pathologist (SLP) approval before giving to a level 6 diet or lower. To correct this recipe for IDDSI diets, you can puree the food (such as soup), thicken extremely thick or so thick the product does not run ( such as gravy or sauce) or serve drained (such as drained canned fruit). Some fruits are a mixed consistency in nature such as watermelon or mandarin oranges, that easily separate into water and solid in the mouth. These fruits can be served pureed or substituted for fruits that fit the diet descriptions.
  
4. **For Level 6 Soft and Bite Sized- Pieces** no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
**For Level 5 Minced and Moist- Pieces** should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
**For Level 4 Pureed-** Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 Each (259g)  <b>Calories</b> 426 Calories from Fat 221	<b>Total Fat</b>	25g		<b>38%</b>	<b>Total Carbohydrate</b>	36g	
		Saturated Fat 12g		<b>58%</b>		Dietary Fiber 1g		<b>5%</b>
		Trans Fat 0g				Sugars 4g		
		<b>Cholesterol</b> 57mg		<b>19%</b>	<b>Protein</b>	16g		
		<b>Sodium</b> 1169mg		<b>49%</b>				
		Vitamin A 20%		Vitamin C 115%	Calcium 36%			Iron 14%
		Thiamin 5%		Riboflavin 14%	Niacin 6%			

\* Percent Daily Values are based on a 2,000 calorie diet.



**S&S Crispy Cole Slaw**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 1/2 Cup

Pan Size:

Ingredients	Servings			
	10	25	35	50
Cabbage, shredded raw	23 Ounces	57 1/2 Ounces	80 1/2 Ounces	115 Ounces
Carrots, fresh shredded raw	1 1/4 Cup	3 1/8 Cup	1 1/10 Quart	1 1/2 Quart
Oil, Vegetable	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Vinegar, Cider	1 Cup	2 1/2 Cup	3 1/2 Cup	1 1/4 Quart
Sugar, Granulated	5 Tsp	1/4 Cup	3/8 Cup	1/2 Cup
Salt	1/8 Tsp	1/3 Tsp	3/8 Tsp	5/8 Tsp
Pepper, black	1/8 Tsp	1/3 Tsp	3/8 Tsp	5/8 Tsp

**Procedures:**

- Combine cabbage and carrots. Mix oil, vinegar, sugar, and seasoning; pour over cabbage mixture. Toss lightly, and serve chilled. Serve crisp and do not pack measure for proper yield.

**Notes:**

- IDDSI Help

This recipe contains fresh fruits and vegetables that are not suitable for IDDSI diets level 6 and below. Very few fruits (such as a banana) and no raw vegetables meet IDDSI criteria for diets level 6 and below.

Substitute an appropriate fruit/cooked vegetable.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 6g	<b>8%</b>	<b>Total Carbohydrate</b> 5g	<b>2%</b>
	Saturated Fat 0g	<b>2%</b>	Dietary Fiber 1g	<b>4%</b>
	Trans Fat 0g		Sugars 4g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 0g	
	<b>Sodium</b> 45mg	<b>2%</b>		
	Vitamin A 54%	Vitamin C 14%	Calcium 2%	Iron 1%
	Thiamin 2%	Riboflavin 1%	Niacin 1%	
	* Percent Daily Values are based on a 2,000 calorie diet.			

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 1 Each

Pan Size:

Ingredients	Servings			
	10	25	35	50
Dessert of Choice	10 Each	25 Each	35 Each	50 Each

**Notes:**

1. IDDSI Help  
Consult your Registered Dietitian, Speech Language Pathologist, or refer to the Diet Manual to determine the appropriateness for individual diets.
2. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

<b>Nutrition Facts</b> Serving Size 1 Each (119g)  Calories 319 Calories from Fat 145	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 16g	<b>25%</b>	<b>Total Carbohydrate</b> 39g	<b>13%</b>
	Saturated Fat 4g	<b>22%</b>	Dietary Fiber 1g	<b>3%</b>
	Trans Fat 0g		Sugars 14g	
	<b>Cholesterol</b> 60mg	<b>20%</b>	<b>Protein</b> 5g	
	<b>Sodium</b> 285mg	<b>12%</b>		
	Vitamin A 6%	Vitamin C 3%	Calcium 9%	Iron 7%
	Thiamin 11%	Riboflavin 14%	Niacin 6%	
	* Percent Daily Values are based on a 2,000 calorie diet.			

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 1/2 Cup

Pan Size:

Ingredients	Servings			
	10	25	35	50
Green Bell Peppers	3/8 Peppers	1 Peppers	1 1/2 Peppers	2 1/10 Peppers
Butter	2 2/3 Tbsp	3/8 Cups	5/8 Cups	7/8 Cups
Corn, Whole Kernel, Frozen	1 2/3 Pounds	4 1/8 Pounds	5 7/8 Pounds	8 1/3 Pounds
Red Bell Peppers,raw	1/10 Peppers	1/4 Peppers	1/3 Peppers	3/8 Peppers

**Procedures:**

1. Wash, seed & chop green and red bell peppers. Saute them in melted butter.
2. Boil or steam corn until tender. Drain well.
3. Combine corn, green & red peppers. Reheat for service.
4. Serve 1/2 cup portions with #8 scoop.

**Notes:**

1. IDDSI Help  
This recipe is not appropriate for IDDSI diets below Level 7 Regular. Substitute an appropriate vegetable if needed.

<b>Nutrition Facts</b> Serving Size 0.5 Cup (81g)  Calories 121 Calories from Fat 37	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 4g	<b>6%</b>	<b>Total Carbohydrate</b> 19g	<b>6%</b>
	Saturated Fat 2g	<b>10%</b>	Dietary Fiber 2g	<b>8%</b>
	Trans Fat 0g		Sugars 3g	
	<b>Cholesterol</b> 8mg	<b>3%</b>	<b>Protein</b> 3g	
	<b>Sodium</b> 3mg	<b>0%</b>		
	Vitamin A 6%	Vitamin C 10%	Calcium 1%	Iron 2%
	Thiamin 4%	Riboflavin 2%	Niacin 8%	
	* Percent Daily Values are based on a 2,000 calorie diet.			

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1/2 Cup

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Fresh Fruit	2 1/2 Pounds	6 1/4 Pounds	8 3/4 Pounds	12 1/2 Pounds

**Procedures:**

1. Under Cool Running Water, Wash And Clean Fruit.

**Notes:**

1. Note: Fresh Fruit May Include; Strawberries, Grapes, Apples, Oranges, Melon, Peaches, Apricots, Bananas, Kiwi, Pears And Nectarines.
2. IDDSI Help  
Some fruits are not appropriate for IDDSI diets below level 7 Regular, such as grapes, raw apples, and pineapple. For diets below Regular, Level 7 also consider the following; fibrous parts of the fruit are also not appropriate, all fruit must be drained and fruits with high water content (such as watermelon and mandarin oranges) that separate into water and solids in the mouth are not allowed. Fruits that are allowed must be ripe and soft enough to pass the IDDSI fork and spoon tests. If they cannot pass at the diet level ordered, you can serve the food at a lower diet category. For example if cantaloupe is not tender enough to pass at Level 6 soft and bite size, you can serve it minced moist (level 5) or Pureed (Level 4). Try to serve the fruit at the highest level, least modified that is appropriate. For example you can try thinly slicing before mincing or pureeing.
3. Serve #8 Scoop Or 1 Piece Of Fruit Per Portion To Equal 1/2 Cup.
4. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.
5. Renal or Liberal Renal Diets- Apples, Grapes, Pears, Peaches Or Strawberries May Be Used. Do Not Serve Bananas, Melons, Apricots, Kiwi, Nectarines And Oranges.

- 6. This recipe may need some modifications in order to meet IDDSI diets. Please consider the following; First of all, foods must not have any liquid that separates from solids when placed on the plate or it is considered a mixed consistency. Also consider condiments that would be served with the food. For example; butter served with a baked potato would melt and cause a mixed consistency (a solid and liquid in the same food). Also consider the restrictions of each diet level.
- 7. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	<b>Total Fat</b>	0g		<b>0%</b>	<b>Total Carbohydrate</b>	23g		<b>8%</b>
	Saturated Fat	0g		<b>0%</b>	Dietary Fiber	1g		<b>5%</b>
	Trans Fat	0g			Sugars	22g		
	<b>Cholesterol</b>	0mg		<b>0%</b>	<b>Protein</b>	0g		
	<b>Sodium</b>	7mg		<b>0%</b>				
	Vitamin A	5%	Vitamin C	4%	Calcium	1%	Iron	2%
	Thiamin	1%	Riboflavin	1%	Niacin	2%		
	* Percent Daily Values are based on a 2,000 calorie diet.							
	Serving Size 0.5 Cup (124g)							
<b>Calories</b> 91								
Calories from Fat 1								

# S&S Frosted Sugar Cookie Bars

Facility Recipe - Number: 1283

Desserts-cookies

40 Servings per 1/2 sheet pan.

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		10-15 minutes	375	

Portion Size: 1 Each

Pan Size: 1/2 Sheet Pan

Ingredients	Servings			
	10	25	35	50
Butter	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Sugar	1/2 Cups	1 1/4 Cup	1 3/4 Cup	2 1/2 Cup
Eggs	1 3/4 Oz	4 3/8 Oz	6 1/8 Oz	8 3/4 Oz
Extract, Vanilla	1/2 Tsp	1 1/4 Tsp	1 3/4 Tsp	7/8 Tbsp
Flour, All Purpose	1 1/4 Cup	3 1/8 Cup	4 3/8 Cup	1 1/2 Quart
Salt	1/4 Tsp	5/8 Tsp	7/8 Tsp	3/8 Tbsp
Baking Soda	1/2 Tsp	1 1/4 Tsp	1 3/4 Tsp	7/8 Tbsp
Butter	1 Tbsp	2 1/2 Tbsp	3 1/2 Tbsp	1/3 Cup
Cheese, Cream softened	1 1/8 Oz	2 3/4 Oz	3 7/8 Oz	5 5/8 Oz
Extract, Vanilla	1/4 Tsp	5/8 Tsp	7/8 Tsp	3/8 Tbsp
Powdered Sugar	7/8 Cup	2 1/8 Cup	3 1/10 Cup	1 1/10 Quart
Milk, 2% Fat	1/4 Tbsp	5/8 Tbsp	7/8 Tbsp	1 1/4 Tbsp

### Procedures:

1. Preheat oven to 375 degrees.
2. Cream the first listed butter and sugar until light and fluffy. Gradually add eggs. Add first listed vanilla.
3. Meanwhile, mix the dry ingredients together in a separate bowl. Slowly add to the wet ingredients. Stir until just combined.
4. Press the mixture into a greased sheet pan. 1/2 Sheet pan = 40 servings. Bake at 375 for 10-15 minutes.
5. Meanwhile, prepare frosting. Combine softened butter and softened cream cheese in a mixing bowl. Add vanilla extract. Add powdered sugar alternately with milk. Adjust milk or powdered sugar if needed to achieve desired consistency. Dye a color of choice if desired.
6. After bars have baked and cooled, Frost with Frosting. Garnish with colorful sprinkles if desired.
7. Cut each 1/2 sheet pan into 40 servings. Serve 1 bar per serving.

### Notes:

1. Try different flavored extract if desired.

# S&S Frosted Sugar Cookie Bars

2. **IDDSI Help**  
Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.
3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.
4. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 7g	<b>12%</b>	<b>Total Carbohydrate</b> 33g	<b>11%</b>
Saturated Fat 4g	<b>22%</b>	Dietary Fiber 0g	<b>2%</b>	
Trans Fat 0g		Sugars 20g		
<b>Cholesterol</b> 37mg	<b>12%</b>	<b>Protein</b> 3g		
<b>Sodium</b> 190mg	<b>8%</b>			
Vitamin A 5%	Vitamin C 0%	Calcium 1%	Iron 5%	
Thiamin 8%	Riboflavin 7%	Niacin 5%		

\* Percent Daily Values are based on a 2,000 calorie diet.

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 1 ea

Pan Size:

Ingredients	Servings			
	10	25	35	50
Fruit Danish, premade, 2.5 oz	10 ea	25 ea	35 ea	50 ea

**Procedures:**

1. Serve each Danish according to package directions.

**Notes:**

1. IDDSI Help  
Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.

<b>Nutrition Facts</b> Serving Size 1 ea (71g) Calories 263 Calories from Fat 118	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 13g	<b>20%</b>	<b>Total Carbohydrate</b> 34g	<b>11%</b>
	Saturated Fat 3g	17%	Dietary Fiber 1g	5%
	Trans Fat 0g		Sugars 20g	
	<b>Cholesterol</b> 81mg	<b>27%</b>	<b>Protein</b> 4g	
	<b>Sodium</b> 251mg	<b>10%</b>		
	Vitamin A 1%	Vitamin C 5%	Calcium 3%	Iron 7%
	Thiamin 12%	Riboflavin 9%	Niacin 7%	
	* Percent Daily Values are based on a 2,000 calorie diet.			



**S&S Fruit Pizza**

Facility Recipe - Number: 1168

Desserts-fruit

A flaky crust covered with colorful fruit, and topped with a pineapple glaze.

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
			350	2 hours

**Portion Size:** 1 Square

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Flour	1 Cups	2 1/2 Cup	3 1/2 Cup	1 1/4 Quart
Sugar, powdered (confectionary)	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Margarine	1/2 Cup	1 1/4 Cup	1 3/4 Cup	2 1/2 Cup
Cheese, Cream softened	4 Oz	10 Oz	14 Oz	20 Oz
Sugar	2 5/8 Tbsp	3/8 Cup	5/8 Cup	7/8 Cup
Extract, Almond	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp
Assorted fresh fruit	2 1/2 Cup	1 1/2 Quart	2 1/8 Quart	3 1/8 Quart
Sugar	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Cornstarch	1 Tbsp	2 1/2 Tbsp	3 1/2 Tbsp	1/3 Cup
Pineapple Juice, Canned	1/2 Cup	1 1/4 Cup	1 3/4 Cup	2 1/2 Cup
Lemon Juice	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp

**Procedures:**

1. In a food processor, combine flour, powdered sugar and margarine. Cut until crumbly. Press into a greased sheet pan, or round tart pans if desired. Bake at 350 for 10-12 minutes until very lightly browned. Let cool.
2. In a small mixing bowl, beat the softened cream cheese sugar, and almond extract. Beat until smooth. Spread over crust.
3. Arrange prepared fruit over the top of cream cheese mixture.
4. For glaze, in a small sauce pan, combine sugar, and cornstarch. Stir in pineapple juice and lemon juice until smooth. Bring to a boil. Cook and stir for a few more minutes until thickened. Cool slightly. Drizzle over fruit. Refrigerate until chilled. Slice and serve, 1 slice per serving.

**Notes:**

1. A variety of colorful fresh and or canned fruit is expected, such as strawberries, mandarin oranges, blueberries, kiwi, etc. At least 3 different colorful fruits.
2. If desired, Use canned pineapple as one of the fruit choices, and reserve the juice for the glaze.

3. **IDDSI Help**  
Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.
4. Some fruits may be problematic for IDDSI diets; blueberries because of their skins, mandarin oranges because of mixed consistencies, and pineapple due to toughness. This is not a complete list, reference additional materials if needed.
5. **Mixed Consistencies**  
This recipe contains a mixed consistency. Mixed consistencies are two different consistencies, a solid and a thin liquid, in the same food product such as canned fruit with juice, soup with chunks, or a fried egg with a runny center. Mixed consistencies are only allowed on level 7 Regular Diet. You must obtain Speech Language Pathologist (SLP) approval before giving to a level 6 diet or lower. To correct this recipe for IDDSI diets, you can puree the food (such as soup), thicken extremely thick or so thick the product does not run (such as gravy or sauce) or serve drained (such as drained canned fruit). Some fruits are a mixed consistency in nature such as watermelon or mandarin oranges, that easily separate into water and solid in the mouth. These fruits can be served pureed or substituted for fruits that fit the diet descriptions.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>		
	<b>Total Fat</b>	13g		<b>21%</b>	<b>Total Carbohydrate</b>	37g		<b>12%</b>	
		Saturated Fat 4g		<b>20%</b>		Dietary Fiber 2g		<b>7%</b>	
		Trans Fat 2g				Sugars 20g			
		<b>Cholesterol</b>	12mg		<b>4%</b>	<b>Protein</b>	3g		
		<b>Sodium</b>	123mg		<b>5%</b>				
	Serving Size 1 Square (116g)	Vitamin A 12%		Vitamin C 10%		Calcium 2%		Iron 2%	
	<b>Calories</b> 270	Thiamin 3%		Riboflavin 4%		Niacin 3%			
	Calories from Fat 120								
	* Percent Daily Values are based on a 2,000 calorie diet.								

**S&S German Sausage (Split) on a Bun**

Facility Recipe - Number: 1548

Entrees-beef

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 1 Each

Pan Size:

Ingredients	Servings			
	10	25	35	50
Hot Dog Rolls	10 Each	25 Each	35 Each	50 Each
German Sausage	10 Each	25 Each	35 Each	50 Each

**Procedures:**

1. Cook split (down the length to decrease choking hazard) sausages on grill or by desired method until reach an internal temperature of 165 degrees.
2. Serve 1 sausage on a bun.

