ENTREE PRODUCTION GUIDES FOR MODIFIED DIETS AT WALTER REED ARMY MEDICAL CENTER. PART I. CONSOLIDATED MODIFIED MEAT ENTREES.
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**20. ABSTRACT (Continued on reverse side if necessary and identify block number)**

Production guides suitable for cook/freeze hospital food service entrees for special diets have been developed. Included in this report are 19 entree production guides suitable for calorie restricted, Type II hyperlipoproteinemic (HLP) diabetic, bland diets, 9 entree production guides for sodium and/or calorie restricted, Type II HLP, diabetic bland diets, and 18 for sodium, restricted, calorie restricted, Type II HLP, diabetic bland diets. Also included are production guides for 5 sauces for calorie restricted, Type II
HLP, diabetic bland diets, 3 for sodium and/or calorie restricted, Type II HLP, diabetic, bland diets and 5 for sodium restricted, calorie restricted, Type II HLP, diabetic bland diets.
PREFACE

This project was completed at the U.S. Army Natick Research and Development Command at the request of personnel of the Walter Reed Army Medical Center and was funded under Intra-Army Order for Reimbursable Services No. S 49193-7008.

The authors wish to thank the Analytical Branch of the Food Science Laboratory for performing the nutritional analyses. The assistance of Mr. Robert Scott and Miss Melanie Piscia in carrying out the sensory evaluations is also appreciated.

The following Food Engineering Laboratory personnel listed alphabetically were contributors to the efforts covered in this report:

Mrs. Jesse W. McNutt
Miss Patricia A. Prell
Mr. John L. Secrist
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Mr. Raymond G. Young
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Sodium and/or calorie restricted type II hyperlipoproteinemia, diabetic, bland sauces

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Sodium restricted, calorie restricted, type II hyperlipoproteinemia, diabetic, bland sauces

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FOREWORD

Cook-freeze systems are becoming increasingly important in the Armed Forces feeding systems, as well as in hospital feeding, both military and non-military. The construction of a new Walter Reed Army Medical Center (WRAMC) using a cook-freeze system resulted in the development at the U.S. Army Natick Research and Development Command (NARADCOM) of 38 guides designed for this system. These guides, published in Technical Report NATICK/TR-77/005\(^1\), were designed for regular hospital feeding, either for patients on nonrestricted diets or for cafeteria use. Other production guides for military cook/freeze systems have been published at NARADCOM.\(^2, 3, 4, 5, 6\)

At the request of personnel at WRAMC, production guides for modified or restricted diets have been developed at NARADCOM. The dietary restrictions follow the guidelines prescribed by the dietary staff at WRAMC. The requests for production guides for entrees fall into five major categories, each of which are the subjects of Technical Reports:

\(^1\)R. Young, C. Shaw, G. Darsch, J. Tuomy and G. Walker; Meat and Fish Entree Item Production Guides Prepared for Walter Reed Army Medical Center. NATICK/TR-77-005 (FEL 77-004) April 1977 (AD A004 476).

\(^2\)R. Helmer, H. Schlup; Meat Entree Production Guides Developed for Use in Fort Lee Interim Central Food Preparation Facility. NATICK/TR-74-27 (FEL) March 1975 AD A009 733).


\(^6\)G. Walker, J. Tuomy, C. Kanter; Egg Products for Use in a Cook/Freeze System. NATICK/TR-76-28 (FEL 57) August 1976 (AD A031 327).
Part I: Consolidated Modified Meat Entree Production Guides\textsuperscript{7} for patients on:

a. Calorie restricted, type II, hyperlipoproteinemia\* diabetic, bland diets.

b. Sodium restricted, calorie restricted, type II, hyperlipoproteinemia, diabetic, bland diets.

Part II: Pureed Bland Entree Production Guides\textsuperscript{8} for patients unable to chew regular entrees.

Part III: Dental Liquid Entree Production Guides\textsuperscript{9} for patients on a liquid diet.

Part IV: Meat Substitute Entrees\textsuperscript{10} for patients not desiring to eat meat, fish, or poultry.

Part V: Renal diet items\textsuperscript{11} for patients with restricted protein, potassium and sodium intake.

\textsuperscript{7} Shaw, G. Darsch, G. Legris, Y. Masuoka and J. Tuomy; Entree Production Guides for Modified Diets at Walter Reed Army Medical Center, Part I: Consolidated Modified Meat Entrees. NATICK/TR-79/010, 1979.

\textsuperscript{8} Shaw, V. Loveridge, G. Darsch and J. Tuomy: Entree Production Guides for Modified Diets at Walter Reed Army Medical Center, Part II: Pureed Bland Entrees. NATICK/TR-79/011, 1979.

\textsuperscript{9} Shaw, V. Loveridge, G. Darsch, and J. Tuomy; Entree Production Guides for Modified Diets at Walter Reed Army Medical Center, Part III: Dental Liquid Entrees. NATICK/TR-79/012, 1979.

\textsuperscript{10} Darsch, R. Young, C. Shaw and J. Tuomy; Entree Production Guides for Modified Diets at Walter Reed Army Medical Center, Part IV: Meat Substitute Entrees. NATICK/TR-79/015, 1979.

\textsuperscript{11} McNutt, M. Branagan, J. McPhee, L. Albertini and M. Klicka; Entree Production Guides for Modified Diets at Walter Reed Army Medical Center, Part V: Renal Diets. NATICK/TR-79/014, 1979.

\* Type II hyperlipoproteinemia diets are low in unsaturated fats and cholesterol. Because these diets are also restricted in calories, all fats have been restricted.
The first section, Part I, of modified diets consolidates several different types of diet restrictions, thus allowing the hospital to drastically reduce the number of special diets needed. By careful formulation, these products have retained high flavor quality. The second section, Part II, includes diets designed to upgrade the quality and vary the types of pureed diluted foods or commercial baby foods that are usually served to patients requiring a bland diet of pureed consistency. The third type of diet in Part III, the dental liquid, represents a totally new concept in liquid feeding. The production guides in this section make up liquid foods having the taste of a regular entree. Thus, instead of drinking sweet milkshake-type products, a patient can order such liquids as chicken curry, ham with raisin sauce, or veal paprika. The fourth section, Part IV, contains production guides for entrees not containing meat, fish, or poultry. These are designed for the increasing numbers of vegetarian patients. Part V, renal diets, consists of eight very carefully weighed entrees and one dessert. These items are designed to give some variety in the diet for the patient with renal dysfunction where calories, protein, sodium, and potassium need to be carefully monitored.

For use in the WRAMC facility, all of the production guides except those for the renal diets have been written in 100-portion servings using both English and metric units and English volumes of liquids. Percentages of each ingredient are given to allow easy conversion to various sized batches. In order that these guides may be helpful to smaller military hospitals, ten serving portions are given, using common, (US customary) kitchen measurements. Production guides for the renal diets are based on percentages, twenty-five portions in both metric and customary units and one-portion servings in metric units. Directions for serving the products without the freezing process are given for the benefit of small hospitals which may not have freezing capabilities.
INTRODUCTION

The modified meat entree production guides published in this section consist of formulations suitable for patients on calorie restricted (Cal/R), Type II hyperlipoproteinemia (HLP), diabetic or bland diets. Also included are formulations for patients needing one or more of these restrictions as well as a sodium restricted (Na/R) diet. The products are designed to consolidate the myriad of dietary regimens often found in hospital feeding. Because of this consolidation of the special diets at the Walter Reed Army Medical Center (WRAMC), the number of special diets will be reduced dramatically and will result in a significant reduction in labor and energy costs. Under this consolidation, a patient on a diabetic or bland diet, for example, would ordinarily receive an entree that is also restricted in fat, cholesterol and calories.

The differential treatment of sodium-calorie restricted and calorie only restricted diets should be noted. While the Na/R, Cal/R, Type II HLP, diabetic, bland diet could be used by patients not requiring a sodium restricted diet, the unnecessary elimination of sodium from such a diet does limit the formulation of such a product. Although palatable low sodium products have been made, in most instances the use of salt does enhance the flavor of the item. Therefore, the consolidation of sodium and calorie restricted diets was made only on certain products, usually meats without sauces, in which the addition of salt during preparation does not notably affect the final flavor quality.

In formulating the modified meat entrees, two considerations were paramount.

1. The flavor quality of the food should not be adversely affected by the dietary restrictions, and

2. Adequate nutritive value would be present.

The first consideration is reflected in Table 1 which contains sensory evaluations of the prototype formulations* of the Cal/R, Type II HLP, diabetic, bland products. Careful formulation using herbs and other allowable seasonings resulted in products that are very flavorful and unlike most restricted diet foods. Table 2 shows the nutritional data on these products.

Many of the gravies or sauces used with the modified meat entrees may be used with more than one item. Therefore they are grouped separately in this report. Following is the order in which the guides are grouped:

A. Production guides for Cal/R, Type II HLP, diabetic, bland meat entrees.

B. Production guides to be used for both Na/R and Cal/R, Type II HLP, diabetic, bland diets.
C. Production guides for Na/R, Cal/R, Type II, HLP, diabetic, bland entrees.

D. Production guides for Cal/R, Type II HLP, diabetic bland gravies and sauces.

E. Production guides for sauces for both Na/R and Cal/R diets.

F. Production guides for Na/R, Cal/R, Type II HLP, diabetic, bland gravies and sauces

Within Sections A and B, the production guides are grouped according to the type of meat used.

* minor modifications or improvements were made in some production guides after the initial sensory evaluations.
PROCEDURE

A list of 52 entrees desired for modified diets was sent to NARADCOM by WRAMC personnel. Of these 52 products, 25 were to be Cal/R, Type II, HLP, diabetic, bland entrees, 24 were to be Na/R, Cal/R, Type II HLP, diabetic bland products and three were to be used for both Na/R and Cal/R diets. At NARADCOM, it was decided to consolidate six more entrees for use on both Na/R and Cal/R diets; so a total of 46 modified entree production guides have been written. To insure sufficient protein in each entree, three ounces of cooked meat, fish, or poultry were included per serving.

Small batches of each WRAMC recipe, reformulated to adapt to a cook-freeze system and incorporating the restrictions necessitated by the special diets were prepared by food technologists at NARADCOM. When acceptable formulations were developed, larger scale production batches were made. The Cal/R, Type II HLP, diabetic, bland entrees, as well as those used for both Cal/R and Na/R diets, were subjected to a formal sensory evaluation by food technologists who rated the products for color, odor, flavor, texture and appearance. Results may be found in Table 1. The Na/R, Cal/R, Type II, HLP, diabetic, bland products were informally evaluated by food technologists. The same products were subjected to proximate nutritional analyses, results of which are in Table 2. Storage tests of these items are being undertaken, with products stored at 0°F (-18°C) and sensory evaluations being made at three, six, and twelve months. The results of these storage studies will be published upon completion and will be an indication of the shelf life of the entrees.

Because entrees without a sauce or gravy will be more vulnerable to oxidation, products without sauces were prepared with and without a one-percent carrageenan coating. Each item was dipped to apply approximately 10% by weight of coating. Results of the storage tests must be obtained before conclusions as to the efficacy of the coating are made. However, preliminary results indicate that the use of a coating may be advantageous.
Calorie restricted, Type II HLP, Diabetic, Bland Entree

Production Guides
### BAKED SALISBURY STEAK WITH MUSHROOM SAUCE

Cal/R, Type II HLP, Diab, Bland

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
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<tbody>
<tr>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td></td>
<td>Weight:</td>
<td>Measure</td>
</tr>
<tr>
<td>1. Milk, nonfat, dry</td>
<td>1.19</td>
<td>0.60</td>
<td>272</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>2.28</td>
<td>1.16</td>
<td>526</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>2. Eggs, frozen, whole</td>
<td>1.78</td>
<td>0.90</td>
<td>408</td>
<td>1 3/4 cup</td>
<td></td>
</tr>
<tr>
<td>3. Beef, lean, boneless, ground 3/16&quot;</td>
<td>50.42</td>
<td>25.57</td>
<td>11,599</td>
<td>2 lb 9 oz</td>
<td></td>
</tr>
<tr>
<td>Bread crumbs</td>
<td>2.37</td>
<td>1.20</td>
<td>544</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Celery, chopped</td>
<td>1.19</td>
<td>0.60</td>
<td>272</td>
<td>8 2/3 tsp</td>
<td></td>
</tr>
<tr>
<td>Salt, table, iodized</td>
<td>0.09</td>
<td>0.05</td>
<td>23</td>
<td>1/3 tsp</td>
<td></td>
</tr>
<tr>
<td>4. Mushroom sauce, Cal/R, Type II HLP, Diab, Bland</td>
<td>40.68</td>
<td>20.63</td>
<td>9358</td>
<td>2.3 gal</td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>50.71</td>
<td>23,002</td>
<td>3 2/3 cup</td>
<td></td>
</tr>
</tbody>
</table>

Each Portion
Meat 3-1/2oz (100 g)
Sauce 3 oz (85 g)
BAKED SALISBURY STEAK WITH MUSHROOM SAUCE
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1. Mix nonfat, dry milk with water to disperse milk solids.

2. Thaw frozen eggs and beat to mix.

3a. Combine ingredients listed in sections 1, 2, and 3 of ingredients listing.

   b. Mix on low speed in mechanical mixer (Hobart or equivalent) for approximately 20 seconds or until ingredients are well dispersed. Do not overmix.

   c. Form into 4 1/2 oz (128 g) patties in Hollymatic or other forming equipment.

   d. Place on large baking sheets and cook in convection oven at 325°F (163°C) for approximately 10 minutes to an internal temperature of 160°F (71°C).

   e. Cool to about 50°F (10°C).

   f. Place one Salisbury steak in each individual container.

Sauce Preparation

4a. Prepare mushroom sauce according to Cal/R, Type II HLP, Diab, Bland Mushroom Sauce production guide.

   b. Pour 3 oz (85 g) sauce over each Salisbury Steak.

   c. Cover, label, and freeze.
BAKED SALISBURY STEAK WITH MUSHROOM SAUCE

Cal/R, Type II HLP, Diab, Bland

NOTES:


2. Formula is based on an 80% yield of Salisbury Steaks. Cooked weight of Salisbury Steaks for 100 portions should be approximately 24.1 lb (10.9 kg). For guidance, a 4 1/2 oz (128 g) raw steak should yield a 3 1/2 oz (100 g) cooked portion.

3. To serve without freezing, do not cool meat or sauce. Ladle 3 oz (85 g) of hot mushroom sauce over 3 1/2 oz (100 g) of Salisbury Steak for each portion.

4. Caloric value and fat content of the finished product are dependent on the fat content of the ground beef component.
BAKED SALISBURY STEAK WITH MUSHROOM SAUCE
Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1.


Fruits and Vegetables

3. Celery, fresh - NSN-8915-00-926-4925, Fed. HHH-V-1744/12

Bakery and Cereal Products


Condiments and Related Products


Special Procurement

6. Beef, lean, boneless, ground, 3/16".

Mushroom Sauce

7. See Cal/R, Type II HLP, Diab, Bland Mushroom Sauce production guide.
### BEEF STEW

Cal/R, Type II HLP, Diab, Bland

Each Portion: 8 oz (227 g)

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<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
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<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>(liquids)</td>
</tr>
<tr>
<td>1. Beef, diced, lean</td>
<td>49.18</td>
<td>33.27</td>
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<tr>
<td>2. Carrots, frozen, sliced</td>
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<td>803</td>
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<td>Beans, green, frozen</td>
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<td>3. Water or beef broth</td>
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</tr>
<tr>
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<td>0.01</td>
<td>4</td>
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<tr>
<td>Bay, ground</td>
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<td>0.003</td>
<td>1</td>
<td></td>
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<tr>
<td>Mace, ground</td>
<td>0.003</td>
<td>0.002</td>
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<tr>
<td>4. Starch, Col-Flo 67</td>
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<td>0.68</td>
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<td>0.34</td>
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<td>5. Peas, green frozen</td>
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<td>1.77</td>
<td>803</td>
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<td><strong>TOTALS</strong></td>
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</tr>
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</table>
BEEF STEW

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation:

1a. Place beef, diced, trimmed in deep pans. Heat in convection oven at 450°F (232°C) until well browned, turning frequently.

b. After browning, remove meat from convection oven, partially fill pans with water, cover and steam until tender at 15 psi (103 kPa) to an internal temperature of 160°F (71°C).

c. Drain liquid (broth) and reserve. (see Note 4).

d. Cool meat to about 50°F (10°C).

e. Place 3 oz (85 g) of meat into individual containers.

Gravy Preparation:


3a. Combine ingredients listed in section 3 of ingredient listing, reserving some water or broth for step 4a.

b. Mix well.

c. Heat to 160°F (71°C).

4a. Make a starch-flour slurry using water or broth from step 3a. When making a slurry using flour, the liquid should always be added to the dry ingredients.

b. Add to above.

c. Heat to 180°F (82°C).

5a. Add green peas from section 5 of ingredient listing as well as carrots and green beans from step 2 above. Mix gently

b. Add back water to maintain formula weight or volume.

c. Chill gravy to about 50°F (10°C).

d. Pour 5 oz (142 g) of gravy over meat in individual containers.

e. Cover, label, and freeze.
NOTE:


2. Formula is based on a 62% yield for trimmed diced beef. Cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight of gravy for 100 servings is 34.4 lb (15.6 kg). Final volume of gravy for 100 servings is 3.9 gal (14.7 L). One gallon (3.8 L) weighs 8.7 lb (3.9 kg).

4. In the event that the broth from the meat steaming operation can be saved, this broth should be used in satisfying the water requirement in section 3.

5. To serve without freezing, follow directions 1a through 1c and 2 through 4b. Combine cooked beef and gravy in a kettle, heat to 160°F (71°C) and simmer for 20 minutes to blend flavors. Add back water to maintain total formula weight. For 100 servings total formula weight is approximately 55 lb (24.9 kg).

6. Caloric value and fat content of the finished product are dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.
BEEF STEW
Cal/R, Type II HLP, Diab, Bland

Ingredients

Fruits and Vegetables


2. Carrots, frozen, sliced - NSN-8915-00-162-5087, Fed. HHH-V-1745/6 style IV.


Cereal and Bakery Products


Soups and Boullions

7. Soup and Gravy base, instant, beef flavored - NSN-8935-00-753-6423. Fed. EE-B-575, Type I, class 1, style A.

Condiments and Related Products


Special Procurement

9. Bay leaves, ground.


11. Caramel color, powdered.

12. Celery seed, ground.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>(liquids)</td>
<td>Weight:</td>
</tr>
<tr>
<td>1. Beef, ground, lean</td>
<td>43.93</td>
<td>21.15</td>
<td>9594</td>
<td></td>
<td>2 lb 2 oz</td>
</tr>
<tr>
<td>Milk, skim</td>
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<td>3.97</td>
<td>1800</td>
<td>2 qt</td>
<td>3/4 cup</td>
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<tr>
<td>Bread crumbs</td>
<td>3.58</td>
<td>1.72</td>
<td>780</td>
<td></td>
<td>2/3 cup</td>
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<td>Eggs, frozen, whole</td>
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<td>0.48</td>
<td>218</td>
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<td>4 1/2 tsp</td>
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<tr>
<td>Salt, table, iodized</td>
<td>0.26</td>
<td>0.12</td>
<td>54</td>
<td></td>
<td>3/4 tsp</td>
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<tr>
<td>Basil, ground</td>
<td>0.06</td>
<td>0.03</td>
<td>14</td>
<td></td>
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<tr>
<td>Oregano, ground</td>
<td>0.06</td>
<td>0.03</td>
<td>14</td>
<td></td>
<td>3/4 tsp</td>
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<tr>
<td>2. Tomato sauce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cal/R, Type II HLP</td>
<td>42.86</td>
<td>20.63</td>
<td>9358</td>
<td>2.2 gal</td>
<td>3 1/2 cup</td>
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<tr>
<td>Diab, Bland</td>
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<td></td>
<td></td>
<td></td>
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<tr>
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<td>100.00</td>
<td>48.13</td>
<td>21,832</td>
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</table>
ITALIAN MEAT BALLS WITH TOMATO SAUCE
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Combine ingredients in section 1 of ingredients listing in a mixer (Hobart or equivalent).

b. Mix for one minute at low speed.

c. Form into 1-oz (28 g) meat balls.

d. Place on baking sheets and bake in convection oven at 325°F (163°C) for approximately 10 minutes to an internal temperature of 160°F (71°C).

e. Cool to about 50°F (10°C).

f. Place four meat balls in each individual container.

Sauce Preparation

2a. Prepare tomato sauce according to Cal/R, Type II HLP, Diab, Bland Tomato Sauce Production Guide.

b. Pour 3 oz of sauce over meat balls in each individual container.

c. Cover, label, freeze.

NOTES:


2. Formula is based on a 75% yield of meat balls. Cooked weight of meat balls for 100 portions should be approximately 20.6 lb (9.3 kg).

3. To serve without freezing do not cool meat balls or sauce. Ladle 3 oz (85 g) of hot sauce over four hot meat balls for each portion.

4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component.
ITALIAN MEAT BALLS WITH TOMATO SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs


Bakery and Cereal Products


Condiments and Related Products

4. Basil, sweet, ground - NSN-8950-00-404-6066. Fed. EE-S-631, Type II.

5. Oregano, ground - NSN-8950-00-582-1402. Fed. EE-S-631, Type II.


Special Procurement

7. Beef ground, lean, 3/16" grind

Tomato Sauce

### Roast Beef with Vegetable Sauce

**Cal/R, Type II HLP, Diab, Bland**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Beef, top round</td>
<td>58.78</td>
<td>29.40</td>
<td>13,336</td>
<td>2 lb 15 oz</td>
<td></td>
</tr>
<tr>
<td>2. Vegetable Sauce</td>
<td>41.22</td>
<td>20.62</td>
<td>9353</td>
<td>2.2 gal</td>
<td>3 1/2 cup</td>
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<td><strong>TOTALS</strong></td>
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ROAST BEEF WITH VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Place well trimmed top round roasts in oven and roast at 350°F (176°C) to an internal temperature of 145°F (63°C).

b. Cool meat to about 50°F (10°C)

c. Slice meat into 1/16 in. (1.6 mm) slices.

d. Place 3 oz (85 g) of meat in individual containers.

Sauce Preparation

2a. Prepare vegetable sauce according to Cal/R, Type II, HLP, Diab, Bland Vegetable Sauce Production Guide

b. Pour 3 oz (85 g) sauce over meat in individual containers.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on 70% yield of beef. Cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg).

