

ANALYSIS AND CONSTRUCTION OF MASTER MENU CYCLE
AND STANDARDIZATION OF RELEVANT RECIPES

By

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CHAPTER I

INTRODUCTION

The increased enrollment of students at Oklahoma State University necessarily has affected the program of the Residence Halls Food Service (R.H.F.S.). This enlargement has increased the need for a highly trained and skilled professional management staff which must assume the responsibility for directing the growth and development of the organization. More man hours of labor must be spent in management activities. These responsibilities indicate the necessity for standardization of many functions of the R.H.F.S. organization.

With the electronic data processing equipment available today, many of the clerical duties performed by the decision making process can be quickly and accurately accessible to management. Several applications of electronic data processing have been made to aid in developing menus and standardizing recipes. For example, with proper input data, a week's menu can be prepared by computer in 40 seconds (1). In essence, a total electronic data processing system can be developed for a food service organization.

The findings and conclusions of a study (2) completed on this university campus revealed several problems delaying development of a total electronic data processing system. Prominent among these are insufficient and inaccurate data for input. Information for a data processing program must be standardized and available in common units of

measure. For sufficient and accurate input data, centralized and standardized recipes must be used by the organization.

The purpose of this research is to improve the present (1967) cycle menu and to restandardize the recipes that have previously been standardized for R.H.F.S. at Oklahoma State University. It is also planned that these menus and recipes will be ready to program for the electronic data processing system. The immediate objectives, therefore, are:

1. To evaluate the cycle menu used at Oklahoma State University for customer acceptability, food cost, food combinations, employee utilization and accuracy of recipes.
2. To rewrite the cycle menu for continued improvement of the centralized program of the R.H.F.S. at Oklahoma State University.
3. To evaluate the standardized entree recipes used in the cycle menu at Oklahoma State University.
4. To standardize new entree recipes introduced into the cycle menu and to continue to standardize recipes already being utilized; both in preparation for using the computer.

By accomplishing the above, the work of Food Service Managers will be simplified so there should be more time to perform the broader functions of management.

CHAPTER II

REVIEW OF LITERATURE

The growth of the number of students attending colleges and universities has added more demands on the management of residence halls food service. These demands on management have produced studies into the changing activities of the management personnel.

These studies have included such things as the increasing need for management time to train employees, standardize recipes, organize, plan, supervise and control the functions of food service operations.

Standardization

The history of standardization may be conveniently set into three phases: (1) the ancient dawn and early industrial phase which began with the dawn of the human race; (2) the modern industrial phase at the turn of the nineteenth century; and (3) the overlapping organizational phase which is an extension of standards from the nineteenth century to the twentieth century (3).

Since ancient times the panorama of standards development has been impressive and vast according to Weidlein (3). The need to weigh came later than the need to measure. Furthermore, Weidlein (3) states that historians indicate the balance was utilized first to weigh precious metals for use in the temple or place of worship. It is recorded in the

fourteenth or fifteenth century, B.C. that in Egypt volume measurements sufficed until the balance was adopted.

Weidlein (3) also states that in the "good old days" our grandmothers used recipes calling for a cup of water, butter the size of a nut, a handful of this and a pinch of that. A satisfactory standardization of the cup, teaspoon, and other kitchen utensils was completed in 1950 (3).

Cycle Menu Planning

Before reviewing cycle menu planning, certain terms should be clarified for use in this investigation:

- A. Menu - A planned listing of the foods to be served, including methods of preparation.
- B. Cycle Menu - A "set of carefully planned menus which are rotated according to a definite pattern."
- C. Selective Menu - A planned listing menu which offers a choice in one or all food items.
- D. Selective Cycle Menu - A menu pattern which offers a selection of food items and is rotated according to a definite pattern (4).

Dietitians and food service managers find the cycle menu has many advantages (5), even though many hours are involved in preparation of such a cycle. According to Pinney (6), after the menu plan has been completed, more administrative hours can be devoted to other management tasks. For example, Hubbard (7) states that when cycle menus were introduced, menu writing was reduced three to four hours each week, including the menu conference and the completion of desired changes. More variety may be seen in a cycle menu as repetition of items is planned and, therefore, reduced. The cycle menu enables food production to be more equally distributed, thereby giving employees more time to

improve the appearance of menu items. Cycle menus plan for equalized and better use of equipment, and, in general, the purchasing processes and control of inventories will be simplified (3). According to Hubbard (7), at Ohio State University, the cycle menu was found to be an effective tool of management by the Dietary staff at the Health Center. This staff concluded that some of the advantages of the cycle menu were:

- A. The time involved in menu writing is minimized. Writing of the original menus is an extensive project, of course. It should be remembered, however, that menus would need to be written, even though they were not part of the cycle. Thus, about half to two-thirds of the time previously spent on menu writing is now available for other duties. This time could be used more effectively in recipe standardization, food production, employee training and other duties.
- B. Standardization of procedure is simplified. Cycle menus clearly define the items to be served. Cycle menus narrow the whole problem of standardization and make it seem more feasible.
- ✓ C. More acceptable menu items and menu combinations are offered to patients and customers. Unpopular foods and combinations can be replaced with others. This offers an opportunity to develop food acceptability information. Also, common menu writing errors of poor combinations of color, flavor, and texture can be eliminated through repeated review of the menus before re-use.
- D. Employee training is easier. Repetition of the menus enables the employees to become more familiar with fewer procedures. Skill, speed, and confidence in performance generally follow familiarity. This in turn may well lead to a smoother operation.
- E. Dietetic interns have an opportunity to become familiar with cycle menus. Since the dietary department considers the cycle menu a valuable management tool, it is felt that experience with it will be useful to the young dietitian in her future positions.

Some of the possible disadvantages of the cycle menu, found by Ohio State University, are:

- ✓ A. Menu making is an art, not a science. ✓

- B. Menu making takes away all the opportunity for individuality and imagination of the food production person.
- C. Menu making makes all meals too much the same.
- D. Menu making program requires too much work.

Stammers (8) says planning the menu is the first consideration in the preparation and service of attractive and appetizing food. Brewer (2) states that some effective system must be used by food service managers in planning menus, and Pinney (6) indicates flexibility and evaluation are a must if a cycle menu is to be successful. Furthermore, Raleigh (9) states the cycle menu should be repeated at least three or four times to be of any value.

Cycle menus may be planned weekly, monthly, yearly or on the seasonal basis. Jeffrey (10) is of the opinion that for the R.H.F.S. at Oklahoma State University the five week cycle is most effective. Greer (11) states that a cycle which is to be used for any period of time should be at least three weeks in duration. Stammers (8), on the other hand, believes that the length of the cycle is determined by the length of time that a group of individuals eats at the institution, and also by the judgment of the menu planner.

It is important, in planning the menu, to avoid repeating any item on the same day of the week on consecutive weeks. If the same items appear, different preparation methods should be used (8). However, popular food items should recur more frequently than some less popular ones (12).

Leftovers play an important role when the cycle menu is used (10). Greer (11) states that careful planning and controlling of production will eliminate the majority of leftover problems.

The following points must be kept in mind when evaluating cycle menus (1):

- A. Nutritional needs of clientele.
- B. Distribution of work load in the kitchen.
- C. Equipment available.
- D. Age of group, type of work done by clientele (for example, final exams).
- E. Number of dishes requiring last minute preparation.
- F. Appearance -
 1. Quantity (serving not too large or small)
 2. Color
 3. Form or shape
 4. Neatness
 5. Arrangement
- G. Palatability (quality)
 1. Odor
 2. Temperature (some hot, some cold)
 3. Texture
 4. Consistency
 5. Flavor - Some bland
Some sharp
Some sweet
Some spicy
- H. Use variety of methods of preparation (some baked, fried, stewed, broiled, etc.).

Certain management tools are essential in planning and using cycle menus (8). Standardized recipes in which weight and measure of ingredients and method of preparation have been sufficiently tested are of utmost importance, Jeffrey states (10).