**Notes:**

1. IDDSI Help  
This recipe includes a bread product that must be pre-gelled (also known as slurried) on diet levels below level 7 to help soften it to the right texture. Complementary liquids should be used (such as maple syrup for a pancake) and mixed with commercial thickeners. If done correctly, the end product should feel like pudding in the mouth. There can be no liquid separating from the product to avoid a mixed consistency.
2. If sausage has a casing or skin it must be removed.
3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

**S&S German Sausage (Split) on a Bun**

**Facility Recipe - Number: 1548**

**Entrees-beef**

4. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	Serving Size 1 Each (113g)  Calories 356 Calories from Fat 229	<b>Total Fat</b> 25g	<b>39%</b>	<b>Total Carbohydrate</b> 16g
Saturated Fat 9g		<b>45%</b>	Dietary Fiber 1g	<b>2%</b>
Trans Fat 0g			Sugars 2g	
<b>Cholesterol</b> 60mg		<b>20%</b>	<b>Protein</b> 15g	
<b>Sodium</b> 887mg		<b>37%</b>		
Vitamin A 0%		Vitamin C 2%	Calcium 6%	Iron 12%
Thiamin 41%		Riboflavin 11%	Niacin 21%	
* Percent Daily Values are based on a 2,000 calorie diet.				

**S&S Green Bean Casserole**

Facility Recipe - Number: 1211

Entrees-casseroles

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		30 Min/30 Min	300°F	

**Portion Size:** 1/2 Cup

**Pan Size:** 12x20x2" Pan

Ingredients	Servings			
	10	25	35	50
Beans, Green, Cut, Reg, Frz	1 1/2 Lbs	3 3/4 Lbs	5 1/4 Lbs	7 1/2 Lbs
Butter	1 1/4 Oz	3 Oz	4 1/8 Oz	6 Oz
Mushrooms, Fresh, Cut Slices	1/3 Lb	3/4 Lb	1 Lb	1 1/2 Lb
Soup, Cream Of Mushroom, Canned, Condensed	1 1/4 Cup	3 Cup	4 1/8 Cup	6 Cup
Milk, Whole	1/2 Cups	1 1/8 Cup	1 5/8 Cup	2 1/4 Cup
Cheese, Cheddar, Shredded	2 3/8 Oz	6 Oz	8 3/8 Oz	11 7/8 Oz
Water Chestnuts, Cnd, Drnd	3 5/8 Oz	9 Oz	12 1/2 Oz	17 7/8 Oz
Onions, French Fried, Cnd	2 1/10 Oz	5 1/4 Oz	7 1/3 Oz	10 1/2 Oz

**Procedures:**

1. Steam green beans until tender crisp.
2. Drain water chestnuts. Slice.
3. Saute mushrooms in butter.
4. Blend mushroom soup and milk.
5. Combine cooked green beans, sauteed mushrooms, cream soup, milk and sliced water chestnuts.
6. Pour into ungreased 12 X 20 X 2" pans.
7. Sprinkle cheese over pans. Bake 30 minutes.
8. Sprinkle onions over bean mixture.
9. Bake at 300°F for 30 minutes.
10. Serve a 1/2 cup portion, using a #8 scoop.

**Notes:**

1. **IDDSI Help**  
This recipe contains vegetables that are not suitable (Such as water chestnuts and fried onions) for IDDSI diets below level 7 Regular. Omit problematic vegetables and modify recipe or serve a different appropriate vegetable.
  
2. **Mixed Consistencies**  
This recipe contains a mixed consistency. Mixed consistencies are two different consistencies, a solid and a thin liquid, in the same food product such as canned fruit with juice, soup with chunks, or a fried egg with a runny center. Mixed consistencies are only allowed on level 7 Regular Diet. You must obtain Speech Language Pathologist (SLP) approval before giving to a level 6 diet or lower. To correct this recipe for IDDSI diets, you can puree the food (such as soup), thicken extremely thick or so thick the product does not run ( such as gravy or sauce) or serve drained (such as drained canned fruit). Some fruits are a mixed consistency in nature such as watermelon or mandarin oranges, that easily separate into water and solid in the mouth. These fruits can be served pureed or substituted for fruits that fit the diet descriptions.
  
3. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.
  
4. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

**S&S Green Bean Casserole**

**Facility Recipe - Number: 1211**

**Entrees-casseroles**

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 0.5 Cup (133g)  Calories 127 Calories from Fat 72	<b>Total Fat</b>	8g		<b>12%</b>	<b>Total Carbohydrate</b>	10g	
		Saturated Fat 4g		<b>20%</b>		Dietary Fiber 2g		<b>8%</b>
		Trans Fat 0g				Sugars 3g		
		<b>Cholesterol</b>	15mg		<b>5%</b>	<b>Protein</b>	4g	
		<b>Sodium</b>	291mg		<b>12%</b>			
		Vitamin A 9%		Vitamin C 13%		Calcium 9%		Iron 6%
		Thiamin 6%		Riboflavin 10%		Niacin 5%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

**S&S Green Garden Salad (Facility Choice)**

Facility Recipe - Number: 270

Salads-leafy

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 1 Cup

Pan Size:

Ingredients	Servings			
	10	25	35	50
Lettuce, choice of leaves	1 3/8 Lbs	3 1/2 Lbs	4 7/8 Lbs	7 Lbs
Salad ingredients, choice of	5/8 Lbs	1 1/2 Lbs	2 1/10 Lbs	3 Lbs
Salad Garnish, as needed	10 Each	25 Each	35 Each	50 Each
Salad Dressing, Choice of	1/4 Qt	5/8 Qt	7/8 Qt	1 1/4 Qt

**Procedures:**

1. Select one or more types of lettuce or salad greens. Rinse with cold water and place in refrigerator to crisp.
2. Select various salad toppings which may include some of the following suggestions; asparagus, artichokes, avocado, bean sprouts, garbanzo beans, broccoli, cabbage, carrots, cauliflower, celery, cucumbers, green onions, sweet peppers, mushrooms, green peas, radishes, tomatoes, water chestnuts or zucchini.
3. Consider a garnish such as alfalfa sprouts, bacon, cheese, croutons, hard cooked eggs, olives, onion rings (fresh or fried), parsley, sunflower seeds, dried fruit, etc.

**Notes:**

1. For RCS-No croutons, No dried fruit, Do not exceed 1 Tbsp of Dressing.
2. For Renal- No tomatoes, No croutons, No Nuts, No cheese, No cottage cheese, No Olives. For dressing, low salt or blend 1 tsp olive oil with 1 tsp balsamic vinegar.
3. For 2 gm Na- No croutons, No Cheese, No Olives. For dressing, low salt or blend 1 tsp olive oil with 1 tsp balsamic vinegar.
4. AHA/ Cardiac- No croutons, No Nuts, No cheese, No bacon, No Hard Boiled Eggs, No olives, No fried onions. For dressing- low fat low salt or blend of 1 tsp olive oil with 1 tsp balsamic vinegar.
5. Gluten Restricted- No croutons, No breaded onion rings. For dressing gluten free or 1 tsp Olive oil with 1 tsp balsamic vinegar.
6. Hi Cal/Fortified- Add ~ 1 Tbsp nuts, cheese, &/or dried fruit. Any dressing.
7. Thickened Liquids- Blend and thicken salad and dressing to desired consistency, or substitute V-8 juice.



**S&S Green Garden Salad (Facility Choice)**

- 8. RCS/Renal- No tomatoes, No croutons, No nuts, No cheese, No cottage cheese, No dried fruit. Dressing Low salt or blend 1 tsp olive oil with 1 tsp balsamic vinegar.
- 9. Low-Fat- No croutons, No Nuts, No Cheese, No bacon, No Eggs, No olives, No fried items. Dressing Fat Free.
- 10. Low Lactose- No cottage cheese, No cheese, use Italian Dressing.
- 11. 1800 kcal ADA- No croutons, No nuts, No cheese, No cottage cheese, No dried fruit, No Olives, No bacon, No eggs, No fried garnish. Do not exceed 1 tsp dressing.
- 12. High Protein- Add ~ 1 Tbsp nuts, egg, and/or Cheese. Any dressing.
- 13. IDDSI Help  
This recipe contains fresh fruits and vegetables that are not suitable for IDDSI diets level 6 and below. Very few fruits (such as a banana) and no raw vegetables meet IDDSI criteria for diets level 6 and below.
- 14. These above food lists are general guidelines, refer to specific diet for further details.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	<b>Total Fat</b>	12g		<b>19%</b>	<b>Total Carbohydrate</b>	2g		<b>1%</b>
		Saturated Fat 2g		<b>10%</b>		Dietary Fiber 0g		<b>1%</b>
		Trans Fat 0g				Sugars 1g		
		<b>Cholesterol</b>	8mg		<b>3%</b>	<b>Protein</b>	0g	
		<b>Sodium</b>	267mg		<b>11%</b>			
		Vitamin A 23%		Vitamin C 4%		Calcium 1%		Iron 2%
		Thiamin 2%		Riboflavin 1%		Niacin 0%		
	Serving Size 1 Cup (39g)							
	<b>Calories</b> 118							
Calories from Fat 111								

\* Percent Daily Values are based on a 2,000 calorie diet.

**S&S Grilled Patty Melt Sandwich**

Facility Recipe - Number: 188

Lunch-sandwiches

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1 Sandwich

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Cheese, Cheddar, slices	10 Each	25 Each	35 Each	50 Each
Cheese, Swiss sliced	10 Ounces	25 Ounces	35 Ounces	50 Ounces
Beef Patties, raw frozen	10 Each	25 Each	35 Each	50 Each
Onions, fresh thinly sliced raw	2 1/2 Cup	1 1/2 Quart	2 1/8 Quart	3 1/8 Quart
Dressing, 1000 Island	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Bread slices, choice of	20 Each	50 Each	70 Each	100 Each
Butter, Melted	2 Ounces	5 Ounces	7 Ounces	10 Ounces

**Procedures:**

1. Saute onions in 2 tablespoons butter until translucent and lightly golden. Remove from pan.
2. Grill or bake hamburger patty to 165 degrees. Make sandwiches thousand island dressing, cheese, hamburger patty and onions. Butter the outside of the sandwich and grill or fry until bread is crisp but not burnt. Turn over and do the same. Cheese should be well melted.
3. Slice diagonally and serve.

**Notes:**

1. IDDSI Help  
Do not grill the sandwich before pre-gelling for IDDSI diets below Level 7 Regular. This recipe includes a bread product that must be pre-gelled (also known as slurried) on diet levels below level 7 to help soften it to the right texture. Complementary liquids should be used (such as maple syrup for a pancake) and mixed with commercial thickeners. If done correctly, the end product should feel like pudding in the mouth. There can be no liquid separating from the product to avoid a mixed consistency. Some cakes, quick breads, muffins and desserts also need to be pre-gelled or can be appropriate if served moistened and cut to the appropriate size for the diet. Please contact your Speech Language Pathologist (SLP) for more information.

**S&S Grilled Patty Melt Sandwich**

2. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.
3. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

<b>Nutrition Facts</b> Serving Size 1 Sandwich (243g) <b>Calories</b> 600 Calories from Fat 372	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 41g	<b>64%</b>	<b>Total Carbohydrate</b> 26g	<b>9%</b>
	Saturated Fat 21g	<b>104%</b>	Dietary Fiber 5g	<b>20%</b>
	Trans Fat 0g		Sugars 5g	
	<b>Cholesterol</b> 121mg	<b>40%</b>	<b>Protein</b> 34g	
	<b>Sodium</b> 552mg	<b>23%</b>		
	Vitamin A 14%	Vitamin C 4%	Calcium 49%	Iron 21%
	Thiamin 18%	Riboflavin 29%	Niacin 28%	
	* Percent Daily Values are based on a 2,000 calorie diet.			

**S&S Grilled Roast Beef & Cheddar Sandwich\***

Facility Recipe - Number: 1124

Lunch-sandwiches

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 1 Each

Pan Size:

Ingredients	Servings			
	10	25	35	50
Roast Beef, Ckd, Slcd Thin	30 Ounces	75 Ounces	105 Ounces	150 Ounces
Cheese, cheddar sliced	10 Ounces	25 Ounces	35 Ounces	50 Ounces
Bread slices, choice of	20 Each	50 Each	70 Each	100 Each
Margarine	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup

**Procedures:**

- Place 3 oz of roast beef and 1 oz of cheese on 1 slice of bread and top with another slice of bread. Spread butter or margarine evenly over the outside of the sandwich. Grill until bread is a golden brown and cheese begins to melt and a product temperature of 145 degrees F (62.8 degrees C) or higher is reached for 15 seconds.

**Notes:**

- IDDSI Help  
It is not anticipated that Grilled sandwich will pass IDDSI testing methods. Substitute an appropriate sandwich with pre-gelled bread and filling meeting diet criteria or serve pureed.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 15g	<b>24%</b>	<b>Total Carbohydrate</b> 21g	<b>7%</b>
	Saturated Fat 7g	<b>36%</b>	Dietary Fiber 4g	<b>18%</b>
	Trans Fat 1g		Sugars 2g	
	<b>Cholesterol</b> 34mg	<b>11%</b>	<b>Protein</b> 13g	
	<b>Sodium</b> 530mg	<b>22%</b>		
	Vitamin A 10%	Vitamin C 0%	Calcium 25%	Iron 10%
	Thiamin 13%	Riboflavin 16%	Niacin 11%	
	* Percent Daily Values are based on a 2,000 calorie diet.			
	Serving Size 1 Each (89g)			
<b>Calories</b> 261				
Calories from Fat 139				

**S&S Hard Boiled Eggs**

Facility Recipe - Number: 594

Breakfast-entrees

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 1 Each

Pan Size:

Ingredients	Servings			
	10	25	35	50
Eggs, Fresh	10 Each	25 Each	35 Each	50 Each
Water, Cold	1/3 Gal	3/4 Gal	1 Gal	1 1/2 Gal
Parsley Sprigs	10 Each	25 Each	35 Each	50 Each

**Procedures:**

1. Cover Eggs With Hot Water. Simmer 10 - 15 Minutes.
2. Remove From Water. Peel And Serve Immediately.
3. Or, Immerse Eggs In Cold Water And Set Aside For Later Use.

**Notes:**

1. IDDSI Help  
 For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. 1/2 inch for adults (approx. 1/4 inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds it shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.
2. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

**S&S Hard Boiled Eggs**

**Facility Recipe - Number: 594**

**Breakfast-entrees**

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>		
	Serving Size 1 Each (163g)  Calories 70 Calories from Fat 42	<b>Total Fat</b>	5g		<b>7%</b>	<b>Total Carbohydrate</b>	0g		<b>0%</b>
		Saturated Fat 2g		<b>8%</b>		Dietary Fiber 0g		<b>0%</b>	
		Trans Fat 0g				Sugars 0g			
		<b>Cholesterol</b>	181mg		<b>60%</b>	<b>Protein</b>	6g		
		<b>Sodium</b>	74mg		<b>3%</b>				
		Vitamin A 7%		Vitamin C 2%		Calcium 3%		Iron 5%	
		Thiamin 1%		Riboflavin 13%		Niacin 0%			
		* Percent Daily Values are based on a 2,000 calorie diet.							

**S&S Hashbrown Casserole**

Facility Recipe - Number: 1137

Starch-potatoes

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		30-40 minutes	350	

**Portion Size:** 1 #8 Scoop

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Onion, Diced	6 7/8 Oz	17 1/3 Oz	24 1/4 Oz	34 5/8 Oz
Garlic Clove, fresh minced	1 7/8 ea	4 3/4 ea	6 3/4 ea	9 5/8 ea
Butter	3/4 Tbsp	1 7/8 Tbsp	2 2/3 Tbsp	3 7/8 Tbsp
Potatoes, Hashbrown, Frzn	1 1/3 Lbs	3 3/8 Lbs	4 3/4 Lbs	6 3/4 Lbs
Sour Cream	1 1/2 Cup	3 7/8 Cup	1 1/3 Quart	1 7/8 Quart
Cream Of Chicken Soup, Cnstd	1/2 Lbs	1 1/4 Lbs	1 3/4 Lbs	2 5/8 Lbs
Cheddar Cheese, shredded	1 3/4 Cup	1 1/10 Quart	1 1/2 Quart	2 1/8 Quart
Salt	1/4 Tsp	1/2 Tsp	2/3 Tsp	1 Tsp
Black Pepper, ground	1/4 Tsp	1/2 Tsp	2/3 Tsp	1 Tsp

**Procedures:**

1. Preheat oven to 350 degrees F.
2. In a large skillet, melt butter over medium heat. Add onion and garlic and saute until onion is translucent and garlic is fragrant. Remove from heat.
3. Mix all ingredients, including the sauteed onions together, until evenly distributed. Spread the mixture into a greased baking dish.
4. Bake at 350 degrees for 30-40 minutes or until heated through.
5. Serve 1/2 cup portions using a #8 scoop.

**Notes:**

1. Cream of Mushroom Soup may be substituted for the Cream of Chicken.
2. IDDSI Help  
This recipe may need some modifications in order to meet IDDSI diets. Please consider the following; First of all, foods must not have any liquid that separates from solids when placed on the plate or it is considered a mixed consistency. Also consider condiments that would be served with the food. For example; butter served with a baked potato would melt and cause a mixed consistency (a solid and liquid in the same food). Also consider the restrictions of each diet level.

**S&S Hashbrown Casserole**

**Starch-potatoes**

3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.
4. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

<b>Nutrition Facts</b> Serving Size 1 #8 Scoop (151g) <b>Calories</b> 231 Calories from Fat 145	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	<b>Total Fat</b>	16g		<b>25%</b>	<b>Total Carbohydrate</b>	15g		<b>5%</b>
		Saturated Fat 9g		<b>46%</b>		Dietary Fiber 1g		<b>4%</b>
		Trans Fat 0g				Sugars 2g		
		<b>Cholesterol</b>	43mg	<b>14%</b>	<b>Protein</b>	8g		
		<b>Sodium</b>	373mg	<b>16%</b>				
		Vitamin A 9%		Vitamin C 10%	Calcium 19%		Iron 6%	
		Thiamin 6%		Riboflavin 9%	Niacin 6%			
		* Percent Daily Values are based on a 2,000 calorie diet.						



