

Happy Acres

An Assisted Living Community for Seniors In Lancaster, Pennsylvania

Autumn 2014 Cycle Menu Supporting Materials

Costing

Recipe Extension

Equipment List

HACCP Plans

Keri A. Palasz
NTD 410-03
November 2014

Index

Costing Exercise, Breakfast.....	3
Recipe with Extension, Breakfast.....	4
Costing Exercise, Lunch.....	5
Recipe with Extension, Lunch.....	6
Costing Exercise, Snack	7
Recipe with Extension, Snack	8
Costing Exercise, Dinner	9
Recipe with Extension, Dinner	11
Major Equipment List, by meal	15
HACCP Plan, Breakfast	17
HACCP Plan, Lunch	18
HACCP Plan, Snack	19
HACCP Plan, Dinner.....	20

Cycle Menu

Costing Exercise

Breakfast: Week 1, Day 3 (Wednesday)

Toasted English Muffin with Sweet Cream Butter & Orange Marmalade

Country Scramble with Farm Fresh Egg & Wisconsin Cheddar

Freshly Sliced Orange Wedges

Ingredient	Original Recipe Unit	Conversion Factor new yield/old yield	Extended Recipe	Unit Cost	Extended Cost, 25 servings
Egg	2	25/1 = 25	50 eggs	0.29	7.25
Aged Wisconsin Cheddar Cheese*, grated	1.5 ounces	25/1 = 25	37.5 oz	1.05	26.25
Butter, unsalted	1 t	25/1 = 25	25 t	0.02	0.50
Milk, 2%	2 t	25/1 = 25	50 t	0.01	0.25
Total Cost					34.25

Ingredient	Portion or unit per serving	Servings Needed	Portions Needed	Unit Cost	Extended Cost
English Muffin*	1 muffin	25	25	0.23	5.79
Sweet Cream Butter Pat	1 Reddie Pat (RP)	25 RP	25 RP	0.04	1.00
Orange Marmalade	1 PC	25 PC	25 PC	0.07	1.75
Milk, 2%	8 ounces	25	200 ounces		

* Costing obtained from Shoprite from Home website.

Country Scramble with Farm Fresh Egg & Aged Wisconsin Cheddar

Yield: 1 portion

Portion: 2 eggs

Oven: N/A

Ingredient	Quantity, Original Recipe	Yield, Original Recipe	Conversion Factor	Quantity, Yield=25 servings
Large Eggs, beaten	2	1 serving	25	50
Aged Wisconsin Cheddar Cheese, grated	1.5 ounces	1 serving	25	37.5 ounces
Butter	1 t	1 serving	25	25 t
Milk, 2%	2 t	1 serving	25	50 t

Preparation:

1. Put the eggs, butter, and milk into a non-stick saucepan over medium heat. Stir constantly.
2. When the eggs start to firm, but there are still some runny bits, remove from heat.
3. Add the cheese and stir until melted into eggs.

Serves one.

Cycle Menu Costing

Lunch: Week 1, Day 3 (Wednesday)

Line-Caught Tuna Salad, Lettuce, and Sliced Beefsteak Tomato on Whole Wheat Bread

Sweet Baby Carrots with Creamy Ranch Dressing

Milk

Ingredient	Original Recipe Unit	Conversion Factor new yield/old yield	Extended Recipe	Unit Cost	Extended Cost, 25 servings
Tuna Fish	0.5 cup	25/4 = 6.25	3.1 cups	0.44	11.00
Mayonnaise	1 T	25/4 = 6.25	6.3 T	0.01	0.06
Celery	.25 ounce	25/4 = 6.25	1.6 oz	0.02	0.17
Red Onion	0.5 ounce	25/4 = 6.25	3.1 oz	0.11	0.68
Lemon Juice*	¼ T	25/4 = 6.25	1.6 T	0.01	0.06
Sweet Pickle Relish	¼ T	25/4 = 6.25	1.6 T	0.06	1.50
Total Cost					13.47

Ingredient	Portion or unit per serving	Servings Needed	Portions Needed	Unit Cost	Extended Cost
Lettuce	2 leaves	25	50 leaves	0.9	2.25
Tomato	2 slices	25	50 slices	0.17	4.25
Whole Wheat Bread	2 slices	25	50 slices		
Baby Carrots	4 ounces	25	100 oz	0.28	7.00
Creamy Ranch Dressing	2 ounces	25	50 oz	0.18	4.50
Dill Pickle Spear*	¼ pickle	25	6.25 pickles	0.14	3.50
Milk 2%	8 ounces	25	200 oz	0.24	6.00

Total cost for meal, serving 25: \$40.97

* Costing obtained from Shoprite from Home website.