Recipe Standardization

Shugart (13) writes that a standardized recipe is one in which the amount and proportion of ingredients and methods of procedure will consistently produce a high quality product. It is a recipe that has been tailored to one's own food service as far as total yield, size of

portions and cost. Corbitt (14) indicates that the goal of a food service is the "maintenance of acceptable standards of food preparation that will result in a product of high quality, served in the best condition and manner possible." Goertz (15) says that a standardized recipe is one which establishes a procedure that will make possible the production of high quality food. Still another opinion is that of Miller and Aldrich (16) who believe a standardized recipe is one tailored to fit the specific needs of a particular food service operation. It produces a known quantity of a desired quality. Kotschevar (17) states that the standardized recipe is to food service what a blueprint is to a manufacturer. It gives a production contract to management who must be responsible for it. The standardized recipe also assists in eliminating human failure and, over a period of time, will give greater standardization of quality, quantity and costs.

The values of standardized recipes are innumerable, as every recipe is fitted to the requirement of the specific institutions. The best proportioning of ingredients is determined in such a way that quality standards will be met, service of the products attractive and acceptable to the patrons, and cost kept within the reach of both the customer and the producer (18).

While the menu authorizes production, setting in motion activities which culminate in production and service, the recipe controls production, Aldrich states (18). Recipe standardization is the major element of portion control. According to Diener (19), portion control is giving a definite quantity of good food for a definite percentage of profit.

Introducing a recipe standardization program into an organization requires careful planning and a clear explanation so that all who are to

be involved understand what is to be done and exactly how they will participate (18). The importance of including all participants in the planning stages of the program can not be emphasized too much. The omission or neglect of this step will severely limit the results to be achieved from a program which seems to be perfect in every other respect (20). It is the non-professional personnel who can make or break such a program of standardization, if not convinced of the soundness of following new precautions (4).

In writing recipes it is very important to decide what type of layout or format is to be used. Recipes should be readable at a distance of 18 to 20 inches by an employee in a standing position, according to Aldrich (18).

Aldrich and Miller state that whether a 5" x 8" office filing card or an 8½" x 11" sheet of paper is used, the advantages and disadvantages of each should be evaluated. The working copy of a recipe should be a convenient size for handling, easily readable and uncluttered. Careful attention should be given to written procedure for preparation of the food item (21).

Included within the suggestions for a standardized recipe are: complete descriptions of ingredients in the proper weights and measures with a minimum of abbreviations; a description of each step listed in chronological order; an indication of the yield; size of utensils to be used; and complete cooking instructions, including time and temperature (20).

A constant task in a program for standardizing recipes is the refiguring of recipes to supply increased or decreased yields, as required by fluctuating patron counts. Absolute accuracy is essential

in making adjustments to maintain quality and obtain the exact yield desired, Aldrich says (20). A recipe is considered standardized when it has been tried repeatedly in a given situation and repeatedly has produced good results (5).

Definite specifications must be written for standardizing recipes. Cranmore (22) gives the following suggested specification for standardizing recipes.

- A. List the ingredients in the order in which they are to be combined.
- B. Give both measure and weight when practical.
- C. Avoid fractions as much as possible and use standard terms for abbreviations.
- D. Procedure instructions should be complete, clear, concise and simple to understand. They should be written in a step-by-step process appearing directly in line with each ingredient or group of ingredients used in one operation.
- E. Multiple quantities should be worked out for large and small service.
- F. List the yield in total volume or pounds as well as the size and number of servings. Specify container size and the batter or filling allowance where practical.
- G. The total cost, individual portion cost and the date are necessary.
- H. Baking and cooking temperature and time must be recorded.
- I. Information on calorie value, garnishing and serving suggestions, maximum holding time allowance, direction for leftovers storage and use, and space allowed on the reverse side of the recipe file card for acceptability rating are all desirable.

When properly used, standardized recipes can mean the difference between profit and loss in an operation. Such recipes are not only an important production tool, Callahan states (23), but are the key to quality of the product offered to patrons, and therefore vital to the success of the organization.

Food Acceptance

✓ The objective of any food preference study is to gain information and to overcome complaints of customers who may reject any part of a meal plan, perhaps because of different eating habits (24). ✓

^ A University of Washington research paper by Nygreen (25) pointed out that food acceptance is determined by individual food intake rather than total food served. Satisfaction with food service is influenced by physical conditions and the atmosphere at meal periods. The attitude of personnel and appearance of food was viewed by students in the Washington study as being most important to food service acceptance. ✓ A positive feeling toward the food service staff appeared to result in relatively favorable student reaction to residence halls food service. On the other hand, a negative student opinion of the staff seemed to be reflected in a less favorable reaction to the food service. Research by Prideaux and Shugart (13) pointed out that associations between students and the food service staff were extremely important to food acceptance. The data indicated that a significant relationship existed between relations toward food and (a) how well the staff was known by the students, (b) how often the staff was seen by the students, (c) the staff's desire to please residents, and (d) interest of staff in the students as persons. The better the students knew the food service staff the better they accepted residence hall food services.

The cycle menu and standardized recipes are the keys to effective food service management. But as Jeffrey (10) has written, without the use of a sound philosophy of human relations the customer may not view the food service as acceptable.

CHAPTER III

PROCEDURE

All residence halls cafeterias at Oklahoma State University were operated by unit managers or dietitians. Each manager or dietitian was responsible for all menus, food production (using cycle menu, Chart A) and estimating recipe yields for the individual cafeterias. As a former dietetic intern at Oklahoma State University and now as manager and dietitian of one of the residence halls food service (R.H.F.S.) units, the author has observed that valuable managerial time was being spent in each unit re-writing the master cycle menu because of changing food costs, the need to continually up-grade the service, and to offer new food for learning experiences for the students. Accompanying this continued cycle menu evaluation was the ever present need for recipe standardization.

9 The main objective of the research was to continue the cycle menu and standardization of recipe research begun by Jeffrey (10) in 1967. Another objective was to review recipes which need to be reviewed and were not evaluated by Jeffrey's research, such as the varieties of steak and fish items on the cycle menu. A final objective was to proceed to the stage of preparing the recipes and menus for the computer.

The investigator planned to rework the cycle menu so that nourishing and attractive meals would continue to be served with a variety of selection and within budgetary limits.

✓ The procedure used in this investigation was:

A. An analysis of previously planned menus, considering labor and food costs, as well as student acceptance, color, texture, variety and nutritional value.

B. Reworking the present five week cycle menu.

C. Reinstate menu and standardization staff meetings.

D. Determine new format of recipe.

E. Recipe standardization.

First, a conference was held with Mr. Joe Blair, Director of Residence Halls Food Service, to clarify objectives and obtain permission to proceed. Mr. Blair was concerned with the existing problems of R.H.F.S. and offered to assist in any way possible.

Then a conference was held with staff managers and dietitians who were utilizing the cycle menu in the contract cafeterias (Cordell, all male; Bennett, coeducational; Kerr-Drummond, coeducational; Willham, coeducational; Stout, coeducational; and Scott-Parker-Wentz, coeducational). Also attending the meeting was Mr. Forest Little, Manager of the Meat Supply Unit, who was responsible for purchasing and processing meats for R.H.F.S., and Miss Mary Barnes, Purchasing Agent, who was responsible for purchasing everything but meat for the residence halls. The group offered to assist in any way possible to improve the master menu cycle and intensively work on standardizing recipes. Because of their cooperative attitude, the author was encouraged to proceed.

Before actual work could be done on the menus, the budget had to be considered. At Oklahoma State University, students living in "contract residence halls" purchased a board contract at the beginning of each semester. This contract guaranteed the student 20 meals a week.

during the semester, usually about 16 weeks. Four meal tickets (2½" x 3½") were issued upon payment of board each semester and the student used the ticket at each meal period to receive the full value of the board contract. Using this type of program the University could offer quality meal service at an average total daily cost of \$1.64 per student. This allowance (\$1.64) had to include food cost, labor cost, replacement of small equipment and food and decorations for special events sponsored by the cafeterias. The \$1.64 was allocated for the three meals as follows: \$0.38 allowed for breakfast, \$0.58 allowed for lunch and \$0.68 allowed for dinner.