**S&S Herb Stuffing**

**Facility Recipe - Number: 103**

**Misc.-other**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		50-60 minutes	325 degrees F	

**Portion Size:** 8 Dipper

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Bread cubes, white	20 Ounces	50 Ounces	70 Ounces	100 Ounces
Onions, fresh mincd	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Parsley, fresh chopped	3 Tbsp	1/2 Cup	2/3 Cup	7/8 Cup
Sage, Ground	1 Tsp	7/8 Tbsp	1 1/8 Tbsp	1 2/3 Tbsp
Thyme	1 Tsp	7/8 Tbsp	1 1/8 Tbsp	1 2/3 Tbsp
Rosemary, Dried	1 Tsp	7/8 Tbsp	1 1/8 Tbsp	1 2/3 Tbsp
Salt	1/8 Tsp	1/3 Tsp	3/8 Tsp	5/8 Tsp
Butter	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Water, Boiling	5/8 Cup	1 1/2 Cup	2 1/8 Cup	3 1/8 Cup
Soup Base, Chicken (LS or homemade stock)	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp

**Procedures:**

- Combine all ingredients; toss lightly to mix. Put dressing into a baking dish or pan sprayed with food spray. Bake, covered, in moderate oven of 325 degrees F (165 degrees C) for 50-60 minutes and until a final stuffing temperature reaches 165 degrees F (73.9 degrees C) or higher for 15 seconds.

**Notes:**

- IDDSI Help

All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

**S&S Herb Stuffing**

- 2. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 8 Dipper (82g)  Calories 194 Calories from Fat 58	<b>Total Fat</b>	6g		<b>10%</b>	<b>Total Carbohydrate</b>	28g	
		Saturated Fat 3g		<b>17%</b>		Dietary Fiber 2g		<b>7%</b>
		Trans Fat 0g				Sugars 3g		
		<b>Cholesterol</b>	12mg		<b>4%</b>	<b>Protein</b>	5g	
		<b>Sodium</b>	333mg		<b>14%</b>			
		Vitamin A 5%		Vitamin C 3%		Calcium 16%		Iron 13%
		Thiamin 20%		Riboflavin 8%		Niacin 14%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

# S&S Hot Brown Turkey Sandwich

Facility Recipe - Number: 1424

Entrees-poultry

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 1 Each

Pan Size:

Ingredients	Servings			
	10	25	35	50
Butter	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Flour	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Milk, 2% Fat	1 Cup	2 1/2 Cup	3 1/2 Cup	1 1/4 Quart
Broth, Chicken	1 Cup	2 1/2 Cup	3 1/2 Cup	1 1/4 Quart
Sauce, Worcestershire	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp
Cheddar Cheese, shredded	3/4 Cup	1 7/8 Cup	2 5/8 Cup	3 3/4 Cup
Salt	1/8 Tsp	1/3 Tsp	3/8 Tsp	5/8 Tsp
Pepper, White, Ground	1/8 Tsp	1/3 Tsp	1/2 Tsp	2/3 Tsp
Bread, Toasted	10 ea	25 ea	35 ea	50 ea
Turkey, Cooked, Sliced	30 Oz	75 Oz	105 Oz	150 Oz
Bacon Slices, Cooked	10 Each	25 Each	35 Each	50 Each
Tomato Slices, Thin	20 Each	50 Each	70 Each	100 Each
Cheese, Parmesan shredded	5/8 Cup	1 5/8 Cup	2 1/4 Cup	3 1/8 Cup

## Procedures:

1. In a large sauce pan, melt butter over low heat. Stir in flour until smooth; gradually add milk, chicken broth and Worcestershire Sauce. Bring to a boil. Cook and stir for a few minutes or until thickened. Let cool slightly, then stir in cheese, salt and white pepper. Stir until cheese is melted and remove from the heat.
2. Meanwhile, Place sliced turkey in the oven to heat through.
3. To assemble sandwiches. Place slices of toast on baking sheet. Layer each with 3 oz of warmed turkey, #16 of cheese sauce, 1 slice of bacon, cut in 1/2 to form 2 strips, 2 slices tomatoes, and 1 Tbsp Parmesan Cheese.
4. Place sandwiches in oven and broil or set the oven at a high temperature for 3-4 minutes or until cheese is melted. Serve 1 open faced sandwich per person.

**Notes:**

1. **IDDSI Help**  
This recipe includes a bread product that must be pre-gelled (also known as slurried) on diet levels below level 7 to help soften it to the right texture. Complementary liquids should be used (such as maple syrup for a pancake) and mixed with commercial thickeners. If done correctly, the end product should feel like pudding in the mouth. There can be no liquid separating from the product to avoid a mixed consistency.
2. It is anticipated that bacon will NOT pass IDDSI testing methods. Omit or substitute an appropriate alternate protein.
3. This recipe contains raw vegetables that are not suitable for IDDSI diets below level 7 Regular. Very few fruits (such as a banana) and no raw vegetables meet IDDSI criteria for diets below Level 7 Regular.
4. **Mixed Consistencies**  
This recipe contains a mixed consistency. Mixed consistencies are two different consistencies, a solid and a thin liquid, in the same food product such as canned fruit with juice, soup with chunks, or a fried egg with a runny center. Mixed consistencies are only allowed on level 7 Regular Diet. You must obtain Speech Language Pathologist (SLP) approval before giving to a level 6 diet or lower. To correct this recipe for IDDSI diets, you can puree the food (such as soup), thicken extremely thick or so thick the product does not run ( such as gravy or sauce) or serve drained (such as drained canned fruit). Some fruits are a mixed consistency in nature such as watermelon or mandarin oranges, that easily separate into water and solid in the mouth. These fruits can be served pureed or substituted for fruits that fit the diet descriptions.
5. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

**S&S Hot Brown Turkey Sandwich**

- 6. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	<b>Total Fat</b>	16g		<b>24%</b>	<b>Total Carbohydrate</b>	21g		<b>7%</b>
		Saturated Fat 8g		<b>39%</b>		Dietary Fiber 2g		<b>6%</b>
		Trans Fat 0g				Sugars 5g		
		<b>Cholesterol</b> 80mg		<b>27%</b>	<b>Protein</b>	27g		
		<b>Sodium</b> 1399mg		<b>58%</b>				
		Vitamin A 10%		Vitamin C 7%	Calcium 21%			Iron 10%
		Thiamin 14%		Riboflavin 16%	Niacin 48%			
		* Percent Daily Values are based on a 2,000 calorie diet.						

Serving Size 1 Each (223g)  
**Calories** 338  
 Calories from Fat 142

**S&S House-made Banana Cream Pudding\***

Facility Recipe - Number: 793

Desserts-pudding

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 1/2 Cup

Pan Size:

Ingredients	Servings			
	10	25	35	50
Milk, Whole (hot-180 F)	3 3/4 Cup	5/8 Gal	7/8 Gal	1 1/4 Gal
Sugar, Granulated	1/4 Lb	5/8 Lb	7/8 Lb	1 1/4 Lb
Cake Flour, Sifted	1/8 Lb	1/3 Lb	3/8 Lb	5/8 Lb
Salt	1/4 Tsp	5/8 Tsp	7/8 Tsp	1 1/4 Tsp
Milk, Whole	3/8 Cups	7/8 Cups	1 1/4 Cup	1 3/4 Cup
Eggs, Beaten	1 3/4 Each	4 1/2 Each	6 1/4 Each	8 7/8 Each
Yellow Coloring	1/2 Tsp	1 1/4 Tsp	1 2/3 Tsp	2 3/8 Tsp
Vanilla, Extract	3/4 Tbsp	1 3/4 Tbsp	2 1/2 Tbsp	3 5/8 Tbsp
Margarine, Melted	3/4 Oz	1 3/4 Oz	2 1/2 Oz	3 5/8 Oz
Bananas, Sliced	1 1/10 Lb	2 2/3 Lb	3 3/4 Lb	5 3/8 Lb

**Procedures:**

1. Scald Milk In Steam Kettle Or In Double Boiler.
2. Combine Sugar, Flour And Salt, Sift. Blend To Cold Milk With Dry Ingredients Using French Whip.
3. Stir In Yellow Color, Vanilla Flavor And Melted Margarine. Fold In Sliced Bananas. Garnish Top With Banana Slices That Have Been Dipped In Citrus Juice.
4. Add First Listed Milk (Hot) To Mixture (stirring With French Whip). Pour Hot Milk Mixture Into Steam Kettle Or Double Boiler, Stirring Constantly. Continue To Cook 10-15 Minutes Or Until Thick And Creamy (stir Frequently).
5. Beat Eggs, Add About 1/8 Of Hot Mixture Slowly To Eggs, Beating With French Whip. Add Egg Mixture To Kettle, Continue To Cook Approximately 5 Minutes. Remove From Heat. (overcooking At This Point Will Produce A Tough, Rubbery Product).

**Notes:**

1. Cornstarch May Be Used In Place Of Flour-----2-1/4 Oz(23 Serv)--4-1/3 Oz(46 Serv) 9-1/4 Oz(92 Serv)--19 Oz(184 Serv)
2. One Half Of The Vanilla May Be Replaced With Banana Flavor.
3. The Double Boiler Method Will Require A Longer Cooking Period.

## S&S House-made Banana Cream Pudding\*

Facility Recipe - Number: 793

Desserts-pudding

4. May consider garnish of vanilla wafer and whipped topping.
5. **IDDSI Help**  
All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.
6. This recipe may need some modifications in order to meet IDDSI diets. Please consider the following; First of all, foods must not have any liquid that separates from solids when placed on the plate or it is considered a mixed consistency. Also consider condiments that would be served with the food. For example; butter served with a baked potato would melt and cause a mixed consistency (a solid and liquid in the same food). Also consider the restrictions of each diet level.
7. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 1 Each

Pan Size:

Ingredients	Servings			
	10	25	35	50
Topping, whipped prepared	5/8 Cups	1 1/2 Cups	2 1/10 Cup	3 Cup
Ice Cream, Vanilla	1 1/4 Quart	3 1/8 Quarts	1 1/10 Gal	1 1/2 Gal
Syrup, Chocolate	5/8 Cups	1 1/2 Cups	2 1/10 Cup	3 Cup

**Procedures:**

1. Prepare whipped Topping or Whipping Cream if needed.
2. Scoop 1/2 cup ice cream into dessert dish. Top with 1 tablespoon chocolate syrup. Then top with 1 tablespoon whipped topping.
3. Serve 1 sundae per portion. Serve immediately.

**Notes:**

1. IDDSI Help  
Transitional Food  
This recipe contains a transitional food. A transitional food is one that changes texture in the mouth. For example, a frozen food that melts or a food that is easily broken down by moisture in the mouth. Transitional foods can be allowed on Levels 5, 6, and 7. Your Speech Language Pathologist may also use transitional foods to help re-teach chewing skills. Consult with your SLP to determine if it is appropriate for your resident.

<b>Nutrition Facts</b>  Serving Size 1 Each (87g)  Calories 161 Calories from Fat 77	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 9g	<b>13%</b>	<b>Total Carbohydrate</b> 18g	<b>6%</b>
	Saturated Fat 5g	<b>26%</b>	Dietary Fiber 1g	<b>2%</b>
	Trans Fat 0g		Sugars 16g	
	<b>Cholesterol</b> 33mg	<b>11%</b>	<b>Protein</b> 3g	
	<b>Sodium</b> 61mg	<b>3%</b>		
	Vitamin A 6%	Vitamin C 1%	Calcium 10%	Iron 1%
	Thiamin 2%	Riboflavin 11%	Niacin 1%	
	* Percent Daily Values are based on a 2,000 calorie diet.			



**S&S Macaroni Salad**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
	20 mins	10 mins		

**Portion Size:** 1/2 Cup

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Macaroni, Elbow, Raw	1/3 Lb	7/8 Lb	1 1/4 Lb	1 3/4 Lb
Mayonnaise	2/3 Cups	1 3/4 Cup	2 3/8 Cup	3 1/2 Cup
Vinegar, distilled, white	2/3 Tbsp	1 3/4 Tbsp	2 3/8 Tbsp	3 1/2 Tbsp
Mustard	2/3 Tbsp	1 3/4 Tbsp	2 3/8 Tbsp	3 1/2 Tbsp
Sugar	2/3 Tsp	1 3/4 Tsp	3/4 Tbsp	1 1/8 Tbsp
Salt	1/3 Tsp	7/8 Tsp	3/8 Tbsp	5/8 Tbsp
Pepper, Black, Ground	1/8 Tsp	3/8 Tsp	5/8 Tsp	7/8 Tsp
Celery, Chopped	2/3 Cups	1 3/4 Cup	2 3/8 Cup	3 1/2 Cup
Green Bell Pepper, diced	1/3 Cup	7/8 Cup	1 1/4 Cup	1 3/4 Cup
Red Bell Pepper, diced	1/3 Cup	7/8 Cup	1 1/4 Cup	1 3/4 Cup
Green Onion with tops, thinly sliced	1/3 Cup	7/8 Cup	1 1/4 Cup	1 3/4 Cup

**Procedures:**

1. Cook macaroni in boiling water for 7 to 8 minutes or according to package directions until done.
2. Meanwhile, in a large bowl mix all other ingredients.
3. When macaroni finishes cooking, rinse with cold water. After macaroni is cool and water is drained, add macaroni to mixing bowl with other ingredients. Mix until well combined.
4. Chill at least a few hours to allow flavors to blend.
5. Serve 1/2 cup portions using a #8 scoop.

**Notes:**

1. IDDSI Help  
 This recipe contains vegetables that are not suitable for IDDSI diets below level 7 Regular. Very few fruits (such as a banana) and no raw vegetables meet IDDSI criteria for diets level 6 and below. Omit Vegetables, substitute an alternate cooked vegetable if desired such as canned, drained pimentos.

**S&S Macaroni Salad**

2. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.
  
3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b> Serving Size 0.5 Cup (51g)  <b>Calories</b> 177 Calories from Fat 118	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	<b>Total Fat</b>	13g		<b>20%</b>	<b>Total Carbohydrate</b>	13g		<b>4%</b>
		Saturated Fat 2g		<b>9%</b>		Dietary Fiber 1g		<b>3%</b>
		Trans Fat 0g				Sugars 1g		
		<b>Cholesterol</b>	0mg	<b>0%</b>	<b>Protein</b>	2g		
		<b>Sodium</b>	180mg	<b>7%</b>				
		Vitamin A 6%		Vitamin C 12%		Calcium 1%		Iron 4%
		Thiamin 10%		Riboflavin 5%		Niacin 6%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		20 Min	325F	

**Portion Size:** 3 Oz

**Pan Size:** 2" Hotel Pans

Ingredients	Servings			
	10	25	35	50
Ham, Bnls, Cooked	1 3/4 Lbs	4 1/3 Lbs	6 1/10 Lbs	8 2/3 Lbs
Water, Cold	2 1/8 Tbsp	1/3 Cup	1/2 Cup	2/3 Cup
Syrup, Maple	1 1/10 Cup	2 2/3 Cup	3 3/4 Cup	1/3 Gal
Juice, Apple	1 1/10 Cup	2 2/3 Cup	3 3/4 Cup	1/3 Gal
Sugar, Brown	1/8 Lb	1/3 Lb	1/2 Lb	2/3 Lb
Mustard, Dry	1/2 Tsp	1/2 Tbls	5/8 Tbls	7/8 Tbls
Cloves, Ground	1/10 Tsp	1/8 Tsp	1/4 Tsp	1/3 Tsp

**Procedures:**

1. Slice Ham Into 1 Oz Slices. Portion 3 Slices Per Order. Fold Ham Slices In Half.
2. Arrange 25 Portions Of Ham In Each Greased 2" Hotel Pan. Add 1/4 Cup Water To Each Pan. Cover Tightly.
3. Bake About 20 Minutes. (internal Temp 165f)
4. Combine Syrup, Apple Juice And Brown Sugar. Cook, Stirring Over Medium Heat Until Volume Is Reduced By Half.
5. Add Dry Mustard And Cloves. Combine Well. Serve 3 Oz Portion Of Ham Topped With 1.5 Oz Maple Glaze.

**Notes:**

1. Use Maple Flavored Pancake Syrup In This Recipe.
2. IDDSI Help  
This recipe may need some modifications in order to meet IDDSI diets. Please consider the following; First of all, foods must not have any liquid that separates from solids when placed on the plate or it is considered a mixed consistency. Also consider condiments that would be served with the food. For example; butter served with a baked potato would melt and cause a mixed consistency (a solid and liquid in the same food). Also consider the restrictions of each diet level.

3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.
  
4. **Mixed Consistencies**  
 This recipe contains a mixed consistency. Mixed consistencies are two different consistencies, a solid and a thin liquid, in the same food product such as canned fruit with juice, soup with chunks, or a fried egg with a runny center. Mixed consistencies are only allowed on level 7 Regular Diet. You must obtain Speech Language Pathologist (SLP) approval before giving to a level 6 diet or lower. To correct this recipe for IDDSI diets, you can puree the food (such as soup), thicken extremely thick or so thick the product does not run ( such as gravy or sauce) or serve drained (such as drained canned fruit). Some fruits are a mixed consistency in nature such as watermelon or mandarin oranges, that easily separate into water and solid in the mouth. These fruits can be served pureed or substituted for fruits that fit the diet descriptions.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 6g	<b>9%</b>	<b>Total Carbohydrate</b> 22g	<b>7%</b>
Saturated Fat 1g	<b>7%</b>	Dietary Fiber 0g	<b>0%</b>	
Trans Fat 0g		Sugars 20g		
<b>Cholesterol</b> 57mg	<b>19%</b>	<b>Protein</b> 15g		
<b>Sodium</b> 914mg	<b>38%</b>			
Vitamin A 0%	Vitamin C 42%	Calcium 3%	Iron 4%	
Thiamin 29%	Riboflavin 29%	Niacin 14%		

\* Percent Daily Values are based on a 2,000 calorie diet.