Line-Caught Tuna Salad, Lettuce, and Sliced Beefsteak Tomato on Whole Wheat Bread

Yield: 4 portions

sandwich

Oven: N/A

Portion: 4 ounces Tuna Salad per

Ingredient	Quantity, Original Recipe	Yield, Original Recipe	Conversion Factor	Quantity, Yield=25 servings
Tuna Fish	16 ounces	4 servings	6.25	100 ounces
Mayonnaise	4 T	4 servings	6.25	25 T
Rib Celery, diced small	1 rib	4 servings	6.25	6.25 ribs
Red Onion, diced small	¼ cup	4 servings	6.25	1.6 cups
Lemon Juice	1 T	4 servings	6.25	6.25 T
Sweet Pickle Relish	1 T	4 servings	6.25	6.25 T
Lettuce Leaves	8	4 servings	6.25	50 leaves
Beefsteak Tomato, sliced	8 slices	4 servings	6.25	50 slices
Whole Wheat Bread	8 slices	4 servings	6.25	50 slices

Preparation:

Use a can opener to cut open the cans of tuna fish, but leave the lid in place. Holding the cans over the sink or a bowl, press the lid into the tuna fish and tilt the can to drain all the liquid. Remove the lids and transfer the tuna fish to a mixing bowl.

Add 2 tablespoons of mayonnaise, celery, shallot, lemon juice, pickle relish (if using), a sprinkle of salt, and a few cracks of fresh black pepper to the tuna fish. Stir with a fork to combine, breaking up any large chunks of tuna fish as you go.

Spread ½ cup tuna salad each onto four slices of bread. Top with two slices of tomato, and two lettuce leaves. Close sandwiches with slice of bread, and slice in half.

Makes 4 sandwiches.

**Cycle Menu
Costing Exercise**

SNACK: Week 1, Day 3 (Wednesday)

Greek Yogurt with Crunchy Cinnamon Granola

Ingredient	Original Recipe Unit	Conversion Factor new yield/old yield	Extended Recipe	Unit Cost	Extended Cost, 25 servings
Rolled Oats*	2 cups	$25/16 = 4.2$	8.4 cups	0.28	1.18
Walnuts, halves and pieces	1 cup	$25/6 = 4.2$	4.2 cups	0.74	3.11
Cinnamon, ground	1 t	$25/6 = 4.2$	4.2 t	0.23	0.97
Cloves, ground	$\frac{1}{4}$ t	$25/6 = 4.2$	1.1 t	0.25	1.05
Light Brown Sugar	3 T	$25/6 = 4.2$	12.6 T	0.27	1.13
Honey	$\frac{1}{4}$ cup	$25/6 = 4.2$	1.1 cup	0.45	1.89
Vegetable Oil (corn)	$\frac{1}{4}$ cup	$25/6 = 4.2$	1.1 cup	0.09	0.38
Total Cost					9.71

Ingredient	Portion or unit per serving	Servings Needed	Portions Needed	Unit Cost	Extended Cost
Greek Yogurt*	5 ounces	25	25	0.85	21.25

Total cost for meal, serving 25: \$30.96

* Costing obtained from Shoprite from Home website.

Crunchy Cinnamon Granola

Yield: 6 portions

Portion: 4 ounces

Oven: 350°

Ingredient	Quantity, Original Recipe	Yield, Original Recipe	Conversion Factor	Quantity, Yield=25 servings
Rolled Oats	2 cups	6 servings	4.2	8.4 cups
Walnut, halves and pieces	1 cup	6 servings	4.2	4.2 cups
Cinnamon, ground	1 t	6 servings	4.2	4.2 t
Nutmeg, ground	½ t	6 servings	4.2	2.1 t
Cloves, ground	¼ t	6 servings	4.2	1.1 t
Light Brown Sugar	3 T	6 servings	4.2	12.6 T
Honey	¼ cup	6 servings	4.2	1.1 cup
Vegetable Oil (corn)	¼ cup	6 servings	4.2	1.1 cup

Preparation:

1. Combine all ingredients in a large bowl.
2. Spread onto a baking sheet.
3. Bake at 350F for about 20 minutes, stirring once after 10 minutes.
4. Let cool before serving.