3. To serve without freezing, do not cool sauce. Allow roasts to stand at room temperature for approximately 20 minutes to facilitate slicing. Ladle 3 oz (85 g) of hot sauce over 3 oz (85 g) warm meat.

4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.
ROAST BEEF WITH VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Sauce

1. See Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide

Special Procurement

2. Beef, top (inside) round, well trimmed.
STEAK BRAISED WITH MUSHROOMS

Each Portion
Meat 3 oz (85 g)
Sauce 3 oz (85 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>(liquids)</td>
<td>Weight</td>
</tr>
<tr>
<td>1. Beef steaks, minute</td>
<td>56.56</td>
<td>27.50</td>
<td>12,474</td>
<td>2 lb 12 oz</td>
</tr>
<tr>
<td>Salad oil</td>
<td>1.03</td>
<td>0.50</td>
<td>227</td>
<td>1 cup</td>
</tr>
<tr>
<td>2. Mushroom sauce, Cal/R, Type II HLP, Diab, Bland</td>
<td>42.41</td>
<td>20.62</td>
<td>9353</td>
<td>2.1 gal</td>
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<td>TOTALS</td>
<td>100.00</td>
<td>48.62</td>
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STEAK BRAISED WITH MUSHROOMS
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Tenderize beef steak in meat tenderizer (cubing-type) by passing the steak through twice, once with the grain and once against the grain.

b. Grill on lightly oiled grill to an internal temperature of 145°F (63°C).

c. Place one steak in each individual container.

Sauce Preparation

2a. Prepare mushroom sauce according to referenced Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.

b. Pour 3 oz (85 g) of sauce over meat in individual containers.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on a 75% yield of beef; cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg). (For guidance, a 4 oz (113 g) steak should yield a 3 oz (85 g) cooked portion.)

3. The pounds of meat specified in the formula are only a guide: use count of steaks to assure 100 portions.

4. To serve without freezing, do not cool meat or sauce. Ladle 3 oz (85 g) of hot sauce over 3 oz (85 g) of hot meat.

5. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.
STEAK BRAISED WITH MUSHROOMS

Cal/R, Type II HLP, Diab, Bland

Ingredients

Fats and Oils

1. Salad Oil - NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.

Mushroom Sauce

2. See referenced Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.

Special Procurement

3. Beef steaks, minute.
# YANKEE POT ROAST

Cal/R, Type II HLP, Diab, Bland

Each Portion

<table>
<thead>
<tr>
<th>Meat</th>
<th>3 oz (85 g)</th>
</tr>
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<tbody>
<tr>
<td>Gravy</td>
<td>3 oz (85 g)</td>
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<table>
<thead>
<tr>
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<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
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<tbody>
<tr>
<td>1. Beef, top round</td>
<td>58.81</td>
<td>29.40</td>
<td>13,336</td>
<td>2 lb 15 oz</td>
<td></td>
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<tr>
<td>2. Carrots, fresh or frozen 1/4 in (6 mm), sliced</td>
<td>8.00</td>
<td>4.00</td>
<td>1814</td>
<td>1 1/4 cup</td>
<td></td>
</tr>
<tr>
<td>3. Tomatoes, canned, puree</td>
<td>11.00</td>
<td>5.50</td>
<td>2495</td>
<td>2 3/4 qt</td>
<td>1-cup</td>
</tr>
<tr>
<td>Water &amp; broth</td>
<td>19.69</td>
<td>9.85</td>
<td>4468</td>
<td>1 1/4 gal</td>
<td>1 3/4 cup</td>
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<td>Soup and gravy base, beef</td>
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<td>0.65</td>
<td>295</td>
<td>7 1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Allspice, ground</td>
<td>0.03</td>
<td>0.015</td>
<td>7</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Parsley, dehydrated</td>
<td>0.03</td>
<td>0.015</td>
<td>7</td>
<td>3/4 tsp</td>
<td></td>
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<tr>
<td>Bay leaves, ground</td>
<td>0.02</td>
<td>0.01</td>
<td>5</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Thyme, ground</td>
<td>0.02</td>
<td>0.011</td>
<td>5</td>
<td>1/4 tsp</td>
<td></td>
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<tr>
<td>4. Starch, Col-Flo 67</td>
<td>0.70</td>
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<td>159</td>
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<tr>
<td>Flour, wheat, general purpose</td>
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<td>91</td>
<td>1 tsp</td>
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<td>22,682</td>
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35
PROCEDURE:

**Meat Preparation**

1a. Place well trimmed roasts in oven and roast at 350°F to an internal temperature of 145°F (63°C).

b. Cool roasts to about 50°F (10°C).

c. Slice meat into 1/16 in. (0.16 cm) slices.

d. Place 3 oz (85 g) of meat into individual containers.

2. Cook carrots in boiling water until slightly tender. Hold for step 4c.

**Gravy Preparation**

3a. Combine ingredients listed in section 3 of ingredients listing reserving some water for step 4a.

b. Heat to 160°F (71°C).

4a. Make a starch slurry using water reserved from 3a.

b. Add to above and heat to 180°F (82°C).

c. Add carrots (drained) from step 2.

d. Add back water to maintain formula weight or volume.

e. Cool gravy to about 50°F (10°C).

f. Pour 3 oz gravy (85 g) over meat in individual containers.

g. Cover, label, and freeze.
YANKEE POT ROAST
Cal/R, Type II HLP, Diab, Bland

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions is 110 servings. Theoretical yield for 10 portions is 11 servings.

2. Formula is based on 70% yield of beef. Cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Frozen precooked carrots may be substituted without further cooking.

4. Final weight of gravy for 100 servings is 21.5 lb (9.7 kg). Final volume of gravy of 100 servings is 2.4 gal (9.2 L). One gallon (3.8 L) weighs 9.0 lb (4.1 kg).

5. To serve without freezing, do not cool gravy. Allow roasts to stand at room temperature for approximately 20 minutes to facilitate slicing. Ladle 3 oz (85 g) of hot gravy over 3 oz (85 g) of warm meat.

6. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.
YANKEE POT ROAST
Cal/R, Type II HLP Diab Bland

Ingredients

Vegetables
2. Parsley, dehydrated - NSN-8915-00-975-0530, MIL-P-35090.

Cereal and Bakery Products

Soups and Boullion
4. Soup and gravy base, instant, beef flavored - NSN-8935-00-753-6423, Fed. EE-B-575, Type 1, Class 1, Style A.

Condiments and Related Products
5. Allspice, ground - NSN-8950-00-170-9562, Fed. EE-S-631, Type II.
6. Thyme, ground - NSN-8950-00-616-5483, Fed. EE-S-631, Type II.

Special Procurement
7. Bay leaves, ground
8. Beef, round, frozen, trimmed
9. Starch, Col-Flo 67
10. Tomatoes, canned, puree
### CREOLE HALIBUT

Each Portion

- Fish 3 1/4 oz (92 g)
- Sauce 3 oz (85 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions Pounds</th>
<th>100 Portions Grams</th>
<th>Volume (liquids)</th>
<th>10 Portions Weight</th>
<th>Measure</th>
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<td>2. Cal/R, Type II HLP, Diab, Bland Creole Sauce</td>
<td>43.96</td>
<td>20.62</td>
<td>9353</td>
<td>2.1 gal</td>
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</table>
CREOLE HALIBUT
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Fish Preparation

1a. Spray sheet pans lightly with vegetable shortening.

b. Place halibut steaks on sheet pans in single layers.

c. Cook in convection oven at 325°F (163°C) for approximately 15 minutes to an internal temperature of 160°F (71°C). Do not overcook.

d. Cool to about 50°F (10°C).

e. Place 3 1/4 oz (92 g) steak portions in individual containers.

Sauce Preparation

2a. Prepare Creole Sauce according to Cal/R, Type II HLP, Diab, Bland Creole Sauce Production Guide.

b. Pour 3 oz (85 g) sauce over fish in individual containers.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on an 85% yield of halibut. Cooked weight of halibut for 100 portions should be approximately 22.3 lb (10.1 kg), including bone. For guidance, a 3.8 oz (108 g) raw halibut steak should yield a 3 1/4 oz (92 g) cooked steak. Approximately 1/4 oz (7.0 g) of bone will be present in each steak.

3. To serve without freezing, do not cool fish or sauce. Ladle 3 oz (85 g) hot sauce over 3 1/4 oz (92 g) hot fish portion.
CREOLE HALIBUT
Cal/R, Type II HLP, Diab, Bland

Ingredients

Fish

1. Halibut, frozen, steak - NSN-8905-00-252-7669, Fed. PP-F-381, Type II, Form IV.

Creole Sauce

2. See Cal/R, Type II HLP, Diab, Bland Creole Sauce Production Guide.
LEMON BAKED PERCH
Cal/R, Type II HLP, Diab, Bland

Each Portion
Fish 3 oz (85 g)
Sauce 2 oz (57 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
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<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td></td>
</tr>
<tr>
<td>1. Perch, ocean fillets, skin on</td>
<td>65.65</td>
<td>26.45</td>
<td>11,997</td>
<td></td>
</tr>
<tr>
<td>2. Water</td>
<td>28.22</td>
<td>11.37</td>
<td>5157</td>
<td>1 1/3 gal</td>
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<tr>
<td>Lemon juice, reconstituted</td>
<td>1.91</td>
<td>0.77</td>
<td>349</td>
<td></td>
</tr>
<tr>
<td>Butter substitute (Insta-Butter)</td>
<td>1.91</td>
<td>0.77</td>
<td>349</td>
<td></td>
</tr>
<tr>
<td>Starch, Col-Flo 67</td>
<td>1.00</td>
<td>0.40</td>
<td>181</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1.00</td>
<td>0.40</td>
<td>181</td>
<td></td>
</tr>
<tr>
<td>3. Lemon Extract</td>
<td>0.09</td>
<td>0.04</td>
<td>18</td>
<td>3 1/2 tsp</td>
</tr>
<tr>
<td>4. Paprika</td>
<td>0.22</td>
<td>0.09</td>
<td>41</td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>40.29</td>
<td>18,273</td>
<td></td>
</tr>
</tbody>
</table>

42
LEMON BAKED PERCH
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Fish Preparation

1a. Place perch in a single layer on racks in deep pans. Partially fill pans with water, keeping the level of water below the level of fish. Cover and steam to an internal temperature of 150°F (65°C).

b. Cool to about 50°F (10°C).

c. Fill individual containers with 3 oz (85 g) of fish.

Sauce Preparation

2a. Combine ingredients listed in section 2 of ingredients listing.

b. Heat to 180°F (82°C).

c. Remove from heat.

3a. Add lemon extract from section 3 of ingredients listing.

b. Mix well.

c. Cool sauce to about 50°F (10°C).

d. Pour 2 oz (57 g) of sauce over fish in individual containers.

4a. Sprinkle paprika over fish.

b. Cover, label and freeze.

NOTES:


2. Formula is based on a 78% yield of perch. Weight of cooked perch for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight of sauce for 100 servings is 13.8 lb (6.2 Kg). Final volume of sauce for 100 servings is 1.6 gal (6.0 L). One gallon (3.8 L weighs 8.5 lb (3.8 kg).

4. To serve without freezing do not cool perch or sauce. Ladle 2 oz (57 g) of hot sauce over 3 oz (85 g) hot perch and garnish with paprika.

5. Additional flavoring may be obtained by adding 3% sherry flavoring.
LEMON BAKED PERCH
Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Fish and Poultry

   Type II, Form III (1) (a).

Fruits and Vegetables


Condiments and Related Products


Special Procurement


7. Starch, Col-Flo 67.
### SALMON PATTIES WITH LEMON SAUCE

Cal/R, Type II HLP, Diab, Bland

Each Portion

2 Patties 3½ oz (100 g)
Sauce 2 oz (57 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight:</td>
<td>Measure</td>
</tr>
<tr>
<td>1. Salmon, canned water packed</td>
<td>46.12</td>
<td>19.02</td>
<td>8627</td>
<td>1 lb 14 oz</td>
<td></td>
</tr>
<tr>
<td>Bread Crumbs</td>
<td>8.97</td>
<td>3.70</td>
<td>1678</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Egg, frozen, whole</td>
<td>7.27</td>
<td>3.00</td>
<td>1361</td>
<td>1/3 gal</td>
<td>2/3 cup</td>
</tr>
<tr>
<td>Celery, fresh, diced</td>
<td>3.25</td>
<td>1.34</td>
<td>608</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Juice, lemon reconstituted</td>
<td>0.92</td>
<td>0.38</td>
<td>172</td>
<td>3/4 cup</td>
<td>3 2/3 tsp</td>
</tr>
<tr>
<td>Liquid smoke (C-3)</td>
<td>0.14</td>
<td>0.06</td>
<td>27</td>
<td>2 tbsp</td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>2. Lemon Butter Sauce</td>
<td>33.33</td>
<td>13.75</td>
<td>6237</td>
<td>1.5 gal</td>
<td>2 1/3 cup</td>
</tr>
<tr>
<td>Cal/R, Type II HLP, Diab, Bland</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>41.25</td>
<td>18,710</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
SALMON PATTIES WITH LEMON SAUCE
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Patties Preparation

1a. Place ingredients in section 1 of ingredients listing in a mixer.

b. Mix until ingredients are well blended. Do not overmix.

c. Chill to about 50°F (10°C).

d. Form into 2 oz (57 g) patties using Hollymatic or equivalent forming equipment.

e. Spray sheet pans lightly with vegetable shortening.

f. Place patties on sheet pans and bake in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).

g. Remove from oven and cool to about 50°F (10°C).

h. Place two 3 1/2 oz (100 g) patties in each individual container. Hold for step 2c.

Sauce Preparation

2a. Prepare Lemon Sauce according to Cal/R, Type II HLP, Diab, Bland Lemon Sauce Production Guide.

b. Pour 2 oz (57 g) sauce over salmon patties in individual containers.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on 87% yield of salmon patties. Cooked weight of salmon patties for 100 servings (200 patties) should be approximately 24 lb (10.9 kg). For guidance, a 2 oz (57 g) raw patty should yield a 1 3/4 oz (50 g) cooked patty.
SALMON PATTIES WITH LEMON SAUCE
Cal/R, Type II HLP, Diab, Bland

NOTES: Continued

3. The pounds specified in the formula are only a guide: use count of patties to assure adequate portions.

4. To serve without freezing, do not cool patties or sauce. Ladle 2 oz (57 g) of hot sauce over 3 1/2 oz (100 g) of hot patties.
SALMON PATIES WITH LEMON SAUCE
Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Fish and Poultry

Dairy Foods and Eggs

Fruits and Vegetables

Bakery and Cereal Products

Special Procurement

Lemon Sauce
7. See Cal/R, Type II HLP, Diab, Bland Lemon Sauce Production Guide.
## TUNA PATTIES WITH LEMON SAUCE

Cal/R, Type II HLP, Diab, Bland

Each Portion

2 Patties 3½ oz (100 g)

Sauce 2 oz (57 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Tuna, canned, water packed</td>
<td>41.70</td>
<td>17.21</td>
<td>7806</td>
<td></td>
<td>1 lb 12 oz</td>
</tr>
<tr>
<td>Eggs, whole, frozen</td>
<td>9.21</td>
<td>3.80</td>
<td>1724</td>
<td>7 cup:</td>
<td>6 oz</td>
</tr>
<tr>
<td>Celery, fresh, diced</td>
<td>6.40</td>
<td>2.64</td>
<td>1198</td>
<td>3/4 cup</td>
<td></td>
</tr>
<tr>
<td>Breadcrumbs</td>
<td>5.24</td>
<td>2.16</td>
<td>980</td>
<td>3/4 cup</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>2.69</td>
<td>1.11</td>
<td>503</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Juice, lemon, reconstituted</td>
<td>1.00</td>
<td>0.41</td>
<td>186</td>
<td>3/4 cup</td>
<td>4 tsp</td>
</tr>
<tr>
<td>Salt, table, iodized</td>
<td>0.32</td>
<td>0.13</td>
<td>59</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Dill, ground</td>
<td>0.10</td>
<td>0.04</td>
<td>18</td>
<td>3/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Monosodium glutamate</td>
<td>0.01</td>
<td>0.004</td>
<td>2</td>
<td>&lt; 1/8 tsp</td>
<td>(pinch)</td>
</tr>
<tr>
<td>2. Lemon Butter Sauce</td>
<td>33.33</td>
<td>13.75</td>
<td>6237</td>
<td>1.5 gal</td>
<td>2 1/2 cup</td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>41.254</td>
<td>18,713</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
TUNA PATTIES WITH LEMON SAUCE
Cal/R, Type II, HLP, Diab, Bland

PROCEDURE:

Patties Preparation

1a. Place ingredients found in section 1 of ingredients listing in a mixer.

b. Mix until ingredients are well blended. Do not overmix.

c. Chill to about 50°F (10°C).

d. Form into 2 oz (57 g) patties using Hollymatic or equivalent forming equipment.

e. Spray sheet pans lightly with vegetable shortening.

f. Place patties on sheet pans and bake in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).

g. Remove from oven and cool to about 50°F (10°C).

h. Place two 3 1/2 oz (100 g) patties in each individual container. Hold for step 2c.

Sauce Preparation

2a. Prepare Lemon Sauce according to Cal/R, Type II, Diab, Bland Lemon Sauce Production Guide.

b. Pour 2.0 oz (57 g) sauce over tuna patties in individual containers.

c. Cover, label, and freeze.

NOTE:


2. Formula is based on 87% yield of tuna patties. Cooked weight of tuna patties for 100 servings (200 patties should be approximately 24 lb (10.9 kg). For guidance a 2 oz (57 g) raw patty should yield a 1 3/4 (50 g) cooked patty.

3. The pounds specified in the formula are only a guide: use count of patties to assure adequate portions.
TUNA PATTIES WITH LEMON SAUCE

Cal/R, Type II HLP, Diab, Bland

NOTES: Continued

4. To serve without freezing, do not cool patties or sauce. Ladle 3 oz (85 g) of hot sauce over 3 1/2 oz (100 g) of hot patties.
TUNA PATTIES WITH LEMON SAUCE
Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Tuna, canned - NSN-8905-00-935-3161. Fed. PP-T-771, Type I.

Dairy Foods and Eggs


Fruit and Vegetables


Bakery and Cereal Products


Condiments and Related Products


Special Procurement

8. Dill, ground.

Lemon Sauce

BAKED HAM WITH CHERRY SAUCE

Cal/R, Type II HLP, Diab, Bland

Each Portion
Meat 3 oz (85 g)
Sauce 2 oz (57 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td></td>
<td>Weight</td>
</tr>
<tr>
<td>1. Ham, canned, Pullman</td>
<td>63.83</td>
<td>24.26</td>
<td>11,004</td>
<td></td>
<td>2 lb 7 oz</td>
</tr>
<tr>
<td>2. Cherry sauce, Cal/R, Type II HLP, Diab, Bland</td>
<td>36.17</td>
<td>13.75</td>
<td>6237</td>
<td>1.3 gal</td>
<td></td>
</tr>
<tr>
<td>3. TOTALS</td>
<td>100.00</td>
<td>38.01</td>
<td>17,241</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

53
BAKED HAM WITH CHERRY SAUCE
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

a. Roast ham in oven at 300°F (149°C) to an internal temperature of 155°F (68°C).

b. Cool meat to about 50°F (10°C).

c. Slice meat into 1/4 in (6 mm) thick slices.

d. Place 3 oz (85 g) of ham slices in individual containers.

Sauce Preparation

2a. Prepare Cherry Sauce according to Cal/R, Type II HLP, Diab, Bland Cherry Sauce Production Guide.

b. Pour 2 oz (57 g) sauce over meat in individual containers.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on 85% yield of ham. Cooked weight of ham for 100 portions should be approximately 20.6 lb (9.3 kg).

3. To serve without freezing, do not cool meat or sauce. For each portion ladle 2 oz (57 g) of hot sauce over 3 oz (85 g) of ham slices.

4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.
BAKED HAM WITH CHERRY SAUCE
Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat

1. Ham, canned - NSN-8905-00-410-4670, Fed. PP-H-61, Type II.

Sauce

2. See Cal/R, Type II HLP, Diab Bland Cherry Sauce Production Guide.
### CHICKEN CACCIATORE

Cal/R, Type II HLP, Diab, Bland

Each Portion
Chicken 3 oz (85 g)
Gravy 3 oz (85 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Chicken, cut-up legs, breasts, thighs</td>
<td>71.49</td>
<td>51.70</td>
<td>23,451</td>
<td>5 lb 3 oz</td>
<td></td>
</tr>
<tr>
<td>2. Tomato puree (medium)</td>
<td>12.44</td>
<td>9.00</td>
<td>4082</td>
<td>1 2/3 cup</td>
<td></td>
</tr>
<tr>
<td>Water and/or broth</td>
<td>11.30</td>
<td>8.17</td>
<td>3706</td>
<td>1 1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Mushrooms, canned cut-up, drained</td>
<td>3.47</td>
<td>2.51</td>
<td>1139</td>
<td>3/4 cup</td>
<td></td>
</tr>
<tr>
<td>Salt, table, iodized</td>
<td>0.33</td>
<td>0.24</td>
<td>109</td>
<td>1 1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Oregano, dehydrated</td>
<td>0.04</td>
<td>0.03</td>
<td>14</td>
<td>3/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Basil, dehydrated</td>
<td>0.01</td>
<td>0.01</td>
<td>5</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>3. Starch, Col-Flo 67</td>
<td>0.71</td>
<td>0.51</td>
<td>231</td>
<td>3 tbsp</td>
<td></td>
</tr>
<tr>
<td>Flour, wheat, general purpose</td>
<td>0.21</td>
<td>0.15</td>
<td>68</td>
<td>2 tsp</td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>72.32</td>
<td>32,805</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
CHICKEN CACCIATORE
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Chicken Preparation

1a. Steam chicken parts at 15 p.s.i (103 kPa) for approximately 20 minutes to an internal temperature of 160°F (71°C).
   b. Cool to about 80°F (27°C) to facilitate handling.
   c. Remove skin and bones from cooked chicken parts and cut chicken into approximately 1 to 2 in (25 to 50 mm) pieces.
   d. Cool chicken meat to about 50°F (10°C).
   e. Place 3 oz (85 g) of chicken in individual containers.

Gravy Preparation

2a. Combine ingredients listed in section 2 of ingredients listing, reserving some water or broth for step 3a.
   b. Heat to 160°F (71°C).