**S&S Marinated Vegetable Salad**

Facility Recipe - Number: 1020

Salads-vegetable

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
				8 hours or Overnight

**Portion Size:** 1/2 Cup

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Broccoli florets, chopped into bite sized pieces	2 Cup	5 Cups	1 3/4 Quart	2 1/2 Quart
Cucumber, Fresh, Peeled, Sliced	1/3 Lb	7/8 Lb	1 1/4 Lb	1 3/4 Lb
Onion, Sliced	4 3/4 Oz	12 Oz	16 3/4 Oz	24 Oz
Peppers, bell, assorted colors, chopped	5 5/8 Oz	14 Oz	19 5/8 Oz	28 Oz
Carrots, fresh sliced	1/4 Lbs	3/4 Lbs	1 Lbs	1 1/2 Lbs
Black Olives, Sliced	2 Oz	5 Oz	7 Oz	10 Oz
Cheese, Parmesan grated	1/3 Cup	3/4 Cup	1 Cup	1 1/2 Cup
Parsley, Fresh, Minced	3/8 Tbsp	1 Tbsp	1 3/8 Tbsp	2 Tbsp
Oregano Leaves, Dried	3/8 Tsp	1 Tsp	1/2 Tbsp	2/3 Tbsp
Basil	3/8 Tsp	1 Tsp	1/2 Tbsp	2/3 Tbsp
Salad Dressing, Italian	3 1/4 Oz	8 Oz	11 1/4 Oz	16 Oz
Pepper, Black, Ground	1/4 Tsp	1/2 Tsp	2/3 Tsp	1 Tsp

**Procedures:**

1. Prepare all vegetables by peeling and cutting as necessary into bite sized pieces. Drain olives.
2. Combine all ingredients into a large bowl. Refrigerate overnight, stirring occasionally.
3. Serve 1/2 cup portions using a #8 Scoop.

**Notes:**

1. A variety of fresh seasonal vegetables may be used to vary the flavor. Try tomatoes, zucchini and summer squash, or other vegetable combinations as available. Please check diet manual when changing ingredients to determine what is allowed on individual diets.
2. IDDSI Help  
This recipe contains fresh fruits and vegetables that are not suitable for IDDSI diets level 6 and below. Very few fruits (such as a banana) and no raw vegetables meet IDDSI criteria for diets level 6 and below.  
Substitute an appropriate fruit/cooked vegetable.

**S&S Marinated Vegetable Salad**

Facility Recipe - Number: 1020

Salads-vegetable

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	<b>Total Fat</b>	4g		<b>6%</b>	<b>Total Carbohydrate</b>	5g		<b>2%</b>
		Saturated Fat 1g		<b>5%</b>		Dietary Fiber 1g		<b>4%</b>
		Trans Fat 0g				Sugars 2g		
		<b>Cholesterol</b>	3mg		<b>1%</b>	<b>Protein</b>	2g	
		<b>Sodium</b>	180mg		<b>8%</b>			
		Vitamin A 54%		Vitamin C 35%		Calcium 6%		Iron 3%
		Thiamin 2%		Riboflavin 3%		Niacin 1%		
		* Percent Daily Values are based on a 2,000 calorie diet.						
	Serving Size 0.5 Cup (80g)							
<b>Calories</b> 63								
Calories from Fat 36								

**S&S Mashed Potatoes \***

**Facility Recipe - Number: 475**

**Starch-potatoes**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1/2 Cup

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Potatoes, Peeled, Washed	33 Ounces	82 1/2 Ounces	115 1/2 Ounces	165 Ounces
Margarine	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Milk, 2%	1 1/4 Cups	3 1/8 Cup	1 1/10 Quart	1 1/2 Quart
Salt	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp
Pepper, Black, Ground	3/8 Tsp	7/8 Tsp	3/8 Tbsp	5/8 Tbsp

**Procedures:**

1. Wash, peel, and dice fresh potatoes. Place potatoes in a pan and cover with cold water. Bring to a boil and cook over low heat until just fork tender, about 30 minutes.
2. CCP cook potatoes to an internal temperature of 145 degrees F (62.8 degrees C) or higher for 15 seconds. Drain thoroughly.
3. Mash potatoes with a potato masher.
4. Heat margarine, milk, and seasoning to a product temperature of 165 degrees F (73.9 degrees C) or higher for 15 seconds. Mix mashed potatoes and hot milk mixture.
5. Serve with a #8 dipper.

**Notes:**

1. IDDSI Help  
All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

**S&S Mashed Potatoes \***

2. This recipe may need some modifications in order to meet IDDSI diets. Please consider the following; First of all, foods must not have any liquid that separates from solids when placed on the plate or it is considered a mixed consistency. Also consider condiments that would be served with the food. For example; butter served with a baked potato would melt and cause a mixed consistency (a solid and liquid in the same food). Also consider the restrictions of each diet level.
  
3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 0.5 Cup (101g)  Calories 113 Calories from Fat 47	<b>Total Fat</b>	5g		<b>8%</b>	<b>Total Carbohydrate</b>	15g	
		Saturated Fat 1g		<b>6%</b>		Dietary Fiber 1g		<b>5%</b>
		Trans Fat 1g				Sugars 2g		
		<b>Cholesterol</b>	2mg		<b>1%</b>	<b>Protein</b>	2g	
		<b>Sodium</b>	180mg		<b>8%</b>			
		Vitamin A 4%		Vitamin C 9%		Calcium 5%		Iron 1%
		Thiamin 5%		Riboflavin 4%		Niacin 4%		

\* Percent Daily Values are based on a 2,000 calorie diet.



**S&S Mashed Potatoes**

Facility Recipe - Number: 10

Starch-potatoes

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 1/2 Cup

Pan Size:

Ingredients	Servings			
	10	25	35	50
Potatoes, Peeled, Washed	33 Ounces	82 1/2 Ounces	115 1/2 Ounces	165 Ounces
Butter	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Milk, 2%	1 1/4 Cups	3 1/8 Cup	1 1/10 Quart	1 1/2 Quart
Salt	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp
Pepper, Black, Ground	3/8 Tsp	7/8 Tsp	3/8 Tbsp	5/8 Tbsp

**Procedures:**

1. Wash, peel, and dice fresh potatoes. Place potatoes in a pan and cover with cold water. Bring to a boil and cook over low heat until just fork tender, about 30 minutes.
2. CCP cook potatoes to an internal temperature of 145 degrees F (62.8 degrees C) or higher for 15 seconds. Drain thoroughly.
3. Mash potatoes with a potato masher.
4. Heat butter, milk, and seasoning to a product temperature of 165 degrees F (73.9 degrees C) or higher for 15 seconds. Mix mashed potatoes and hot milk mixture.
5. Serve with a #8 dipper.

**Notes:**

1. IDDSI Help  
All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

**S&S Mashed Potatoes**

2. This recipe may need some modifications in order to meet IDDSI diets. Please consider the following; First of all, foods must not have any liquid that separates from solids when placed on the plate or it is considered a mixed consistency. Also consider condiments that would be served with the food. For example; butter served with a baked potato would melt and cause a mixed consistency (a solid and liquid in the same food). Also consider the restrictions of each diet level.
  
3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>  Serving Size 0.5 Cup (101g)  <b>Calories</b> 113 Calories from Fat 48	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	<b>Total Fat</b>	5g		<b>8%</b>	<b>Total Carbohydrate</b>	15g		<b>5%</b>
		Saturated Fat 3g		<b>17%</b>		Dietary Fiber 1g		<b>5%</b>
		Trans Fat 0g				Sugars 2g		
		<b>Cholesterol</b>	15mg	<b>5%</b>	<b>Protein</b>	2g		
		<b>Sodium</b>	138mg	<b>6%</b>				
		Vitamin A 3%		Vitamin C 9%	Calcium 5%			Iron 1%
		Thiamin 5%		Riboflavin 4%	Niacin 4%			
		* Percent Daily Values are based on a 2,000 calorie diet.						

**S&S Morning Glory Muffins\***

Facility Recipe - Number: 1183

Baked Goods

Muffins packed with fruit and flavor. Coconut, apples, walnuts, pineapple, carrots and raisins.

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		20-25 mins	350	

Portion Size: 1 #16

Pan Size: Muffin Pan

Ingredients	Servings			
	10	25	35	50
Coconut, Shredded, Sweetened	3/8 Cups	7/8 Cups	1 1/3 Cup	1 7/8 Cup
Walnuts, chopped, lightly toasted	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Flour, All Purpose	1 1/8 Cup	2 3/4 Cup	3 7/8 Cup	1 3/8 Quart
Sugar	3/8 Cup	7/8 Cup	1 1/3 Cup	1 7/8 Cup
Baking Soda	3/4 Tsp	5/8 Tbsp	7/8 Tbsp	1 1/4 Tbsp
Cinnamon, Ground	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp
Baking Powder	1/4 Tsp	5/8 Tsp	7/8 Tsp	3/8 Tbsp
Salt	3/8 Tsp	7/8 Tsp	3/8 Tbsp	5/8 Tbsp
Pineapple, Crushed, Undrained	4 Oz	10 Oz	14 Oz	20 Oz
Apple, tart, finely chopped	2 1/2 Oz	6 1/4 Oz	8 3/4 Oz	12 1/2 Oz
Margarine, Melted	2 Oz	5 Oz	7 Oz	10 Oz
Eggs	2 5/8 Oz	6 1/2 Oz	9 1/8 Oz	13 1/8 Oz
Vanilla, Extract	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp
Carrots, Fresh, Shredded	3/4 Cups	1 7/8 Cup	2 5/8 Cup	3 3/4 Cup
Golden Raisins	1/2 Cup	1 1/4 Cup	1 3/4 Cup	2 1/2 Cup

**Procedures:**

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl, combine coconut, walnuts, flour, sugar, baking soda, cinnamon, baking powder, and salt.
3. Add pineapple, apple, melted margarine, eggs, and vanilla. Stir until just combined. Fold in carrots and raisins.
4. Using a #16 scoop, divide batter among a prepared muffin pan. Bake muffins for 20-25 minutes until done.
5. Serve 1 muffin per person.

**Notes:**

1. This recipe is not appropriate for IDDSI diets below level 7 Regular. Serve pureed or substitute an equivalent appropriate item.

**S&S Morning Glory Muffins\***

**Facility Recipe - Number: 1183**

**Baked Goods**

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	<b>Total Fat</b>	8g		<b>12%</b>	<b>Total Carbohydrate</b>	30g		<b>10%</b>
		Saturated Fat 2g		<b>12%</b>		Dietary Fiber 1g		<b>6%</b>
		Trans Fat 1g				Sugars 16g		
		<b>Cholesterol</b>	28mg		<b>9%</b>	<b>Protein</b>	3g	
		<b>Sodium</b>	252mg		<b>10%</b>			
		Vitamin A 37%		Vitamin C 3%		Calcium 3%		Iron 6%
		Thiamin 9%		Riboflavin 8%		Niacin 6%		
		* Percent Daily Values are based on a 2,000 calorie diet.						
	Serving Size 1 #16 (76g)							
<b>Calories</b> 200								
Calories from Fat 72								

**S&S No Bake Cookies**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
	15 minutes			30 minutes

**Portion Size:** 1 #30 Scoop

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Sugar	1 Cups	2 1/2 Cup	3 1/2 Cup	1 1/4 Quart
Milk, 2%	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Butter	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Cocoa Powder, unsweetened	1 Tbsp	2 1/2 Tbsp	3 1/2 Tbsp	1/3 Cup
Peanut butter	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Oats, quick cooking, uncooked	1 1/2 Cup	3 3/4 Cup	1 1/3 Quart	1 7/8 Quart
Extract, Vanilla	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp

**Procedures:**

1. In a large pot, bring sugar, milk, butter and cocoa powder to a rolling boil. Boil 1 minute.
2. Remove from heat and immediately stir in peanut butter, quick oats and vanilla. Stir until combined.
3. Using a #30 scoop portion out cookies onto a greased cookie sheet. Allow cookies to cool before serving.
4. Serve 1 cookie per portion.

**Notes:**

1. IDDSI Help  
Use smooth peanut butter to increase chance of passing IDDSI tests.

Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.

2. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

**S&S No Bake Cookies**

- 3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 #30 Scoop (51g) <b>Calories</b> 207 Calories from Fat 82	<b>Total Fat</b>	9g		<b>14%</b>	<b>Total Carbohydrate</b>	30g	
		Saturated Fat 4g		<b>19%</b>		Dietary Fiber 2g		<b>7%</b>
		Trans Fat 0g				Sugars 21g		
		<b>Cholesterol</b> 13mg		<b>4%</b>	<b>Protein</b>	4g		
		<b>Sodium</b> 68mg		<b>3%</b>				
		Vitamin A 3%		Vitamin C 0%	Calcium 2%			Iron 4%
		Thiamin 5%		Riboflavin 2%	Niacin 5%			

\* Percent Daily Values are based on a 2,000 calorie diet.

**S&S Oatmeal Raisin Cookies\***

Facility Recipe - Number: 785

Desserts-cookies

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		9-10 mins	375	

**Portion Size:** 1 #30 Scoop

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Raisins	3 1/3 Tbsp	1/2 Cup	3/4 Cup	1 Cup
Margarine, Softened	3 1/3 Tbsp	1/2 Cup	3/4 Cup	1 Cup
Sugar, Brown, Packed	1/4 Cup	2/3 Cup	7/8 Cup	1 1/3 Cup
Sugar, Granulated	1 2/3 Tbsp	1/4 Cup	3/8 Cup	1/2 Cup
Egg (1.75 oz)	3/8 Each	1 Each	1 1/2 Each	2 1/10 Each
Milk	3/8 Tbsp	1 Tbsp	1 1/2 Tbsp	2 1/10 Tbsp
Extract, Vanilla	3/8 Tsp	1 Tsp	1 1/2 Tsp	2/3 Tbsp
Cinnamon	1/8 Tsp	3/8 Tsp	1/2 Tsp	3/4 Tsp
Baking Soda	1/4 Tsp	1/2 Tsp	3/4 Tsp	1/3 Tbsp
Salt	1/10 Tsp	1/4 Tsp	3/8 Tsp	1/2 Tsp
Flour, All Purpose	3/8 Cup	7/8 Cup	1 1/4 Cup	1 7/8 Cup
Oats, quick cooking, uncooked	1/2 Cup	1 1/3 Cup	1 7/8 Cup	2 5/8 Cup

**Procedures:**

1. Preheat oven to 375 degrees.
2. Plump raisins by covering with hot water. Let sit for a few minutes while you continue making the cookie dough. Drain well before adding to dough.
3. Cream margarine with brown sugar and granulated sugar.
4. Beat in eggs, milk, and vanilla extract.
5. Mix flour with cinnamon, baking soda and salt. Gradually add to creamed mixture until well combined.
6. Stir in oats and drained raisins. Mix well.
7. Portion using a #30 scoop. Bake for 9-10 minutes for soft cookies. Cool on baking sheets for 1 minute. Remove to wire racks to cool completely.

**Notes:**

1. IDDSI Help  
Raisins are not appropriate for IDDSI diets below level 7 Regular. Omit or substitute an appropriate item.
2. Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.
3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
		<b>Total Fat</b> 4g	<b>7%</b>	<b>Total Carbohydrate</b> 17g
	Saturated Fat 1g	<b>4%</b>	Dietary Fiber 1g	<b>3%</b>
	Trans Fat 1g		Sugars 10g	
Serving Size 1 #30 Scoop (28g)	<b>Cholesterol</b> 8mg	<b>3%</b>	<b>Protein</b> 1g	
<b>Calories</b> 110	<b>Sodium</b> 92mg	<b>4%</b>		
Calories from Fat 39	Vitamin A 4%	Vitamin C 0%	Calcium 1%	Iron 3%
	Thiamin 4%	Riboflavin 3%	Niacin 2%	

\* Percent Daily Values are based on a 2,000 calorie diet.



**S&S Oven Fried Chicken-4 oz**

**Facility Recipe - Number: 126**

**Lunch-other Entrees**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		40-50 minutes	375 degrees F	

**Portion Size:** 4 Ounces

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Chicken Thighs, raw w/skin & bone	10 Each	25 Each	35 Each	50 Each
Bread crumbs, plain	2 Cups	1 1/4 Quart	1 3/4 Quart	2 1/2 Quart
Parsley Flakes, dried	5 Tsp	1/4 Cup	3/8 Cup	1/2 Cup
Paprika	1 Tsp	7/8 Tbsp	1 1/8 Tbsp	1 2/3 Tbsp
Garlic Powder	1 Tsp	7/8 Tbsp	1 1/8 Tbsp	1 2/3 Tbsp
Cheese, Parmesan grated	2 1/2 Ounces	6 1/4 Ounces	8 3/4 Ounces	12 1/2 Ounces
Butter, Melted	3 1/2 Ounces	8 3/4 Ounces	12 1/4 Ounces	17 1/2 Ounces

**Procedures:**

1. Rinse chicken under cold running water. Mix bread crumbs, parsley, paprika, garlic, and cheese. Dip chicken in melted butter, roll in bread crumb mixture. Place on an ungreased baking sheet. Bake at 375 degrees F for 40-50 minutes and a product temperature of 165 degrees F or higher for 15 seconds.