Makes six four-ounce servings.

Cycle Menu

Costing Exercise

DINNER: Week 1, Day 3 (Wednesday)

Eberly Farms Lemon Chicken Breast served with Amish Brown Buttered Noodles and Roasted Brussels Sprouts

Lancaster County-Style Apple Dumpling

Ingredient	Original Recipe Unit	Conversion Factor new yield/old yield	Extended Recipe	Unit Cost	Extended Cost, 25 servings
Olive Oil, pure	.25 cup	25/4 = 6.25	1.56 cups	0.45	2.81
Garlic, chopped	3 T	25/4 = 6.25	1 cup + 2.75 T	0.28	1.81
Dry White Wine (such as Vermouth)	1/3 cup	25/4 = 6.25	2.1 cups	0.79	4.96
Lemon Zest, grated	1 T	25/4 = 6.25	6.25 T	0.17	1.10
Lemon Juice*	2 T	25/4 = 6.25	12.5 T	0.06	0.40
Oregano, dried	1.5 t	25/4 = 6.25	9.4 t	0.22	1.38
Fresh Thyme Leaves, minced	1 t	25/4 = 6.25	6.25 t	0.33	2.06
Black Pepper, freshly ground	1 t	25/4 = 6.25	6.25 t	0.12	0.75
Eberly Farms Chicken Breasts, boneless, skin-on (5 ounce)	4 each	25/4 = 6.25	25 each	0.88	22.03
Lemon, sliced (115 count)	1 lemon, cut into 8 slices	25/4 = 6.25	50 slices	0.17	1.10
Wide Egg Noodles	8 ounces	25/4 = 6.25	50 ounces	3.42	21.40
Butter, salted	.25 cup	25/4 = 6.25	1.56 cups	0.22	1.36
Brussels Sprouts*	1.5 pounds	25/6 = 4.16	6.24 pounds	6.72	28.00

Olive Oil, pure	3 T	$25/6 = 4.16$	12.5 T	0.34	1.41
Black Pepper, ground	.5 t	$25/6 = 4.16$	2.08 t	0.06	0.25
Total Cost					109.56

Ingredient	Portion or unit per serving	Servings Needed	Portions Needed	Unit Cost	Extended Cost
Lancaster County-Style Apple Dumpling*	4 ounces each	25	25	2.50	62.50
Vanilla Ice Cream*	4 ounce scoop	25	25	0.28	7.00

Total cost for meal, serving 25: \$44.96

** Costing obtained from Shoprite from Home website.*

Lemon Chicken Breast

Yield: 4 portions

Portion: 5 ounces

Oven: 400°

Ingredient	Quantity, Original Recipe	Yield, Original Recipe	Conversion Factor	Quantity, Yield=25 servings
Olive Oil, pure	.25 cup	4 servings	$25/4 = 6.25$	1.56 cups
Garlic, chopped	3 T	4 servings	$25/4 = 6.25$	1 cup + 2.75 T
Dry White Wine (such as Vermouth)	1/3 cup	4 servings	$25/4 = 6.25$	2.1 cups
Lemon Zest, grated	1 T	4 servings	$25/4 = 6.25$	6.25 T
Lemon Juice*	2 T	4 servings	$25/4 = 6.25$	12.5 T
Oregano, dried	1.5 t	4 servings	$25/4 = 6.25$	9.4 t
Fresh Thyme Leaves, minced	1 t	4 servings	$25/4 = 6.25$	6.25 t
Black Pepper, freshly ground	1 t	4 servings	$25/4 = 6.25$	6.25 t
Eberly Farms Chicken Breasts, boneless, skin- on	4 each	4 servings	$25/4 = 6.25$	25 each
Lemon, sliced (115 count)	1 lemon, cut into 8 slices	4 servings	$25/4 = 6.25$	50 slices

Preparation:

1. Preheat the oven to 400 degrees F.
2. Warm the olive oil in a small [saucepan](#) over medium-low heat, add the [garlic](#), and cook for just 1 minute but don't allow the garlic to turn brown.
3. Off the heat, add the white wine, [lemon zest](#), [lemon juice](#), oregano, [thyme](#), and 1 teaspoon salt and pour into a 9 by 12-inch [baking dish](#).
4. Pat the chicken breasts dry and place them skin side up over the sauce. Brush the [chicken breasts](#) with olive oil and sprinkle them liberally with salt and pepper.
5. Cut the lemon in 8 wedges and tuck it among the pieces of chicken.
6. Bake for 30 to 40 minutes, depending on the size of the chicken breasts, until the chicken reaches internal temperature of 165 degrees, and the skin is lightly browned. If the chicken isn't browned enough, put it under the broiler for 2 minutes.
7. Cover the pan tightly with aluminum foil and allow to rest for 10 minutes.
8. Serve hot with the pan juices.