3a. Using ingredients listed in section 3 of ingredients listing, make a starch flour slurry with broth or water reserved from step 2a, add to ingredients from step 2a and heat to 180°F (82°C).
   b. Add back water or broth to maintain formula weight or volume.
   c. Cool gravy to about 50°F (10°C).
   d. Pour 3 oz (85 g) of gravy over chicken in individual containers.
   e. Cover, label, and freeze.

NOTES:


2. Formula is based on 40% yield of chicken. This includes 70% yield from raw weight to cooked weight and 57% yield from cooked weight to edible meat. Cooked weight of edible meat for 100 portions should be approximately 20.6 lb (9.3 kg).
NOTES: Continued

3. In the event that the broth from the chicken-steaming operation can be saved, this broth should be used in satisfying the water requirement in section 2.

4. Final weight of gravy for 100 servings is 20.6 lb (9.3 kg). Final volume of gravy for 100 servings is 2.3 gal (8.6 L). One gallon 3.8 L) weighs 9 lb (4.0 kg).

5. To serve without freezing, do not cool chicken or gravy. Combine in kettle, heat to 160°F and hold for 20 minutes to blend flavors. Serve 6 oz portions.

6. Caloric value and fat content of the finished product is dependent on the fat content of the meat component. Selection of white in lieu of dark meat and elimination of surface fat will provide a means for desired control.
CHICKEN CACCIATORE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry, and Fish


Fruits and Vegetables

2. Mushrooms, canned – NSN-8915-00-935-6629, Fed. JJJ-V-1746/9, Type 2, Style E.

Cereal and Bakery Products


Condiments and Related Products


Special Procurement

5. Basil, dehydrated
6. Oregano, dehydrated
7. Starch, Col-Flo 67
8. Tomatoes, canned, puree, medium (10.2-11.3%).
## ROAST CHICKEN

Cal/R, Type II HLP, Diab, Bland

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Chicken, legs, breasts, thighs</td>
<td>79.00</td>
<td>51.70</td>
<td>23,451</td>
<td>5 lb 3 oz</td>
<td></td>
</tr>
<tr>
<td>2. Chicken broth</td>
<td>18.375</td>
<td>12,027</td>
<td>5455</td>
<td>1 1/2 gal</td>
<td>2 1/3 cup</td>
</tr>
<tr>
<td>Milk, nonfat, dry</td>
<td>1.50</td>
<td>0.98</td>
<td>444</td>
<td>1/3 cup</td>
<td></td>
</tr>
<tr>
<td>Soup and gravy base, chicken</td>
<td>0.30</td>
<td>0.20</td>
<td>91</td>
<td>2 1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Celery, ground</td>
<td>0.03</td>
<td>0.02</td>
<td>9</td>
<td>1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Savory, ground</td>
<td>0.005</td>
<td>0.003</td>
<td>1</td>
<td>1/8 tsp (pinch)</td>
<td></td>
</tr>
<tr>
<td>3. Starch, Col-Flo 67</td>
<td>0.55</td>
<td>0.36</td>
<td>163</td>
<td>2 tbsp</td>
<td></td>
</tr>
<tr>
<td>Flour, wheat, general purpose</td>
<td>0.24</td>
<td>0.16</td>
<td>72</td>
<td>2 1/2 tsp</td>
<td></td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td>100.00</td>
<td>65.45</td>
<td>29,686</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Each Portion

Chicken 3 oz (85 g)
Gravy 2 oz (57 g)
ROAST CHICKEN
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Place chicken parts (legs, breasts, thighs) in single layer on sheet pans and bake in oven at 325°F (163°C) to an internal temperature of 165°F (74°C).

b. Remove from oven and remove skin and bone.

c. Cool to about 50°F (10°C).

d. Place approximately 3 oz (85 g) of boneless chicken in individual containers.

Gravy Preparation

2a. Combine ingredients listed in section 2 of ingredients listing, reserving some broth for step 3a.

b. Heat to 160°F (71°C).

3a. Make a starch-flour slurry with broth reserved from step 2a. When making a slurry using flour, the liquid should always be added to the dry ingredients.

b. Add to above and heat to 180°F (82°C).

c. Cool gravy to about 50°F (10°C).

d. Pour 2 oz (57 g) of gravy over chicken in individual containers.

e. Cover, label, and freeze.

NOTES:


2. Formula is based on 40% yield of chicken. This includes 70% yield from raw weight to cooked weight and 57% yield from cooked weight to edible meat. Cooked weight of chicken for 100 portions should be approximately 20.6 lb (9.3 kg) and edible meat 20.6 lb (9.3 kg)
ROAST CHICKEN
Cal/R, Type II HLP, Diab, Bland

NOTES: Continued

3. Final weight of gravy for 100 servings is 13.8 lb (6.2 kg). Final volume of gravy for 100 servings is 1.6 gal (6.0 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).

4. To serve without freezing, do not cool chicken and gravy. Ladle 2 oz (57 g) of hot gravy over 5 oz (142 g) of hot chicken.

5. When preparing bone-in chicken for frozen storage, previously frozen chicken should not be used.

6. Caloric value and fat content of the finished product is dependent on the fat content of the meat component. Selection of white in lieu of dark meat and elimination of skin and surface fat will provide a means for desired control.
ROAST CHICKEN
Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods

1. Milk, nonfat, dry - NSN-8910-00-982-2779, Fed. C-M-00350, Type I, Style C.

Cereal and Bakery Products


Soups and Bouillon

3. Soup and gravy base, instant, chicken flavored - NSN-8935-00-753-6424, Fed. EE-B-575, Type II, Class 1, Style A.

Condiments and Other Related Products

4. Savory, ground, NSN-8950-00-080-5960, Fed. EE-S-631, Type II.

Special Procurement

5. Chicken, chilled, and frozen - PP-C-248, Type I, Class 1.
7. Celery, ground
# ROAST TURKEY

Cal/R, Type II HLP, Diab, Bland

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Turkey breasts</td>
<td>73.93</td>
<td>38.19</td>
<td>17,323</td>
<td>3 lb 13 oz</td>
<td></td>
</tr>
<tr>
<td>2. Chicken broth</td>
<td>24.93%</td>
<td>12.95</td>
<td>5,874</td>
<td>1 1/2 gal</td>
<td>2 1/2 cup</td>
</tr>
<tr>
<td>Soup and gravy base, chicken</td>
<td>0.35</td>
<td>0.18</td>
<td>82</td>
<td>2 tsp</td>
<td></td>
</tr>
<tr>
<td>Caramel color</td>
<td>0.01</td>
<td>0.007</td>
<td>3</td>
<td>1/8 tsp</td>
<td></td>
</tr>
<tr>
<td>Thyme, ground</td>
<td>0.006</td>
<td>0.003</td>
<td>1</td>
<td>&lt;1/8 tsp (pinch)</td>
<td></td>
</tr>
<tr>
<td>3. Starch, Col-Flo 67</td>
<td>0.79</td>
<td>0.41</td>
<td>186</td>
<td>2 tbsp</td>
<td></td>
</tr>
<tr>
<td>Flour, wheat, general purpose</td>
<td>0.38</td>
<td>0.20</td>
<td>91</td>
<td>1 tbsp</td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>51.94</td>
<td>23,560</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ROAST TURKEY
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Steam turkey breasts at 15 p.s.i. (103 kPa) to an internal temperature of 170°F (77°C).

b. Remove and discard skin and bones.

c. Cool to about 50°F (10°C).

d. Slice to a thickness of approximately 3/16 in (5 mm).

e. Place 3 oz (85 g) in individual containers.

Gravy Preparation

2a. Combine ingredients listed in section 2 of ingredients listing, reserving some broth for step 3a.

3a. Make a starch-flour slurry using broth reserved from step 2a. When making a slurry using flour, the liquid should always be added to the dry ingredients.

b. Add to above.

c. Heat to 180°F (82°C).

d. Add back water to maintain formula weight or volume.

e. Cool to about 50°F (10°C).

f. Pour 2 oz (57 g) of gravy over turkey in individual containers.

g. Cover, label, and freeze.

NOTES:


2. Formula is based on a 54% yield of turkey. This includes 65% yield from raw weight to cooked weight and a 83% yield from cooked meat to sliceable meat. Cooked weight of boneless, skinless meat for 100 portions should be approximately 20.6 lb (9.3 kg).
NOTES: Continued

3. Final weight of gravy for 100 servings is 13.73 lb (6.2 kg). Final volume of gravy for 100 servings is 1.6 gal (6.0 L). One gallon (3.8 L) weigh 8.5 lb (3.8 kg).

4. To serve without freezing, do not cool gravy. Allow turkey breast to stand at room temperature for about 20 minutes to facilitate slicing. Ladle 2 oz (57 g) of hot gravy over 3 oz (85 g) of turkey.
ROAST TURKEY

Cal/R, Type II HLP, Diab, Bland

Ingredients

Cereal and Bakery Products

1. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Soups and Boullion

2. Soup and gravy base, instant, chicken flavored - NSN-8935-00-753-6424, Fed. EE-B-575, Type II, Class 1, Style A.

Condiments and Related Products

3. Thyme, ground - NSN-8950-00-616-5483, Type II.

Special Procurement

5. Turkey breasts.
6. Caramel color, powdered
## ROAST RABBIT WITH MUSHROOM SAUCE

Cal/R, Type II HLP, Diab, Bland

Each Portion
- Meat: 4 1/2 oz (128 g)
- Sauce: 3 oz (85 g)

### Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>(liquids)</td>
</tr>
<tr>
<td>1. Rabbit, cut-up</td>
<td>66.66</td>
<td>41.25</td>
<td>18,711</td>
<td>4 lb 2 oz</td>
</tr>
<tr>
<td>2. Mushroom Sauce, Cal/R, Type II HLP, Diab, Bland</td>
<td>33.34</td>
<td>20.63</td>
<td>.9358</td>
<td>2.3 gal</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td>100.00</td>
<td>61.88</td>
<td>28,069</td>
<td></td>
</tr>
</tbody>
</table>
ROAST RABBIT WITH MUSHROOM SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

**Meat Preparation**

1a. Spray sheet pans lightly with vegetable shortening.

b. Place cut-up rabbit pieces on sheet pans in a single layer.

c. Roast in a convection oven at 325°F (163°C) to an internal temperature of 165°F (74°C).

d. Cool to about 50°F (10°C).

e. Place approximately 4 1/2 oz (128 g) bone-in rabbit in each individual container.

**Sauce Preparation**

2a. Prepare mushroom sauce according to Cal/R, Type II HLP, Diab, Bland Mushroom Gravy Production Guide.

b. Pour 3 oz (85 g) sauce over meat in individual containers.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on a 50% yield of rabbit. This includes a 75% yield from raw weight to cooked weight and a 67% yield from cooked weight to edible meat. Cooked weight of rabbit for 100 servings should be approximately 30.9 lb (14.0 kg). (For guidance, a 4 1/2 oz (127 g) bone-in portion of rabbit should yield a 3 oz (85 g) portion of cooked, edible meat).

3. To serve without freezing, do not cool meat or sauce. Ladle 3 oz (85 g) of hot gravy over 4 1/2 oz (120 g) of hot rabbit.
ROAST RABBIT WITH MUSHROOM SAUCE
Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Rabbit, frozen - NSN-8905-00-273-3622, Fed. PP-R-0021, Type II, Class 1, Style 2.

Sauce

2. See Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight:</td>
</tr>
<tr>
<td>1. Veal cutlets</td>
<td>58.19</td>
<td>29.40</td>
<td>13,336</td>
<td>2 lb 15 oz</td>
</tr>
<tr>
<td>Salad oil</td>
<td>1.00</td>
<td>0.50</td>
<td>227</td>
<td>1 cup</td>
</tr>
<tr>
<td>2. Vegetable sauce</td>
<td>40.81</td>
<td>20.62</td>
<td>9353</td>
<td>2.2 gal</td>
</tr>
<tr>
<td>Cal/R, Type II HLP, Diab, Bland</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>50.52</td>
<td>22,916</td>
<td></td>
</tr>
</tbody>
</table>

Each Portion

Meat 3 oz (85 g)
Sauce 3 oz (85 g)
PROCEDURE:

Meat Preparation

1a. Grill outlets on a lightly oiled grill to an internal temperature of 160°F (71°C).

b. Place one outlet in each individual container.

Sauce Preparation

2a. Prepare vegetable sauce according to Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.

b. Pour 3 oz (85 g) sauce over meat in individual containers.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on 70% yield of veal. Cooked weight of veal for 100 portions should be approximately 20.6 lb (9.3 kg). (For guidance, a 4 1/4 oz (120 g) raw veal cutlet should yield a 3 oz (85 g) cooked portion.

3. The pounds of meat specified in the formula are only a guide. Use count of cutlets to assure 100 portions.

4. To serve without freezing, do not cool cutlets or sauce. Ladle 3 oz (85 g) of hot sauce over 3 oz (85 g) portion of hot cutlets.
GRILLED VEAL CUTLET WITH VEGETABLE SAUCE
Cal/R, Type II HLP, Diab, Bland

Ingredients

Fats and Oils
1. Salad oil, NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.

Special Procurement
2. Veal cutlets.

Vegetable Sauce
## Italian Veal Balls with Tomato Sauce

- **Cal/R, Type II HLP, Diab, Bland**

### Each Portion

- Meatballs: 3 oz (85 g)
- Sauce: 3 oz (85 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Percent</td>
<td>Pounds</td>
<td>Grams</td>
<td>(liquids)</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>---------</td>
<td>--------</td>
<td>-------</td>
<td>-----------</td>
</tr>
<tr>
<td>1. Veal, ground 3/16&quot;</td>
<td>41.58</td>
<td>18.67</td>
<td>8469</td>
<td></td>
</tr>
<tr>
<td>Milk, skim</td>
<td>7.82</td>
<td>3.51</td>
<td>1592</td>
<td>6 1/2 cup</td>
</tr>
<tr>
<td>Bread crumbs</td>
<td>3.39</td>
<td>1.52</td>
<td>689</td>
<td></td>
</tr>
<tr>
<td>Eggs, frozen, whole</td>
<td>0.94</td>
<td>0.42</td>
<td>191</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Salt, table, iodized</td>
<td>0.24</td>
<td>0.11</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>Marjoram, ground</td>
<td>0.04</td>
<td>0.02</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Rosemary, ground</td>
<td>0.04</td>
<td>0.02</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>2. Cal/R, Type II HLP, Diab, Bland Tomato Sauce</td>
<td>45.95</td>
<td>20.63</td>
<td>9358</td>
<td>2.2 gal</td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>44.90</td>
<td>20,367</td>
<td></td>
</tr>
</tbody>
</table>

### Notes

- **Volume (liquids)**
- **Measure**
ITALIAN VEAL BALLS WITH TOMATO SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE

Meat Preparation

1a. Combine ingredients in section 1 of ingredients listing in a mixer.

b. Mix for one minute at low speed.

c. Form into 1 oz (28 g) veal balls.

d. Place on large baking sheets and bake in convection oven at 325°F (163°C) for approximately 15 minutes to an internal temperature of 160°F (71°C).

e. Cool to about 50°F (10°C).

f. Place four vealballs in each individual container.

Sauce Preparation

2a. Prepare tomato sauce according to Cal/R, Type II HLP, Diab, Bland, Tomato Sauce Production Guide.

b. Pour 3 oz (85 g) of sauce over vealballs in each individual container.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on an 85% yield of veal balls. Cooked weight of veal balls for 100 portions should be approximately 20.6 lb (9.3 kg).

3. To serve without freezing, do not cool veal balls or sauce. Ladle 3 oz (85 g) of hot sauce over four hot veal balls for each portion.
ITALIAN VEAL BALLS WITH TOMATO SAUCE
Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230 Type II, Kind a, Class 1.


Bakery and Cereal Products


Condiments and Related Products


Special Procurement

5. Marjoram, ground

6. Rosemary, ground

7. Veal, boneless, ground, 3/16"

Tomato Sauce

8. See Cal/R, Type II HLP, Diab, Bland Tomato Sauce Production Guide.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight:</td>
</tr>
<tr>
<td>1. Veal, boneless, ground, 3/8&quot;</td>
<td>46.51</td>
<td>23.59</td>
<td>10,700</td>
<td>2 lb 6 oz</td>
</tr>
<tr>
<td>Celery, fresh, chopped</td>
<td>4.73</td>
<td>2.40</td>
<td>1089</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Tomato juice, canned</td>
<td>3.10</td>
<td>1.57</td>
<td>712</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Eggs, frozen, whole</td>
<td>2.37</td>
<td>1.20</td>
<td>544</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Bread crumbs</td>
<td>2.37</td>
<td>1.20</td>
<td>544</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Salt, table, iodized</td>
<td>0.24</td>
<td>0.12</td>
<td>54</td>
<td>1 tsp</td>
</tr>
<tr>
<td>2. Vegetable Sauce, Cal/R, Type II</td>
<td>40.68</td>
<td>20.63</td>
<td>9358</td>
<td>3 1/2 cup</td>
</tr>
<tr>
<td>HLP, Diab, Bland</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>50.71</td>
<td>23,001</td>
<td></td>
</tr>
</tbody>
</table>
VEAL LOAF WITH VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Mix ingredients listed in section 1 of ingredients listing on low speed in mechanical mixer (Hobart or equivalent) for approximately two minutes or until well mixed and the mixture becomes tacky.

b. Place veal loaf in loaf pans, filling about 3/4 full. Level and pack well to allow escape of air.

c. Cook in convection oven at 325°F (163°C) for approximately 45 minutes or until internal temperature reaches 160°F (71°C).

d. Cool to about 50°F (10°C).

e. Slice into 3.5 oz (100 g) portions.

f. Place one slice of veal loaf in each individual container.

Sauce Preparation

2a. Prepare vegetable sauce according to Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.

b. Pour 3 oz (85 g) sauce over veal loaf in individual containers.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on an 80% yield of veal loaf. Cooked weight of veal loaf for 100 portions should be approximately 24.1 lb (10.9 kg).

3. To serve without freezing do not cool sauce. Cool loaf to about 100°F (38°C) to facilitate slicing. Ladle 3 oz (85 g) of hot vegetable sauce over 3 1/2 oz (100 g) of warm sliced veal loaf for each serving.

4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component.
VEAL LOAF WITH VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class I.

Fruits and Vegetables

2. Celery, fresh - NSN-8915-00-926-4925, Fed. HHH-V-1744/12.

3. Juice, tomato, canned - NSN-8915-00-255-0523, Fed. JJJ-V-1746/8, Type I.

Bakery and Cereal Products


Condiments and Related Products


Special Procurement

6. Veal, boneless, ground, 3/8".

Vegetable Sauce

7. See Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.
**VEAL STEAK BRAISED WITH MUSHROOMS**

*Cal/R, Type II HLP, Diab, Bland*

<table>
<thead>
<tr>
<th>Each Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat 3 oz (85 g)</td>
</tr>
<tr>
<td>Sauce 3 oz (85 g)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight: Measure</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1. Veal steaks, minute</td>
<td>56.56</td>
<td>27.50</td>
<td>12,474</td>
</tr>
<tr>
<td></td>
<td>Salad oil</td>
<td>1.03</td>
<td>0.50</td>
<td>227</td>
</tr>
<tr>
<td></td>
<td>2. Mushroom Sauce, Cal/R, Type II HLP, Diab, Bland</td>
<td>42.41</td>
<td>20.62</td>
<td>9353</td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>48.62</td>
<td>22,054</td>
<td></td>
</tr>
</tbody>
</table>

80
VEAL STEAK BRAISED WITH MUSHROOMS
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Tenderize veal steak in meat tenderizer (cubing-type) by passing the steak through twice, once with the grain, and once against the grain.

b. Grill on lightly oiled grill to an internal temperature of 160°F (71°C).

c. Place one steak in each individual container.

Sauce Preparation

2a. Prepare mushroom sauce according to referenced Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.

b. Pour 3 oz (85 g) of gravy over meat in individual containers.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on 75% yield of veal; cooked weight of veal for 100 portions should be approximately 20.6 lb (9.3 kg). For guidance, a 4 1/4 oz (120 g) cutlet should yield a 3 oz (85 g) cooked portion.

3. The pounds of meat specified in the formula are only a guide: use count of steaks to assure 100 portions.

4. To serve without freezing, do not cool meat or sauce. Ladle 3 oz (85 g) hot sauce over 3 oz (85 g) hot meat.

5. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.
VEAL STEAK BRAISED WITH MUSHROOMS
Cal/R, Type II HLP, Diab, Bland

Ingredients

Fats and Oils

1. Salad oil - NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.

Mushroom Sauce

2. See Mushroom Sauce Production Guide, Cal/R, Type II HLP, Diab, Bland.

Special Procurement

3. Veal steaks, minute.
Sodium restricted and/or caloric restricted,
Type II HLP, diabetic, bland,
Entree Production Guides
## BROILED CHOPPED BEEF

**Na/R and/or Cal/R, Type II HLP, Diab, Bland**

Each Portion

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients</strong></td>
<td><strong>Percent</strong></td>
<td><strong>100 Portions</strong></td>
<td><strong>Volume</strong></td>
<td><strong>10 Portions</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Pounds</strong></td>
<td><strong>Grams</strong></td>
<td><strong>(Liquids)</strong></td>
</tr>
<tr>
<td>Beef, lean, boneless ground, 3/16&quot;</td>
<td>100.00</td>
<td>30.94</td>
<td>14,033</td>
<td>3 lb 2 oz</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td>100.00</td>
<td>30.94</td>
<td>14,033</td>
<td></td>
</tr>
</tbody>
</table>
BROILED CHOPPED BEEF

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Form ground beef into 4 1/2 oz (128 g) patties in Hollymatic or other forming equipment.

2. Broil patties until medium well done and internal temperature reaches 160°F (71°C). Discard fat and juices.

3. Place one patty in each individual container.

4. Cover, label, and freeze.

NOTES:


2. Formula is based on 66% yield of meat. Cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg). For guidance, a 4 1/2 oz raw patty should yield a 3 oz cooked patty.