**Notes:**

1. IDDSI Help  
Bones & Skins are not appropriate for IDDSI diets below Level 7 Regular.
2. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

**S&S Oven Fried Chicken-4 oz**

**Facility Recipe - Number: 126**

**Lunch-other Entrees**

- 3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	Serving Size 4 Ounces (150g) Calories 444 Calories from Fat 256	<b>Total Fat</b> 28g	<b>44%</b>	<b>Total Carbohydrate</b> 16g
	Saturated Fat 11g	<b>57%</b>	Dietary Fiber 1g	<b>5%</b>
	Trans Fat 0g		Sugars 1g	
	<b>Cholesterol</b> 182mg	<b>61%</b>	<b>Protein</b> 31g	
	<b>Sodium</b> 423mg	<b>18%</b>		
	Vitamin A 10%	Vitamin C 1%	Calcium 14%	Iron 14%
	Thiamin 20%	Riboflavin 18%	Niacin 37%	

\* Percent Daily Values are based on a 2,000 calorie diet.

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1/2 Cup

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Pasta Dry, choice of	8 3/4 Ounces	21 7/8 Ounces	30 5/8 Ounces	43 3/4 Ounces
Water, Boiling	8 1/2 Cup	1 1/3 Gal	1 7/8 Gal	2 2/3 Gal
Salt	3/8 Tsp	7/8 Tsp	1/2 Tbsp	5/8 Tbsp
Oil, Vegetable	1/4 Tsp	5/8 Tsp	7/8 Tsp	3/8 Tbsp
Parsley, fresh chopped	2 Tbsp	1/3 Cup	3/8 Cup	5/8 Cup

**Procedures:**

1. Cook pasta in salted boiling water with a dash of oil for 13-15 minutes; thoroughly drain. Do not over cook. Hold pasta for hot service at 140 degrees F (60 degrees C) or higher. Add parsley and toss lightly. Serve immediately.

**Notes:**

1. IDDSI Help  
This recipe may need some modifications in order to meet IDDSI diets. Please consider the following; First of all, foods must not have any liquid that separates from solids when placed on the plate or it is considered a mixed consistency. Also consider condiments that would be served with the food. For example; butter served with a baked potato would melt and cause a mixed consistency (a solid and liquid in the same food). Also consider the restrictions of each diet level.
2. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. 1/2 inch for adults (approx. 1/4 inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 0.5 Cup (227g)  Calories 94 Calories from Fat 4	<b>Total Fat</b>	0g		<b>1%</b>	<b>Total Carbohydrate</b>	19g	
		Saturated Fat 0g		<b>0%</b>		Dietary Fiber 1g		<b>3%</b>
		Trans Fat 0g				Sugars 1g		
		<b>Cholesterol</b>	0mg		<b>0%</b>	<b>Protein</b>	3g	
		<b>Sodium</b>	98mg		<b>4%</b>			
		Vitamin A 1%		Vitamin C 2%		Calcium 1%		Iron 5%
		Thiamin 15%		Riboflavin 6%		Niacin 9%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

# S&S Peanut Butter Cookies

Facility Recipe - Number: 383

Desserts-cookies

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		7-8 mins	375	

Portion Size: 1 #30

Pan Size:

Ingredients	Servings			
	10	25	35	50
Brown Sugar	5/8 Cups	1 1/2 Cup	2 1/8 Cup	3 1/8 Cup
Peanut butter	3/8 Cups	7/8 Cups	1 1/3 Cup	1 7/8 Cup
Shortening	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Milk, 2%	1 1/2 Tbsp	3 3/4 Tbsp	1/3 Cup	1/2 Cup
Vanilla	1/2 Tbsp	1 1/4 Tbsp	1 3/4 Tbsp	2 1/2 Tbsp
Egg (1.75 oz)	1/2 Each	1 1/4 Each	1 3/4 Each	2 1/2 Each
Flour, All Purpose	7/8 Cup	2 1/8 Cup	3 1/10 Cup	1 1/10 Quart
Baking Soda	3/8 Tsp	7/8 Tsp	3/8 Tbsp	5/8 Tbsp
Salt	3/8 Tsp	7/8 Tsp	3/8 Tbsp	5/8 Tbsp
Sugar	2 Tbsp	1/3 Cup	3/8 Cup	5/8 Cup

### Procedures:

1. Preheat oven to 375 degrees F.
2. Combine brown sugar, peanut butter, shortening, milk and vanilla in a large mixing bowl. Beat until well blended. Add egg, and beat until just blended.
3. Combine flour, baking soda, and salt. Add to creamed mixture at a low speed. Mix until just blended.
4. Using a #30 scoop, portion cookies, and then roll in sugar. Place each cookie on a ungreased cookie sheet. Flatten slightly in a crisscross pattern with the tines of a fork.
5. Bake for 7-8 minutes or until set and just beginning to brown. Do not over-bake. Cool 2 minutes before removing from sheet.
6. Portion is 1 cookie for each serving.

### Notes:

1. IDDSI Help  
Nut pieces are not appropriate for IDDSI diets below Level 7 Regular. At times, pureed nut butters can be used as an ingredient in a recipe (such as peanut butter cookies) but are usually too sticky to pass IDDSI testing methods when served alone.

**S&S Peanut Butter Cookies**

2. Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.
3. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.
4. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<p><b>Nutrition Facts</b></p> <p>Serving Size 1 #30 (48g)</p> <p><b>Calories</b> 213</p> <p>Calories from Fat 96</p>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	<b>Total Fat</b> 11g		<b>16%</b>		<b>Total Carbohydrate</b> 26g		<b>9%</b>	
	Saturated Fat 3g		<b>14%</b>		Dietary Fiber 1g		<b>4%</b>	
	Trans Fat 0g				Sugars 16g			
	<b>Cholesterol</b> 12mg		<b>4%</b>		<b>Protein</b> 4g			
	<b>Sodium</b> 178mg		<b>7%</b>					
	Vitamin A 0%		Vitamin C 0%		Calcium 2%		Iron 5%	
	Thiamin 6%		Riboflavin 5%		Niacin 10%			

\* Percent Daily Values are based on a 2,000 calorie diet.

**S&S Philly Cheese Steak Sandwich-3 oz**

**Facility Recipe - Number: 96**

**Lunch-sandwiches**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 3 Ounces

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Beef, Steaks Philly flat	35 Ounces	87 1/2 Ounces	122 1/2 Ounces	175 Ounces
Onions, fresh sliced	2 1/2 Cup	1 1/2 Quart	2 1/8 Quart	3 1/8 Quart
Cheese, cheddar sliced	10 Each	25 Each	35 Each	50 Each
Sandwich roll	10 Each	25 Each	35 Each	50 Each

**Procedures:**

1. Preheat griddle to 350 degrees F (175 degrees C). Fry steak and onions until done and a product temperature of 155 degrees F or higher is reached for 15 seconds. Season if appropriate. Place 1 slice of cheese on steak and continue to heat until cheese has melted. Serve 3 oz cooked meat, 1 oz cheese, and 1 oz of onion on a heated sandwich roll.

**Notes:**

1. Serving Size: 3 oz on 1
2. IDDSI  
 This recipe includes a bread product that must be pre-gelled (also known as slurried) on diet levels below level 7 to help soften it to the right texture. Complementary liquids should be used (such as maple syrup for a pancake) and mixed with commercial thickeners. If done correctly, the end product should feel like pudding in the mouth. There can be no liquid separating from the product to avoid a mixed consistency. Some cakes, quick breads, muffins and desserts also need to be pre-gelled or can be appropriate if served moistened and cut to the appropriate size for the diet. Please contact your Speech Language Pathologist (SLP) for more information.

## S&S Philly Cheese Steak Sandwich-3 oz

Facility Recipe - Number: 96

Lunch-sandwiches

3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.
4. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.



**S&S Pineapple Coffee Cake\***

**Facility Recipe - Number: 1123**

**Baked Goods**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		1 hour	350	

**Portion Size:** 1 2 x 2 inch

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Margarine	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Sugar	1/2 Cup	1 1/4 Cup	1 3/4 Cup	2 1/2 Cup
Flour	1 Cup	2 1/2 Cup	3 1/2 Cup	1 1/4 Quart
Baking Powder	1 Tsp	7/8 Tbsp	1 1/8 Tbsp	1 2/3 Tbsp
Egg	1/2 Each	1 1/4 Each	1 3/4 Each	2 1/2 Each
Milk	3/8 Cup	7/8 Cup	1 1/3 Cup	1 7/8 Cup
Pineapple, Crushed, Drained	10 Oz	25 Oz	35 Oz	50 Oz
Flour	1/2 Cup	1 1/4 Cup	1 3/4 Cup	2 1/2 Cup
Brown Sugar	1/2 Cup	1 1/4 Cup	1 3/4 Cup	2 1/2 Cup
Margarine	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup

**Procedures:**

1. Preheat oven to 350 degrees F.
2. Cream sugar with margarine.
3. Sift flour with baking powder.
4. Mix egg with milk. Add egg/milk mixture alternately with flour mixture to creamed margarine. Mix until well combined.
5. Spread batter into a greased baking pan. Cover batter with well drained crushed pineapple.
6. Topping: Mix flour, margarine and brown sugar until crumbly and sprinkle over pineapple.
7. Bake at 350 for about 1 hour or until done.

**Notes:**

1. IDDSI Help  
Pineapple is not appropriate for IDDSI diets below Level 7 Regular. Serve this recipe pureed or substitute an appropriate equivalent item.

**S&S Pineapple Coffee Cake\***

**Facility Recipe - Number: 1123**

**Baked Goods**

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 2 x 2 inch (84g) <b>Calories</b> 252 Calories from Fat 88	<b>Total Fat</b>	10g		<b>15%</b>	<b>Total Carbohydrate</b>	39g	
		Saturated Fat 2g		<b>10%</b>		Dietary Fiber 1g		<b>3%</b>
		Trans Fat 2g				Sugars 24g		
		<b>Cholesterol</b> 10mg		<b>3%</b>	<b>Protein</b> 3g			
		<b>Sodium</b> 98mg		<b>4%</b>				
		Vitamin A 9%		Vitamin C 3%	Calcium 5%			Iron 3%
		Thiamin 3%		Riboflavin 3%	Niacin 2%			

\* Percent Daily Values are based on a 2,000 calorie diet.

**S&S Pineapple Sunshine Cake**

Facility Recipe - Number: 1524

Desserts-cakes

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
	10 minutes	30 Minutes	350	

**Portion Size:** 1 2x2 Slice

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Yellow cake mix, dry	7 5/8 Oz	19 1/10 Oz	26 2/3 Oz	38 1/8 Oz
Eggs	3 1/2 Oz	8 3/4 Oz	12 1/4 Oz	17 1/2 Oz
Oil, Vegetable	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Pineapple, Crushed, Undrained	5 Oz	12 1/2 Oz	17 1/2 Oz	25 Oz
Whipped Topping, Prepared	4 Oz	10 Oz	14 Oz	20 Oz
Pudding Mix, Dry Vanilla Instant	1 2/3 Oz	4 1/4 Oz	6 Oz	8 1/2 Oz
Pineapple, Crushed, Undrained	5 Oz	12 1/2 Oz	17 1/2 Oz	25 Oz

**Procedures:**

1. Preheat oven to 350 degrees F.
2. In a mixing bowl, combine dry cake mix, eggs, oil, and first listed crushed pineapple. Mix together until uniform then spread in prepared cake pan to bake. Bake for 25 to 30 minutes or until done.
3. For Topping; Mix Prepared whipped topping with dry pudding mix and crushed pineapple. Stir to combine. Spread over cooled cake. Refrigerate until ready to serve.
4. Cut cake into approx 2X2 pieces, and serve 1 slice per person.

**Notes:**

1. IDDSI Help  
This recipe contains pineapple which is not appropriate for IDDSI diets below level 7 Regular. Substitute an alternate equivalent item.

**S&S Pineapple Sunshine Cake**

Facility Recipe - Number: 1524

Desserts-cakes

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 2x2 Slice (78g) <b>Calories</b> 200 Calories from Fat 85	<b>Total Fat</b>	9g		<b>15%</b>	<b>Total Carbohydrate</b>	27g	
		Saturated Fat 2g		<b>8%</b>		Dietary Fiber 0g		<b>2%</b>
		Trans Fat 0g				Sugars 19g		
		<b>Cholesterol</b> 38mg		<b>13%</b>	<b>Protein</b>	2g		
		<b>Sodium</b> 230mg		<b>10%</b>				
		Vitamin A 1%		Vitamin C 4%	Calcium 4%			Iron 4%
		Thiamin 5%		Riboflavin 6%	Niacin 2%			
		* Percent Daily Values are based on a 2,000 calorie diet.						

**S&S Pork Gravy**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		15 minutes	low-medium heat	

**Portion Size:** 2 Ounces

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Pork Drippings	2 1/4 Ounces	5 5/8 Ounces	7 7/8 Ounces	11 1/4 Ounces
Flour, All Purpose	3/8 Cup	7/8 Cup	1 1/3 Cup	1 7/8 Cup
Water	2 1/2 Cups	1 1/2 Quart	2 1/8 Quart	3 1/8 Quart
Pepper, Black, Ground	1/8 Tsp	1/3 Tsp	3/8 Tsp	5/8 Tsp
Salt	3/8 Tsp	7/8 Tsp	3/8 Tbsp	5/8 Tbsp

**Procedures:**

1. Combine flour and meat drippings; blend using a wire whisk. Cook over low heat for 5 minutes.
2. Add water and seasonings; continue to simmer until thickened.

**Notes:**

1. IDDSI Help  
Mixed Consistencies  
This recipe contains a mixed consistency. Mixed consistencies are two different consistencies, a solid and a thin liquid, in the same food product such as canned fruit with juice, soup with chunks, or a fried egg with a runny center. Mixed consistencies are only allowed on level 7 Regular Diet. You must obtain Speech Language Pathologist (SLP) approval before giving to a level 6 diet or lower. To correct this recipe for IDDSI diets, you can puree the food (such as soup), thicken extremely thick or so thick the product does not run ( such as gravy or sauce) or serve drained (such as drained canned fruit). Some fruits are a mixed consistency in nature such as watermelon or mandarin oranges, that easily separate into water and solid in the mouth. These fruits can be served pureed or substituted for fruits that fit the diet descriptions.
2. The mixed consistency with gravy occurs when gravy is served over a solid food product such as meat or mashed potatoes.

**S&S Pork Gravy**

**Facility Recipe - Number: 757**

**Misc.-toppings**

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>		
	<b>Total Fat</b>	6g		<b>10%</b>	<b>Total Carbohydrate</b>	4g		<b>1%</b>	
		Saturated Fat 3g		<b>14%</b>		Dietary Fiber 0g		<b>1%</b>	
		Trans Fat 0g				Sugars 0g			
		<b>Cholesterol</b>	6mg		<b>2%</b>	<b>Protein</b>	0g		
		<b>Sodium</b>	124mg		<b>5%</b>				
		Vitamin A 0%		Vitamin C 0%		Calcium 0%		Iron 1%	
		Thiamin 2%		Riboflavin 1%		Niacin 1%			
		* Percent Daily Values are based on a 2,000 calorie diet.							
	Serving Size 2 Ounces (71g)								
<b>Calories 74</b>									
Calories from Fat 57									

**S&S Potato Chips**

**Facility Recipe - Number: 1230**

**Misc.-other**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1 Oz

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Potato Chips	5/8 Lbs	1 1/2 Lbs	2 1/8 Lbs	3 1/8 Lbs

**Procedures:**

1. HACCP: During the handling and preparation of all foods, wash hands regularly.
2. Serve 1 oz portions.

**Notes:**

1. 1 oz = approximately 13 potato chips
2. IDDSI Help  
This recipe is not suitable for IDDSI diets below Level 7 Regular. Omit or substitute an equivalent item if needed.

<b>Nutrition Facts</b> Serving Size 1 Oz (28g)  Calories 154 Calories from Fat 93	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 10g	<b>16%</b>	<b>Total Carbohydrate</b> 14g	<b>5%</b>
	Saturated Fat 1g	<b>6%</b>	Dietary Fiber 1g	<b>5%</b>
	Trans Fat 0g		Sugars 0g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 2g	
	<b>Sodium</b> 136mg	<b>6%</b>		
	Vitamin A 0%	Vitamin C 9%	Calcium 1%	Iron 3%
	Thiamin 1%	Riboflavin 4%	Niacin 6%	
	* Percent Daily Values are based on a 2,000 calorie diet.			

**S&S Raspberry Streusel Muffin**

Facility Recipe - Number: 1037

Baked Goods

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		18-20 minutes	400	

Portion Size: 1 #16

Pan Size:

Ingredients	Servings			
	10	25	35	50
Flour	1 1/3 Cup	3 1/3 Cup	1 1/8 Quart	1 2/3 Quart
Baking Powder	2/3 Tbsp	1 2/3 Tbsp	2 1/3 Tbsp	3 1/3 Tbsp
Salt	1/3 Tsp	7/8 Tsp	3/8 Tbsp	1/2 Tbsp
Egg	2 1/3 Oz	5 7/8 Oz	8 1/8 Oz	11 2/3 Oz
Sugar	2/3 Cup	1 2/3 Cup	2 1/3 Cup	3 1/3 Cup
Plain Yogurt	2/3 Cup	1 2/3 Cup	2 1/3 Cup	3 1/3 Cup
Oil, Vegetable	1/3 Cup	7/8 Cup	1 1/8 Cup	1 2/3 Cup
Extract, Vanilla	1/2 Tbsp	1 1/10 Tbsp	1 1/2 Tbsp	2 1/4 Tbsp
Raspberries	1 1/3 Cup	3 1/3 Cup	1 1/8 Quart	1 2/3 Quart
Flour	1/3 Cup	7/8 Cup	1 1/8 Cup	1 2/3 Cup
Sugar	3 5/8 Tbsp	5/8 Cup	3/4 Cup	1 1/8 Cup
Butter, Melted	2 2/3 Tbsp	3/8 Cup	5/8 Cup	7/8 Cup

**Procedures:**

1. Preheat oven to 375 degrees. Line with paper liners, or grease.
2. To make Muffins; Combine dry ingredients, first listed flour, sugar, baking powder and salt.
3. In a smaller bowl, combine egg and sugar until combined. Mix in yogurt, oil, and vanilla Extract. Fold wet ingredients into dry mixture. Stir together until combined. Gently fold in raspberries.
4. Using a #16 scoop, portion muffins into prepared pan.
5. To make streusel topping; Combine flour and sugar. and melted butter and stir with a fork until crumbly. Divide mixture among portioned muffin batter.
6. Bake in a 375 degree oven for about 18-20 minutes or until done. Serve 1 muffin per portion.