A total of 5,540 students boarded in contract residence halls at Oklahoma State University. These residence halls were Stout, Scott-Parker-Wentz, Cordell, Kerr-Drummond, Willham and Bennett. In contract meal service the student paid a set price for three full meals a day. For breakfast the menu offered fruit juice or fruit, meat, eggs, or pancakes (alternate), hot or cold cereal, sweet roll, toast and all the beverages desired. The lunch menu offered a choice of five salads, a choice of two entrees, two choices of three vegetables, a soup, and a choice of five desserts. The same choices were allowed for dinner, except no soup was offered. The student was allowed a single item of each choice and unlimited beverages. The lunch entree items usually consisted of sandwiches and extender items, whereas the dinner entree item choices were whole meats.

Oklahoma State University R.H.F.S. also offered an a la carte service (cash basis). This service did not utilize the master menu cycle, primarily because the a la carte service offered four entree

items instead of two. Jeffrey's master five week cycle menu (1967) was limited to the food items produced for the hot food counter at lunch and dinner meals.

By using the cycle menu (1967) for one year the Menu Committee would be able to evaluate the menu for customer acceptability, food cost, food combinations, employee utilization and accuracy of recipes. The recipes utilized for the items of the cycle menu would be discussed and compared by holding menu conferences every two weeks to propose and make substitutions which the managers and dietitians suggested as necessary to improve the cycle. X It was planned that any suggested changes would be freely discussed and suitable changes would be tried. After five meetings (during which time the cycle menu would have been served twice) and when it was apparent most adjustments had been made, copies of the cycle menu would be prepared for the R.H.F.S. Director, Mr. Blair; Miss Barnes and Mr. Wills, Purchasing Agents; Mr. Little, Manager of the Meat Supply Unit; and each contract cafeteria manager, dietitian and food production person.

After the Menu Committee had agreed on the revised master cycle menus, the next step would be to begin a uniform standardization of all of the entree recipes involved. The Menu Committee would continue to meet every two weeks to discuss each recipe. Each member of the committee would be assigned specific recipes to work with and would report the results at the meetings.

In the standardization program careful attention would be given to the form of the recipe. The Menu and Recipe Committees, while working on the recipes, would decide which format would be suitable for the food service at Oklahoma State University.

CHAPTER IV

RESULTS AND DISCUSSION

The objectives of this research were to continue to incorporate menu items into the cycle menu of 1967 and to standardize the relevant recipes. Conferences with Mr. Blair revealed his concern about the management aspect of the R.H.F.S. at Oklahoma State University. Each cafeteria manager at Oklahoma State University is delegated heavy responsibility for operational success of individual cafeterias. This success is dependent on the manager's ability to effectively plan, staff, train, supervise, and control the operation and therefore an effective cycle menu and set of standardized recipes must be available so that managerial duties can be carried out effectively.

In the spring of 1969 a Menu Evaluating and Planning Committee (MEPC) was formed to evaluate the 1967 master cycle menu, to plan for a revised cycle menu and also to standardize the recipes in the new cycle menu. There were six managers directly involved in this phase of the study. The MEPC decided to meet bi-monthly in a central location away from disturbances with the investigator as the leader.

The MEPC evaluated the 1967 (Chart A) master cycle menu by considering student acceptance, food cost, color, texture, variety and overall nutritional value. It was found that the cost of raw food (meats and vegetables, and fruits used as vegetables) had increased \$0.03 per serving from 1967 to 1969 (Chart B). The food items used to

determine this cost were the most popular ones found in the survey of students' likes and dislikes of food established by Jeffrey in 1967. The MEPC also determined that labor costs were up on an average of \$0.15 per hour over those in 1967 (labor cost - minimum wage in 1967 was \$1.30 compared to \$1.45 in 1969). The amount of money allocated each manager (\$1.64 per student per day) is still the same as in 1967, even though the food cost is up \$0.03 per serving and labor is up \$0.15 per hour. With these two factors in mind the analysis of Jeffrey's (1967) menus became a big challenge. The results of this analysis are listed in Chart C which is a day by day evaluation of the negative comments made by the MEPC. The general criticism, as might be expected, was too many expensive entree and vegetable items. Note especially the number of times (four times in one week) that canned fruit was used for vegetables (fruits are two to five cents higher per serving than some vegetables, Chart B), and high cost fish and pork items, such as shrimp and pork chops, were utilized numerous times. Also noted was repetition of a food, or foods, being served on the same day of the week; for example, hominy on the menu for Monday lunch of Week I and Week II and cream of mushroom soup on Friday noon of Week II and Week III. Another criticism was that too many steak items appeared in the menu cycle in Week III. Also, roast beef appeared too often in Week II.

After the MEPC had completed the critique of Jeffrey's cycle menu, they were recessed until a new cycle menu could be written, which tried to incorporate the suggestions of the Menu Evaluation and Planning Committee. The investigator wrote a new cycle menu.

In September, 1969 the MEPC was called together again. It was decided to continue the meeting on the same schedule as in the past.

This time the Menu Evaluation and Planning Committee evaluated the author's cycle menu (Chart D), taking into consideration the same areas as in evaluating Jeffrey's menus, which were student acceptance, food cost, color, texture, variety, and overall nutritional values. The negative findings of the MEPC are listed in the critique, Chart E. This was a day by day evaluation of the new menu cycle. If the day is not mentioned in the critique, it meant that the menu was approved. The general criticism of the menu was that too many like items were used at the same time; for example, ham was used four times in the first four days of Week I and, also in Week I, too many steak items were planned.

After completing the evaluation of the author's cycle menu, the MEPC, along with the author, in further meetings revised the menu and published the 1969 five week master cycle menu (Chart F).

The MEPC now became the recipe standardization committee (RSC), because the menus were completed for the time being and emphasis would be on standardization of recipes.

The RSC then determined the guidelines to be used in the subsequent recipe standardization program. These were drafted by the author and approved by the RSC as follows:

1. Determine recipes to be standardized.
2. Use of work form (Form - Chart A) in standardizing recipes.
3. Include every important preparation detail, as exact amount of ingredients, listing of all ingredients in the order used, directions for combining ingredients at the bottom of the card, mixing time and mixer speed, and precautions.

4. Use care in choice of descriptive words; for example, "mix" when "fold" is meant, cream "till fluffy", or stir gently when "beat vigorously" is meant.
5. State number of servings and the total yield in volume or weight.
6. Discuss the program with employees.
7. Discuss the recipe with the supervisors and the cooks who will be responsible for preparation to make certain all directions are clear.
8. Discuss instructions for serving standard portions with employees who will portion or serve the item and record specific size and number of servings on the recipe so that the actual serving yield may be checked carefully against the calculated yield.
9. Examine and taste the first product, review the record of preparation with the cook and determine the actual serving yield of the product, also observe amount of plate waste.
10. Bring the data to the RSC and discuss the results.
11. When the recipe appears again on the cycle menu repeat the trial of the recipe.
12. Bring the data to the RSC meeting, where product yields and problems of production will be further evaluated.
13. Repeat the trial of the recipe if necessary.
14. Discuss progress and product.
15. Set up recipe in finished form.

After the guidelines were set the RSC decided that the work of recipe standardization would proceed more quickly, objectively, and freely if the six representatives would be divided into group one and two. Each group would be composed of three cafeterias including both

small and large units. Group I consisted of Stout, serving 600; Scott-Parker-Wentz, serving 1,100 and Willham, serving 1,500. Group II consisted of Kerr-Drummond, serving 1,500; Bennett, serving 800 and Cordell, serving 400 students. Two entree recipes per day (one for each meal) were assigned to the two groups to standardize.

Before the recipes could be standardized a format was agreed upon. A determining factor was a survey conducted in Mrs. Allene Brown's Quantity Cookery class which chose format A over B and C. The present R.H.F.S. cooks who were surveyed also preferred format A (Form B). This form uses a 5" x 8" card, listing all ingredients at the top of the card with the procedure at the bottom of the card.