3. To serve without freezing, follow directions through step 2 and serve immediately.

4. Caloric value and fat content of the finished product are dependent on the fat content of the ground beef component.
BROILED CHOPPED BEEF

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Special Procurement


Special Note:

Samples of beef patties with a Carragenan coating have been prepared and are in storage. This coating may provide protection against deleterious changes during storage. If the results of storage tests show that the use of such a coating is advisable, this production guide will be revised.
## GRILLED LOIN STEAKS

Na/R and/or Cal/R, Type II HLP, Diab, Bland

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, boneless strip loin, trimmed</td>
<td>98.21</td>
<td>27.50</td>
<td>12,474</td>
<td>2 lb 12 oz</td>
<td></td>
</tr>
<tr>
<td>Salad oil</td>
<td>1.79</td>
<td>0.50</td>
<td>227</td>
<td>1 cup</td>
<td>5 tsp</td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>28.00</td>
<td>12,704</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
GRILLED LOIN STEAKS

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Slice strip loins, boneless, trimmed, into 4 oz (113 g) steaks.
2. Lightly oil grill.
3. Grill steaks to medium well done, and internal temperature reaches 150°F (66°C).
4. Place one steak in each individual container.
5. Cover, label, and freeze.

NOTES:

2. Formula is based on 75% yield of meat. Cooked weight of beef should be approximately 20.6 (9.3 kg). For guidance, a 4 oz raw steak should yield a 3 oz (85 g) cooked portion.
3. The pounds specified in the formula are only a guide: use count of steaks to assure 100 portions.
4. To serve without freezing, follow directions through step 3 and serve immediately.
5. Caloric value and fat content of the finished product are dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.
GRILLED LOIN STEAKS
Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Fats and Oils

1. Salad Oil – NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.

Meat

Special Procurement

2. Beef, boneless, strip loin, trimmed

Special Note:

Samples of grilled loin steaks with a Carragenan coating have been prepared and are in storage. This coating may provide protection against deleterious changes during storage. If the results of storage tests show that the use of such a coating is advisable, this production guide will be revised.
BAKED MACKEREL

Each Portion
Na/R and/or Cal/R, Type II HLP, Diab, Bland

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight:</td>
</tr>
<tr>
<td>1. Mackerel, frozen, fillets</td>
<td>99.43</td>
<td>24.26</td>
<td>11,004</td>
<td>2 lb 7 oz</td>
</tr>
<tr>
<td>2. Paprika</td>
<td>0.08</td>
<td>0.02</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Parsley, dehydrated</td>
<td>0.49</td>
<td>0.12</td>
<td>55</td>
<td></td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td><strong>100.00</strong></td>
<td><strong>24.40</strong></td>
<td><strong>11,068</strong></td>
<td></td>
</tr>
</tbody>
</table>
BAKED MACKEREL

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1a. Temper frozen mackerel fillets until they can be separated.

b. Spray sheet pans lightly with vegetable shortening.

c. Place fillets on sheet pans in single layer.

d. Cook in convection oven at 325°F (163°C) for approximately 15 minutes to an internal temperature of 160°F (71°C). Do not overcook.

e. Cool to about 50°F (10°C).

f. Place 3 oz of fillets in individual containers.

2a. Sprinkle with paprika and parsley.

b. Cover, label, and freeze.

NOTES:


2. Formula is based on an 85% yield of mackerel. Cooked weight of mackerel for 100 portions should be approximately 20.6 lb (9.3 kg). For guidance, a 3 1/2 oz (100 g) raw fillet should yield a 3 oz (85 g) cooked fillet.

3. To serve without freezing, follow directions through step 1d, sprinkle with paprika and parsley for a garnish, and serve 3 oz (85 g) portions.
BAKED MACKEREL

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Mackerel, frozen, fillets - NSN-8905-00-164-0469, Fed. PP-F-381, Type II, Form III (1) (a).

Fruits and Vegetables

2. Parsley, dehydrated - NSN-8915-00-975-0530, MIL-F-35090.

Condiments and Related Products


Special Note

Samples of baked mackerel fillets with a carragenan coating have been prepared and are in storage. This coating may provide protection against deleterious changes during storage. If the results of storage tests show that the use of such a coating is advisable, this production guide will be revised.
## ROAST LAMB WITH MINT SAUCE

Each Portion

- Meat 3 oz (85 g)
- Sauce 2 oz (57 g)

### Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight</td>
</tr>
<tr>
<td>1. Lamb, boneless, leg</td>
<td>68.10</td>
<td>29.40</td>
<td>13,336</td>
<td>2 lb 15 oz</td>
</tr>
<tr>
<td>2. Mint Sauce, Cal/R, and Na/R, Type II HLP, Diab, Bland</td>
<td>31.85</td>
<td>13.75</td>
<td>6237</td>
<td>1.3 gal</td>
</tr>
<tr>
<td>3. Mint leaves, crushed</td>
<td>0.05</td>
<td>0.02</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>43.17</td>
<td>19,583</td>
<td></td>
</tr>
</tbody>
</table>

### Notes

- ROAST LAMB WITH MINT SAUCE
- NA/R and/or Cal/R, Type II HLP, Diab, Bland

- 10 Portions Volume

- 10 Portions Weight:

- Measure

- Each Portion

- Meat 3 oz (85 g)
- Sauce 2 oz (57 g)
ROAST LAMB WITH MINT SAUCE

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

**Meat Preparation**

1a. Place boneless lamb leg roasts in oven and roast at 350°F (176°C) to an internal temperature of 160°F (71°C).

b. Cool meat to about 50°F (10°C) internal temperature.

c. Slice meat into 1/8" (0.32 cm) slices.

d. Place 3 oz (85 g) of meat in individual containers.

**Sauce Preparation**

2a. Prepare mint sauce according to Na/R and Cal/R, Type II HLP, Diab, Bland Mint Sauce Production Guide.

b. Pour 2 oz (57 g) sauce over meat in individual containers.

c. Sprinkle about 0.1 g of crushed mint leaves over each portion.

d. Cover, label, and freeze.

NOTES:


2. Formula is based on 70% yield of lamb. Cooked weight of lamb for 100 portions should be approximately 20.6 lb (9.3 kg).

3. To serve without freezing, do not cool sauce. Allow roasts to stand at room temperature for about 20 minutes to facilitate slicing. Ladle 2 oz (57 g) of hot sauce over 3 oz (85 g) of warm meat.
ROAST LAMB WITH MINT SAUCE

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Lamb, roast, frozen - NSN-8905-00-926-1599, MIL-L-43510, Type I, Form II.

Special Procurement

2. Mint leaves.

Sauce

BAKED PORK CHOPS

Na/R and/or Ca/R, Type II HLP, Diab, Bland  
Meat 4 1/2 oz (128 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight:</td>
</tr>
<tr>
<td>1. Pork chops, loin, bone-in, trimmed</td>
<td>100.00</td>
<td>48.00</td>
<td>21,773</td>
<td>4 lb 13 oz</td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>48.00</td>
<td>21,773</td>
<td></td>
</tr>
</tbody>
</table>
BAKED PORK CHOPS

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Place well trimmed, bone-in pork chops on sheet pans.

2. Bake in convection oven at 325°F (163°C) to an internal temperature of 170°F (77°C).

3. Drain fat.

4. Cool to about 50°F (10°C).

5. Place on chop to an individual container.

6. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 100 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on 7 oz raw pork chops containing 21% bone, and a 65% yield from raw to cooked weight, (44% edible meat). Cooked weight for 100 portions should be approximately 31.2 lb (14.2 kg). For guidance, a cooked 4.5 oz (127 g) bone-in pork chop should yield a 3 oz (85 g) portion of cooked meat.

3. The pounds specified in the formula are only a guide; use count of chops to assure 100 portions.

4. To serve without freezing, follow directions through step 3 and serve immediately.

5. Caloric value and fat content of the finished product are dependent on the meat component and the degree to which the meat is trimmed of fat.
BAKED PORK CHOPS

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Pork, loin, frozen, bladeless - NSN-8905-00-935-0618, Fed. PP-P-571, Style B

SPECIAL NOTE:

Samples of pork chops with a carrageenan coating have been prepared and are in storage. This coating may provide protection against deleterious changes during storage. If the results of storage tests show that the use of such a coating is advisable, this production guide will be revised.
ROAST PORK

Each Portion
3 oz (85 g)

Na/R and/or Cal/R, Type II HLP, Diab, Bland

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight:</td>
</tr>
<tr>
<td>1. Pork, loin, boneless, trimmed</td>
<td>100.00</td>
<td>31.73</td>
<td>14,393</td>
<td>3 lb 3 oz</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td>100.00</td>
<td>31.73</td>
<td>14,393</td>
<td></td>
</tr>
</tbody>
</table>
ROAST PORK
Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Trim fat from boneless pork loin roasts.
2. Roast in oven at 325°F (163°C) to an internal temperature of 165°F (74°C).
3. Cool roasts to about 50°F (10°C) internal temperature.
4. Slice roasts approximately 3/8 in. (9 mm) thick to make 3 oz (85 g) servings.
5. Place one 3 oz (85 g) slice in each individual container.
6. Cover, label, and freeze.

NOTES:

2. Formula is based on a 65% yield of pork. Cooked weight of pork for 100 portions should be approximately 20.6 lb (9.3 kg).
3. Caloric value and fat content of the finished product are dependent on the meat component and the degree to which the meat is trimmed of fat.
4. To serve without freezing, follow directions through step 2. Allow roasts to stand at room temperature for about 20 minutes to facilitate slicing. Serve 3 oz (85 g) portions of warm meat.
ROAST PORK

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Pork, loin, frozen - NSN-8905-00-935-0618, Fed. PP-P-571, Style B.

Special Note:

Samples of roast pork with a carragenan coating have been prepared and are in storage. This coating may provide protection against deleterious changes during storage. If the results of storage tests show that the use of such a coating is advisable, this production guide will be revised.
**LEMON BAKED CHICKEN**

Na/R and/or Cal/R, Type II HLP, Diab, Bland

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Chicken breasts, skinless, boneless</td>
<td>66.59%</td>
<td>31.75 lbs</td>
<td>14,402 grams</td>
<td>3 lb 3 oz</td>
<td></td>
</tr>
<tr>
<td>2. Chicken broth</td>
<td>24.13%</td>
<td>11.513 oz</td>
<td>5224 oz</td>
<td>2 1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Soup and gravy base, chicken, Na/R</td>
<td>2.00%</td>
<td>0.95 oz</td>
<td>431 oz</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Juice, lemon, reconstituted</td>
<td>1.60%</td>
<td>0.76 oz</td>
<td>345 oz</td>
<td>7 tsp</td>
<td></td>
</tr>
<tr>
<td>3. Starch, Col-Flo 67</td>
<td>0.80%</td>
<td>0.38 oz</td>
<td>172 oz</td>
<td>2 tbsp</td>
<td></td>
</tr>
<tr>
<td>Flour, wheat, general purpose</td>
<td>0.30%</td>
<td>0.14 oz</td>
<td>64 oz</td>
<td>2 tsp</td>
<td></td>
</tr>
<tr>
<td>4. Carrot strips</td>
<td>4.57%</td>
<td>2.18 oz</td>
<td>989 oz</td>
<td>3 1/2 oz</td>
<td></td>
</tr>
<tr>
<td>Tarragon leaves</td>
<td>0.01%</td>
<td>0.007 oz</td>
<td>3</td>
<td>1/2 tsp</td>
<td></td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td>100.00%</td>
<td>47.68 oz</td>
<td>21,628 oz</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
LEMON BAKED CHICKEN

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Chicken Preparation

1a. Place chicken breasts, boneless, skinless in a single layer on sheet pans.

b. Roast in oven at 325°F (163°C) to an internal temperature of 165°F (74°C).

c. Remove chicken breasts from oven and cool to about 50°F (10°C).

d. Place approximately 3 oz of chicken in each individual container.

Gravy Preparation

2a. Combine ingredients listed in section 2 of ingredient listing reserving some broth for step 3a.

b. Mix well.

c. Heat to 160°F (71°C).

3a. Make a starch-flour slurry with broth reserved from step 2a. When making a slurry using flour, the liquid should always be added to the dry ingredients.

b. Add to above and heat to 180°F (82°C).

c. Cool to about 50°F (10°C).

d. Pour 2 oz of gravy over chicken in individual containers.

4a. Slice carrots into 3 inch strips.

b. Blanch until semi-cooked.

c. Place one strip in each individual container.

d. Sprinkle with tarragon leaves as a garnish.

e. Cover, label, and freeze.
LEMON BAKED CHICKEN

Na/R and/or Cal/R, Type II HLP, Diab, Bland

NOTES:


2. Formula is based on 65% yield of chicken. Weight of cooked chicken for 100 portions should be approximately 20.6 pounds (9.3 kg).

3. Final weight of gravy for 100 servings is 13.8 lb (6.2 kg). Final volume of gravy for 100 servings is 1.6 gal (6.0 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).

4. To serve without freezing, do not cool chicken or gravy. Ladle 2 oz (57 g) of hot gravy over 3 oz (85 g) of hot chicken. Place a strip of fully cooked carrot over each portion as a garnish.

5. Dehydrated Tarragon leaves may be added as a garnish.
LEMON BAKED CHICKEN
Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Fruits and Vegetables
1. Carrots, fresh - NSN-8915-00-127-8019, Fed. HHH-V-1744/10, Style III

Cereal and Bakery Products

Condiments and Related Products

Special Procurement
5. Chicken breasts, skinless, boneless
6. Soup and Gravy Base, Chicken flavored, Na/R
7. Starch, Col-Flo 67
BROILED VEAL PATTIES

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Each Portion
3 oz (85 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight</td>
</tr>
<tr>
<td>1. Veal, ground 3/16&quot;</td>
<td>100.00</td>
<td>27.50</td>
<td>12,474</td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>27.50</td>
<td>12,474</td>
<td></td>
</tr>
</tbody>
</table>
BROILED VEAL PATTIES

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Form ground veal into 4 1/2 oz (128 g) patties in Hollymatic or other forming equipment.

2. Broil patties until medium well done and internal temperature reaches 160°F (71°C). Discard fat and juices.

3. Place one patty in each individual container.

4. Cover, label, and freeze.

NOTES:


2. Formula is based on a 75% yield of meat. Cooked weight of veal for 100 portions should be approximately 20.6 lb (9.3 kg). For guidance, a 4 1/4 oz (120 g) raw patty should yield a 3 oz (85 g) cooked patty.

3. To serve without freezing, follow directions through step 2 and serve immediately.

4. Caloric value and fat content of the finished product are dependent on the fat content of the ground veal component.
BROILED VEAL PATTIES

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Special Procurement

1. Veal, boneless, ground, 3/16 " grind.

Special Note

Samples of broiled chopped veal patties with a carrageenan coating have been prepared and are in storage. This coating may provide protection against deleterious changes during storage. If the results of storage tests show that the use of such a coating is advisable, this production guide will be revised.
## ROAST VEAL WITH CURRANT SAUCE

Na/R and/or Cal/R, Type II HLP, Diab, Bland

<table>
<thead>
<tr>
<th></th>
<th>Meat</th>
<th>Sauce</th>
</tr>
</thead>
<tbody>
<tr>
<td>Each Portion</td>
<td>3 oz (85 g)</td>
<td>2 oz (57 g)</td>
</tr>
</tbody>
</table>

### Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Veal, boneless roasts</td>
<td>66.67</td>
<td>27.50</td>
<td></td>
<td>2 lb 12 oz</td>
</tr>
<tr>
<td>2. Currant Sauce, Na/R, and Cal/R, Type II HLP, Diab, Bland</td>
<td>33.33</td>
<td>13.75</td>
<td>1.5 gal</td>
<td>2 1/2 cup</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td>100.00</td>
<td>41.25</td>
<td>18,711</td>
<td></td>
</tr>
</tbody>
</table>
ROAST VEAL WITH CURRANT SAUCE

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Place boneless veal roasts in oven at 325°F (163°C) and roast to an internal temperature of 160°F (71°C).

b. Cool meat to about 50°F (10°C) internal temperature.

c. Slice meat into 1/8" (3mm) slices.

d. Place 3 oz (85 g) of meat in individual containers.

Sauce Preparation

2a. Prepare currant sauce according to Na/R and Cal/R, Type II HLP, Diab, Bland Currant Sauce Production Guide.

b. Pour 2 oz (57 g) of sauce over meat in individual containers.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on a 75% yield of veal. Cooked weight of veal for 100 portions should be approximately 20.6 pounds (9.3 kg).

3. To serve without freezing, do not cool sauce. Allow roasts to stand at room temperature for approximately 20 minutes to facilitate slicing. Ladle 2 oz (57 g) of hot sauce over 3 oz (85 g) of warm meat.

4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.
ROAST VEAL WITH CURRANT SAUCE

Na/R and/or Cal/R, Type II, HLP, Diab, Bland

Ingredients

Sauce


Meat

2. Veal, boneless roasts, clods
Sodium restricted, calorie restricted, Type II
HLP, Diabetic, Bland Entree Production Guides
BAKED SALISBURY STEAK WITH MUSHROOM SAUCE
Na/R, Cal/R, Type II HLP, Diab, Bland

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td></td>
<td>Weight:</td>
<td></td>
</tr>
<tr>
<td>1. Milk, nonfat, dry, Na/R</td>
<td>1.19</td>
<td>0.60</td>
<td>272</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>2.37</td>
<td>1.20</td>
<td>544</td>
<td>2 1/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>2. Eggs, frozen, whole</td>
<td>1.78</td>
<td>0.90</td>
<td>408</td>
<td>1 3/4 cup</td>
<td>8 2/3 tsp</td>
</tr>
<tr>
<td>3. Beef, lean, boneless, ground</td>
<td>50.42</td>
<td>25.57</td>
<td>11,599</td>
<td>2 lb 9 oz</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Bread crumbs, Na/R</td>
<td>2.37</td>
<td>1.20</td>
<td>544</td>
<td>8 2/3 tsp</td>
<td></td>
</tr>
<tr>
<td>Celery, chopped, fresh</td>
<td>1.19</td>
<td>0.60</td>
<td>272</td>
<td>3 2/3 cup</td>
<td></td>
</tr>
<tr>
<td>4. Mushroom Sauce, Na/R, Cal/R, Type II HLP, Diab, Bland</td>
<td>40.68</td>
<td>20.63</td>
<td>9358</td>
<td>2.3 gal</td>
<td></td>
</tr>
</tbody>
</table>

TOTALS | 100.00 | 50.70 | 22,997 |
BAKED SALISBURY STEAK WITH MUSHROOM SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1. Mix nonfat dry milk with water to disperse milk solids.
2. Thaw frozen eggs and beat to mix.
3a. Combine ingredients listed in sections 1, 2, and 3 of ingredients listing.
   b. Mix on low speed in mechanical mixer (Hobart or equivalent) for approximately 20 seconds or until ingredients are well dispersed. Do not overmix.
   c. Form into 4 1/2 oz (128 g) patties in Hollymatic or other forming equipment.
   d. Place on large baking sheets and cook in convection oven at 325°F (163°C) for approximately 10 minutes to an internal temperature of 160°F (71°C).
   e. Cool to about 50°F (10°C).
   f. Place one Salisbury steak in each individual container.

Sauce Preparation

4a. Prepare mushroom sauce according to Na/R, Cal/R, Type II, HLP, Diab, Bland Mushroom Sauce Production Guide.
   b. Pour 3 oz (85 g) sauce over each Salisbury Steak.
   c. Cover, label, and freeze.
BAKED SALISBURY STEAK WITH MUSHROOM SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

NOTES:


2. Formula is based on an 80% yield of Salisbury Steaks. Cooked weight of Salisbury Steaks for 100 portions should be approximately 24.1 lb (10.9 kg). For guidance, a 4 1/2 oz (128 g) raw steak should yield a 3 1/2 oz (100 g) cooked portions.

3. To serve without freezing, do not cool meat or sauce. Ladle 3 oz (85 g) of hot mushroom sauce over 3 1/2 oz (100 g) of Salisbury Steak for each portion.

4. Caloric value and fat content of the finished product are dependent on the fat content of the ground beef component.
BAKED SALISBURY STEAK WITH MUSHROOM SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1.

Fruits and Vegetables

2. Celery, fresh - NSN-8915-00-926-4925, Fed. HHH-V-1744/12.

Special Procurement

3. Beef, lean, boneless, ground

4. Bread crumbs, Na/R.

5. Milk, nonfat dry, Na/R.

Mushroom Sauce

### BEEF STEW

**Na/R, Cal/R Type II HLP, Diab, Bland**

Each Portion

8 oz (227 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight:</td>
</tr>
<tr>
<td>1. Beef, diced, lean</td>
<td>49.18</td>
<td>33.27</td>
<td>15,091</td>
<td>3 lb 5 oz</td>
</tr>
<tr>
<td>2. Carrots, frozen, sliced</td>
<td>2.61</td>
<td>1.77</td>
<td>803</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Beans, green, frozen</td>
<td>2.61</td>
<td>1.77</td>
<td>803</td>
<td>2/3 cup</td>
</tr>
<tr>
<td>3. Water (see Note 4)</td>
<td>32.291</td>
<td>21,834</td>
<td>9904</td>
<td>2 2/3 gal</td>
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<tr>
<td>Tomatoes, whole, canned, Na/R</td>
<td>5.43</td>
<td>3.67</td>
<td>1664</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Celery, fresh, diced</td>
<td>2.28</td>
<td>1.54</td>
<td>698</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Soup and gravy base, beef, Na/R</td>
<td>1.42</td>
<td>0.96</td>
<td>435</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Celery seed, ground</td>
<td>0.04</td>
<td>0.03</td>
<td>14</td>
<td>3/4 tsp</td>
</tr>
<tr>
<td>Caramel color, powdered</td>
<td>0.01</td>
<td>0.01</td>
<td>4</td>
<td>1/8 tsp</td>
</tr>
<tr>
<td>Bay leaves, ground</td>
<td>0.005</td>
<td>0.003</td>
<td>1</td>
<td>1/8 tsp (pinch)</td>
</tr>
<tr>
<td>Mace, ground</td>
<td>0.004</td>
<td>0.003</td>
<td>1</td>
<td>1/8 tsp (pinch)</td>
</tr>
<tr>
<td>4. Starch Col-Flo 67</td>
<td>1.00</td>
<td>0.68</td>
<td>308</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Flour, wheat, all purpose</td>
<td>0.50</td>
<td>0.34</td>
<td>154</td>
<td>5 tsp</td>
</tr>
<tr>
<td>5. Peas, green, canned, Na/R</td>
<td>2.62</td>
<td>1.77</td>
<td>803</td>
<td>1/2 cup</td>
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<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>67.65</td>
<td>30,683</td>
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</tbody>
</table>
BEEF STEW
Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation:

1a. Place beef, diced, trimmed in deep pans. Heat in convection oven at 450°F (232°C) until well browned turning frequently.

b. After browning, remove meat from convection oven; partially fill pans with water; cover and steam until tender at 15 psi (103 kPa) to an internal temperature of 160°F (71°C).

c. Drain liquid (broth). (See Note 4).

d. Cool meat to about 50°F (10°C).

e. Place 3 oz (85 g) of meat into individual containers.