# S&S Raspberry Streusel Muffin

Facility Recipe - Number: 1037

Baked Goods

## Notes:

- IDDSI Help  
 Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving		% Daily Value*		
	Serving Size 1 #16 (108g)  Calories 293 Calories from Fat 106	<b>Total Fat</b>	12g		<b>18%</b>	<b>Total Carbohydrate</b>	44g		<b>15%</b>
		Saturated Fat 3g		<b>15%</b>		Dietary Fiber 2g		<b>8%</b>	
		Trans Fat 0g				Sugars 26g			
		<b>Cholesterol</b>	35mg		<b>12%</b>	<b>Protein</b>	4g		
		<b>Sodium</b>	123mg		<b>5%</b>				
		Vitamin A 3%		Vitamin C 9%		Calcium 8%		Iron 4%	
		Thiamin 3%		Riboflavin 5%		Niacin 2%			
		* Percent Daily Values are based on a 2,000 calorie diet.							

**S&S Roasted Pork Loin-3 oz**

**Facility Recipe - Number: 139**

**Entrees-pork**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
			325 degrees F	

**Portion Size:** 3 Ounces

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Pork Loin, raw	39 Ounces	97 1/2 Ounces	136 1/2 Ounces	195 Ounces
Thyme, fresh	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp
Pepper, black	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp
Garlic Clove, fresh minced	1 Tbsp	2 1/2 Tbsp	3 1/2 Tbsp	1/3 Cup

**Procedures:**

1. Rub pork with thyme, black pepper, and garlic. Place on a meat rack and roast 325 degrees F for 20 minutes per pound or until an internal temperature reaches 155 degrees F or higher for 15 seconds.

**Notes:**

1. **IDDSI Help**  
All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.
2. This recipe may need some modifications in order to meet IDDSI diets. Please consider the following; First of all, foods must not have any liquid that separates from solids when placed on the plate or it is considered a mixed consistency. Also consider condiments that would be served with the food. For example; butter served with a baked potato would melt and cause a mixed consistency (a solid and liquid in the same food). Also consider the restrictions of each diet level.

**S&S Roasted Pork Loin-3 oz**

- 3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>		
	Serving Size 3 Ounces (132g) <b>Calories</b> 151 Calories from Fat 37	<b>Total Fat</b>	4g		<b>6%</b>	<b>Total Carbohydrate</b>	0g		<b>0%</b>
		Saturated Fat 1g		<b>7%</b>		Dietary Fiber 0g		<b>0%</b>	
		Trans Fat 0g				Sugars 0g			
		<b>Cholesterol</b> 64mg		<b>21%</b>	<b>Protein</b>	26g			
		<b>Sodium</b> 313mg		<b>13%</b>	<hr/>				
		Vitamin A 0%		Vitamin C 1%	Calcium 1%		Iron 7%		
		Thiamin 65%		Riboflavin 26%	Niacin 42%				
* Percent Daily Values are based on a 2,000 calorie diet.									

**S&S Salsa Chicken Bake**

Facility Recipe - Number: 1547

Entrees-poultry

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		45-60 minutes	350	

Portion Size: 3 oz

Pan Size:

Ingredients	Servings			
	10	25	35	50
Salsa, thick and chunky	1 7/8 Cup	1 1/8 Quart	1 5/8 Quart	2 1/3 Quart
Cumin, Ground	5/8 Tsp	1/2 Tbsp	3/4 Tbsp	1 Tbsp
Chili Powder	5/8 Tbsp	1 1/2 Tbsp	2 1/8 Tbsp	3 1/8 Tbsp
Garlic Powder	5/8 Tsp	1/2 Tbsp	3/4 Tbsp	1 Tbsp
Boneless, skinless, chicken, breasts	10 Each	25 Each	35 Each	50 Each
Cheddar Cheese, shredded	1 1/4 Cup	3 1/8 Cup	1 1/10 Quart	1 1/2 Quart

**Procedures:**

1. Mix salsa, cumin, chili powder and garlic powder in a small bowl until combined.
2. Place boneless skinless chicken breast in a baking pan. Pour salsa mixture over the top. Bake for 45 minutes to an hour or until done.
3. Sprinkle Chicken breasts with Cheese. If desired garnish with cilantro or green onions.

**Notes:**

1. IDDSI Help  
 Consider pureeing salsa before pouring over chicken to increase chances of meeting IDDSI criteria.  
 This recipe may need some modifications in order to meet IDDSI diets. Please consider the following; First of all, foods must not have any liquid that separates from solids when placed on the plate or it is considered a mixed consistency. Also consider condiments that would be served with the food. For example; butter served with a baked potato would melt and cause a mixed consistency (a solid and liquid in the same food). Also consider the restrictions of each diet level.

**S&S Salsa Chicken Bake**

2. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.
3. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.
4. **Mixed Consistencies**  
 This recipe contains a mixed consistency. Mixed consistencies are two different consistencies, a solid and a thin liquid, in the same food product such as canned fruit with juice, soup with chunks, or a fried egg with a runny center. Mixed consistencies are only allowed on level 7 Regular Diet. You must obtain Speech Language Pathologist (SLP) approval before giving to a level 6 diet or lower. To correct this recipe for IDDSI diets, you can puree the food (such as soup), thicken extremely thick or so thick the product does not run ( such as gravy or sauce) or serve drained (such as drained canned fruit). Some fruits are a mixed consistency in nature such as watermelon or mandarin oranges, that easily separate into water and solid in the mouth. These fruits can be served pureed or substituted for fruits that fit the diet descriptions.

<b>Nutrition Facts</b>  Serving Size 3 oz (95g)  <b>Calories</b> 167 Calories from Fat 103	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	<b>Total Fat</b>	11g		<b>18%</b>	<b>Total Carbohydrate</b>	4g		<b>1%</b>
		Saturated Fat 5g		<b>24%</b>		Dietary Fiber 2g		<b>7%</b>
		Trans Fat 0g				Sugars 3g		
		<b>Cholesterol</b>	43mg		<b>14%</b>	<b>Protein</b>	12g	
		<b>Sodium</b>	469mg		<b>20%</b>			
		Vitamin A 11%		Vitamin C 0%		Calcium 11%		Iron 4%
		Thiamin 2%		Riboflavin 7%		Niacin 11%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

**S&S Sandwich of the Day**

Facility Recipe - Number: 1232

Lunch-sandwiches

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1 Ea

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Bread, Wheat, Slices	20 Ea	50 Ea	70 Ea	100 Ea
Lettuce, Fresh, Head	3/4 Ea	2 Ea	2 3/4 Ea	4 Ea
Tomatoes, Fresh	2 Ea	5 Ea	7 Ea	10 Ea
Mayonnaise	3 1/4 Tbsp	1/2 Cups	2/3 Cups	1 Cups
Cheese, choice of	10 Ounces	25 Ounces	35 Ounces	50 Ounces
Sliced Meat, choice of	1 7/8 Lbs	4 2/3 Lbs	6 1/2 Lbs	9 3/8 Lbs

**Procedures:**

1. Wash and separate lettuce. Slice Meat & Cheese if Necessary. Slice tomatoes.
2. Place a lettuce leaf, tomato slice, mayonnaise and 3 oz sliced meat, 1 oz of cheese between slices of bread.
3. Serve 1 sandwich each.

**Notes:**

1. IDDSI Help  
This recipe includes a bread product that must be pre-gelled (also known as slurried) on diet levels below level 7 to help soften it to the right texture. Complementary liquids should be used (such as maple syrup for a pancake) and mixed with commercial thickeners. If done correctly, the end product should feel like pudding in the mouth. There can be no liquid separating from the product to avoid a mixed consistency.. Please contact your Speech Language Pathologist (SLP) for more information.
2. This recipe contains fresh fruits and vegetables that are not suitable for IDDSI diets level 6 and below. Very few fruits (such as a banana) and no raw vegetables meet IDDSI criteria for diets level 6 and below. Omit Vegetables, substitute an alternate cooked vegetable if needed.

**S&S Sandwich of the Day**

**Lunch-sandwiches**

3. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.
4. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>		
	<b>Total Fat</b>	16g		<b>25%</b>	<b>Total Carbohydrate</b>	35g		<b>12%</b>	
		Saturated Fat 7g		<b>36%</b>		Dietary Fiber 4g		<b>15%</b>	
		Trans Fat 0g				Sugars 8g			
		<b>Cholesterol</b>	67mg		<b>22%</b>	<b>Protein</b>	33g		
		<b>Sodium</b>	1166mg		<b>49%</b>				
		Vitamin A 15%		Vitamin C 16%		Calcium 30%		Iron 17%	
		Thiamin 28%		Riboflavin 33%		Niacin 19%			
		* Percent Daily Values are based on a 2,000 calorie diet.							
	Serving Size 1 Ea (244g)								
<b>Calories</b> 413									
Calories from Fat 144									

**S&S Sauteed Spinach w/ Garlic**

**Facility Recipe - Number: 195**

**Vegetables**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1/2 Cup

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Oil, Vegetable	8 Tsp	3/8 Cup	5/8 Cup	7/8 Cup
Garlic Clove, fresh minced	5 Tsp	1/4 Cup	3/8 Cup	1/2 Cup
Spinach, chopped	34 Ounces	85 Ounces	119 Ounces	170 Ounces

**Procedures:**

- Using a heavy pan, saute' garlic in hot oil for 1 minutes. Add spinach to pan, and cover tightly. Bring to a boil, and remove cover. Cook 3-5 minutes from the time the water begins to boil to a final product temperature of 155 degrees F or higher for 15 seconds.

**Notes:**

- IDDSI Help**

All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.
- For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. 1/2 inch for adults (approx. 1/4 inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.

For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.



**S&S Sauteed Spinach w/ Garlic**

**Facility Recipe - Number: 195**

**Vegetables**

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 0.5 Cup (18g)  Calories 37 Calories from Fat 33	<b>Total Fat</b>	4g		<b>6%</b>	<b>Total Carbohydrate</b>	1g	
		Saturated Fat 0g		<b>1%</b>		Dietary Fiber 0g		<b>1%</b>
		Trans Fat 0g				Sugars 0g		
		<b>Cholesterol</b>	0mg		<b>0%</b>	<b>Protein</b>	0g	
		<b>Sodium</b>	10mg		<b>0%</b>			
		Vitamin A 24%		Vitamin C 7%		Calcium 2%		Iron 2%
		Thiamin 1%		Riboflavin 2%		Niacin 1%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

**S&S Sauteed Zucchini**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1/2 Cup

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Oil, Vegetable	1/4 Cup	5/8 Cup	7/8 Cup	1 1/4 Cup
Squash, Zucchini fresh sliced	35 Ounces	87 1/2 Ounces	122 1/2 Ounces	175 Ounces
Salt	3/8 Tsp	7/8 Tsp	1/2 Tbsp	5/8 Tbsp
Pepper, black	1/8 Tsp	1/3 Tsp	3/8 Tsp	5/8 Tsp

**Procedures:**

- Heat oil in a skillet; saute' zucchini until tender. Season with salt and pepper.

**Notes:**

- IDDSI Help

All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.
- For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. 1/2 inch for adults (approx. 1/4 inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.

For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

**S&S Sauteed Zucchini**

**Facility Recipe - Number: 207**

**Vegetables**

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 0.5 Cup (55g)  Calories 57 Calories from Fat 50	<b>Total Fat</b>	6g		<b>9%</b>	<b>Total Carbohydrate</b>	2g	
		Saturated Fat 0g		<b>2%</b>		Dietary Fiber 1g		<b>2%</b>
		Trans Fat 0g				Sugars 1g		
		<b>Cholesterol</b>	0mg		<b>0%</b>	<b>Protein</b>	1g	
		<b>Sodium</b>	92mg		<b>4%</b>			
		Vitamin A 2%		Vitamin C 15%		Calcium 1%		Iron 1%
		Thiamin 1%		Riboflavin 3%		Niacin 1%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

**S&S Seasoned Baby Carrots**

Facility Recipe - Number: 1344

Vegetables

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 1/2 Cup

Pan Size:

Ingredients	Servings			
	10	25	35	50
Carrots, Whole Baby, Frz	2 1/2 Lbs	6 1/4 Lbs	8 3/4 Lbs	12 1/2 Lbs
Butter	1 5/8 Oz	4 Oz	5 5/8 Oz	8 Oz
Salt	1 Tsp	2 1/2 Tsp	1 1/8 Tbsp	1 2/3 Tbsp

**Procedures:**

1. Boil or steam carrots until tender. Drain well.
2. Add butter and salt. Stir to combine.
3. Serve 1/2 cup portions with #8 scoop.

**Notes:**

1. For Pureed: Measure desired # of servings into food processor. Blend until smooth. Add liquid if product needs thinning. Add commercial thickener if product needs thickening.
2. IDDSI Help  
This recipe may need some modifications in order to meet IDDSI diets. Please consider the following; First of all, foods must not have any liquid that separates from solids when placed on the plate or it is considered a mixed consistency. Also consider condiments that would be served with the food. For example; butter served with a baked potato would melt and cause a mixed consistency (a solid and liquid in the same food). Also consider the restrictions of each diet level.

**S&S Seasoned Baby Carrots**

3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.
4. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>		
	<b>Total Fat</b>	4g		<b>6%</b>	<b>Total Carbohydrate</b>	11g		<b>4%</b>	
		Saturated Fat 2g		<b>12%</b>		Dietary Fiber 3g		<b>13%</b>	
		Trans Fat 0g				Sugars 5g			
		<b>Cholesterol</b>	10mg		<b>3%</b>	<b>Protein</b>	1g		
		<b>Sodium</b>	342mg		<b>14%</b>				
	Serving Size 0.5 Cup (117g)	Vitamin A 376%	Vitamin C 11%	Calcium 4%	Iron 2%				
	<b>Calories</b> 78	Thiamin 5%	Riboflavin 4%	Niacin 6%					
	Calories from Fat 36								
		* Percent Daily Values are based on a 2,000 calorie diet.							

**S&S Seasoned Brussels Sprouts**

**Facility Recipe - Number: 117**

**Vegetables**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1/2 Cup

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Brussels Sprouts	30 Ounces	75 Ounces	105 Ounces	150 Ounces
Butter	5 Tsp	1/4 Cup	3/8 Cup	1/2 Cup
Salt	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp
Pepper, black	3/8 Tsp	7/8 Tsp	1/2 Tbsp	5/8 Tbsp

**Procedures:**

1. If frozen, do not thaw vegetables before cooking. Place fresh or frozen vegetables in a sauce pan with 1 1/2 inches of water in the bottom, and cover tightly. Bring to a boil, and remove lid. Cook for 10-15 minutes from the time the water begins to boil, stirring occasionally. Drain before serving.
2. To steam vegetables: steam for approximately 5-10 minutes at 5-6 psi. Pour melted butter over cooked vegetables, sprinkle with seasoning, and mix lightly.

**Notes:**

1. IDDSI Help  
This recipe contains vegetables not appropriate for IDDSI diets below level 7 Regular.  
Serve pureed or substitute an equivalent appropriate item.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 2g	<b>3%</b>	<b>Total Carbohydrate</b> 3g	<b>1%</b>
	Saturated Fat 1g	<b>6%</b>	Dietary Fiber 1g	<b>5%</b>
	Trans Fat 0g		Sugars 1g	
	<b>Cholesterol</b> 5mg	<b>2%</b>	<b>Protein</b> 1g	
	<b>Sodium</b> 125mg	<b>5%</b>		
	Vitamin A 6%	Vitamin C 47%	Calcium 1%	Iron 3%
	Thiamin 3%	Riboflavin 2%	Niacin 1%	
	* Percent Daily Values are based on a 2,000 calorie diet.			

**S&S Shredded Lettuce & Chopped Tomatoes**

Facility Recipe - Number: 765

Salads-vegetable

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 2 Oz

Pan Size:

Ingredients	Servings			
	10	25	35	50
Lettuce, Fresh, Head	1/4 Pounds	1/2 Pounds	2/3 Pounds	1 Pounds
Tomatoes, Whole	3/4 Pounds	2 Pounds	2 3/4 Pounds	4 Pounds

**Procedures:**

1. Wash, drain, remove core & shred lettuce. Wash & finely chop tomatoes.
2. Serve 1 oz shredded lettuce & 1 oz chopped tomatoes per portion.

**Notes:**

1. IDDSI Help  
This recipe contains vegetables that are not suitable for IDDSI diets below level 7 Regular. Very few fruits (such as a banana) and no raw vegetables meet IDDSI criteria for diets level 6 and below.

<b>Nutrition Facts</b> Serving Size 2 Oz (51g)  Calories 9 Calories from Fat 1	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 2g	<b>1%</b>
	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 1g	<b>2%</b>
	Trans Fat 0g		Sugars 1g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 0g	
	<b>Sodium</b> 3mg	<b>0%</b>		
	Vitamin A 7%	Vitamin C 9%	Calcium 1%	Iron 1%
	Thiamin 1%	Riboflavin 1%	Niacin 1%	
	* Percent Daily Values are based on a 2,000 calorie diet.			