For the next six months the RSC was busy evaluating the results of the entree recipes that were being standardized. Charts G and H give the items and various comments made by the groups. After each trial the researcher incorporated the suggestions and new copies of the recipes were made available for the next trial. All recipes were tested three times; some recipes had to be tested four or five times before an acceptable product could be produced. Some of the recipes were accurate when tested, but had been producing incorrect yields because the cooks were not following the recipes.

After the entree recipes (Chart G) produced accepted results (and the food cost was not prohibitive, based on \$1.64 per day per student), the recipes were duplicated for distribution to the contract halls.

All of the entree recipes in the new five week cycle menu have been standardized and are ready to be punched on data processing cards.

CHAPTER V

SUMMARY AND CONCLUSIONS

Observation during past experiences created concern by the author regarding the amount of time being spent performing management and professional duties. The initial objective of the author in this study was to continue the cycle menu and standardization of recipes research begun by Jeffrey (10) in 1967. Another objective was to proceed to the stage of preparing the recipes and menus for the computer.

The review of the literature pointed out the concern of administrators in the industry in the ability of management to keep pace with the rapid growth of technology. Electronic data processing is being used in the food service industry. However, professional food service management must be educated to its use.

In the planning of the menu cycle, a food item frequency distribution chart (Chart I) was prepared. This provided the researcher with information concerning basic popularity of different food items. The cycle menu prepared for use in R.H.F.S. (1967) was reviewed and analyzed by members of the staff. The staff also reviewed and analyzed the cycle menu written by the researcher (1969). With the labor cost up \$0.15 per hour and food cost up \$0.03 per serving, the staff members took into consideration final adjustment on the 1969 cycle menu. The ideas and suggestions presented by the staff were essential to the success of the study.

A standardized recipe system is an essential tool in the planning and use of a cycle menu. A recipe is considered standardized when it has been tried in a given situation and has repeatedly produced good results. The importance of including all participants in the planning stage of a standardized recipe program can not be emphasized too much. A well planned recipe design is of prime importance. The quality of food products offered to the patrons is dependent upon the success of standardized recipe program.

The procedure for standardization of recipes was developed and improvements were made on all recipes used in the cycle menu. Copies of all the recipes will be made and issued to each R.H.F.S. unit. The recipes are ready for adaptation to the electronic data processing system.

In addition to the original objective, the RSC is continuing to standardize the vegetable recipes. It is the manager's responsibility to see that the cycle menu and standardized recipes are properly utilized. Management also must provide imagination and stimulus so that employees will be creative and the cycle will not become routine. Bi-weekly menu meetings in individual cafeterias can prove most fruitful in this respect.

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APPENDIX

CHART A

JEFFREY'S MASTER CYCLE MENU
 RESIDENCE HALLS FOOD SERVICE
Week No. 1

Day of Week	Lunch	Dinner
Sunday	✓ Fried Chicken ✓ Baked Steak Whipped Potatoes/Brown Chicken Gravy Buttered Broccoli Spears Buttered or Glazed Carrots	
Monday	French Onion Soup Quaker Spaghetti Fishwich on Bun Green Beans Buttered Spinach/Egg Wedges or Bacon Bits Hominy O'Brien	Oven Fried Liver/Onions ✓ Breaded Beef Grill Steak Au Gratin Potatoes Cinnamon Apple Slices Buttered Mixed Vegetables
Tuesday	Chicken Rice Soup Hawaiian Hamburger Patty Ham & Noodles au Gratin Green Beans Blackeyed Peas Ranch Style Beans French Fried Okra	French Fried Perch ✓ Meat Loaf Parsley Buttered Potatoes Whole Kernel Yellow Corn Buttered Brussels Sprouts
Wednesday	Pepper Pot Soup Salmon Croquettes/Parsley Sauce Chili/Beans Green Beans Whole Tomatoes Celery Au Gratin	✓ Fried Chicken ✓ Bar B-Q Spareribs Whipped Potatoes/Chicken Gravy Green Peas/Mushrooms Whole Spiced Peach

CHART A, Continued

Day of Week	Lunch	Dinner
Thursday	Beef Noodle Soup Sliced Corned Beef/ Cabbage Wedge Chicken Salad Sandwich Green Beans Cinnamon Pear Halves Yellow Squash	✓ Roast Beef/Parsley ✓ Grilled Pork Cutlet Franconia/Brown Gravy Cauliflower au Gratin Pineapple Beets
Friday	Tomato Soup ✓ Grilled Cheese Sandwich Escalloped Beef and Potatoes Green Beans Ranch Style Beans Glazed Apricot Halves	Grilled Chopped Sirloin Baked Halibut/Dill Sauce Brownd Potatoes Parsley Buttered Carrot Coins Buttered Lima Beans
Saturday	Breaded Veal Cutlet Grilled Ham Slice/ Pineapple Glazed Sweet Potatoes Cream Style Corn Asparagus Spears	Vegetable Soup Coney on Bun Fritos

CHART A, Continued

Week No. 2

Day of Week	Lunch	Dinner
Sunday	Baked Pork Chop Fried Chicken Whipped Potatoes/Brown Gravy Chicken Gravy Whole Green Beans/ Pimento Cinnamon Applesauce	
Monday	Tomato Soup Austrian Raviola Hamburger on Bun Green Beans Paprika Buttered Cauliflower Buttered Golden Hominy	New England Boiled Dinner ✓ Swiss Steak Buttered Rice Broiled Peach Halves Buttered Green Beans/ Pimento
Tuesday	Potato Soup Ham & Beans/Cornbread Fish Sticks Green Beans Yellow Squash Harvard Beets	✓ Baked Chicken - No Crust Breaded Beef Grills Mashed Potatoes/Brown & Giblet Gravy Stewed Tomatoes Lima Beans
Wednesday	Vegetable Soup Hot Beef Sandwich Frito Chili Pie Green Beans Black Eyed Peas Cream Style Corn	✓ Grilled Pork Cutlet Turkey Supreme Paprika Buttered Potatoes Buttered Brussels Sprouts Cinnamon Pear Halves

CHART A, Continued

Day of Week	Lunch	Dinner
Thursday	Canadian Cheese Soup Braised Beef/Noodles City Quail Green Beans Wilted Lettuce Tomatoes/Celery	Roast Veal/Peach Slice ✓ Charcoal Steakette Buttered Broccoli Parsley Buttered Carrot Coins
Friday	Cream of Mushroom Soup Tuna Burger Beef Stew Green Beans Spiced Peach Halves 7-Minute Cabbage	French Fried Shrimp/4 per serving Canadian Bacon/Pineapple Sauce French Fries or Tater Tots Corn O'Brien Buttered Spinach/Hard Cooked Egg
Saturday	✓ Roast Pork/Apple Ring Chopped T-Bones Lyonnaise Potatoes Mixed Vegetables Cauliflower Au Gratin	Pizza Cream of Chicken Soup

CHART A, Continued

Week No. 3

Day of Week	Lunch	Dinner
Sunday	✓ Baked Ham/Pineapple Ring ✓ Fried Chicken Baked Potato Peas/Mushrooms Glazed Carrot Sticks	
Monday	Beef Noodle Soup Italian Hamburger Patty ✓ Chicken Pot Pie/Biscuit Green Beans Ranch Style Beans Creamed Pearl Onions	✓ Pork Chow Mein ✓ Sliced Bar B-Q Beef Paprika Buttered Potatoes Cream Style Corn Buttered Brussels Sprouts
Tuesday	Tomato Soup Egg Salad Sandwich Chili Mac Green Beans Black Eyed Peas Broiled Apricot Halves	Chicken Fried Veal Steak ✓ Sliced Turkey/Dressing Browned Potatoes Asparagus Spears Savory Yellow Squash
Wednesday	Mulligatawney Soup Cod Fillets/ Tartar Sauce Creamed Chipped Beef/ Toast Bar B-Q on Bun Green Beans Spicy Rice Cheese Bake Pineapple Beets	Cheeseburger Loaf Baked Steak/Mushroom Gravy Mashed Potatoes Cinnamon Apples Broccoli/Cheese Sauce