Gravy Preparation

2. Steam sliced carrots and green beans until tender; hold for step 5a.

3a. Combine ingredients listed in section 3 of ingredients listing reserving some water for step 4a.

b. Mix well.

c. Heat to 160°F (71°C).

4a. Make a starch-flour slurry with water reserved from step 3a. When making a slurry using flour, the liquid should always be added to the dry ingredients.

b. Add to above and heat to 180°F (82°C).

5a. Add green peas from section 4 of ingredient listing as well as carrots and green beans from step 2 to above; mix gently.

b. Add back water to maintain formula weight or volume.

c. Chill gravy to about 50°F (10°C).

d. Pour 5 oz (142 g) of gravy over meat in individual containers.

e. Cover, label, and freeze.
BEEF STEW

Na/R, Cal/R, Type II HLP, Diab, Bland

NOTES:


2. Formula is based on a 62% yield for trimmed diced beef. Cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight of gravy for 100 servings is 34.4 lb (15.6 kg). Final volume of gravy for 100 servings is 3.9 gal (14.9 L). One gallon (3.8 L) weighs 8.7 lb (3.9 kg).

4. In the event that the broth from the meat-steaming operation can be saved, this broth should be used in satisfying the water requirement in section 3.

5. To serve without freezing, follow directions 1a through 1c and 2 through 4b. Combine cooked beef and gravy in a kettle, heat to 160°F (71°C) and simmer for 20 minutes to blend flavors. Add back water to maintain total formula weight. For 100 servings total formula weight should be 55 lb (24.9 kg). Serve 8 oz (227 g) portions of stew.

6. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.
BEEF STEW
Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Fruits and Vegetables


2. Carrots, frozen, slices - NSN-8915-00-162-5087, Fed. HHH-V-1745/6, Style IV.


Cereal and Bakery Products


Condiments and Related Products


Special Procurement

6. Bay leaves, ground

7. Beef, diced, lean.

8. Caramel color, powdered.

9. Celery seed, ground.

10. Peas, canned, Na/R.


12. Soup and gravy base, Na/R.

13. Tomatoes, canned, crushed, Na/R.
ITALIAN MEAT BALLS WITH TOMATO SAUCE
Na/R, Cal/R, Type II HLP, Diab, Bland

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>1. Beef, ground, lean</td>
<td>44.19</td>
<td>21.27</td>
<td>9648</td>
<td>2 lb 2 oz</td>
<td></td>
</tr>
<tr>
<td>Milk, skim, Na/R</td>
<td>8.25</td>
<td>3.97</td>
<td>1800</td>
<td>2 qt</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Bread crumbs, Na/R</td>
<td>3.58</td>
<td>1.72</td>
<td>780</td>
<td>2/3 cup</td>
<td></td>
</tr>
<tr>
<td>Eggs, frozen, whole</td>
<td>1.00</td>
<td>0.48</td>
<td>218</td>
<td>1 cup</td>
<td>3/4 tsp</td>
</tr>
<tr>
<td>Basil, ground</td>
<td>0.06</td>
<td>0.03</td>
<td>14</td>
<td>3/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Oregano, ground</td>
<td>0.06</td>
<td>0.03</td>
<td>14</td>
<td>3/4 tsp</td>
<td></td>
</tr>
<tr>
<td>2. Tomato Sauce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Na/R, Cal/R, Type II HLP, Diab, Bland</td>
<td>42.86</td>
<td>20.63</td>
<td>9358</td>
<td>2.2 gal</td>
<td>3 1/2 cup</td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>48.13</td>
<td>21,832</td>
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</tbody>
</table>

Meat 3 oz (85 g)
Sauce 3 oz (85 g)
ITALIAN MEAT BALLS WITH TOMATO SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Combine ingredients in section 1 of ingredients listing in a mixer.

  b. Mix for one minute at low speed.

  c. Form into 1 oz (28 g) meat balls.

  d. Place on baking sheets and bake in convection oven at 325°F (163°C) for approximately 10 minutes to an internal temperature of 160°F (71°C).

  e. Cool to about 50°F (10°C).

  f. Place four meat balls in each individual container.

Sauce Preparation

2a. Prepare tomato sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Tomato Sauce Production Guide.

  b. Pour 3 oz (85 g) of sauce over meat balls in each individual container.

  c. Cover, label and freeze.

NOTES:


2. Formula is based on 75% yield of meat balls. Cooked weight of meat balls for 100 portions should be approximately 20.6 lb (9.3 kg).

3. To serve without freezing, do not cool meat balls or sauce. Ladle 3 oz (85 g) of hot sauce over four hot meat balls for each portion.

4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component.
ITALIAN MEAT BALLS WITH TOMATO SAUCE
Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, kind a, Class I.

Condiments and Related Products

2. Basil, sweet, ground - NSN-8950-00-404-6066. Fed. EE-S-631, Type II.

3. Oregano, ground - NSN-8950-00-582-1402. Fed. EE-S-631, Type II.

Special Procurement

4. Beef ground, lean, 3/16" grind

5. Bread crumbs, Na/R.

6. Milk, skim, Na/R.

Tomato Sauce

7. See Na/R, Cal/R, Type II HLP, Diab, Bland Tomato Sauce Production Guide.
ROAST BEEF WITH VEGETABLE SAUCE
Na/R, Cal/R, Type II HLP, Diab, Bland

<table>
<thead>
<tr>
<th>Each Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meats</td>
</tr>
<tr>
<td>Sauce</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>1. Beef, top round</td>
<td>58.78</td>
<td>29.40</td>
<td>13,336</td>
<td>2 lb 15 oz</td>
<td></td>
</tr>
<tr>
<td>2. Vegetable Sauce Na/R, Cal/R, Type II, HLP, Diab Bland</td>
<td>41.22</td>
<td>20.62</td>
<td>9353</td>
<td>2.2 gal</td>
<td>3 1/2 cup</td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>50.02</td>
<td>22,698</td>
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<td></td>
</tr>
</tbody>
</table>
ROAST BEEF WITH VEGETABLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Place well trimmed top round roasts in oven and roast at 350°F (176°C) to an internal temperature of 145°F (63°C).

b. Cool meat to about 50°F (10°C), internal temperature.

c. Slice meat into 1/16 in. (1.6 mm) slices.

d. Place 3 oz (85 g) of meat in individual containers.

Sauce Preparation

2a. Prepare vegetable sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.

b. Pour 3 oz (85 g) sauce over meat in individual containers.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on 70% yield of beef. Cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg).

3. To serve without freezing, do not cool sauce. Allow roasts to stand at room temperature for approximately 20 minutes to facilitate slicing. Ladle 3 oz (85 g) of hot sauce over 3 oz (85 g) of warm meat.

4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.
ROAST BEEF WITH VEGETABLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Gravy

1. See Na/R, Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.

Special Procurement

2. Beef, top (inside) round, well trimmed.
**STEAK BRAISED WITH MUSHROOMS**

Na/R, Cal/R, Type II HLP, Diab, Bland

Each Portion

<table>
<thead>
<tr>
<th>Meat</th>
<th>3 oz (85 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sauce</td>
<td>3 oz (85 g)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Liquids</td>
</tr>
<tr>
<td>1. Beef steaks, minute</td>
<td>56.56</td>
<td>27.50</td>
<td>12,474</td>
<td></td>
</tr>
<tr>
<td>Salad oil</td>
<td>1.03</td>
<td>0.50</td>
<td>227</td>
<td>1 cup</td>
</tr>
<tr>
<td>2. Mushroom Sauce, Na/R, Cal/R, Type II HLP, Diab, Bland</td>
<td>42.41</td>
<td>20.62</td>
<td>9353</td>
<td>2.1 gal</td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>48.62</td>
<td>22,054</td>
<td></td>
</tr>
</tbody>
</table>
STEAK BRAISED WITH MUSHROOMS

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Tenderize beef steak in meat tenderizer (cubing-type) by passing the steak through twice, once with the grain and once against the grain.

b. Grill on lightly oiled grill to an internal temperature of 145°F (63°C).

c. Place one steak in each individual container.

Sauce Preparation

2a. Prepare mushroom sauce according to referenced Na/R, Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.

b. Pour 3 oz (85 g) of sauce over meat in individual containers.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on a 75% yield of beef; cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg). (For guidance a 4 oz (113 g) raw steak should yield a 3 oz (85 g) cooked portion).

3. The pounds of meat specified in the formula are only a guide; use count of steaks to assure 100 portions.

4. To serve without freezing, do not cool meat or sauce. Ladle 3 oz (85 g) of hot sauce over 3 oz (85 g) of hot meat.

5. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.
STEAK BRAISED WITH MUSHROOMS
Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Fats and Oils

1. Salad Oil - NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.

Mushroom Sauce

2. See Na/R, Cal/R, Type II HLP, Diab, Bland Mushroom Sauce

Special Procurement

3. Beef steaks, minute.
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<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions Pounds</th>
<th>Grams</th>
<th>Volume (liquids)</th>
<th>10 Portions Weight Measure</th>
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<tbody>
<tr>
<td>1. Beef, top round</td>
<td>58.80</td>
<td>29.40</td>
<td>13,336</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Carrots, fresh or frozen, 1/4 in. (6 mm) sliced</td>
<td>8.00</td>
<td>4.00</td>
<td>1814</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Tomatoes, canned, crushed, Na/R</td>
<td>12.00</td>
<td>6.00</td>
<td>2722</td>
<td>3 qt</td>
<td>1-1/4 cup</td>
</tr>
<tr>
<td>Water and/or broth</td>
<td>20.00</td>
<td>10.00</td>
<td>4536</td>
<td>1 1/4 gal</td>
<td>2 cup</td>
</tr>
<tr>
<td>Allspice, ground</td>
<td>0.03</td>
<td>0.015</td>
<td>7</td>
<td></td>
<td>1/4 tsp</td>
</tr>
<tr>
<td>Parsley, dehydrated</td>
<td>0.03</td>
<td>0.015</td>
<td>7</td>
<td></td>
<td>3/4 tsp</td>
</tr>
<tr>
<td>Bay leaves, ground</td>
<td>0.02</td>
<td>0.01</td>
<td>5</td>
<td></td>
<td>1/4 tsp</td>
</tr>
<tr>
<td>Thyme, ground</td>
<td>0.02</td>
<td>0.01</td>
<td>5</td>
<td></td>
<td>1/3 tsp</td>
</tr>
<tr>
<td>4. Starch, Col-Flo 67</td>
<td>0.70</td>
<td>0.35</td>
<td>159</td>
<td></td>
<td>5 1/2 tsp</td>
</tr>
<tr>
<td>Flour, wheat, all purpose</td>
<td>0.40</td>
<td>0.20</td>
<td>91</td>
<td></td>
<td>1 tbsp</td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>50.00</td>
<td>22,682</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
YANKEE POT ROAST
Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Place roasts in oven and roast at 350°F (176°C) to an internal temperature of 145°F (63°C).

b. Cool roasts to about 50°F (10°C) internal temperature.

c. Slice meat into 1/16 in. (0.16 cm) slices.

d. Place approximately 3 oz (85 g) of meat into individual containers.

2. Cook carrots in boiling water until slightly tender. Hold for step 4c.

Gravy Preparation

3a. Combine ingredients listed in section 3 of ingredients listing, reserving some water for step 4a.

b. Heat to 160°F (71°C).

4a. Make a starch slurry using water reserved from 3a.

b. Add to above and heat to 180°F (82°C).

c. Add carrots (drained) from step 2.

d. Add back water to maintain formula weight or volume.

e. Cool gravy to about 50°F (10°C).

f. Pour 3 oz of gravy (85 g) over meat in individual containers.

g. Cover, label, and freeze.
YANKEE POT ROAST

Na/R, Cal/R, Type II HLP, Diab, Bland

NOTES:


2. Formula is based on 70% yield of beef. Cooked weight of beef for 100 portions should be approximately 20 lb (9.3 kg).

3. Frozen precooked carrots may be substituted without further cooking.

4. Final weight of gravy for 100 servings is 21.5 lb (9.7 kg). Final volume of gravy for 100 servings is 2.39 gal (9.0 L). One gallon (3.8 L) weighs 9 lb (4.0 kg).

5. To serve without freezing, do not cool gravy. Allow roasts to stand at room temperature for about 20 minutes to facilitate slicing. Ladle 3 oz (85 g) of hot gravy over 3 oz (85 g) of warm meat.

6. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.
YANKEE POT ROAST
Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Fruits and Vegetables
2. Parsley, dehydrated - NSN-8915-00-975-0530, MIL-P-35090.

Bakery and Cereal Products
3. Flour, wheat, all purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type II, Class B, Style 2.

Condiments and Related Products
4. Allspice, ground - NSN-8950-00-170-9562, Fed. EE-S-631, Type II.
5. Thyme, ground - NSN-8950-00-616-5483, Fed. EE-S-631, Type II.

Special Procurement
6. Tomatoes, canned, crushed, Na/R.
7. Bay leaves, ground.
8. Starch, Col-Flo 67.
9. Beef, round, frozen, trimmed
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Halibut steaks</td>
<td>56.04</td>
<td>26.29</td>
<td>11,925</td>
<td>2 lb 10 oz</td>
<td></td>
</tr>
<tr>
<td>2. Na/R, Cal/R, Type II HLP, Diab, Bland Creole Sauce</td>
<td>43.96</td>
<td>20.62</td>
<td>9353</td>
<td>2.1 gal</td>
<td>3 1/3 cup</td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>46.91</td>
<td>21,278</td>
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</tr>
</tbody>
</table>
CREOLE HALIBUT
Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Fish Preparation

1a. Spray sheet pans lightly with vegetable shortening.
1b. Place halibut steaks on sheet pans in single layers.
1c. Cook in convection oven at 325°F (163°C) for approximately 15 minutes to an internal temperature of 160°F (71°C). Do not overcook.
1d. Cool to about 50°F (10°C).
1e. Place 3 1/4 oz (92 g) steak portions in individual containers.

Sauce Preparation

2a. Prepare Creole Sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Creole Sauce Production Guide.
2b. Pour 3 oz (85 g) sauce over fish in individual containers.
2c. Cover, label and freeze.

NOTES:


2. Formula is based on an 85% yield of halibut. Cooked weight of halibut for 100 portions should be approximately 22.3 lb (10.1 kg), including bone. (For guidance, a 3.8 oz (108 g) raw halibut steak should yield a 3 1/4 oz (92 g) cooked steak. Approximately 1/4 oz (7.0 g) of bone will be present in each steak).

3. To serve without freezing, do not cool fish or sauce. Ladle 3 oz (85 g) hot sauce over 3 1/4 oz (92 g) hot fish portions.
CREOLE HALIBUT

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Halibut, frozen, steak - NSN-8905-00-252-7669, Fed. PP-F-381, Type II, Form IV.

Creole Sauce

2. See Na/R, Cal/R, Type II HLP, Diab, Bland, Creole Sauce Production Guide.
# LEMON BAKED PERCH

Na/r, Cal/R, Type II HLP, Diab, Bland

<table>
<thead>
<tr>
<th>Each Portion</th>
<th>3 oz (85 g)</th>
<th>Gravy 2 oz (57 g)</th>
</tr>
</thead>
</table>

## Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight Measure</td>
</tr>
<tr>
<td>-------------</td>
<td>---------</td>
<td>--------------</td>
<td>-----------------</td>
<td>---------------</td>
</tr>
<tr>
<td>1. Perch, ocean fillets, skin-on</td>
<td>65.65</td>
<td>26.45</td>
<td>11,997</td>
<td>2 lb 10 oz</td>
</tr>
<tr>
<td>2. Water</td>
<td>28.85</td>
<td>11.62</td>
<td>5270</td>
<td>1 1/3 gal</td>
</tr>
<tr>
<td>Juice, lemon, reconstituted</td>
<td>2.38</td>
<td>0.96</td>
<td>435</td>
<td>1 pt</td>
</tr>
<tr>
<td>Sherry flavoring</td>
<td>1.71</td>
<td>0.69</td>
<td>313</td>
<td>1 1/3 cup</td>
</tr>
<tr>
<td>Starch, Col-Flo 67</td>
<td>1.19</td>
<td>0.48</td>
<td>218</td>
<td>8 tbsp</td>
</tr>
<tr>
<td>3. Paprika</td>
<td>0.22</td>
<td>0.09</td>
<td>41</td>
<td>1 3/4 tsp</td>
</tr>
</tbody>
</table>

| TOTALS      | 100.00 | 40.29 | 18,274 |

138
LEMON BAKED PERCH
Na/R, CaZ/R, Type II HLP, Diab, Bland

PROCEDURE:

Fish Preparation

1a. Place perch in a single layer on racks in deep pans. Partially fill pans with water, keeping the level of water below the level of fish. Cover and steam to an internal temperature of 150°F (65°C).
   b. Cool to about 50°F (10°C).
   c. Fill individual containers with 3 oz (85 g) of fish.

Gravy Preparation

2a. Combine ingredients listed in section 2 of ingredients listing.
   b. Heat to 180°F (82°C).
   c. Cool gravy to about 50°F (10°C).
   d. Pour 2 oz (57 g) gravy over fish in individual containers.

3a. Sprinkle paprika over fish.
   b. Cover, label, and freeze.

NOTES:


2. Formula is based on a 78% yield of perch. Weight of cooked perch for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight of gravy for 100 servings is 13.8 lb (6.2 kg). Final volume of gravy for 100 servings is 1.6 gal (6.0 L). One gallon (3.8 L) weighs 8.5 lb (38 kg).

4. To serve without freezing, do not cool perch or sauce. Ladle 2 oz (57 g) hot sauce over 3 oz (85 g) hot perch and garnish with paprika.
LEMON BAKED PERCH

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish


Fruits and Vegetables


Condiments and Related Products


Special Procurement

4. Sherry flavoring.

5. Starch, Col-Flo 67.
**SALMON PATTIES WITH LEMON SAUCE**

Na/R, Cal/R, Type II HLP, Diab, Bland

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td></td>
<td>Weight- Measure</td>
</tr>
<tr>
<td>1. Salmon, canned, water pack, Na/R</td>
<td>46.12</td>
<td>19.02</td>
<td>8627</td>
<td>1 lb 14 oz</td>
</tr>
<tr>
<td>Bread crumbs, Na/R</td>
<td>8.97</td>
<td>3.70</td>
<td>1678</td>
<td>1 1/2 cup</td>
</tr>
<tr>
<td>Eggs, frozen, whole</td>
<td>7.27</td>
<td>3.00</td>
<td>1361</td>
<td>2/3 cup</td>
</tr>
<tr>
<td>Celery, fresh, diced</td>
<td>3.25</td>
<td>1.34</td>
<td>608</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Juice, lemon, reconstituted</td>
<td>0.92</td>
<td>0.38</td>
<td>172</td>
<td>3 2/3 tsp</td>
</tr>
<tr>
<td>Liquid smoke (C-3)</td>
<td>0.14</td>
<td>0.06</td>
<td>27</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>2. Lemon Butter Sauce, Na/R, Cal/R, Type II HLP, Diab, Bland</td>
<td>33.33</td>
<td>13.75</td>
<td>6237</td>
<td>1.5 gal</td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>41.25</td>
<td>18,710</td>
<td></td>
</tr>
</tbody>
</table>

Each Portion 2 Patties 3 1/2oz (100 g) Lemon Juice 2 oz (57 g)
SALMON PATTIES WITH LEMON SAUCE
Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

**Patties Preparation**

1a. Place ingredients in section 1 of ingredients listing in a mixer.
1b. Mix until ingredients are well blended. Do not overmix.
1c. Chill to about 50°F (10°C).
1d. Form into 2 oz (57 g) patties using Hollymatic or equivalent forming equipment.
1e. Spray sheet pans lightly with vegetable shortening.
1f. Place patties on sheet pans and bake in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
1g. Remove from oven and cool to about 50°F (10°C).
1h. Place 2 patties 3.5 oz (100 g) in each individual container. Hold for step 2c.

**Sauce Preparation**

2b. Cool to about 50°F (10°C).
2c. Pour 2 oz (57 g) sauce over salmon patties in individual containers.
2d. Cover, label, and freeze.

**NOTES:**


2. Formula is based on 87% yield of salmon patties. Cooked weight of salmon patties for 100 servings (200 patties) should be approximately 24 lb (10.9 kg). (For guidance, a 2 oz (57 g) raw patty should yield a 1 3/4 (50 g) cooked patty.)

3. The pounds specified in the formula are only a guide: use count of patties to assure adequate portions.
SALMON PATTIES WITH LEMON SAUCE

Na/R, Cal/R, Type II HLP, Diab, E/and

NOTES: Continued

4. To serve without freezing, do not cool patties or sauce. Ladle 2 oz (57 g) of hot sauce over 3.5 oz (100 g) of hot patties.
SALMON PATTIES WITH LEMON SAUCE
Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs


Fruits and Vegetables

2. Celery, fresh - NSN-8915-00-926-4925, Fed. NHH-V-1744/12.


Special Procurement

4. Bread Crumbs Na/R

5. Liquid Smoke C-3

6. Salmon, canned, water pack, Na/R

Lemon Sauce

7. See Na/R, Cal/R, Type II HLP, Diab, Bland Lemon Sauce Production Guide.
### TUNA PATTIES WITH LEMON SAUCE

**Each Portion**

Na/R, Cal/R, Type II HLP, Diab, Bland  
2 Patties 3 1/2 oz (100 g)  
Lemon Sauce 2 oz (57 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna, canned, water pack, Na/R</td>
<td>42.03</td>
<td>17.3 g</td>
<td>7865</td>
<td></td>
<td>1 lb 12 oz</td>
</tr>
<tr>
<td>Eggs, whole, frozen</td>
<td>9.21</td>
<td>3.80</td>
<td>1724</td>
<td>7 cup</td>
<td>6 oz</td>
</tr>
<tr>
<td>Celery, fresh, diced</td>
<td>6.40</td>
<td>2.64</td>
<td>1198</td>
<td></td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Bread crumbs, Na/R</td>
<td>5.24</td>
<td>2.16</td>
<td>980</td>
<td></td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Water</td>
<td>2.69</td>
<td>1.11</td>
<td>503</td>
<td>2 cups</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Juice, lemon, reconstituted</td>
<td>1.00</td>
<td>0.41</td>
<td>186</td>
<td>3/4 cup</td>
<td>4 tsp</td>
</tr>
<tr>
<td>Dill, ground</td>
<td>0.10</td>
<td>0.04</td>
<td>18</td>
<td></td>
<td>3/4 tsp</td>
</tr>
</tbody>
</table>

2. **Lemon Butter Sauce**  
Na/R, Cal/R, Type II HLP, Diab, Bland  
33.33 | 13.75 | 6237 | 1.5 gal | 2 1/2 cup |

**TOTALS**  
100.00 | 41.25 | 18,711 |
TUNA PATTIES WITH LEMON SAUCE
Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Patties Preparation

1a. Place ingredients in section 1 of ingredients listing in a mixer.
b. Mix until ingredients are well blended. Do not overmix.
c. Chill to about 50°F (10°C).
d. Form into 2 oz (57 g) patties using Hollymatic or equivalent forming equipment.
e. Spray sheet pans lightly with vegetable shortening.
f. Place patties on sheet pans and bake in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
g. Remove from oven and cool to about 50°F (10°C).
h. Place 2 patties 3 1/2 oz (100 g) in each individual container. Hold for step 2c.