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		30 Min	325°F	

Portion Size: 1/4 Cup

Pan Size: 4' Hotel Pans

Ingredients	Servings			
	10	25	35	50
Onions, Raw	0.03 Lb	1/10 Lb	1/10 Lb	1/8 Lb
Margarine	0.05 Lb	1/8 Lb	1/8 Lb	1/4 Lb
Sauerkraut, Canned	21 1/4 Oz	53 Oz	74 1/4 Oz	106 Oz
Pepper, Black, Ground	1/8 Tsp	3/8 Tsp	1/2 Tsp	1/4 Tbsp

**Procedures:**

1. HACCP: During the handling and preparation of all foods, wash hands regularly.
2. Peel & dice onions. Melt margarine. Saute onions in margarine until tender.
3. Drain sauerkraut. Combine with onions and pepper. Place in hotel pans. Cover. Bake.
4. HACCP: Hold at an internal temperature of 140°F or higher for service.

**Notes:**

1. IDDSI Help  
It is not anticipated that Sauerkraut will pass IDDSI testing methods. Omit or Serve pureed.

<b>Nutrition Facts</b> Serving Size 0.25 Cup (41g)  Calories 24 Calories from Fat 17	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 2g	<b>3%</b>	<b>Total Carbohydrate</b> 2g	<b>1%</b>
	Saturated Fat 0g	<b>2%</b>	Dietary Fiber 1g	<b>4%</b>
	Trans Fat 0g		Sugars 1g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 0g	
	<b>Sodium</b> 266mg	<b>11%</b>		
	Vitamin A 2%	Vitamin C 9%	Calcium 1%	Iron 3%
	Thiamin 1%	Riboflavin 1%	Niacin 0%	
	* Percent Daily Values are based on a 2,000 calorie diet.			



**S&S Sliced Turkey-3 oz**

**Facility Recipe - Number: 99**

**Entrees-poultry**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
			325 degrees F	

**Portion Size:** 3 Ounces

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Turkey Breast w/o skin, raw	7 4/5 Lbs	19 1/2 Lbs	27 1/3 Lbs	39 Lbs

**Procedures:**

1. Thaw turkey completely under refrigeration of 40 degrees F (4.4 degrees C) or lower. Rinse under cold running water. Spray turkey with cooking spray. Place turkey breast in a roasting pan.
2. Roast, uncovered 325 degrees F (165 degrees C) until juices run clear and an internal temperature of 165 degrees F (73.9 degree C) or higher is reached for 15 seconds. Reduce heat to 300 degrees F (150 degrees C); continue to roast until an internal temperature of 170-175 degrees F is reached. Allow approximately 20-25 minutes per pound).

**Notes:**

1. **IDDSI Help**  
All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.
2. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. 1/2 inch for adults (approx. 1/4 inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

**S&S Sliced Turkey-3 oz**

**Facility Recipe - Number: 99**

**Entrees-poultry**

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>		
	Serving Size 3 Ounces (87g)  Calories 165 Calories from Fat 58	<b>Total Fat</b>	6g		<b>10%</b>	<b>Total Carbohydrate</b>	0g		<b>0%</b>
		Saturated Fat 2g		<b>9%</b>		Dietary Fiber 0g		<b>0%</b>	
		Trans Fat 0g				Sugars 0g			
		<b>Cholesterol</b>	65mg		<b>22%</b>	<b>Protein</b>	25g		
		<b>Sodium</b>	55mg		<b>2%</b>				
		Vitamin A 0%		Vitamin C 0%		Calcium 2%		Iron 7%	
		Thiamin 3%		Riboflavin 7%		Niacin 28%			
		* Percent Daily Values are based on a 2,000 calorie diet.							

**S&S Swedish Meatballs**

**Facility Recipe - Number: 1515**

**Entrees-beef**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		50 minutes	400	

**Portion Size:** 2 Each

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Butter	3/4 Tbsp	2 Tbsp	2 3/4 Tbsp	1/4 Cup
Onion, Fresh, Grated	5/8 Cup	1 1/2 Cup	2 1/10 Cup	3 Cup
Milk, 2% Fat	3 1/4 Tbsp	1/2 Cup	2/3 Cup	1 Cup
Bread, White, Slices	3 1/4 ea	8 ea	11 1/4 ea	16 ea
Egg	1 3/8 Oz	3 1/2 Oz	4 7/8 Oz	7 Oz
Beef, Ground	5/8 Lbs	1 1/2 Lbs	2 1/10 Lbs	3 Lbs
Sausage, Pork	3/8 Lb	1 Lb	1 3/8 Lb	2 Lb
Salt	3/8 Tsp	1 Tsp	1/2 Tbsp	2/3 Tbsp
Pepper, Black, Ground	3/4 Tsp	2 Tsp	7/8 Tbsp	1 1/3 Tbsp
Nutmeg, Ground	3/8 Tsp	1 Tsp	1/2 Tbsp	2/3 Tbsp
Ground Cardamom	3/8 Tsp	1 Tsp	1/2 Tbsp	2/3 Tbsp
Butter	3 Tbsp	7 1/2 Tbsp	2/3 Cup	7/8 Cup
Flour, All Purpose	3 Tbsp	7 1/2 Tbsp	2/3 Cup	7/8 Cup
Beef Broth	2 Cup	5 Cups	1 3/4 Quart	2 1/2 Quart
Sour Cream	1/4 Cups	5/8 Cups	7/8 Cups	1 1/4 Cup
Salt	1/10 Tsp	1/8 Tsp	1/8 Tsp	1/4 Tsp
Black Pepper, ground	1/10 Tsp	1/4 Tsp	1/3 Tsp	1/2 Tsp

**Procedures:**

1. Melt first listed butter in a skillet. Add grated onion and cook until softened.
2. Trim crust off of bread. Cut into cubes. Place in a bowl and pour milk over the top. Allow the bread to sit for a few minutes to soak. After it has soaked, pull apart with tines of a fork.
3. Preheat the oven to 400 degrees F.
4. Make meatball mixture by combining soaked bread, cooked onions, eggs, ground beef, sausage, salt, pepper, nutmeg and Cardmom. Mix until evenly combined. Then use a #30 scoop to scoop out meatballs onto a greased pan.

5. While meatballs are cooking make sauce. First melt butter (2nd Listed) in a saucepan over medium heat until it starts to bubble. Add flour and continue stirring and cooking until roux turns golden brown.
6. Gradually add beef stock to roux. Continue to stir as sauce thickens. Finally add sour cream and salt and pepper if needed. Keep warm.
7. After meatballs have heated through, combine meatballs and sauce and keep warm until time of service. To serve portion 2 meatballs with additional sauce over mashed potatoes or pasta.

**Notes:**

1. IDDSI Help  
Mixed Consistencies  
This recipe contains a mixed consistency. Mixed consistencies are two different consistencies, a solid and a thin liquid, in the same food product such as canned fruit with juice, soup with chunks, or a fried egg with a runny center. Mixed consistencies are only allowed on level 7 Regular Diet. You must obtain Speech Language Pathologist (SLP) approval before giving to a level 6 diet or lower. To correct this recipe for IDDSI diets, you can puree the food (such as soup), thicken extremely thick or so thick the product does not run ( such as gravy or sauce) or serve drained (such as drained canned fruit). Some fruits are a mixed consistency in nature such as watermelon or mandarin oranges, that easily separate into water and solid in the mouth. These fruits can be served pureed or substituted for fruits that fit the diet descriptions.
2. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.
3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 2 Each (124g)  Calories 265 Calories from Fat 171	<b>Total Fat</b>	19g		<b>29%</b>	<b>Total Carbohydrate</b>	8g	
		Saturated Fat 8g		<b>42%</b>		Dietary Fiber 1g		<b>2%</b>
		Trans Fat 0g				Sugars 1g		
		<b>Cholesterol</b> 78mg		<b>26%</b>	<b>Protein</b>	14g		
		<b>Sodium</b> 372mg		<b>15%</b>				
		Vitamin A 4%		Vitamin C 1%	Calcium 5%			Iron 7%
		Thiamin 9%		Riboflavin 8%	Niacin 13%			

\* Percent Daily Values are based on a 2,000 calorie diet.

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1 Salad

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Beef, raw ground (Lean)	40 Ounces	100 Ounces	140 Ounces	200 Ounces
Onions, fresh chopped	3/4 Cup	1 7/8 Cup	2 5/8 Cup	3 3/4 Cup
Cornstarch	2 1/2 Tsp	2 1/10 Tbsp	2 7/8 Tbsp	1/4 Cup
Bay Leaf	1 Each	2 1/2 Each	3 1/2 Each	5 Each
Garlic Powder	3/8 Tsp	7/8 Tsp	1/2 Tbsp	5/8 Tbsp
Oregano, dried leaves	3/8 Tsp	7/8 Tsp	1/2 Tbsp	5/8 Tbsp
Cumin, Ground	3/8 Tsp	7/8 Tsp	1/2 Tbsp	5/8 Tbsp
Pepper, red	3/8 Tsp	7/8 Tsp	1/2 Tbsp	5/8 Tbsp
Water	1 1/4 Cup	3 1/8 Cup	1 1/10 Quart	1 1/2 Quart
Lettuce, head shredded	10 Cups	1 1/2 Gal	2 1/8 Gal	3 1/8 Gal
Tomatoes, fresh, chopped, raw	1 1/2 Cup	3 3/4 Cup	1 1/3 Quart	1 7/8 Quart
Cheese, Cheddar, Shredded	1 1/4 Cup	3 1/8 Cup	1 1/10 Quart	1 1/2 Quart
Shells, flour tortillas 8"	10 Each	25 Each	35 Each	50 Each

**Procedures:**

1. Saute' beef and onions in a heavy sauce pan or nonstick skillet; drain excess fat and discard. Add cornstarch, spices, seasoning, and water to meat mixture; simmer for 30-40 minutes.
2. Cook meat to a temperature of 155 degrees F (68.3 degrees C) or higher for 15 seconds.
3. Additional water may be added if needed. Remove bay leaf before serving.
4. If desired, taco shells can be cooked or baked into bowl shape.
5. To assemble:  
 Top 1 Tortilla with  
 #12 scoop of beef mixture  
 #4 or 1 cup of Lettuce  
 #30 scoop of tomatoes  
 #30 or 2 Tbsp of Cheese
6. Serve 1 salad per person.

**Notes:**

1. IDDSI Help  
 This recipe contains vegetables that are not suitable for IDDSI diets below level 7 Regular. Very few fruits (such as a banana) and no raw vegetables meet IDDSI criteria for diets level 6 and below.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 Salad (291g)  Calories 465 Calories from Fat 223	<b>Total Fat</b>	25g		<b>38%</b>	<b>Total Carbohydrate</b>	30g	
		Saturated Fat 10g		<b>50%</b>		Dietary Fiber 2g		<b>6%</b>
		Trans Fat 1g				Sugars 2g		
		<b>Cholesterol</b>	91mg		<b>30%</b>	<b>Protein</b>	30g	
		<b>Sodium</b>	627mg		<b>26%</b>			
		Vitamin A 90%		Vitamin C 11%		Calcium 24%		Iron 23%
		Thiamin 7%		Riboflavin 16%		Niacin 28%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

**S&S Tomato Basil Parmesan Soup\***

**Facility Recipe - Number: 1122**

**Soups**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 3/4 C

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Carrots, Fresh, Finely Diced	5/8 Cup	1 1/2 Cup	2 1/8 Cup	3 1/8 Cup
Celery, fresh minced raw	5/8 Cup	1 1/2 Cup	2 1/8 Cup	3 1/8 Cup
Onions, fresh minced	5/8 Cup	1 1/2 Cup	2 1/8 Cup	3 1/8 Cup
Oil, Vegetable	2 1/2 Tbsp	3/8 Cup	1/2 Cup	3/4 Cup
Garlic Clove, fresh minced	1 7/8 ea	4 2/3 ea	6 1/2 ea	9 3/8 ea
Oregano Leaves, Dried	5/8 Tsp	1/2 Tbsp	3/4 Tbsp	1 Tbsp
Basil,Dried,Crushed	1 7/8 Tsp	1 5/8 Tbsp	2 1/4 Tbsp	3 1/8 Tbsp
Black Pepper, ground	1/8 Tsp	3/8 Tsp	1/2 Tsp	3/4 Tsp
Tomatoes, Canned, Diced	17 1/2 Oz	43 3/4 Oz	61 1/4 Oz	87 1/2 Oz
Broth, Chicken	2 1/2 Cup	1 1/2 Quart	2 1/8 Quart	3 1/8 Quart
Bay Leaf,Whole,Dried	5/8 ea	1 1/2 ea	2 1/8 ea	3 1/8 ea
Flour	1/3 Cup	3/4 Cup	1 1/10 Cup	1 1/2 Cup
Margarine	1/3 Cup	3/4 Cup	1 1/10 Cup	1 1/2 Cup
Cheese, Parmesan shredded	5/8 Cup	1 1/2 Cup	2 1/8 Cup	3 1/8 Cup
Cream, Half & Half	1 1/4 Cup	3 1/8 Cup	1 1/10 Quart	1 1/2 Quart

**Procedures:**

1. Saute carrots, onions and celery in the bottom of a soup pot using the vegetable oil. After vegetables begin to soften, Add garlic, basil, Oregano and pepper. Saute for a few more minutes.
2. Add the diced tomatoes (undrained) chicken broth and bay leaf. Bring it to a simmer. Simmer for about 15 minutes or until all the vegetables are tender.
3. In a separate pot, make a roux by melting your margarine and stirring in flour 1 Tbsp at a time. Cook 5 minutes. Then add some of your soup (as much as will fit in your pan, up to 1/2) and stir until it begins to thicken.
4. Once your mixture has thickened, Pour back into soup pot and continue stirring and simmering soup until the whole pot has thickened.
5. Add Parmesan Cheese and whisk to blend. Stir in warmed half and half.
6. Season with salt and pepper if necessary. Amount varies among ingredients.



**S&S Tomato Basil Parmesan Soup\***

7. Serve warm, 3/4 cup per person.

**Notes:**

1. IDDSI Help  
Soups must be pureed to avoid a mixed consistency, two consistencies in the same product (a liquid and a solid) for all IDDSI diet levels; Level 6 and below. It may also be appropriate to serve some soups (like beef stew) extremely thick. Extremely thick is thick enough that no liquid separates from solid products. If a Speech Language Pathologist (SLP) determines mixed consistencies are appropriate for a resident, it must still meet the diet description for the ordered diet. Such as all solid foods in the soup must be bite size for level 6 or minced moist for level 5.
2. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. 1/2 inch for adults (approx. 1/4 inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 0.75 C (181g)  Calories 189 Calories from Fat 131	<b>Total Fat</b>	15g		<b>22%</b>	<b>Total Carbohydrate</b>	11g	
		Saturated Fat 5g		<b>23%</b>		Dietary Fiber 2g		<b>6%</b>
		Trans Fat 1g				Sugars 3g		
		<b>Cholesterol</b>	15mg		<b>5%</b>	<b>Protein</b>	5g	
		<b>Sodium</b>	245mg		<b>10%</b>			
		Vitamin A 34%		Vitamin C 10%		Calcium 12%		Iron 5%
		Thiamin 4%		Riboflavin 7%		Niacin 8%		
		* Percent Daily Values are based on a 2,000 calorie diet.						

**S&S Traditional Zucchini Bread**

**Facility Recipe - Number: 1482**

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		55 mins to 1 hour	350	

**Portion Size:** 1 1/12 Slice

**Pan Size:** Loaf Pan

Ingredients	Servings			
	10	25	35	50
Oil	3 1/3 Tbsp	1/2 Cup	3/4 Cup	1 Cup
Applesauce, Canned	3 1/3 Tbsp	1/2 Cups	3/4 Cups	1 Cup
Sugar	7/8 Cups	2 1/10 Cup	2 7/8 Cup	1 Quart
Eggs	2 1/8 Oz	5 1/2 Oz	7 2/3 Oz	10 7/8 Oz
Extract, Vanilla	7/8 Tsp	2 1/10 Tsp	2 7/8 Tsp	1 3/8 Tbsp
Zucchini, Shredded	7/8 Cups	2 1/10 Cup	2 7/8 Cup	1 Quart
Flour, All Purpose	1 1/4 Cup	3 1/8 Cup	4 3/8 Cup	1 1/2 Quart
Baking Soda	3/8 Tsp	1 Tsp	1 1/2 Tsp	2/3 Tbsp
Salt	3/8 Tsp	1 Tsp	1 1/2 Tsp	2/3 Tbsp
Cinnamon, Ground	3/8 Tbsp	1 Tbsp	1 1/2 Tbsp	2 1/10 Tbsp
Baking Powder	1/10 Tsp	1/4 Tsp	3/8 Tsp	1/2 Tsp
Walnuts, chopped (optional)	3 1/3 Tbsp	1/2 Cup	3/4 Cup	1 Cup

**Procedures:**

1. Preheat oven to 350 degrees F.
2. Combine oil, applesauce, sugar and eggs in a large mixing bowl. Beat well. Blend in vanilla, and zucchini.
3. Sift dry ingredients together. Add to wet mixture and stir until combined. Add nuts if desired.
4. Portion into greased loaf pans, about 2 1/2 cups or 1.75# per loaf pan.
5. Bake in preheated oven for about 1 hour or until done. Allow to cool in loaf pans for about 10 minutes, then remove to racks to continue cooling.

**Notes:**

1. IDDSI Help  
Nuts  
Nut pieces are not appropriate for IDDSI diets below Level 7 Regular. At times, pureed nut butters can be used as an ingredient in a recipe (such as peanut butter cookies) but are usually too sticky to pass IDDSI testing methods when served alone.