Makes four servings.

Amish Brown Buttered Noodles

Yield: 4 portions

Portion: 2 ounces

Oven: N/A

Ingredient	Quantity, Original Recipe	Yield, Original Recipe	Conversion Factor	Quantity, Yield=25 servings
Wide Egg Noodles	8 ounces	4 servings	$25/4 = 6.25$	50 ounces
Butter, salted	.25 cup	4 servings	$25/4 = 6.25$	1.56 cups

Preparation:

1. Boil water for noodles, cook noodles according to directions on package.
2. While noodles are draining, melt butter in a small frying pan.
3. Keep stirring until butter starts to foam and brown (watch carefully, don't burn).
4. Add noodles to a casserole dish, pour browned butter over noodles; mix to coat.
5. Serve warm.

Makes four servings.

Roasted Brussels Sprouts

Yield: 6 portions

Portion: 4 ounces

Oven: 400°

Ingredient	Quantity, Original Recipe	Yield, Original Recipe	Conversion Factor	Quantity, Yield=25 servings
Brussels Sprouts	1.5 pounds	6 servings	$25/6 = 4.16$	6.24 pounds
Olive Oil, pure	3 T	6 servings	$25/6 = 4.16$	12.5 T
Black Pepper, ground	.5 t	6 servings	$25/6 = 4.16$	2.08 t

Preparation:

1. Preheat oven to 400 degrees F.
2. Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Slice Brussels sprouts in half. Mix them in a bowl with the olive oil and pepper to coat evenly.
3. Pour on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly.
4. Remove from oven and serve immediately.

Makes six servings.

Cycle Menu

Major Equipment List

Breakfast: Week 1, Day 3 (Wednesday)

Toasted English Muffin with Sweet Cream Butter & Orange Marmalade

Country Scramble with Farm Fresh Egg & Wisconsin Cheddar

Freshly Sliced Orange Wedges

Toaster (conveyor style)

Range/Cook Top/Tilting Skillet

Refrigerator/Walk-in Cooler

Lunch: Week 1, Day 3 (Wednesday)

Line-Caught Tuna Salad, Lettuce, and Sliced Beefsteak Tomato on Whole Wheat Bread

Sweet Baby Carrots with Creamy Ranch Dressing

Milk

Refrigerator/Walk in Cooler

Power Blender (to mix Tuna Salad)

SNACK: Week 1, Day 3 (Wednesday)

Greek Yogurt with Crunchy Cinnamon Granola

Oven

Refrigerator/Walk in Cooler

DINNER: Week 1, Day 3 (Wednesday)

Eberly Farms Lemon Chicken Breast served with Amish Brown Buttered Noodles and Roasted Brussels Sprouts

Lancaster County-Style Apple Dumpling with Vanilla Ice Cream

Refrigerator/Walk in Cooler

Oven

Range/Cooktop/ Steam-Jacketed Kettle/Tilting Skillet

Freezer

**Cycle Menu
HACCP PLAN**

Breakfast: Week 1, Day 3 (Wednesday)

Toasted English Muffin with Sweet Cream Butter & Orange Marmalade

Country Scramble with Farm Fresh Egg & Wisconsin Cheddar

Freshly Sliced Orange Wedges

Confirm vendor name, day and time of delivery for all items, as well as driver's identification before accepting delivery. If driver's name is different from what is indicated on the delivery schedule, contact the vendor immediately.

Receive butter at 45° F or below and check dates to ensure safety and quality.

Hold butter at 41° F or below.

Receive cheese at 41° F or below and check dates to ensure safety and quality.

Hold cheese at 41° F or below.

Receive oranges at 41° F or below if cut or processed. Items should be clean, in good condition, with no signs of mold or pests.

Hold oranges at 41° F or below.

Receive Eggs and check dates to ensure safety and quality. Shell eggs must be clean and un-cracked. The interior air temperature of the truck should be at 45° F or below.

Hold Eggs at 41° F or below.

Cook eggs until yolks and whites are firm – minimum temperature is 135° F.

Receive Milk at 45° F or below and check dates to ensure safety and quality. Packaging clean and in good condition. All products are pasteurized.