CHART A, Continued

Day of Week	Lunch	Dinner
Thursday	Vegetable Soup Chicken and Noodles Corned Beef Hash Green Beans Buttered Spinach Hominy O'Brien	Pork Tender Veal Parmesan Parsley Buttered Potatoes Lima Beans Whole Spiced Peach
Friday	Cream of Mushroom Soup Salmon Loaf/Parsley Sauce Grilled Ham Sandwich Green Beans French Fried Okra Cinnamon Pear Halves	Baked Haddock Fillets Chuck Wagon Steaks Au Gratin Potatoes Mixed Vegetables Breaded Tomatoes
Saturday	✓ Maryland Chicken Pan Fried Steak Oven Brownd Potato Casserole Turnip Greens Whole Kernel Yellow Corn	Submarine Sandwich Chips Chicken Noodle Soup

CHART A, Continued

Week No. 4

Day of Week	Lunch	Dinner
Sunday	✓ Pot Roast/Vegetables Baked Ham/Fruit Sauce Candied Sweet Potatoes/ Marshmallows Buttered Broccoli Harvard Beets	
Monday	Corn Chowder Beef Stroganoff/Rice Deep Fried Fish Cakes/ Dill Slice Green Beans Tomatoes/Okra Yellow Squash	✓ Grilled Pork Chop Plantation Steak O'Brien Potatoes Succotash Spiced Applesauce
Tuesday	Beef Noodle Soup Schoolboy/Bun Cheese Fondue Green Beans Buttered Cauliflower Wilted Lettuce	Baked Chicken Breasts/ Seasoned Rice/ Sherry Sauce Grilled Chopped Sirloin Browned Potatoes Brussels Sprouts Whole Spiced Peach
Wednesday	Cream of Celery Soup Sauerkraut/Franks Turkey Turnovers Green Beans Buttered Cauliflower Mixed Vegetables Cinnamon Pear Halves	Spaghetti/Meat Sauce Baked Red Snapper Au Gratin Potatoes Buttered Asparagus Whole Kernel Yellow Corn

CHART A, Continued

Day of Week	Lunch	Dinner
Thursday	French Onion Soup ✓ Ham and Beans/Cornbread ✓ Spanish Meat Loaf Green Beans Buttered Spinach Orange Beets	✓ Fried Chicken ✓ Swiss Steak Whipped Potatoes/ Giblet Gravy Green Peas Broiled Apricot Halves
Friday	Tomato Soup Macaroni/Cheese Ham Logs/Cherry Wine Sauce Green Beans Black Eyed Peas Parsley Buttered Carrots	Shrimp Creole/Rice ✓ Grilled Pork Cutlet Hash Browned Potatoes Buttered Hominy Buttered Broccoli
Saturday	Roast Veal/Peach Slice ✓ Chicken Chow Mein Franconia Potatoes Whole Green Beans/Almonds Breaded Tomatoes	Canadian Cheese Soup Hamburger/Bun French Fried Onion Rings

CHART A, Continued

Week No. 5

Day of Week	Lunch	Dinner
Sunday	✓ Fried Chicken ✓ Roast Pork/Dressing Whipped Potatoes/Brown, Giblet Gravy Cinnamon Apple Slices Buttered Brussels Sprouts	
Monday	Navy Bean Soup Bologna Sandwich Lasagna Green Beans Cream Style Corn 7-Minute Cabbage	✓ Veal Steaks ✓ Chicken and Dumplings Parsley Buttered Potatoes Green Peas Glazed Pear Halves
Tuesday	Cream of Mushroom Soup Fish Puffies - 1½ oz. Hungarian Goulash Green Beans Blackeyed Peas Zucchini Squash	✓ Salisbury Steaks/ Tomato Sauce Ham Mornay Lyonnaise Potatoes Buttered Whole Kernel Corn Asparagus
Wednesday	Pepper Pot Soup Baked Beans/Franks Hot Turkey Sandwich Green Beans Buttered Spinach Glazed Apricot Halves	Baked Swordfish ✓ Roast Beef Whipped Potatoes/Brown Gravy Brussels Sprouts Pineapple Beets

CHART A, Continued

Day of Week	Lunch	Dinner
Thursday	French Onion Soup Grilled Sausage Patty/ Glazed Pear ✓ Beef Pot Pie/Crust Green Beans Spanish Rice Buttered Hominy	Deviled Pork Chops ✓ Chicken Fried Steak Duchess Potatoes Glazed Carrots Buttered Broccoli
Friday	Vegetable Soup Pepper Steak Tuna Noodle Casserole Green Beans Ranch Style Beans Yellow Squash	Catfish Fry French Fries Mixed Vegetables Spiced Apple Rings
Saturday	Grilled T-Bone ✓ Baked Ham/Fruit Sauce Au Gratin Potatoes Seasoned Wax Beans Peas/Pimento	Cream of Celery Soup Bar B-Q Beef/Bun Potato Chips

CHART B

PRICES OF ENTREE, VEGETABLE AND FRUITS
USED AS VEGETABLE ITEMS
1967 AS COMPARED 1969

	<u>1967</u>	<u>1969</u>
<u>Meat Prices Per Serving:</u>		
Beef:		
Beef chopped steak (grill sirloin, 4 oz.)	\$.23	\$.23
Beef round outside cut (boneless, tied)	.29	.30
Beef chuck roll (boneless, tied)	.25	.26
Beef round (rump, shank off, boneless and tied)	.29	.30
Beef top sirloin butt 12#/up	.33	.35
Beef for stewing (cubed by hand)	.17	.18
Beef for stewing (chopped by machine)	.16	.17
Beef chili meat and ground beef	.13	.15
Beef patties 4/1#	.14	.17
Beef liver, sliced, 4/1#	.15	.16
Cow outside roast	.26	.29
Beef cubed steak	.24	.29
Pork:		
Pork sausage bulk	.13	.15
Pork sausage patties 3/1#	.18	.20
Pork chops (5 oz.)	.27	.33
Pork chopped cutlets (4 oz.)	.15	.17
Pork ham (boneless, tied roast)	.25	.26
Pork spareribs 3/down#	.30	.33
Pork ground, "fresh"	.12	.14
Pork cubed by hand	.13	.15
Pork roast (4 oz.)	.25	.28
Cubed meats:		
Patio ham, fully cooked, boneless	.30	.32
Cello ham, cooked, boneless	.22	.22
Bacon (Canadian style)	.26	.32
Ham cured (ground or cubed)	.21	.20
Poultry:		
Fryers (cut up)	.22	.29
Turkey, USDA Grade A, 24 - 26#	.39	.45
Turkey roll, fully cooked (dark and white meat mixed)	.95	.94

CHART B, Continued

	<u>1967</u>	<u>1969</u>
Processed meats (listings per pound):		
Ham pullman can (9# and 6# tin)	.89	.94
Bologna, whole No. 1	.40	.45
Corned beef, 6# tin	.60	.60
Dried beef, 5# box	1.15	1.44
Fish:		
Salmon (3 oz.)	.18	.28
Halibut (4 oz.)	.25	.31
Tuna (2 oz.)	.19	.20
Shrimp (4 oz.)	.28	.34
Cod fish fillets (4 oz.)	.10	.11
Haddock (4 oz.)	.14	.16
Red snapper (4 oz.)	.17	.30
Swordfish (4 oz.)	.26	.33
Catfish (4 oz.)	.12	.11
Perch (4 oz.)	.10	.11
<u>Vegetables and Fruits Used as Vegetable Items:</u>		
Brussels sprouts	.045	.063
Broccoli	.03	.045
Carrots	.025	.025
Spinach	.02	.027
Hominy	.01	.015
Apple slices	.04	.055
Mixed vegetables	.018	.03
Black-eyed peas	.015	.025
Ranch style beans	.02	.03
French fried okra	.03	.05
Breaded cut okra		.08
Whole kernel corn	.035	.035
Green peas	.02	.035
Whole spiced peach	.03	.04
Whole tomatoes	.03	.025
Pear halves	.04	.05
Yellow squash	.025	.04
Cauliflower	.035	.044
Beets	.02	.025
Apricot halves	.06	.09
Lima Beans	.04	.04
Sweet potatoes	.03	.04
Cream style corn	.03	.03
Asparagus	.09	.14
Applesauce	.02	.03
Stewed vegetables	.03	.03
Pearl onions	.03	.055

	<u>1967</u>	<u>1969</u>
<u>Vegetables and Fruits Used as Vegetable Items, Continued</u>		
Apple rings	.05	.07
French fried onion rings	.09	.12
French fried potatoes	.05	.08
<u>SUMMARY - AVERAGE COST</u>		
Beef	.22	.24
Pork	.19	.22
Cured meats	.24	.26
Poultry	.17	.18
Processed meats	.25	.28
Fish	.17	.22
Vegetables	.03	.06

Overall average of food cost up \$0.03 per serving.