2. Some biscuits, muffins, cakes, and baked products can be appropriate for IDDSI diets if they have a tender texture and are moistened. Bread products that are not pre-gelled should be cut to the appropriate size according to diet descriptions. Please consult your SLP to determine appropriateness.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 1/12 Slice (66g) <b>Calories</b> 189 Calories from Fat 58	<b>Total Fat</b>	6g		<b>10%</b>	<b>Total Carbohydrate</b>	31g	
Saturated Fat		1g		<b>3%</b>	Dietary Fiber	1g		<b>4%</b>
Trans Fat		0g			Sugars	17g		
<b>Cholesterol</b>		23mg		<b>8%</b>	<b>Protein</b>	3g		
<b>Sodium</b>		161mg		<b>7%</b>				
Vitamin A		4%	Vitamin C	3%	Calcium	2%	Iron	6%
Thiamin		9%	Riboflavin	7%	Niacin	5%		

\* Percent Daily Values are based on a 2,000 calorie diet.

**S&S Turkey & Cucumber Sandwich w/Herb Cream Cheese**

Facility Recipe - Number: 1527

Entrees-poultry

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

Portion Size: 1 Each

Pan Size:

Ingredients	Servings			
	10	25	35	50
Butter, Softened	3/8 Cup	1 Cup	1 1/2 Cup	2 1/10 Cup
Cheese, Cream softened	6 2/3 Oz	16 2/3 Oz	23 1/3 Oz	33 1/3 Oz
Cheese, Parmesan grated	1 2/3 Tbsp	1/4 Cup	3/8 Cup	1/2 Cup
Garlic, Minced	7/8 Tsp	2/3 Tbsp	1 Tbsp	1 3/8 Tbsp
Oregano, dried leaves	1 1/4 Tsp	1 Tbsp	1 1/2 Tbsp	2 1/10 Tbsp
Parsley Flakes, dried	7/8 Tsp	2/3 Tbsp	1 Tbsp	1 3/8 Tbsp
Thyme, Dried	1/4 Tsp	1/2 Tsp	3/4 Tsp	1/3 Tbsp
Dill Weed, Dried	3/8 Tsp	1/3 Tbsp	1/2 Tbsp	2/3 Tbsp
Basil, dried leaves	1/4 Tsp	1/2 Tsp	3/4 Tsp	1/3 Tbsp
Black Pepper, ground	1/4 Tsp	1/2 Tsp	3/4 Tsp	1/3 Tbsp
Bread, choice of	20 Slices	50 Slices	70 Slices	100 Slices
Turkey, Cooked, Sliced	20 Oz	50 Oz	70 Oz	100 Oz
Cucumber, fresh sliced	15 Ounces	37 1/2 Ounces	52 1/2 Ounces	75 Ounces
Onions, Red, Sliced	5 Oz	12 1/2 Oz	17 1/2 Oz	25 Oz

**Procedures:**

- In a mixing bowl, beat together, Softened butter, Cream Cheese, Parmesan, Garlic, Oregano, parsley, thyme, dill weed, basil and black pepper. Refrigerate for at least a few hours or overnight.
- For each sandwich use:  
 2 Slices of bread  
 Spread 2 Tbsp of Cream Cheese Mixture divided between the 2 slices (Approximately 1 Tbsp each slice)  
 Top with 2 oz of sliced turkey  
 4-6 thin slices of cucumber or about 1.5 oz  
 2-3 rings of red onion or about 1/2 oz.
- Keep Chilled until ready to serve. Serve 1 sandwich per person.

**Notes:**

- A whole wheat seeded bread was used when testing this recipe.

# S&S Turkey & Cucumber Sandwich w/Herb Cream Cheese

Facility Recipe - Number: 1527

Entrees-poultry

2. **IDDSI Help**  
This recipe contains vegetables that are not suitable for IDDSI diets below level 7 Regular. Very few fruits (such as a banana) and no raw vegetables meet IDDSI criteria for diets below level 7 Regular.
3. This recipe includes a bread product that must be pre-gelled (also known as slurried) on diet levels below level 7 to help soften it to the right texture. Complementary liquids should be used (such as maple syrup for a pancake) and mixed with commercial thickeners. If done correctly, the end product should feel like pudding in the mouth. There can be no liquid separating from the product to avoid a mixed consistency. Please contact your Speech Language Pathologist (SLP) for more information.
4. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.
5. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>		
	Serving Size 1 Each (185g)  <b>Calories</b> 343 Calories from Fat 161	<b>Total Fat</b>	18g		<b>28%</b>	<b>Total Carbohydrate</b>	27g		<b>9%</b>
		Saturated Fat 9g		<b>47%</b>		Dietary Fiber 4g		<b>17%</b>	
		Trans Fat 0g				Sugars 6g			
		<b>Cholesterol</b>	72mg		<b>24%</b>	<b>Protein</b>	19g		
		<b>Sodium</b>	918mg		<b>38%</b>				
		Vitamin A 10%		Vitamin C 3%		Calcium 10%		Iron 10%	
		Thiamin 13%		Riboflavin 8%		Niacin 33%			

\* Percent Daily Values are based on a 2,000 calorie diet.

**S&S Turkey & Ham Club Sandwich**

Facility Recipe - Number: 1477

Lunch-sandwiches

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1 ea

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Bacon, cooked slices	10 Each	25 Each	35 Each	50 Each
Turkey Breast, cooked sliced	15 Ounces	37 1/2 Ounces	52 1/2 Ounces	75 Ounces
Baked Ham, sliced	15 Ounces	37 1/2 Ounces	52 1/2 Ounces	75 Ounces
Tomatoes, fresh sliced raw	10 Ounces	25 Ounces	35 Ounces	50 Ounces
Lettuce, choice of leaves	10 Each	25 Each	35 Each	50 Each
Mayo	6 2/3 Tbsp	1 Cup	1 1/2 Cup	2 1/10 Cup
Bread slices, choice of	20 Each	50 Each	70 Each	100 Each

**Procedures:**

1. Toast Bread if desired.
2. Spread mayo thinly on one side of each slice of bread. Place 1.5 oz of turkey, and 1.5 oz of ham topped with 1 slice of bacon, lettuce, and tomato on a slice of bread and top with another slice of bread (mayo to the inside of the sandwich).

**Notes:**

1. Serving Size: 3 oz on 2
2. IDDSI Help  
This recipe includes a bread product that must be pre-gelled (also known as slurried) on diet levels below level 7 to help soften it to the right texture. Complementary liquids should be used (such as maple syrup for a pancake) and mixed with commercial thickeners. If done correctly, the end product should feel like pudding in the mouth. There can be no liquid separating from the product to avoid a mixed consistency.

**S&S Turkey & Ham Club Sandwich**

3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.
4. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>		
	<b>Total Fat</b>	10g		<b>16%</b>	<b>Total Carbohydrate</b>	26g		<b>9%</b>	
		Saturated Fat 3g		<b>13%</b>		Dietary Fiber 5g		<b>20%</b>	
		Trans Fat 0g				Sugars 4g			
		<b>Cholesterol</b>	68mg		<b>23%</b>	<b>Protein</b>	26g		
		<b>Sodium</b>	1786mg		<b>74%</b>				
		Vitamin A 38%		Vitamin C 7%		Calcium 7%		Iron 17%	
		Thiamin 17%		Riboflavin 11%		Niacin 22%			
		* Percent Daily Values are based on a 2,000 calorie diet.							
	Serving Size 1 ea (219g)								
<b>Calories</b> 288									
Calories from Fat 93									

# S&S Whole Grain Crispy Chicken Strips

Facility Recipe - Number: 1342

Entrees-poultry

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
			400	

Portion Size: 2 oz

Pan Size:

Ingredients	Servings			
	10	25	35	50
Flour, Whole Wheat	2/3 Cup	1 2/3 Cup	2 1/3 Cup	3 1/3 Cup
Salt	1/2 Tsp	3/8 Tbsp	5/8 Tbsp	7/8 Tbsp
Black Pepper, ground	1 Tsp	7/8 Tbsp	1 1/8 Tbsp	1 2/3 Tbsp
Boneless, skinless, chicken, breasts	2 Lb	5 Lb	7 Lb	10 Lb
Milk, 2% Fat	2/3 Cup	1 2/3 Cup	2 1/3 Cup	3 1/3 Cup
Cheese, Parmesan grated	2/3 Cup	1 2/3 Cup	2 1/3 Cup	3 1/3 Cup
Old-fashioned Oats	1 Cup	2 1/2 Cup	3 1/2 Cup	1 1/4 Quart
Garlic Powder	1/2 Tbsp	1 1/4 Tbsp	1 3/4 Tbsp	2 1/2 Tbsp
Onion Powder	1/2 Tbsp	1 1/4 Tbsp	1 3/4 Tbsp	2 1/2 Tbsp

## Procedures:

1. Preheat oven to 400 degrees F.
2. In a shallow dish, combine whole wheat flour, salt and black pepper.
3. In a second dish, pour milk.
4. In a third dish, or resealable plastic bag, combine Parmesan, oats, garlic powder and onion powder.
5. Dip chicken into the flour, and turn to coat. Next coat with milk, and finally coat with oat mixture.
6. Place chicken on a greased baking sheet. Spray the top of the chicken with a light coating of cooking spray.
7. Bake for 15 minutes , until crust is golden brown and chicken is cooked through to a temperature of 165 degrees.



# S&S Whole Grain Crispy Chicken Strips

**Notes:**

- 1. IDDSI Help**  
 For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.
- 2. All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.**

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	<b>Total Fat</b>	4g		<b>7%</b>	<b>Total Carbohydrate</b>	13g		<b>4%</b>
		Saturated Fat 2g		<b>9%</b>		Dietary Fiber 2g		<b>7%</b>
		Trans Fat 0g				Sugars 1g		
		<b>Cholesterol</b>	13mg		<b>4%</b>	<b>Protein</b>	7g	
		<b>Sodium</b>	233mg		<b>10%</b>			
		Vitamin A 2%		Vitamin C 0%		Calcium 11%		Iron 5%
		Thiamin 7%		Riboflavin 6%		Niacin 5%		
	Serving Size 2 oz (47g)							
	<b>Calories</b> 117							
Calories from Fat 39								

\* Percent Daily Values are based on a 2,000 calorie diet.

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time

**Portion Size:** 1 each

**Pan Size:**

Ingredients	Servings			
	10	25	35	50
Yogurt, Vanilla, Lf	6 5/8 Cup	16 1/2 Cups	1 1/2 Gal	2 1/10 Gal
Blueberries,fresh	5/8 Lbs	1 3/5 Lbs	2 1/8 Lbs	3 1/8 Lbs
Strawberries, Fresh, Sliced	5/8 Lbs	1 3/5 Lbs	2 1/8 Lbs	3 1/8 Lbs
Raspberries,fresh	5/8 Lbs	1 3/5 Lbs	2 1/8 Lbs	3 1/8 Lbs
granola	2 1/2 Cup	6 1/4 Cups	2 1/8 Quart	3 1/8 Quart

**Procedures:**

- Place 1/3 cup of vanilla yogurt in a parfait glass using a #12 scoop.
- On top of yogurt and 1 oz of each kind of berries; raspberries, sliced strawberries, blueberries for a total of 3 oz of fruit.
- Top with another 1/3 cup of vanilla yogurt using a #12 scoop.
- Just prior to serving, scoop 1/4 cup of granola on top using a #16 scoop.

**Notes:**

- IDDSI Help  
 Granola is not appropriate for IDDSI Diets below Level 7 Regular.  
 Berries will need to be carefully selected and cut in order to pass IDDSI tests.
- All foods must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the diet level ordered you can serve the food at a lower diet category. For example, if cooked broccoli is not tender enough to pass the fork test at Level 6 Soft and Bite Size, you can serve it minced moist (Level 5) or (pureed Level 4). Try to serve the foods at the highest level, the least modified that is appropriate. For example, you can try thinly slicing before mincing or pureeing.

**S&S Yogurt Parfait**

- 3. For Level 6 Soft and Bite Sized- Pieces no bigger than the width of your fork, approx. ½ inch for adults (approx. ¼ inch for children). When food is pushed down on with a fork it should squash completely and not regain its shape.  
 For Level 5 Minced and Moist- Pieces should be small enough to fit between the prongs on your fork approx. 1/8 inch for adults (approx. 1/16 of an inch for children). Food holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.  
 For Level 4 Pureed- Food is completely smooth with no lumps. Food is thick enough it sits in a mound above the fork. Does not dollop or drip continuously through a fork. Food holds its shape on a spoon. Falls off easily if tilted or lightly flicked. Must not be firm or sticky.

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>		<b>% Daily Value*</b>	
	Serving Size 1 each (265g)  Calories 282 Calories from Fat 48	<b>Total Fat</b>	5g		<b>8%</b>	<b>Total Carbohydrate</b>	50g	
		Saturated Fat 2g		<b>8%</b>		Dietary Fiber 6g		<b>22%</b>
		Trans Fat 0g				Sugars 33g		
		<b>Cholesterol</b> 9mg		<b>3%</b>	<b>Protein</b>	11g		
		<b>Sodium</b> 120mg		<b>5%</b>				
		Vitamin A 2%		Vitamin C 39%	Calcium 32%		Iron 7%	
		Thiamin 13%		Riboflavin 25%	Niacin 6%			

\* Percent Daily Values are based on a 2,000 calorie diet.

Recipe List Index

Number	Recipe Name	Section	Number	Recipe Name	Section
1158	S&S Apple Cake with Butterscotch Sauce*	3	1524	S&S Pineapple Sunshine Cake	59
1491	S&S Baked Green Chile Chicken Taquitos	5	1230	S&S Potato Chips	61
1182	S&S Black Beans	7	139	S&S Roasted Pork Loin-3 oz	63
715	S&S Bread Assortment	9	1232	S&S Sandwich of the Day	65
532	S&S Buttered Rice *-1/2 cup	11	207	S&S Sauteed Zucchini	67
959	S&S Butterscotch Pudding Parfait from Scratch	13	117	S&S Seasoned Brussels Sprouts	69
635	S&S Chicken Alfredo*	15	1142	S&S Simple Sauerkraut*	71
667	S&S Chocolate Cake w/ Frosting*	17	1515	S&S Swedish Meatballs	73
1521	S&S Chocolate Crinkle Cookie	19	1122	S&S Tomato Basil Parmesan Soup*	75
772	S&S Choice of Cereal	21	1527	S&S Turkey & Cucumber Sandwich w/Herb Cream Cheese	77
175	S&S Country Biscuit	23	1342	S&S Whole Grain Crispy Chicken Strips	79
515	S&S Country Potato Salad	25	100	S&S Yogurt Parfait	80
1197	S&S Creamy Green Chili Chicken Enchiladas	27	1477	S&S Turkey & Ham Club Sandwich	78
1545	S&S Dessert of the Day	29	1482	S&S Traditional Zucchini Bread	76
264	S&S Fresh Fruit In Season	31	554	S&S Taco Salad in Taco Bowl *	74
566	S&S Fruit Danish	33	99	S&S Sliced Turkey-3 oz	72
1548	S&S German Sausage (Split) on a Bun	35	765	S&S Shredded Lettuce & Chopped Tomatoes	70
270	S&S Green Garden Salad (Facility Choice)	37	1344	S&S Seasoned Baby Carrots	68
1124	S&S Grilled Roast Beef & Cheddar Sandwich*	39	195	S&S Sauteed Spinach w/ Garlic	66
1137	S&S Hashbrown Casserole	41	1547	S&S Salsa Chicken Bake	64
1424	S&S Hot Brown Turkey Sandwich	43	1037	S&S Raspberry Streusel Muffin	62
802	S&S Ice Cream Sundae	45	757	S&S Pork Gravy	60
273	S&S Maple Glazed Ham-3 oz	47	1123	S&S Pineapple Coffee Cake*	58
475	S&S Mashed Potatoes *	49	383	S&S Peanut Butter Cookies	56
1183	S&S Morning Glory Muffins*	51	126	S&S Oven Fried Chicken-4 oz	54
785	S&S Oatmeal Raisin Cookies*	53	1349	S&S No Bake Cookies	52
74	S&S Pasta	55	10	S&S Mashed Potatoes	50
96	S&S Philly Cheese Steak Sandwich-3 oz	57			

S&S Nutrition Network

Brought to you by Becky Dorner & Associates, Inc.

Recipe List Index

Number	Recipe Name	Section	Number	Recipe Name	Section
1020	S&S Marinated Vegetable Salad	48			
1386	S&S Macaroni Salad	46			
793	S&S House-made Banana Cream Pudding*	44			
103	S&S Herb Stuffing	42			
594	S&S Hard Boiled Eggs	40			
188	S&S Grilled Patty Melt Sandwich	38			
1211	S&S Green Bean Casserole	36			
1168	S&S Fruit Pizza	34			
1283	S&S Frosted Sugar Cookie Bars	32			
246	S&S Fiesta Corn	30			
574	S&S Crispy Cole Slaw	28			
1056	S&S Cranberry Oatmeal Muffin	26			
654	S&S Country Gravy	24			
437	S&S Choice of Toast *	22			
1003	S&S Chocolate Muffins	20			
643	S&S Chocolate Chip Cookies*	18			
29	S&S Chocolate Brownie	16			
483	S&S Carrot Cake Muffins *	14			
630	S&S Butterscotch Brownies *	12			
2	S&S Broccoli Florets	10			
536	S&S Blueberry Muffin *	8			
1406	S&S Banana Bread	6			
1318	S&S Apple Spice Muffins*	4			
196	S&S Almond Pudding	2			
1102	S&S Almond Poppy Seed Muffins	1			