**Cycle Menu
HACCP PLAN**

Lunch: Week 1, Day 3 (Wednesday)

Line-Caught Tuna Salad, Lettuce, and Sliced Beefsteak Tomato on Whole Wheat Bread

Sweet Baby Carrots with Creamy Ranch Dressing

Milk

Confirm vendor name, day and time of delivery for all items, as well as driver's identification before accepting delivery. If driver's name is different from what is indicated on the delivery schedule, contact the vendor immediately.

Receive lettuce at 41° F or below if cut or processed. Items should be clean, in good condition, with no signs of mold or pests.

Hold lettuce at 41° F or below.

Receive tomato at 41° F or below if cut or processed. Items should be clean, in good condition, with no signs of mold or pests.

Hold tomato at 41° F or below.

Receive shelf stable Mayonnaise from approved supplier. Check expiration dates for quality. Containers should be clean, dry, and sealed from factory.

Hold unopened Mayonnaise in dry store room on shelves.

Hold opened Mayonnaise at 41° F or below, and dispose of by expiration date on packaging.

Receive shelf stable, canned Tuna Fish from approved supplier. Check expiration dates for quality. Cans should be clean, dry, and sealed from factory. No swollen ends, leaks, rust, or dents. Label is readable and is firmly attached to product.

Hold unopened Tuna Fish in dry store room on shelves.

Hold prepared tuna salad at 45° F or below until ready for use to make sandwiches.

Receive baby carrots at 41° F or below if cut or processed. Items should be clean, in good condition, with no signs of mold or pests.

Hold baby carrots at 41° F or below.

Receive shelf stable Creamy Ranch Dressing from approved supplier. Check expiration dates for quality. Containers should be clean, dry, and sealed from factory.

Hold unopened Creamy Ranch Dressing in dry store room on shelves.

Hold opened Creamy Ranch Dressing at 41° F or below, and dispose of by expiration date on packaging.

Receive Milk at 45° F or below and check dates to ensure safety and quality. Packaging clean and in good condition. All products are pasteurized.

Milk held at 45 or below.

**Cycle Menu
HACCP PLAN**

SNACK: Week 1, Day 3 (Wednesday)

Greek Yogurt with Crunchy Cinnamon Granola

Confirm vendor name, day and time of delivery for all items, as well as driver's identification before accepting delivery. If driver's name is different from what is indicated on the delivery schedule, contact the vendor immediately.

Receive yogurt at 41° F or below and check dates to ensure safety and quality. Packaging clean and in good condition. All products are pasteurized.

Hold yogurt at 41° F or below.

Receive dry goods for Granola from approved source. Check expiration dates for quality. Packaging should be clean and in good condition, with no signs of pest infestation.

Store dry goods for Granola in dry store room on shelves.

**Cycle Menu
HACCP PLAN**

DINNER: Week 1, Day 3 (Wednesday)

Eberly Farms Lemon Chicken Breast served with Amish Brown Buttered Noodles and Roasted Brussels Sprouts

Lancaster County-Style Apple Dumpling

Confirm vendor name, day and time of delivery for all items, as well as driver's identification before accepting delivery. If driver's name is different from what is indicated on the delivery schedule, contact the vendor immediately.

Receive Chicken at 41° F or below. Must be stamped with USDA inspection stamp. Good color and no odor. Packaging clean and in good condition.

Hold chicken at 41° F or below.

Cook chicken to minimum temperature of 165° F.

Receive lemons at 41° F or below if cut or processed. Items should be clean, in good condition, with no signs of mold or pests.

Hold lemons at 41° F or below.

Receive butter at 45° F or below and check dates to ensure safety and quality.

Hold butter at 45° F or below.

Receive Brussels Sprouts at 41° F or below if cut or processed. Items should be clean, in good condition, with no signs of mold or pests.

Hold Brussels Sprouts at 41° F or below.

Receive Dry Pasta from approved source. Check expiration dates to ensure quality. Packaging clean and in good condition. No signs of pest infestation.

Store Dry Pasta in dry stock room, on shelving.

Receive Lancaster County-style Apple Dumpling at 41° F or below. Packaging clean and in good condition. Produce must not be moldy.

Hold Lancaster County-style Apple Dumpling at 41° F or below.

Receive Milk at 45° F or below and check dates to ensure safety and quality. Packaging clean and in good condition. All products are pasteurized.

Milk held at 41° F or below.