CHART C

JEFFREY'S MASTER CYCLE MENU (1967) CRITIQUE

Week I

Monday lunch:

1. Hominy for lunch on Week I and Week II.
2. Too much hand work (soup made from the beginning, spaghetti sauce, chop eggs for spinach, chop pepper for hominy).

Monday dinner:

1. Color of entree items very poor.
2. Selection of two beef items (poor combination).

Tuesday lunch:

1. Vegetables too starchy.
2. Poor color.
3. Poor texture.
4. Ranch style beans on Friday lunch too (repetition).

Wednesday lunch:

1. Vegetable selection very poor (tomatoes, a chili-tomato product), also celery au gratin very unpopular.

Thursday lunch:

1. Poor selection for entree item (both unpopular, rather have chicken salad on salad counter, very costly menu because of corned beef, chicken salad and pear halves).
2. Fruit served as a vegetable for the third time in one week, also repetition from Wednesday lunch.

Thursday dinner:

1. Cauliflower au gratin (poor planning because of added expense to popular item).

Friday lunch:

1. Apricot halves too expensive.
2. Fruit for the fourth time this week.

Saturday lunch:

1. Menu is too expensive - ham (added expense of pineapple, also asparagus spears).

CHART C, Continued

Week II

Monday lunch:

1. Tomato soup on Week I and on Monday of Week II.
2. Two ground beef items for lunch entree item.

Monday dinner:

1. Four beef items for the day - no other variety.
2. Too much hand work.
3. Green beans with pimento were also on Sunday dinner.

Wednesday dinner:

1. Second time fruit is served as a vegetable in Week II.

Thursday lunch:

1. City quail - too much hand work.

Friday lunch:

1. Third time in this week that fruit is served as a vegetable.

Friday dinner:

1. Too expensive (French fried shrimp, Canadian bacon and French fried potatoes).
2. Peach half for the second time in one week.

Saturday lunch:

1. Two grill items (chopped T-bone and lyonnaise potatoes).

Saturday dinner:

1. Pizza - not enough range space or warming equipment to hold pizza after cooking.

Sunday dinner:

1. Fruit served as vegetable for the fourth time in one week.

Week III

Monday dinner:

1. Italian hamburger (lunch) and Bar-B-Que sliced beef, both served with a catsup sauce.
2. Does not state what pork chow mein is served on.

CHART C, Continued

Tuesday lunch:

1. Tomato soup and chili, both tomato products.
2. Apricots too expensive.

Tuesday dinner:

1. Asparagus too expensive.
2. Poor color combination.

Wednesday lunch:

1. Too much hand work.

Wednesday dinner:

1. Two baked items.
2. Two beef items.

Thursday lunch:

1. Poor entree selection (both unpopular).

Thursday dinner:

1. Entree items too expensive (pork tenderloin cutlet and veal parmesan), also both are cutlet items.

Friday lunch:

1. Cream of mushroom soup served on Week II and Friday of Week III.
2. Salmon loaf very unpopular.

Saturday dinner:

1. Two baked items.

Week IV

Monday lunch:

1. Beef stroganoff should be a dinner item because of cost.

Monday dinner:

1. Two grilled items (pork chops and plantation steak).
2. Apple rings are too expensive.
3. Potatoes do not need to be O'Brien because of the succotash.

CHART C, Continued

Tuesday lunch:

1. Two bread items for entree selections.
2. Cheese fondue is very unpopular.

Tuesday dinner:

1. Too expensive.
2. Too much hand work.
3. Need an extra person on the serving line.
4. Second time fruit served as a vegetable during the week.

Wednesday lunch:

1. Turkey turnovers - too much hand work.
2. Poor selection and color (celery soup, sauerkraut and cauliflower).

Wednesday dinner:

1. Cost prohibitive.

Thursday lunch:

1. Meat loaf - a time factor for lunch.
2. Poor selection (ham and beans with onion soup).

Thursday dinner:

1. Costly.
2. Too much hand work.

Friday lunch:

1. Macaroni and cheese is too much like cheese fondue served on Tuesday noon.
2. Ham logs should be a dinner item because of cost.

Friday dinner:

1. Two grill items (pork cutlet and hash browned potatoes).

Sunday dinner:

1. Two sliced items (pot roast and baked ham).

Week V

Monday lunch:

1. Poor selection (navy bean soup, cabbage and corn).

CHART C, Continued

Monday dinner:

1. Chicken and dumplings should be a lunch item.
2. Pears are too expensive.

Tuesday lunch:

1. Black-eyed peas served on Tuesday lunch Week I and II.

Tuesday dinner:

1. Too much hand work (salisbury steak and ham mornay).
2. Corn served on Week I and Week V on Tuesday dinner.

Wednesday lunch:

1. Second time fruit served as a vegetable in one week.

Wednesday dinner:

1. Costly because of swordfish, roast beef and Brussels sprouts.

Friday lunch:

1. Pepper steak presents a time problem in preparation.

Friday dinner:

1. Equipment availability because of all the fried items.

Sunday dinner:

1. Fruit served as a vegetable for the fourth time during the week.

CHART D

AUTHOR'S CYCLE MENU

Week No. 1

Day of Week	Breakfast	Lunch	Dinner
Monday	Orange Juice Prune Juice Grapefruit Half Ralston Fried Eggs Sausage Links	Grilled Ham Sandwich Tuna Noodle Casserole Seasoned Green Beans Buttered WKY Corn Potato Chips Tomato Soup	✓ Baked Steak ✓ B.B.Q. Ribs Mashed Potatoes/ Gravy Buttered Peas Buttered Cauliflower
Tuesday	Cranberry Juice Orange Juice Apple Cream of Wheat Scrambled Eggs Bacon	Italian Spaghetti Ham a la King on Toast Seasoned Green Beans Buttered Hominy Harvard Beets Chicken Rice Soup	✓ Golden Pork Cutlet ✓ Meat Loaf Buttered Rice French Fried Okra Mixed Vegetables
Wednesday	Grape Juice Pineapple Juice Cantaloupe Oatmeal Hard & Soft Cooked Eggs Hash Brown Potatoes	Chili/Beans/Fritos Hot Turkey Sandwich Seasoned Green Beans Deep Fried Corn Fritters/Syrup Cinnamon Applesauce Minestrone Soup	✓ Baked Ham ✓ Chicken Fried Steak Hot Potato Salad Buttered Broccoli Buttered WKY Corn
Thursday	Apple Juice Tomato Juice Banana Cream of Wheat Scrambled Eggs Ham	Grilled Cheese Sandwich Beef Stew Seasoned Green Beans Buttered Yellow Squash Cinnamon & Sugar Pears Cream of Tomato Soup	✓ Fried Chicken ✓ Baked Pepper Steak Mashed Potatoes/ Gravy Buttered Peas Canned Whole Tomatoes