Sauce Preparation

2a. Prepare Lemon Sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Lemon Sauce Production Guide.
b. Pour 2 oz (57 g) sauce over tuna patties in individual containers.
c. Cover, label, and freeze.

NOTES:


2. Formula is based on 87% yield of tuna patties. Cooked weight of tuna patties for 100 servings (200 patties) should be approximately 24 lb (10.9 kg). (For guidance, a 2 oz (57 g) raw patty should yield a 1 3/4 oz (50 g) cooked patty.

3. The pounds specified in the formula are only a guide: use count of patties to assure adequate portions.

4. To serve without freezing, do not cool patties or sauce. Ladle 2 oz (57 g) of hot sauce over 3 oz (85 g) of hot patties.
TUNA PATTIES WITH LEMON SAUCE
Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

Fruits and Vegetables

Special Procurement
4. Bread crumbs, Na/R
5. Dill, ground
6. Tuna, canned, water pack, Na/R

Lemon Sauce
7. See Na/R, Cal/R, Type II HLP, Diab, Bland Lemon Sauce Production Guide.
**CHICKEN CACCIATORE**

Na/R, Cal/R, Type II HLP, Diab, Bland

Each Portion

<table>
<thead>
<tr>
<th>Chicken</th>
<th>3 oz (85 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gravy</td>
<td>3 oz (85 g)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>(liquids)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Weight</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Chicken, cut-up legs, breasts and thighs</td>
<td>71.49</td>
<td>51.70</td>
<td>23,451</td>
</tr>
<tr>
<td>2. Mushrooms, fresh, sliced</td>
<td>3.80</td>
<td>2.75</td>
<td>1247</td>
</tr>
<tr>
<td>3. Water and/or broth</td>
<td>11.30</td>
<td>8.17</td>
<td>3706</td>
</tr>
<tr>
<td>Tomatoes, canned, crushed, Na/R</td>
<td>12.44</td>
<td>9.00</td>
<td>4082</td>
</tr>
<tr>
<td>Oregano, dehydrated</td>
<td>0.04</td>
<td>0.03</td>
<td>14</td>
</tr>
<tr>
<td>Basil, dehydrated</td>
<td>0.01</td>
<td>0.01</td>
<td>5</td>
</tr>
<tr>
<td>4. Flour, wheat, general purpose</td>
<td>0.21</td>
<td>0.15</td>
<td>68</td>
</tr>
<tr>
<td>Starch, Col-Flo 67</td>
<td>0.71</td>
<td>0.51</td>
<td>231</td>
</tr>
</tbody>
</table>

| TOTALS | 100.00 | 72.32 | 32,804 |
CHICKEN CACCIATORE
Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE

Chicken Preparation

1a. Steam chicken parts at 15 p.s.i. (103 kPa) for approximately 20 minutes to an internal temperature of 160°F (71°C).

b. Cool to about 80°F (27°C) to facilitate handling.

c. Remove skin and bones from cooked chicken parts.

d. Cool chicken meat to about 50°F (10°C).

e. Place 3 oz (85 g) of chicken in individual containers.

Gravy Preparation

2. Simmer mushrooms in small amount of water until tender.

3a. Combine ingredients listed in section 3 of ingredients listing, reserving some water or broth for step 4a.

b. Heat to 160°F (71°C).

4a. Using ingredients listed in step 4 of ingredients listing make a starch flour. Stirry with water or broth from step 3a, add to ingredients from step 3 and heat to 180°F (82°C).

b. Add back water or broth to maintain formula weight or volume.

c. Cool gravy to about 50°F (10°C).

d. Pour 3 oz (85 g) of gravy over chicken in individual containers.

e. Cover, label, and freeze.
CHICKEN CACCIATORE
Na/R, Cal/R, Type II HLP, Diab, Bland

NOTES:


2. Formula is based on 40% yield of chicken. This includes 70% yield from raw weight to cooked weight and 57% yield from cooked weight to edible meat. Cooked weight of edible meat for 100 portions should be approximately 20.6 lb (9.3 kg).

3. In the event that the broth from the chicken steaming operation can be saved, this broth should be used in satisfying the water requirement in section 3.

4. Final weight of gravy for 100 servings is 20.6 lb (9.3 kg). Final volume of gravy for 100 servings is 2.3 gal (9.6 L). One gallon (3.8 L) weighs 9 lb (4.0 kg).

5. To serve without freezing, do not cool chicken or gravy. Combine in kettle, heat to 160°F and hold for 20 minutes to blend flavors. Serve 6 oz portions.

6. Caloric value and fat content of the finished product is dependent on the fat content of the meat component. Selection of white in lieu of dark meat and elimination of surface fat will provide a means for desired control.
CHICKEN CACCIATORE
Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Chicken, frozen - NSN-8905-00-126-3416, Fed. PP-C-248, Type III, Class 1, Style 1.

Cereal and Bakery Products


Special Procurement

3. Basil, dehydrated
4. Mushrooms, fresh
5. Oregano, dehydrated
6. Starch, Col-Flo 67
7. Tomatoes, canned, crushed Na/R
## ROAST CHICKEN

Na/R, Cal/R, Type II HLP, Diab, Bland

Each Portion

<table>
<thead>
<tr>
<th></th>
<th>Chicken</th>
<th>Gravy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Each Portion</td>
<td>3 oz (85 g)</td>
<td>2 oz (57 g)</td>
</tr>
</tbody>
</table>

### Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
<th>Weight: Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Chicken, cut-up, legs, breasts, and thighs</td>
<td>79.00</td>
<td>51.70</td>
<td>23,451</td>
<td>5 lb 3 oz</td>
<td></td>
</tr>
<tr>
<td>2. Chicken broth, Na/R</td>
<td>18.375</td>
<td>12.037</td>
<td>5460</td>
<td>1 1/2 gal</td>
<td>2 1/3 cup</td>
</tr>
<tr>
<td>Milk, nonfat, dry, Na/R</td>
<td>1.50</td>
<td>0.98</td>
<td>444</td>
<td>1/3 cup</td>
<td></td>
</tr>
<tr>
<td>Soup and gravy, base, chicken, Na/R</td>
<td>0.30</td>
<td>0.20</td>
<td>91</td>
<td>2 1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Celery, ground</td>
<td>0.03</td>
<td>0.02</td>
<td>9</td>
<td>1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Savory, ground</td>
<td>0.005</td>
<td>0.003</td>
<td>1</td>
<td>&lt;1/8 tsp (pinch)</td>
<td></td>
</tr>
<tr>
<td>3. Starch, Col-Flo 67</td>
<td>0.55</td>
<td>0.36</td>
<td>163</td>
<td>2 tbsp</td>
<td></td>
</tr>
<tr>
<td>Flour, wheat, general purpose</td>
<td>0.24</td>
<td>0.15</td>
<td>68</td>
<td>2 1/4 tsp</td>
<td></td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td>100.00</td>
<td>65.45</td>
<td>29,687</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ROAST CHICKEN
Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Place chicken parts (legs, breasts, thighs) in single layer on sheet pans and bake in oven at 325°F (163°C) to an internal temperature of 165°F (74°C).
   b. Remove from oven and remove skin and bone.
   c. Cool to about 50°F (10°C).
   d. Place approximately 3 oz (85 g) of boneless chicken in individual containers.

Gravy Preparation

2a. Combine ingredients listed in section 2 of ingredients listing, reserving some broth for Step 3a.
   b. Heat to 160°F (71°C).

3a. Make a starch-flour slurry using broth reserved from Step 2a. When making a slurry using flour, the liquid should always be added to the dry ingredients.
   b. Add to above.
   c. Heat to 180°F (82°C).
   d. Add back water to maintain formula weight or volume.
   e. Cool to about 50°F (10°C).
   f. Pour 2 oz (57 g) of gravy over turkey in individual containers.
   g. Cover, label, and freeze.

NOTES:


2. Formula is based on 40% yield of chicken. This includes 70% yield from raw weight to cooked weight and 57% yield from cooked weight to edible meat. Cooked weight of chicken for 100 portions should be approximately 20.6 lb (9.5 kg) and edible meat 20.6 lb (9.3 kg).
ROAST CHICKEN
Na/R, Cal/R, Type II HLP, Diab, Bland

NOTES: (cont'd)

3. Final weight of gravy for 100 servings is 13.8 lb (6.2 kg). Final volume of gravy for 100 servings is 1.6 gal (6.0 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).

4. To serve without freezing, do not cool chicken or gravy. Ladle 2 oz (57 g) of hot gravy over 5 oz (142 g) of hot chicken.

5. When preparing bone-in chicken for frozen storage, previously frozen chicken should not be used.

6. Caloric value and fat content of the finished product is dependent on the fat content of the meat component. Selection of white in lieu of dark meat and elimination of skin and surface fat will provide a means for desired control.

7. If sodium restricted chicken broth cannot be obtained, use of in-house broth is recommended.
ROAST CHICKEN

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Milk, nonfat, dry - NSN-8910-00-982-2779, Fed. C-M-00350, Type I, Style C.

Bakery and Cereal Products


Condiments

3. Savory, ground - NSN-8950-00-080-5960, Fed. EE-S-631, Type II.

Special Procurement

4. Chicken, chilled and frozen - PP-C-248, Type I, Class 1.
5. Celery seed, ground.
6. Chicken broth, Na/R.
7. Soup and gravy base, instant chicken, Na/R.
8. Starch, Col-Flo 67.
# ROAST TURKEY

**Na/R, Cal/R, Type II HLP, Diab, Bland**

<table>
<thead>
<tr>
<th>Each Portion</th>
<th>Turkey 3 oz (85 g)</th>
<th>Gravy 2 oz (85 g)</th>
</tr>
</thead>
</table>

## Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percentage</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Turkey breasts</td>
<td>73.93</td>
<td>38.19</td>
<td>17,323</td>
<td>3 lb 13 oz</td>
</tr>
<tr>
<td>2. Chicken broth, Na/R</td>
<td>24.98</td>
<td>12.974</td>
<td>5885</td>
<td>2 1/2 cup</td>
</tr>
<tr>
<td>Soup and gravy base, Na/R</td>
<td>0.40</td>
<td>0.21</td>
<td>95</td>
<td>1 1/2 tsp</td>
</tr>
<tr>
<td>Caramel Color</td>
<td>0.005</td>
<td>0.003</td>
<td>1</td>
<td>1/8 tsp (pinch)</td>
</tr>
<tr>
<td>Thyme, ground</td>
<td>0.005</td>
<td>0.003</td>
<td>1</td>
<td>1/8 tsp (pinch)</td>
</tr>
<tr>
<td>3. Starch, Col-Flo 67</td>
<td>0.73</td>
<td>0.38</td>
<td>172</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Flour, wheat, general purpose</td>
<td>0.35</td>
<td>0.18</td>
<td>82</td>
<td>2 1/2 tsp</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td><strong>100.00</strong></td>
<td><strong>51.94</strong></td>
<td><strong>23,560</strong></td>
<td></td>
</tr>
</tbody>
</table>
ROAST TURKEY
Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Steam turkey breasts at 15 p.s.i. (103 kPa) to an internal temperature of 170°F (77°C).

b. Remove and discard skin and bones.

c. Cool to about 50°F (10°C).

d. Slice to a thickness of approximately 3/16 in. (5 mm).

e. Place 3 oz (85 g) in individual containers.

Gravy Preparation

2a. Combine ingredients listed in section 2 of ingredients listing, reserving some broth for step 3a.

b. Heat to 160°F (71°C).

3a. Make a starch-flour slurry using broth reserved from step 2a. When making a slurry using flour, the liquid should always be added to the dry ingredients.

b. Add to above.

c. Heat to 180°F (88°C).

d. Add back water to maintain formula weight or volume

e. Cool to about 50°F (10°C).

f. Pour 2 oz (57 g) of gravy over turkey in individual containers.

g. Cover, label, and freeze.

NOTES:


2. Formula is based on a 54% yield of turkey. This includes a 65% yield from raw weight to cooked weight and a 83% yield from cooked meat to sliceable meat. Cooked weight of boneless, skinless meat for 100 portions should be approximately 20.6 lb (9.3 kg).
ROAST TURKEY

Na/R, Cal/R, Type II HLP, Diab, Bland

NOTES: (cont'd)

3. Final weight of gravy for 100 servings is 13.75 lb (6.2 kg). Final volume of gravy for 100 servings is 1.6 gal (6.0 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).

4. To serve without freezing, do not cool gravy. Allow turkey to stand at room temperature to facilitate slicing. Ladle 2 oz (57 g) of hot gravy over 3 oz (85 g) of warm turkey.

5. If sodium restricted chicken broth cannot be obtained, use of in-house broth is recommended.
ROAST TURKEY
Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Cereal and Bakery Products


Condiments

2. Thyme, ground - NSN-8950-00-616-5483, Type II.

Special Procurement

3. Caramel Color, powdered.

4. Chicken broth, Na/R.

5. Soup and gravy base, instant, chicken flavored, Na/R.


7. Turkey breasts.
ROAST RABBIT WITH MUSHROOM SAUCE

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight</td>
</tr>
<tr>
<td>1. Rabbit, cut-up</td>
<td>66.66%</td>
<td>41.25 lb</td>
<td>18,711</td>
<td>4 lb 2 oz</td>
</tr>
<tr>
<td>2. Mushroom Sauce, Na/R, Cal/R, Type HLP, Diab, Bland</td>
<td>33.34%</td>
<td>20.63 gal</td>
<td>.9358</td>
<td>2.3 gal</td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00%</td>
<td>61.88 lb</td>
<td>28,069</td>
<td></td>
</tr>
</tbody>
</table>

Each Portion

Meat 4 1/2 oz (128 g)
Sauce 3 oz (.85 g)
ROAST RABBIT WITH MUSHROOM SAUCE
Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Spray sheet pans lightly with vegetable shortening.

b. Place cut-up rabbit pieces on sheet pans in a single layer.

c. Roast in a convection oven at 325°F (163°C) to an internal temperature of 165°F (74°C).

d. Cool to about 50°F (10°C).

e. Place approximately 4 1/2 oz (128 g) bone-in rabbit in each individual container.

Sauce Preparation

2a. Prepare mushroom sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.

b. Pour 3 oz (85 g) sauce over meat in individual containers.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on a 50% yield of rabbit. This includes a 75% yield from raw weight to cooked weight and a 67% yield from cooked weight to edible meat. Cooked weight of rabbit for 100 servings should be approximately 30.9 lb (14.0 kg). (For guidance, a 4 1/2 oz (127 g) bone-in portion of rabbit should yield a 3 oz (85 g) portion of cooked, edible meat).

3. To serve without freezing, do not cool meat or sauce. Ladle 3 oz (85 g) of hot sauce over 4 1/2 oz (120 g) of hot rabbit.
ROAST RABBIT WITH MUSHROOM SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Rabbit, frozen – NSN-8905-00-273-3622, Fed. PP-R-0021, Type II, Class 1, Style 2.

Sauce

2. See Na/R, Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.
GRILLED VEAL CUTLET WITH VEGETABLE SAUCE

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Veal Cutlets</td>
<td>58.19</td>
<td>29.40</td>
<td>13,336</td>
<td>2 lb 15 oz</td>
</tr>
<tr>
<td>Salad oil</td>
<td>1.00</td>
<td>0.50</td>
<td>227</td>
<td>5 tsp</td>
</tr>
<tr>
<td>2. Vegetable Sauce,</td>
<td>40.81</td>
<td>20.62</td>
<td>9353</td>
<td>1 qt</td>
</tr>
<tr>
<td>Na/R, Cal/R, Type II HLP, Diab, Bland</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>50.52</td>
<td>22,916</td>
<td></td>
</tr>
</tbody>
</table>
GRILLED VEAL CUTLET WITH VEGETABLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Grill cutlets on a lightly oiled grill to an internal temperature of 160°F (71°C).

b. Place one cutlet in each individual container.

Sauce Preparation

2a. Prepare vegetable sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.

b. Pour 3 oz (85 g) over meat in individual containers.

c. Cover, label, freeze.

NOTES:


2. Formula is based on 70% yield of veal. Cooked weight of veal for 100 portions should be approximately 20.6 lb (9.3 kg). (For guidance, a 4 1/4 oz (120 g) veal cutlet (raw) should yield a 3 oz (85 g) cooked portion.

3. The pounds of meat specified in the formula are only a guide. Use count of cutlets to assure 100 portions.

4. To serve without freezing, do not cool cutlets or sauce. Ladle 3 oz. (85 g) hot sauce over 3 oz (85 g) portion of hot cutlets.

5. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.
GRILLED VEAL CUTLET WITH VEGETABLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Fats and Oils

1. Salad oil - NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.

Special Procurement

2. Veal cutlets.

Vegetable Sauce

ITALIAN VEAL BALLS WITH TOMATO SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Each Portion

<table>
<thead>
<tr>
<th>Meat</th>
<th>3 oz (85 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sauce</td>
<td>3 oz (85 g)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>(liquids)</td>
<td>Weight: Measure</td>
</tr>
<tr>
<td>1. Veal, ground 3/16&quot;</td>
<td>41.85</td>
<td>18.79</td>
<td>8523</td>
<td>1 lb 14 oz</td>
</tr>
<tr>
<td>Milk, Na/R, skim</td>
<td>7.79</td>
<td>3.50</td>
<td>1588</td>
<td>6 1/2 cup</td>
</tr>
<tr>
<td>Bread crumbs, Na/R</td>
<td>3.39</td>
<td>1.52</td>
<td>689</td>
<td>2/3 cup</td>
</tr>
<tr>
<td>Eggs, frozen, whole</td>
<td>0.94</td>
<td>0.42</td>
<td>191</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Majoram, ground</td>
<td>0.04</td>
<td>0.02</td>
<td>9</td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>Rosemary, ground</td>
<td>0.04</td>
<td>0.02</td>
<td>9</td>
<td>1/2 tsp</td>
</tr>
</tbody>
</table>

2. Tomato Sauce, Na/R, Cal/R, Type II HLP, Diab, Bland

| TOTALS | 100.00 | 44.90 | 20,367 |

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ITALIAN VEAL BALLS WITH TOMATO SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Combine ingredient in section 1 of ingredients listing in a mixer.

b. Mix for one minute at low speed.

c. Form into 1 oz (28 g) veal balls.

d. Place on large baking sheets and cook in convection oven at 325°F (163°C) for approximately 15 minutes to an internal temperature of 160°F (71°C).

e. Cool to about 50°F (10°C).

f. Place four veal balls in each individual container.

Sauce Preparation

2a. Prepare tomato sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Tomato Sauce Production Guide.

b. Pour 3 oz (85 g) of sauce over veal balls in each individual container.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on an 85% yield of veal balls. Cooked weight of veal balls for 100 portions should be approximately 20.6 lb (9.3 kg).

3. To serve without freezing, do not cool veal balls or sauce. Ladle 3 oz (85 g) of hot sauce over four hot veal balls for each portion.

4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component.
ITALIAN VEAL BALLS WITH TOMATO SAUCE

Ne/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1.

Special Procurement

2. Bread crumbs, Na/R.
3. Marjoram, ground.
4. Milk, skim, homogenized Na/R.
5. Rosemary, ground.
6. Veal, boneless, ground, 3/16".

Tomato Sauce

7. See Na/R, Cal/R, Type II HLP, Diab, Bland Tomato Sauce Production Guide.
**VEAL LOAF WITH VEGETABLE SAUCE**

*Na/R, Cal/R, Type II HLP, Diab, Bland*

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Weight Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Veal, ground 3/8&quot;</td>
<td>46.51</td>
<td>23.59</td>
<td>10,700</td>
<td>2 lb 6 oz</td>
<td></td>
</tr>
<tr>
<td>Celery, fresh, chopped</td>
<td>4.97</td>
<td>2.52</td>
<td>1143</td>
<td>3/4 cup</td>
<td></td>
</tr>
<tr>
<td>Tomato juice, canned, Na/R</td>
<td>3.10</td>
<td>1.57</td>
<td>712</td>
<td>1/3 cup</td>
<td></td>
</tr>
<tr>
<td>Eggs, frozen, whole</td>
<td>2.37</td>
<td>1.20</td>
<td>544</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Bread crumbs, Na/R</td>
<td>2.37</td>
<td>1.20</td>
<td>544</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>2. Vegetable Sauce,</td>
<td>40.68</td>
<td>20.63</td>
<td>9358</td>
<td>3 1/2 cup</td>
<td></td>
</tr>
<tr>
<td><em>Na/R, Cal/R, Type II, Diab, Bland</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>50.71</td>
<td>23,001</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
VEAL LOAF WITH VEGETABLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1a. Mix ingredients listed in section 1 of ingredient listing on low speed in mechanical mixer (Hobart or equivalent) for approximately two minutes or until well mixed and the mixture becomes tacky.

b. Place veal loaf in loaf pans, filling about 3/4 full. Level and pack well to allow escape of air.

c. Cook in convection oven at $325^\circ F$ ($163^\circ C$) for approximately 45 minutes or until internal temperature reaches $160^\circ F$ ($71^\circ C$).

d. Cool to about $50^\circ F$ ($10^\circ C$).

e. Slice into 3.5 oz (100 g) portions.

f. Place one slice of veal loaf in each individual container.

2a. Prepare vegetable sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.

b. Pour 3 oz (85 g) over veal loaf in individual containers.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on an 80% yield of veal loaf. Cooked weight of veal loaf for 100 portions should be approximately 24.1 lb (10.9 kg).