CHART D, Continued

Day of Week	Breakfast	Lunch	Dinner
Friday	Grapefruit Juice Grape Juice Orange Malt-O-Meal Fried Eggs Bacon	Fishwich/Bun Beef Spanish Rice Seasoned Green Beans Buttered Spinach Cream Style Corn Vegetable Beef Soup	Deep Fat Fried Cod / Fillet Salisbury Steak Oven Brown Potatoes Buttered Brussels Sprouts Buttered Carrot Coins
Saturday	Orange Juice Pineapple/ Grapefruit Juice Fresh Plums Oatmeal Scrambled Eggs Ham	Beef Roast Ham Log/Cherry Sauce Mashed Potatoes Buttered Lima Beans Escalloped Tomatoes	Coney on Bun Potato Chips Cream of Potato Soup
Sunday	Tomato Juice Apple Juice Grapefruit Half Ralston Fried Eggs Sausage Links	Fried Chicken Baked Steak Mashed Potatoes/ Gravy Buttered Spinach Buttered Mixed Vegetables	

CHART D, Continued

Week No. 2

Day of Week	Breakfast	Lunch	Dinner
Monday	Orange Juice Grapefruit Juice ✓ Banana Cream of Wheat Fried Eggs Bacon	Hamburger/Bun Ham/Beans/Cornbread Seasoned Green Beans Buttered Peas French Fried Onion Rings Chicken Noodle Soup	Grilled Chopped Sirloin Seafood Platter Paprika Buttered Potatoes Buttered Broccoli Black-eyed Peas
Tuesday	Grape Juice Apple Juice Orange ✓ Oatmeal Waffles Bacon	Hot Tamales/Chili/ Cheese Chicken Pot Pie/ ✓ Biscuit Fritos Buttered Lima Beans Cream of Celery Soup	Oven Fried Liver/ Onions Grilled Ham Slice Scalloped Potatoes Canned Whole Tomatoes Seasoned Green Beans
Wednesday	Orange Juice Tomato Juice Grapes Farina Scrambled Eggs Sausage Links	Hot Beef Sandwich Macaroni & Cheese Seasoned Green Beans 7-Minute Cabbage Ranch Style Beans Vegetable Soup	✓ BBQ Steakette ✓ Glazed Ham Loaf/ Pineapple Sauce Oven Brown Potatoes Buttered Cauliflower Buttered WKY Corn
Thursday	Grape Juice Pineapple/ Orange Juice Grapefruit Half Malt-O-Meal Fried Eggs Canadian Bacon	Corn Dogs Austrian Ravioli ✓ Seasoned Green Beans Spicy Rice Cheese Bake Buttered Spinach Cream of Mushroom Soup	✓ Grilled Pork Cutlet ✓ Baked Chicken Mashed Potatoes Buttered Squash Buttered Peas

Chart D, Continued

Day of Week	Breakfast	Lunch	Dinner
Friday	Orange Juice Cranberry Juice Banana Oatmeal Scrambled Eggs Bacon	Grilled Cheese Sandwich Braised Beef/Noodles Seasoned Green Beans Buttered Mixed Vegetables Cinnamon Applesauce Cream of Tomato Soup	French Fried Catfish Stuffed Green Pepper Hash Brown Potatoes Buttered Succotash Pineapple Beets
Saturday	Apple Juice Grape Juice Cantaloupe Ralston Hard & Soft Cooked Eggs Sliced Ham	Grilled Beef Steak BBQ Chicken Mashed Potatoes Buttered Brussels Sprouts Buttered Peas and Carrots	Pizza Bean & Bacon Soup
Sunday	Orange Juice Prune Juice Fresh Peach Cream of Wheat Fried Eggs Bacon	Baked Ham Meat Loaf Candied Sweet Potatoes Buttered Green Beans Pineapple Beets	

CHART D, Continued

Week No. 3

Day of Week	Breakfast	Lunch	Dinner
Monday	Grapefruit Juice Tomato Juice Orange Malt-O-Meal Fried Eggs Sausage Links	BBQ Beef/Bun Scalloped Potatoes and Ham Seasoned Green Beans Buttered Mixed Vegetables Doritos Vegetable Soup	✓ Fried Chicken Beef Stroganoff/ Rice Lyonnaisé Potatoes Buttered WKY Corn Buttered Spinach
Tuesday	Orange Juice Apple Juice Grapefruit Half Farina Scrambled Eggs Bacon	Chili Macaroni ✓ Egg Salad Sandwich ✓ Seasoned Green Beans Buttered Beets Black-eyed Peas Corn Chowder	Sliced Turkey w/ Dressing Baked Sliced Ham Mashed Potatoes Buttered Yellow Squash Buttered Brussels Sprouts
Wednesday	Grape Juice Pineapple Juice Banana Cream of Wheat Hard and Soft Cooked Eggs Hash Brown Potatoes	Beef Stew ✓ Reuben Sandwich Seasoned Green Beans Cold Applesauce Hominy O'Brien Cream of Celery Soup	Meat Loaf Cod Squares Parsley Buttered Potatoes Buttered Peas Spiced Peach Half
Thursday	Orange Juice Cranapple Juice Fresh Plum Oatmeal Fried Eggs Ham	Hamburger/Bun ✓ Chicken a la King/ ✓ Chow Mein Noodles Seasoned Green Beans French Fried Onion Rings Spanish Rice Cream of Potato Soup	Chicken Fried Steak Roast Pork Mashed Potatoes Lima Beans Buttered Carrot Coins

CHART D, Continued

Day of Week	Breakfast	Lunch	Dinner
Friday	Apple Juice Grape Juice Cantaloupe Cream of Wheat Scrambled Eggs Bacon	Grilled Ham Sandwich Tuna & Potato Chip Casserole Seasoned Green Beans French Fried Okra Baked Beans Cream of Tomato Soup	BBQ Sliced Beef Baked Halibut French Fried Potatoes Buttered WKY Corn Buttered 7-Minute Cabbage
Saturday	Orange Juice Tomato Juice Grapefruit Half Ralston Creamed Eggs on Toast Ham	Fried Chicken Hamburger Steak Duchess Potatoes Breaded Tomatoes Buttered Cauliflower	Submarine Sandwich Fritos Cream of Chicken Soup
Sunday	Grape Juice Pineapple/ Grapefruit Juice Apple Malt-O-Meal Pancakes Bacon	Yankee Pot Roast Ham Loaf Baked Potatoes Buttered Broccoli Seasoned Wax Beans	

CHART D, Continued

Week No. 4

Day of Week	Breakfast	Lunch	Dinner
Monday	Prune Juice Orange Juice Banana Farina Scrambled Eggs Sausage Links	School Boy/Bun Chicken Chow Mein Seasoned Green Beans Buttered Yellow Squash Seasoned Ranch Style Beans Canadian Cheese Soup	✓ ✓ Salisbury Steak Grilled Pork Cutlet Oven Brown Potatoes Buttered Spinach Buttered Succotash
Tuesday	Grape Juice Pineapple/ Grapefruit Juice Orange Oatmeal Fried Eggs Bacon	Hot Roast Beef Sandwich American Ravioli Buttered Green Beans Seasoned Wilted Lettuce Buttered Tomatoes Bean Soup	✓ ✓ Meat Loaf Fried Chicken Mashed Potatoes Buttered Brussels Sprouts Buttered Carrot Coins
Wednesday	Orange Juice Cranberry Juice Grapefruit Half Ralston Scrambled Eggs Ham Bits	Grilled Cheese Sandwich Italian Spaghetti Seasoned Green Beans Buttered Mixed Vegetables Buttered Onions Beef-Rice Soup	✓ ✓ Swiss Steak Baked Pork Chop Candied Sweet Potatoes Buttered Broccoli Buttered WKY Corn
Thursday	Grape Juice Grapefruit Juice Orange Oatmeal Hard and Soft Cooked Eggs Sausage Links	Hot Dogs/Buns Ham and Cheese Sandwich Seasoned Green Beans Potato Chips Buttered Cauliflower French Onion Soup	✓ Baked Steak Turkey Supreme Mashed Potatoes Buttered Green Peas Pineapple Beets