3. To serve without freezing do not cool sauce. Cool loaf to about $100^\circ F$ ($38^\circ C$) to facilitate slicing. Ladle 3 oz (85 g) of hot vegetable sauce over 3 1/2 oz (100 g) of warm sliced veal loaf for each serving.

4. Caloric value and fat content of the finished product are dependent on the fat content of the meat component.
VEAL LOAF WITH VEGETABLE SAUCE
Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1.

Fruits and Vegetables

2. Celery, fresh - NSN-8915-00-926-4925, Fed. HHH-V-1744/12.

Special Procurement

3. Bread crumbs, Na/R.

4. Juice, tomato, canned, Na/R.

5. Veal, boneless, ground 3/8".

Vegetable Sauce

**VEAL STEAKS BRAISED WITH MUSHROOMS**

Na/R, Cal/R, Type II HLP, Diab, Bland

| Each Portion |
|--------------|----------------|
| Meat         | 3 oz (85 g)    |
| Sauce        | 3 oz (85 g)    |

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>(liquids)</td>
</tr>
<tr>
<td>1. Veal steaks, minute</td>
<td>56.56</td>
<td>27.50</td>
<td>12,474</td>
<td></td>
</tr>
<tr>
<td>Salad oil</td>
<td>1.03</td>
<td>0.50</td>
<td>227</td>
<td>1 cup</td>
</tr>
<tr>
<td>2. Mushroom Sauce, Na/R, Cal/R, Type II HLP, Diab, Bland</td>
<td>42.41</td>
<td>20.62</td>
<td>9353</td>
<td>2.1 gal</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td>100.00</td>
<td>48.62</td>
<td>22,054</td>
<td></td>
</tr>
</tbody>
</table>

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VEAL STEAKS BRAISED WITH MUSHROOMS

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Tenderize veal steak in meat tenderizer (cubing-type) by passing the steak through twice, once with the grain, and once against the grain.

b. Grill on lightly oiled grill to an internal temperature of 160°F (71°C).

c. Place one steak in each individual container.

Sauce Preparation

2a. Prepare Mushroom Sauce according to referenced Na/R, Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.

b. Pour 3 oz (85 g) of sauce over meat in individual containers.

c. Cover, label, and freeze.

NOTES:


2. Formula is based on 75% yield of veal; cooked weight of veal for 100 portions should be approximately 20.6 lb (9.3 kg). (For guidance, a 4 1/4 oz (120 g) cutlet should yield a 3 oz (85 g) cooked portion).

3. The pounds of meat specified in the formula are only a guide: use count of steaks to assure 100 portions.

4. To serve without freezing, do not cool meat or sauce, Ladle 3 oz (85 g) hot sauce over 3 oz (85 g) hot meat.

5. Caloric values and fat content of the finished product are dependent on the fat content of the meat component and the degree to which the meat is trimmed.
VEAL STEAKS BRAISED WITH MUSHROOMS

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Fats and Oils

1. Salad oil – NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.

Mushroom Sauce

2. See Na/R, Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.

Special Procurement

3. Veal steaks, minute.
Caloric restricted, Type II HLP, diabetic, bland

sauce production guides
CREOLE SAUCE
Cal/R, Type II HLP, Diab, Bland

Each Portion
3 oz (85 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>(liquids)</td>
<td>Weight: Measure</td>
</tr>
<tr>
<td>1. Tomatoes, crushed, canned</td>
<td>61.13</td>
<td>11.46</td>
<td>5198</td>
<td>2 1/4 cup</td>
</tr>
<tr>
<td>Salt</td>
<td>0.33</td>
<td>0.06</td>
<td>27</td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>Juice, lemon, reconstituted</td>
<td>0.15</td>
<td>0.03</td>
<td>14</td>
<td>1/4 tsp</td>
</tr>
<tr>
<td>Smoke flavor</td>
<td>0.12</td>
<td>0.02</td>
<td>9</td>
<td>1/8 tsp</td>
</tr>
<tr>
<td>2. Celery, fresh, chopped</td>
<td>9.55</td>
<td>1.81</td>
<td>821</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Water</td>
<td>8.37</td>
<td>1.57</td>
<td>712</td>
<td>3/4 qt</td>
</tr>
<tr>
<td>Mushrooms, canned, sliced, drained</td>
<td>4.86</td>
<td>0.91</td>
<td>413</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Carrots, frozen, diced</td>
<td>4.52</td>
<td>0.81</td>
<td>385</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>3. Water</td>
<td>8.37</td>
<td>1.57</td>
<td>712</td>
<td>3/4 qt</td>
</tr>
<tr>
<td>Starch, modified</td>
<td>1.70</td>
<td>0.32</td>
<td>145</td>
<td>5 tsp</td>
</tr>
<tr>
<td>Flour, wheat, general purpose</td>
<td>0.80</td>
<td>0.15</td>
<td>68</td>
<td>2 1/4 tsp</td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>18.75</td>
<td>8504</td>
<td></td>
</tr>
</tbody>
</table>

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CREOLE SAUCE
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Dilute concentrated juice to single strength. Combine the required amount of lemon juice with remainder of ingredients in Section 1 and heat over low flame to 160°F (71°C). Stir as required.

2a. Combine sliced, drained mushrooms with vegetable ingredients listed in Section 2 with water and heat to 160°F (71°C).

b. Add these cooked vegetables with residual water to above and cook over medium heat until temperature reaches 160°F (71°C).

3a. Combine ingredients listed in Section 2 and add to above. Cook over medium heat until temperature reaches 180°F (82°C).

b. Add back water to maintain formula weight or volume.

c. Cool to 50°F (10°C).

d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 2.1 gallons (18.75 lb). One gallon weighs 8.75 pounds.

2. Use within 2 hours or refrigerate and use within 24 hours.
CREOLE SAUCE
Cal/R, Type II HLP, Diab, Bland

Ingredients

Vegetables


3. Mushrooms, canned, white, sliced - NSN-8915-00-551-0340, Fed. JJJ-V-1746/9, Type II, Style B.

4. Tomatoes, canned - NSN-8915-00-582-4060, Fed. JJJ-V-1746/20, Type I.

Bakery and Cereal Products

5. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Condiments and Related Products


Special Procurement


9. Modified starch (Col-Flo). Available through National Starch and Chemical Corporation, Bridgewater, NY. - or -

Modified starch (Rezista). Available through A. E. Staley Manufacturing Co., Decatur, IL.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>1. Water</td>
<td>58.41</td>
<td>7.30</td>
<td>3315</td>
<td>3 1/2 qt</td>
<td>1 1/2 cup</td>
</tr>
<tr>
<td>Juice, lemon, reconstituted</td>
<td>7.27</td>
<td>0.91</td>
<td>413</td>
<td>1 3/4 cup</td>
<td>3 tbsp</td>
</tr>
<tr>
<td>Parsley, fresh, chopped</td>
<td>1.82</td>
<td>0.23</td>
<td>104</td>
<td>2 3/4 tsp</td>
<td></td>
</tr>
<tr>
<td>2. Water</td>
<td>24.87</td>
<td>3.11</td>
<td>1412</td>
<td>1 1/2 qt</td>
<td>2/3 cup</td>
</tr>
<tr>
<td>Butter replacement mix</td>
<td>3.13</td>
<td>0.39</td>
<td>177</td>
<td>1 tbsp</td>
<td></td>
</tr>
<tr>
<td>Flour, wheat, general purpose</td>
<td>2.25</td>
<td>0.28</td>
<td>127</td>
<td>4 tsp</td>
<td></td>
</tr>
<tr>
<td>Starch, modified</td>
<td>2.25</td>
<td>0.28</td>
<td>127</td>
<td>4 1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>12.50</td>
<td>5675</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
LEMON BUTTER SAUCE
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Dilute concentrated lemon juice to single strength. Combine the required amount of lemon juice (single strength) with the rest of ingredients in section 1 and cook over medium heat to 160°F (71°C).

2a. Combine ingredients listed in section 2 and add to above.

b. Cook over medium heat to 180°F (82°C). Stir as required.

c. Add back water to maintain formula weight or volume

d. Cool to 50°F (10°C).

e. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 1.5 gal (12.5 lb). One gallon weighs 8.5 lb.

2. Use within 2 hours or refrigerate and use within 24 hours.
LEMON BUTTER SAUCE
Cal/R, Type II HLP, Diab, Bland

Ingredients

Fruits and Vegetables


Bakery and Cereal Products


Special Procurement

4. Butter Replacement Mix (Instabutter) - available through American Family Products, Inc., Milrose Park, IL.

5. Starch, Modified (Col-Flo 67) - available through National Starch and Chemical Corporation, Bridgewater, NY - or -

Starch, Modified (Rezista) - available through A. E. Staley Mfg. Co., Decatur, IL.
MUSHROOM SAUCE
Cal/R, Type II HLP, Diab, Bland

Each Portion 3 oz (85 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight</td>
</tr>
<tr>
<td>1. Mushrooms, canned, drained</td>
<td>5.45</td>
<td>1.02</td>
<td>464</td>
<td></td>
</tr>
<tr>
<td>2. Water</td>
<td>37.30</td>
<td>6.99</td>
<td>3175</td>
<td>2 1/2 qt</td>
</tr>
<tr>
<td>Soup and gravy base, beef flavored</td>
<td>6.00</td>
<td>1.13</td>
<td>511</td>
<td></td>
</tr>
<tr>
<td>3. Water</td>
<td>44.00</td>
<td>8.25</td>
<td>3745</td>
<td>1 gal</td>
</tr>
<tr>
<td>Starch, modified</td>
<td>5.45</td>
<td>1.02</td>
<td>464</td>
<td></td>
</tr>
<tr>
<td>Flour, wheat, general purpose</td>
<td>1.80</td>
<td>0.34</td>
<td>153</td>
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</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td><strong>100.00</strong></td>
<td><strong>18.75</strong></td>
<td><strong>8512</strong></td>
<td></td>
</tr>
</tbody>
</table>
MUSHROOM SAUCE
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:
1. Drain mushrooms (discard brine) and slice mushrooms thin - approximately 1/8 inch.
2a. Combine all ingredients listed in Section 2 and add drained mushrooms.
   b. Cook over low heat to 160°F (71°C). Stir as required.
3a. Combine all ingredients listed in Section 3 and add to above.
   b. Continue cooking over medium heat until temperature reaches 180°F, (82°C). Stir as required.
   c. Add back water to maintain formula weight or volume.

NOTES:
1. Formula (100 servings) makes 2.1 gallons (18.75 lb) sauce.
2. Use within 2 hours or refrigerate and use within 24 hours.
3. 0.5% of gravy flavoring may be added to enhance color of mushroom sauce.
MUSHROOM SAUCE
Cal/R, Type II HLP, Diab, Bland

Ingredients

Vegetables

1. Mushroom, canned, white, sliced - NSN-8915-00-551-0340, Fed. JJJ-V-1746/9, Type II, Style B.

Bakery and Cereal Products


Soups and Bouillon

3. Soup and gravy base, beef flavored - NSN-8935-00-234-6217, Fed. EE-B-57HC, Type I, Class I, Style A.

Special Procurement


5. Starch, modified (Col-Flo 67). Available through National Starch and Chemical Corp., Bridgewater, NY - or -

   Starch, modified (Rezista). Available through A. E. Staley Manufacturing Co., Decatur, IL.
# TOMATO SAUCE

Cal/R, Type II HLP, Diab, Blend

Each Portion 3 oz (85 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td></td>
<td>Weight:</td>
</tr>
<tr>
<td>1. Water</td>
<td>4.54</td>
<td>0.85</td>
<td>386</td>
<td>1 2/3 cup</td>
<td></td>
</tr>
<tr>
<td>Carrots, sliced, frozen</td>
<td>2.19</td>
<td>0.41</td>
<td>186</td>
<td>2 tbsp</td>
<td></td>
</tr>
<tr>
<td>Celery, chopped, fresh</td>
<td>2.19</td>
<td>0.41</td>
<td>186</td>
<td>2 tbsp</td>
<td></td>
</tr>
<tr>
<td>2. Tomato, crushed, canned</td>
<td>51.29</td>
<td>9.61</td>
<td>4363</td>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td>Tomato paste, canned</td>
<td>13.85</td>
<td>2.60</td>
<td>1180</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Juice, tomato, canned</td>
<td>3.19</td>
<td>0.60</td>
<td>272</td>
<td>1 cup</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Soup and gravy base, beef, flavored</td>
<td>0.15</td>
<td>0.03</td>
<td>14</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Basil, ground</td>
<td>0.05</td>
<td>0.01</td>
<td>5</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Oregano, ground</td>
<td>0.05</td>
<td>0.01</td>
<td>5</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>3. Water</td>
<td>20.00</td>
<td>3.75</td>
<td>1702</td>
<td>1 3/4 qt</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Starch, modified</td>
<td>1.50</td>
<td>0.28</td>
<td>127</td>
<td>4 1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Flour, wheat, general purpose</td>
<td>1.00</td>
<td>0.19</td>
<td>86</td>
<td>11 tbsp</td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>18.75</td>
<td>8512</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

185
TOMATO SAUCE
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Combine ingredients in section 1 and cook over medium heat to 160°F (71°C).

   2a. Combine ingredients in section 2 and add to above.

      b. Continue cooking over medium heat until temperature reaches 160°F (71°C). Stir as required.

3a. Combine ingredients in section 3 and add to above. Cook over medium heat until temperature reaches 180°F (82°C) Stir as required.

      b. Add back water to maintain formula weight or volume.

      c. Cool to 50°F (10°C).

      d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 2.2 gal of sauce (18.75 lb). One gallon weighs 8.5 lb.

2. Use within 2 hours or refrigerate and use within 24 hours.
TOMATO SAUCE
Cal/R, Type II, HLP, Diab, Bland

Ingredients

Fruits and Vegetables

1. Carrots, frozen - NSN-8915-00-162-5087, Fed. HHH-V-1745/6, Style IV.

2. Celery, fresh - NSN-8915-00-252-3783, Fed. HHH-V-1744/12.

3. Juice, tomato, canned (single strength) - NSN-8915-00-255-0523, Fed. JJJ-V-1746/8, Type I.

4. Tomato paste - NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I or II, concentration (b), (c), or (d), texture (1) or (2).

Soups and Bouillons

5. Soup and gravy base, instant, beef flavored - NSN-8935-00-234-6217, Fed. EE-B-575, Type I, Class 1, Style A.

Condiments and Related Products

6. Basil, sweet, ground - NSN-8950-00-404-6066, Fed. EE-S-631, Type II.

7. Oregano, ground - NSN-8950-00-062-8138, Fed. EE-S-631, Type II.

Bakery and Cereal Products

8. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. NF-00481, Type III, Class B, Style 2.

Special Procurement

9. Modified starch (Col-Flo 67) - available through National Starch and Chemical Corp., Bridgewater, New York. - or -

Modified starch (Rezista) - available through A. E. Staley Manufacturing Company, Decatur, Illinois.

10. Tomatoes, crushed, canned.
# VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

<table>
<thead>
<tr>
<th>Each Portion</th>
<th>3 oz (85 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Water</td>
<td>21.81</td>
</tr>
<tr>
<td>Peas, green, frozen</td>
<td>3.28</td>
</tr>
<tr>
<td>Carrots, frozen, diced</td>
<td>2.13</td>
</tr>
<tr>
<td>Celery, fresh, chopped</td>
<td>2.13</td>
</tr>
<tr>
<td>2. Tomatoes, crushed, canned</td>
<td>30.77</td>
</tr>
<tr>
<td>Tomato paste, canned</td>
<td>4.00</td>
</tr>
<tr>
<td>Soup and gravy base, beef flavored</td>
<td>2.45</td>
</tr>
<tr>
<td>Vinegar, distilled, or cider (5%)</td>
<td>1.67</td>
</tr>
<tr>
<td>Bay leaves, ground</td>
<td>0.03</td>
</tr>
<tr>
<td>Thyme, ground</td>
<td>0.03</td>
</tr>
<tr>
<td>3. Water</td>
<td>28.00</td>
</tr>
<tr>
<td>Starch, modified</td>
<td>2.50</td>
</tr>
<tr>
<td>Flour, wheat, general purpose</td>
<td>1.20</td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
</tr>
</tbody>
</table>
VEGETABLE SAUCE
Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Combine ingredients in section 1 and cook over low heat to 160°F (71°C). Stir as required.

2. Combine ingredients in section 2 and add to above. Continue cooking over low heat. Stir as required.

3a. Combine ingredients in section 3 and add to above. Continue cooking over low heat to 180°F (82°C). Stir as required.
   b. Add back water to maintain formula weight or volume.
   c. Cool to 50°F (10°C).
   d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 2.2 gallons sauce (18.75 lb). One gallon weighs 8.5 lb.

2. Use within 2 hours or refrigerate and use within 24 hours.
VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Vegetables

3. Tomatoes, canned, crushed - NSN-8915-00-582-4060, Fed. JJJ-V-1746/20, Type I
4. Tomato Paste - NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I or II, Concentration (b), (c), or (d) texture (1) or (2).

Bakery and Cereal Products

5. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Soups and Bouillon

6. Soup and gravy base, beef flavored - NSN-8935-00-234-6217, Fed. EE-B-574, Type I, Class I, Style A.

Condiments and Related Products

7. Thyme, ground - NSN-8950-00-538-1568, Fed. EE-S-631, Type II.
8. Vinegar, cider or distilled, 50 grain - NSN-8950-00-221-0297, Fed. Z-V-401, Type I or II.

Special Procurement

9. Bay leaves, ground
10. Carrots, diced, frozen
11. Starch, modified (Col-Flo 67) - available through National Starch and Chemical Corporation, Bridgewater, NY. - or -
    Starch, modified (Rezista) - available through A. E. Staley Manufacturing Company, Decatur, IL.
Sodium restricted and/or calorie restricted

Type II HLP, diabetic, bland

sauce production guides
## CHERRY SAUCE

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Each Portion
2 oz (57 g)

### Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Water</td>
<td>18.647</td>
<td>2.33</td>
<td>1058</td>
<td>4 2/3 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Vinegar, cider (5%)</td>
<td>2.30</td>
<td>0.29</td>
<td>132</td>
<td>1/2 cup</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Juice, lemon, reconstituted</td>
<td>0.40</td>
<td>0.05</td>
<td>23</td>
<td>1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Salt, table, iodized</td>
<td>0.25</td>
<td>0.03</td>
<td>14</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Calcium Saccharin</td>
<td>0.05</td>
<td>0.006</td>
<td>3</td>
<td>&lt;1/8 tsp</td>
<td>(pinch)</td>
</tr>
<tr>
<td>Food coloring, liquid (red)</td>
<td>0.003</td>
<td>0.004</td>
<td>0.2</td>
<td>&lt;1/8 tsp</td>
<td></td>
</tr>
<tr>
<td>2. Cherries, red, sour, pitted (drained)</td>
<td>37.35</td>
<td>4.67</td>
<td>2120</td>
<td>1 1/4 cup</td>
<td></td>
</tr>
<tr>
<td>3. Fruit juice and water</td>
<td>38.00</td>
<td>4.75</td>
<td>2155</td>
<td>3 1/3 qt</td>
<td>1 cup</td>
</tr>
<tr>
<td>Flour, wheat, general purpose</td>
<td>1.50</td>
<td>0.19</td>
<td>86</td>
<td>1 tbsp</td>
<td></td>
</tr>
<tr>
<td>Starch, modified</td>
<td>1.50</td>
<td>0.19</td>
<td>86</td>
<td>1 tbsp</td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>12,5064</td>
<td>5678.2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
CHERRY SAUCE

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Dilute concentrated lemon juice to single strength. Combine the required amount of lemon juice (single strength) with the rest of the ingredients in section 1 and cook over medium heat to 160°F (71°C).

   2a. Drain sour pitted cherries.
   
   b. Reserve juice and cherries for Step 3.

3a. Combine all ingredients listed in section 3 with pitted cherries.

   b. Add these to ingredients in section 1 and continue cooking over medium heat to 180°F (82°C). Stir as required.

   c. Add back water to maintain formula weight or volume.
   
   d. Cool to 50°F (10°C).
   
   e. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 1.3 gal (12.5 lb). One gallon weighs 9.2 lb.

2. Use within 2 hours or refrigerate and use within 24 hours.
CHERRY SAUCE

Na/R and/or Cal/R Type II HLP, Diab, Bland

Ingredients

Fruits and Vegetables

1. Cherries, canned, red tart (sour), pitted water pack - NSN-8915-00-290-6057, Fed. Z-F-1742/6, Type I (a).


Bakery and Cereal Products

3. Flour, wheat, general purpose - NSN-8920-00-140-7748, N-F-00481, Type III, Class B, Style 2.

Condiments and Related Products


5. Vinegar, cider or distilled - NSN-8950-00-221-0297, Fed. Z-V-401, Type I, Strength B.

Special Procurement


7. Food Coloring, liquid (red color) - available through Durkee Famous Foods, Cleveland, OH.

8. Starch, modified (Col Flo.67) - available through National Starch and Chemical Corporation, Bridgewater, NY. - or -

Starch, modified (Rezista) - available through A. E. Staley Manufacturing Co., Decatur, IL.
### Currant Sauce

**Na/R and/or Cal/R, Type II HLP Diab, Bland**

Each Portion

2 oz (57 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions Pounds</th>
<th>Grams</th>
<th>Volume (liquids)</th>
<th>10 Portions Weight</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Water</td>
<td>25.11</td>
<td>3.14</td>
<td>1424</td>
<td>1 1/2 qt</td>
<td>2/3 cup</td>
<td></td>
</tr>
<tr>
<td>Vinegar, cider</td>
<td>2.30</td>
<td>0.29</td>
<td>132</td>
<td>1/2 cup</td>
<td>2 3/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Juice, lemon (single strength)</td>
<td>0.40</td>
<td>0.05</td>
<td>23</td>
<td>4 3/4 tsp</td>
<td>1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Calcium Saccharin</td>
<td>0.03</td>
<td>0.004</td>
<td>2</td>
<td>&lt;1/8 tsp</td>
<td>(pinch)</td>
<td></td>
</tr>
<tr>
<td>Caramel Color</td>
<td>0.01</td>
<td>0.001</td>
<td>0.5</td>
<td>&lt;1/8 tsp</td>
<td>(pinch)</td>
<td></td>
</tr>
<tr>
<td>Mace, ground</td>
<td>0.01</td>
<td>0.001</td>
<td>0.5</td>
<td>&lt;1/8 tsp</td>
<td>(pinch)</td>
<td></td>
</tr>
<tr>
<td>2. Water</td>
<td>40.00</td>
<td>5.00</td>
<td>2268</td>
<td>2 1/3 qt</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Currant</td>
<td>14.00</td>
<td>1.75</td>
<td>794</td>
<td></td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>3. Water</td>
<td>15.14</td>
<td>1.894</td>
<td>859</td>
<td>3 2/3 cup</td>
<td>1/3 cup</td>
<td></td>
</tr>
<tr>
<td>Starch, modified</td>
<td>1.75</td>
<td>0.22</td>
<td>100</td>
<td></td>
<td>3 1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Flour, general purpose</td>
<td>1.25</td>
<td>0.15</td>
<td>68</td>
<td></td>
<td>2 1/3 tsp</td>
<td></td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td>100.00</td>
<td>12.50</td>
<td>5671</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
CURRANT SAUCE
Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Combine ingredients in section 1 and cook over low heat at 160°F (71°C). Stir as required.

2a. Combine ingredient in section 2 and cook over low heat to 160°F (71°C) or until currants are tender.

   b. Add to above.

3a. Combine ingredients in section 3 to make a starch/flour slurry. When making a slurry using flour, the liquid should always be added to the dry ingredients.

   b. Add to above.

   c. Heat to 180°F (82°C).

   d. Add back water to maintain formula weight or volume.

   e. Cool to 50°F (10°C).

   f. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 1.5 gal (12.5 lb). One gallon weighs 8.3 lb.

2. Use within 2 hours or refrigerate and use within 24 hours.
CURRANT SAUCE
Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Vegetables

Bakery and Cereal Products
2. Flour, wheat, general purpose - NSN-8920-00-140-7748, N-F-00481, Type III, Class B, Style 2.

Condiments and Related Products
3. Mace, ground - NSN-8950-00-535-3037, Fed. EE-S-631, Type II.

Special Procurement
5. Calcium saccharin - available through Mitsubushi International Corporation, New York, NY.
6. Carmel color, powder (88A-0-Acidproof) - Corn Sweetners, Incorporated, Cedar Rapids, IA.
7. Currants - Currants (Regent California Currants) is available through Del Rey Packing Company, Del Rey, CA.
8. Starch, modified (Col-Flo 67) - available through National Starch and Chemical Corporation, Bridgewater, NY. - or -
   Starch, modified (Rezista) - available through A. E. Staley Manufacturing Company, Decatur, IL.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Vinegar, distilled (5%)</td>
<td>20.34</td>
<td>2.540</td>
<td>1 1/4 qt</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Calcium Saccharin</td>
<td>0.04</td>
<td>0.005</td>
<td>2.27</td>
<td>1/8 tsp</td>
<td>(pinch)</td>
</tr>
<tr>
<td>Caramel color, powdered</td>
<td>0.001</td>
<td>0.0001</td>
<td>0.05</td>
<td>1/8 tsp</td>
<td>(pinch)</td>
</tr>
<tr>
<td>2. Water</td>
<td>74.604</td>
<td>9.330</td>
<td>4 2/3 qt</td>
<td>1 3/4 cup</td>
<td></td>
</tr>
<tr>
<td>Starch, modified</td>
<td>4.00</td>
<td>0.500</td>
<td>227</td>
<td>2 2/3 tbsp</td>
<td></td>
</tr>
<tr>
<td>Flour, general purpose</td>
<td>1.00</td>
<td>0.123</td>
<td>56</td>
<td>1 3/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Spearmint, flavor</td>
<td>0.015</td>
<td>0.002</td>
<td>0.85</td>
<td>1/8 tsp</td>
<td>(pinch)</td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>12.5001</td>
<td>5670.17</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

MINT SAUCE
Cal/R and/or Na/R, Type II HLP, Diab, Bland
Each Portion
2 oz (57 g)
MINT SAUCE
Cal/R and/or Na/R Type II HLP, Diab, Bland

PROCEDURE:

1. Combine all ingredients listed in section 1 and heat to 160°F (71°C). Stir as required.

2a. Combine all ingredients listed in section 2 and add to above.

b. Continue cooking over low heat until temperature reaches 180°F (82°C). Stir as required.

c. Add back water to maintain formula weight or volume.

d. Cool to 50°F (10°C).

e. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 1.3 gallons (12.5 lb). One gallon weighs 9 lb.

2. Use within 2 hours or refrigerate and use within 24 hours.

3. This production guide may be used interchangeably for Cal/R, Type II HLP, Diabetic, Bland diets and Na/R, Type II HLP, Diabetic, Bland diets.
MINT SAUCE

Cal/R and/or Na/R Type II HLP, Diab, Bland

Ingredients.

Bakery and Cereal Products

† Flour, wheat, general purpose – NSN-8920-00-140-7748,
Fed. N-F-00481, Type III, Class B, Style 2.

Condiments and Related Products

2. Vinegar, distilled – NSN-895-00-221-0297, Fed. EE-Z-401,
Type II, Strength B.

Special Procurement

3. Calcium Saccharin – Available through Mitsubishi International
Corporation, New York, NY.

4. Caramel color, powder (88A-0, acidproof) – Available through
Corn Sweeteners, Inc., Cedar Rapids, IA.

5. Spearmint flavor, Flavor Cap #30027 – Available through
McCormick Industrial Flavor Div., McCormick Co., Hunt Valley, MD.

6. Starch, modified (ColFlo‘67) – Available through National
Starch and Chemical Corp., Bridgewater, NY – or –

Starch, modified (Rezista) – Available through A. E. Staley
Manufacturing Co., Decatur, IL.
Sodium restricted, calorie restricted, Type II
HLP, diabetic, bland
saucé production guides
### CREOLE SAUCE

**Na/R, Cal/R Type II HLP, Diab, Bland**

Each Portion

3 oz (85 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight: Measure</td>
<td>Weight: Measure</td>
</tr>
<tr>
<td>1. Tomatoes, crushed, canned, Na/R</td>
<td>61.46</td>
<td>11.52</td>
<td>5225</td>
<td></td>
</tr>
<tr>
<td>Juice, lemon, reconstituted</td>
<td>0.15</td>
<td>0.03</td>
<td>14</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Smoke flavor</td>
<td>0.12</td>
<td>0.02</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>2. Celery, fresh, chopped</td>
<td>9.65</td>
<td>1.81</td>
<td>821</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>8.37</td>
<td>1.57</td>
<td>712</td>
<td>3/4 qt</td>
</tr>
<tr>
<td>Mushrooms, sliced, fresh</td>
<td>4.86</td>
<td>0.91</td>
<td>413</td>
<td></td>
</tr>
<tr>
<td>Carrots, diced</td>
<td>4.52</td>
<td>0.85</td>
<td>385</td>
<td></td>
</tr>
<tr>
<td>3. Water</td>
<td>8.37</td>
<td>1.57</td>
<td>712</td>
<td>3/4 qt</td>
</tr>
<tr>
<td>Starch, modified</td>
<td>1.70</td>
<td>0.32</td>
<td>145</td>
<td></td>
</tr>
<tr>
<td>Flour, wheat general purpose</td>
<td>0.80</td>
<td>0.15</td>
<td>68</td>
<td></td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td>100.00</td>
<td>18.75</td>
<td><strong>8504</strong></td>
<td></td>
</tr>
</tbody>
</table>
CREOLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Dilute concentrated juice to single strength. Combine the required amount of lemon juice with remainder of ingredients in section 1 and heat oven low flame to 160°F (71°C). Stir as required.

2a. Wash mushrooms and drain. Slice drained mushrooms and combine with water and heat to 160°F (71°C).

b. Add these cooked vegetables with residual water to above and cook over medium heat until temperature reaches 160°F (71°C).

3a. Combine ingredients listed in section 3 and add to above. Cook over medium heat until temperature reaches 180°F (82°C).

b. Add back water to maintain formula weight or volume.

c. Cool to 50°F (10°C).

d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 2.1 gallon (18.75 lb). One gallon weighs 8.75 lb.

2. Use within 2 hours or refrigerate and use within 24 hours.
CREOLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Vegetables

Bakery and Cereal Products

Special Procurement
5. Smoke Flavor - (Charsol C-6) - available through Red Arrow Products.
7. All purpose crushed tomatoes (Monarch Brand - no added salt) - available through California Canners and Growers, San Francisco, CA.
8. Modified starch (Col-Flo 67) - available through National Starch and Chemical Corp., Bridgewater, NY - or -
   Modified starch (Rezista) - available through A. E. Staley Mfg. Co., Decatur, IL.
LEMON BUTTER SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland
Each Portion 2 oz (57 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>(liquids)</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>1. Water</td>
<td>50.47</td>
<td>6.301</td>
<td>2858</td>
<td>3 qt</td>
<td>1 1/4 cup</td>
</tr>
<tr>
<td>Juice, lemon, single strength</td>
<td>9.50</td>
<td>1.19</td>
<td>540</td>
<td>2 1/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Annatto Food Color (see footnote for diluting of this color in ethyl alcohol)</td>
<td>0.15</td>
<td>0.02</td>
<td>9</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Powder, lemon, imitation flavor</td>
<td>0.05</td>
<td>0.006</td>
<td>2.7</td>
<td>1/8 tsp</td>
<td></td>
</tr>
<tr>
<td>Butter, liquid (artificial flavor)</td>
<td>0.025</td>
<td>0.003</td>
<td>1.3</td>
<td>1/8 tsp</td>
<td></td>
</tr>
<tr>
<td>2. Water</td>
<td>35.275</td>
<td>4.41</td>
<td>2000</td>
<td>2 1/4 qt</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Starch, modified</td>
<td>2.78</td>
<td>0.35</td>
<td>159</td>
<td></td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Flour, general purpose</td>
<td>1.35</td>
<td>0.17</td>
<td>77</td>
<td></td>
<td>2 1/2 tsp</td>
</tr>
<tr>
<td>3. Parsley, fresh, chopped</td>
<td>0.40</td>
<td>0.05</td>
<td>23</td>
<td></td>
<td>2 tsp</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100.00</td>
<td>12.50</td>
<td>5670</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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LEMON BUTTER SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Dilute concentrated lemon juice to single strength. Dilute Annatto Food Color in ethyl alcohol (see note 3 below for dilution directions). Combine the required amount of lemon juice (single strength) with Annatto Food Color diluted in ethyl alcohol with the remaining ingredients in section 1 and cook over medium heat to 160°F (71°C).

2. Make a starch and flour slurry with water in section 2 and add to above mixture. Heat to 180°F (82°C). When making a slurry using flour, the water should always be added to the dry ingredients.

3a. Add chopped parsley to above and stir as required.

b. Add back water to maintain formula weight or volume.

c. Cool to 50°F (10°C).

d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 1.5 gallons (12.5 lb). One gallon weighs 8.5 pounds.

2. Use within 2 hours or refrigerate and use within 24 hours.

3. Annatto Food Color may be diluted with ethyl alcohol to assure better disbursement of color. For 100 portion feeding, 0.02 lb or 9 grams of Annatto Color is required. 0.02 lb of Annatto Color may be diluted in ethyl alcohol as follows:

   Add 1.5 grams (approximately 1/2 tsp) of liquid Annatto Color into 60 cc (7 1/2 tablespoons) of ethyl alcohol. This is equal to 0.02 pounds of Annatto Color in the formulation.
LEMON BUTTER SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Vegetable


Bakery and Cereal Products


Special Procurement

4. Butter, artificial flavor, liquid - Artificial butter flavor, (1350 8823 oil soluble flavor) is available through International Flavors and Fragances, Inc., Teterboro, NJ.


6. Imitation lemon flavor powder - imitation lemon flavor powder, FOL 610268 is available through Polak Fruital Works, Inc., Middletown, NY.

7. Modified starch (Col-Flo 67) - available through National Starch and Chemical corporation, Bridgewater, NY - or -

Modified starch (Rezista) - available through A. E. Staley Manufacturing Co., Decatur, IL.
### MUSHROOM SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Each Portion
3 oz (85 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td>Weight*</td>
<td>Measure</td>
</tr>
<tr>
<td>1. Water</td>
<td>19.10</td>
<td>3.58</td>
<td>1626</td>
<td>2/3 cup</td>
<td></td>
</tr>
<tr>
<td>Mushroom, white, fresh, sliced</td>
<td>5.45</td>
<td>1.02</td>
<td>464</td>
<td>2/4 cup</td>
<td></td>
</tr>
<tr>
<td>2. Water</td>
<td>18.20</td>
<td>3.41</td>
<td>1549</td>
<td>2/3 cup</td>
<td></td>
</tr>
<tr>
<td>Beef &amp; vegetable stock, concentrated, Na/R</td>
<td>6.00</td>
<td>1.13</td>
<td>511</td>
<td>3/4 cup</td>
<td></td>
</tr>
<tr>
<td>3. Water</td>
<td>44.00</td>
<td>8.25</td>
<td>3745</td>
<td>1 1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Starch, modified</td>
<td>5.45</td>
<td>1.02</td>
<td>464</td>
<td>1/3 cup</td>
<td></td>
</tr>
<tr>
<td>Flour, wheat, general purpose</td>
<td>1.80</td>
<td>0.34</td>
<td>153</td>
<td>5 tsp</td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100.00</td>
<td>18.75</td>
<td>8512</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
MUSHROOM SAUCE
Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1a. Wash fresh mushrooms thoroughly. Slice mushrooms in approximately 1/8 inch slices.

   b. Cook over low heat to 160°F (71°C). Stir as required.

2a. Combine all ingredients in section 2 and add sliced mushrooms from Step 1.

   b. Cook over medium heat to 160°F (71°C). Stir as required.

3a. Combine ingredients in section 3 and add to above.

   b. Continue cooking over medium heat to 180°F (82°C).

   c. Add back water to maintain formula weight or volume.

   d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 2.2 gallons (18.75 lb) of sauce. One gallon weighs 8.5 lb.

2. Use within 2 hours or refrigerate and use within 24 hours.

3. The addition of 1% potassium chloride (KC1) would markedly improve the flavor of the product.
MUSHROOM SAUCE
Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Bakery and Cereal Products

1. Flour, wheat, general purpose. NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Special Procurement

2. Beef and vegetable stock, concentrated, Na/R. Glace de Viande. Available from L. J. Minor Corporation, Cleveland, OH.

3. Mushrooms, white, fresh.

4. Starch, modified (Col-Flo 67) - available through National Starch and Chemical Corp., Bridgewater, NY - or -

Starch, modified (Rezista) - available through A. E. Staley Manufacturing Co., Decatur, IL.
## TOMATO SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Water</td>
<td>4.33</td>
<td>0.81</td>
<td>368</td>
<td>1 1/2 cup</td>
<td>3 tbsp</td>
</tr>
<tr>
<td>Carrots, diced, frozen</td>
<td>2.19</td>
<td>0.41</td>
<td>186</td>
<td>2 tbsp</td>
<td></td>
</tr>
<tr>
<td>Celery, chopped, fresh</td>
<td>2.19</td>
<td>0.41</td>
<td>186</td>
<td>2 tbsp</td>
<td></td>
</tr>
<tr>
<td>2. Tomatoes, crushed, canned, Na/R</td>
<td>51.29</td>
<td>9.62</td>
<td>4367</td>
<td>2 cup</td>
<td></td>
</tr>
<tr>
<td>Tomato paste, canned, Na/R</td>
<td>13.85</td>
<td>2.58</td>
<td>1171</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Tomato juice, canned, Na/R</td>
<td>3.19</td>
<td>0.60</td>
<td>272</td>
<td>1 cup</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Beef and vegetable stock, concentrate, Na/R</td>
<td>0.36</td>
<td>0.07</td>
<td>32</td>
<td>1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Oregano, ground</td>
<td>0.05</td>
<td>0.01</td>
<td>5</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Basil, ground</td>
<td>0.05</td>
<td>0.01</td>
<td>5</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>3. Water</td>
<td>20.00</td>
<td>3.75</td>
<td>1702</td>
<td>1 3/4 qt.</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Starch, modified</td>
<td>1.50</td>
<td>0.28</td>
<td>127</td>
<td>4 1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Flour, wheat, general purpose</td>
<td>1.00</td>
<td>0.20</td>
<td>91</td>
<td>1 tbsp</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>100.00</td>
<td>18.75</td>
<td>8512</td>
<td></td>
<td>.211</td>
</tr>
</tbody>
</table>
TOMATO SAUCE
Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Combine ingredients listed in section 1 and cook over medium heat to 160°F (71°C). Stir as required.

2a. Combine ingredients in section 2 and add to above.

   b. Continue cooking over medium heat until temperature reaches 160°F (71°C). Stir as required.

3a. Combine ingredients listed in section 3 and add to above. Cook over medium heat until temperature reaches 180°F (82°C). Stir as required.

   b. Add back water to maintain formula weight or volume.

   c. Cool to 50°F (10°C).

   d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 2.2 gallons of sauce (18.75 lb). One gallon weighs 8.5 lb.

2. Use within 2 hours or refrigerate and use within 24 hours.
TOMATO SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Vegetables


Condiments and Related Products

2. Basil, sweet, ground - NSN-8950-00-404-6066, Fed. EE-S-631, Type II.

3. Oregano, ground - NSN-8950-00-062-8138, Fed. EE-S-631, Type II.

Bakery and Cereal Products


Special Procurements

5. All purpose crushed tomato (Monarch Brand-no added salt) - available through Monarch Institutional Foods, Greenville, SC.

6. Beef and vegetable stock concentrate (Glace de Viande, Sodium and Calorie restricted) - available through L. J. Minor Corporation, Cleveland, OH.

7. Carrots, diced, frozen.

8. Tomato juice, Na/R - available through John Sexton Co., Chicago, IL.


10. Modified Starch (Col-Flo 67) - available through National Starch and Chemical Corporation, Bridgewater, NY. - or -

    Modified Starch (Rezista) - available through A. E. Staley Manufacturing Co., Decatur, IL.
### VEGETABLE SAUCE
Na/R, Cal/R, Type II HLP, Diab, Bland

Each Portion
3 oz (85 g)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Percent</th>
<th>100 Portions</th>
<th>Volume (liquids)</th>
<th>10 Portions</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pounds</td>
<td>Grams</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas, green, canned, drained, Na/R</td>
<td>3.28</td>
<td>0.62</td>
<td>281</td>
<td>3 tbsp</td>
<td></td>
</tr>
<tr>
<td>Carrots, diced, frozen</td>
<td>2.13</td>
<td>0.40</td>
<td>182</td>
<td>2 tbsp</td>
<td></td>
</tr>
<tr>
<td>Celery, chopped, fresh</td>
<td>2.13</td>
<td>0.40</td>
<td>182</td>
<td>2 tbsp</td>
<td></td>
</tr>
<tr>
<td>2. Tomato, crushed canned, Na/R</td>
<td>30.77</td>
<td>5.77</td>
<td>2620</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Tomato paste, canned, Na/R</td>
<td>4.00</td>
<td>0.75</td>
<td>340</td>
<td>2 tbsp</td>
<td></td>
</tr>
<tr>
<td>Beef and vegetable stock, concentrate Na/R</td>
<td>2.45</td>
<td>0.46</td>
<td>209</td>
<td>5 tsp</td>
<td></td>
</tr>
<tr>
<td>Vinegar, distilled or cider (5%)</td>
<td>1.67</td>
<td>0.31</td>
<td>141</td>
<td>2/3 cup</td>
<td></td>
</tr>
<tr>
<td>Bay leaves, ground</td>
<td>0.03</td>
<td>0.005</td>
<td>2</td>
<td>1/8 tsp (pinch)</td>
<td></td>
</tr>
<tr>
<td>Thyme, ground</td>
<td>0.03</td>
<td>0.005</td>
<td>2</td>
<td>1/8 tsp (pinch)</td>
<td></td>
</tr>
<tr>
<td>3. Water</td>
<td>28.00</td>
<td>5.25</td>
<td>2384</td>
<td>2 1/2 qt</td>
<td>1 cup</td>
</tr>
<tr>
<td>Starch, modified</td>
<td>2.50</td>
<td>0.47</td>
<td>213</td>
<td>7 1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Flour, wheat, general purpose</td>
<td>1.20</td>
<td>0.22</td>
<td>100</td>
<td>1 tbsp</td>
<td></td>
</tr>
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214
VEGETABLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Combine ingredients in section 1 and cook over low heat to 160°F (71°C). Stir as required.

2. Combine ingredients in section 2 and add to above. Continue cooking over heat. Stir as required.

3a. Combine ingredients in section 3 and add to above. Continue cooking over low heat to 180°F (82°C). Stir as required.

b. Add back water to maintain formula weight or volume.

c. Cool to 50°F (10°C).

d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 2.2 gallons sauce (18.75 lb). One gallon weighs 8.5 lb.

2. Use within 2 hours or refrigerate and use within 24 hours.
VEGETABLE SAUCE
Na/R, Cal/R, Type HLP, Diab, Bland

Ingredients

Vegetables


Bakery and Cereal Products

3. Flour, wheat, general purpose - NSN-8920-00-140-7748, N-F-00481, Type III, Class B, Style 2.

Condiments and Related Products

4. Thyme, ground - NSN-8959-00-53&1568, Fed. EE-S-631, Type II.
5. Vinegar, cider or distilled, 50 grain - NSN-8959-00-221-0297, Fed. Z-V-401, Type I or II.

Special Procurement

6. Bay leaves, ground.
7. Beef and vegetable stock concentrate (Glace de Viande, Sodium and calorie restricted) - available through L. J. Minor Corp., Cleveland, OH.
8. Carrots, diced, frozen.
9. Starch, modified (Col-Flo 67) - available through National Starch and Chemical Corp., Bridgewater, NY - or -

   Starch, modified (Rezista) - available through A. E. Staley Manufacturing Co., Decatur, IL.
10. Sweet peas, dietetic (Monarch Brand - no added sugar or salt). Available through Monarch Institutional Foods, Greenville, SC.
11. Tomatoes, crushed (Monarch Brand - no added salt). Available through Monarch Institutional Foods, Greenville, SC.
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* coated with a 1% carrageenan coating
** also suitable for Na/R diets
*** based on a 9-point scale in which 1s extremely poor, 9s excellent
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* Also suitable for a Na/R, Cal/R, Type II MLP, Diabetic, Bland diet.
REFERENCES


Young, R., Shaw, C., Darsch, G., Tuomy, and Walker, G.; Meat and Fish Entree Production Guides Prepared for Walter Reed Army Medical Center, Natick/TR-77/005(FEL-77-004) April 1977 (A.D. A004476).
### MODIFIED MEAT ENTREES

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