CHART D, Continued

Day of Week	Breakfast	Lunch	Dinner
Friday	Orange Juice Tomato Juice Apple Cream of Wheat Fried Eggs Bacon	Creamed Tuna/Toast Chili Buttered Green Beans Seasoned Black-eyed Peas Buttered Carrots Cream of Mushroom Soup	Almondine Sole Baked Ham/Cherry Sauce Potatoes Au Gratin Buttered Turnip Greens Cream Style Corn
Saturday	Apple Juice Pineapple/ Orange Juice Orange Oatmeal Scrambled Eggs Bacon	✓ Roast Pork ✓ Chicken Fried Steak Mashed Potatoes Spiced Applesauce Buttered Broccoli	Cheeseburger Potato Chips Cream of Tomato Soup
Sunday	Orange Juice Grape Juice Banana Buttered Rice Pancakes/Syrup	✓ Fried Chicken Chuck Wagon Steak Mashed Potatoes Buttered Peas and Carrots Buttered WKY Corn	

CHART D, Continued

Week No. 5

Day of Week	Breakfast	Lunch	Dinner
Monday	Orange Juice Prune Juice Grapefruit Half Oatmeal Scrambled Eggs Sausage Links	Bologna Sandwich Lasagna Seasoned Green Beans Black-eyed Peas Buttered Cauliflower Chicken Rice Soup	Meat Loaf Seafood Platter Persillade Potatoes Buttered Brussels Sprouts Buttered Squash
Tuesday	Apple Juice Pineapple Juice Orange Farina French Toast/Syrup Bacon	BBQ Beef/Bun Chicken & Dumplings Seasoned Green Beans Buttered Spinach Buttered Hominy Vegetable Soup	Veal Roast Canadian Bacon Mashed Potatoes Buttered Peas Seasoned Tomatoes
Wednesday	Grape Juice Pineapple/ Orange Juice Grapefruit Half Buttered Rice Fried Eggs Ham	American Club Sandwich Macaroni & Cheese Seasoned Green Beans Baked Beans Okra and Tomatoes Beef Rice Soup	Beef Stroganoff Fried Chicken Oven Brown Potatoes Cream Style Corn Buttered Broccoli
Thursday	Grapefruit Juice Orange Juice Apple Cream of Wheat Creamed Eggs on Toast Sausage Links	Hungarian Goulash Hot Dogs on Buns Seasoned Green Beans Buttered Cabbage Potato Chips Cream of Mushroom Soup	Roast Pork Swedish Meat Balls Mashed Potatoes Buttered Lima Beans Cinnamon Apples

CHART D, Continued

Day of Week	Breakfast	Lunch	Dinner
Friday	Tomato Juice Apple Juice Orange Malt-O-Meal Scrambled Eggs Bacon	Fish Sticks French Dip on Bun Ranch Style Beans Buttered Squash Cream of Potato Soup	Shrimp Creole Chuck Wagon Steak French Fried Potatoes Seasoned Mixed Vegetables Buttered Beets
Saturday	Pineapple Juice Orange Juice Banana Ralston Hard and Soft Cooked Eggs Ham	Veal Banquet Steaks BBQ Sliced Beef Parsley Buttered Potatoes Buttered Succotash Breaded Tomatoes	Bacon, Lettuce, Tomato Sandwiches Potato Chips Beef Noodle Soup
Sunday	Pineapple/ Grapefruit Juice Tomato Juice Apple Cream of Wheat Scrambled Eggs Bacon	Smothered Steak Baked Ham Candied Sweet Potatoes Buttered Peas Buttered Carrots	

CHART E

AUTHOR'S CYCLE MENU (1969) CRITIQUE

Week 1

Monday lunch:

1. Change grilled ham sandwich because of repetition of ham items.

Monday dinner:

1. Baked steaks were taken off because of too many steak items during the week.
2. Carrots replaced cauliflower because of color.

Tuesday lunch:

1. Quaker spaghetti replaced Italian spaghetti because of serving problem.
2. Chicken a la king replaced ham a la king because of too many ham items and color. Then, vegetable soup replaced the chicken rice soup.

Tuesday dinner:

1. Yankee pot roast replaced meat loaf.

Wednesday breakfast:

1. Hard and soft cooked eggs were replaced with pancakes because the first are very unpopular. This also meant that hash brown potatoes had to be replaced because of two grilled items. Sausage links were added.

Wednesday dinner:

1. Salmon croquettes replaced chicken fried steak because of too many steak items. Parsillade potatoes replaced hot potato salad (hand work). Mixed vegetables replaced WKY corn because of repetition.

Friday lunch:

1. Potato soup replaced vegetable soup because of students' request.

Friday dinner:

1. Swiss steak (beef grill cut) replaced salisbury steak because of color.

CHART E, Continued

Week 2

Monday lunch:

1. French fried onion rings were replaced with hominy because of cost.

Tuesday lunch:

1. Deep fried pineapple was added to replace lima beans because of color, also a new dish for the students (accepted very well). Celery soup had to be removed because of color, so tomato rice soup was added.

Thursday breakfast:

1. It was decided to leave Canadian bacon on the menu because of popularity and only one ounce is served at breakfast.

Saturday lunch:

1. Replaced Brussels sprouts with fried okra because of popularity.

Saturday dinner:

1. Pizza was replaced with Italian spaghetti.

Sunday dinner:

1. Pineapple beets were removed because of repetition from the Friday night before.

Week 3

Monday dinner:

1. Fried chicken was removed because of the chicken on Tuesday dinner.

Tuesday lunch:

1. Vegetable soup was added instead of corn chowder because of the amount of starch already in the meal.

Tuesday dinner:

1. Baked chicken/dressing replaced sliced turkey and dressing because of the poor quality of turkey, also students prefer chicken to turkey.
2. Cold whole tomatoes replaced Brussels sprouts.

CHART E, Continued

Wednesday breakfast:

1. Hard and soft cooked eggs were eliminated because students dislike them instead fried ham was used.

Thursday lunch:

1. It is left up to the discretion of the unit manager as to whether he can afford to serve French fried onion rings.

Friday dinner:

1. Hash brown potatoes replaced French fried potatoes because of cost. Hash brown potatoes were chosen because of popularity.

Saturday dinner:

1. Cream of chicken soup was replaced with chicken vegetable soup because of the other cream soups that had been served during the week.

Week 4

Monday lunch:

1. Beef chop suey was added in place of chicken chow mein to try student acceptance. Then, it was decided to replace Canadian cheese soup with cream of chicken soup because of cost.

Monday dinner:

1. Spiced applesauce replaced spiced pears because of cost.

Tuesday dinner:

1. Cheeseburger loaf replaced meat loaf because of variety. It was decided to leave Brussels sprouts on the menu because the meal was low cost.

Wednesday lunch:

1. Because of the cheeseburger loaf on the evening before, grilled cheese sandwiches were replaced with tuna salad sandwiches.

Wednesday dinner:

1. Roast pork was added to replace baked pork chops for two reasons: (a) cost and (b) both Swiss steak and pork chops are baked items.

Thursday breakfast:

1. Pancakes replaced hard and soft cooked eggs.

CHART E, CONTINUED

Thursday dinner:

1. Harvard beets instead of pineapple because of variety.

Friday lunch:

1. Creamed tuna was replaced by fried cod because of two creamed items on the menu.
2. To add variety whole carrots were added instead of sliced carrots.

Friday dinner:

1. Black-eyed peas replaced buttered turnips because of turnip greens for lunch.

Saturday dinner:

1. Baked pork chops replaced roast pork (the two items switched from Saturday dinner to Wednesday dinner because less people eat on Saturday).

Week 5

Monday lunch:

1. Ham sandwich replaced bologna because of repetition (Week 1 and Week 5).
2. Mixed vegetables replaced black-eyed peas because of repetition (Friday of Week 4).
3. Buttered squash replaced Brussels sprouts because of cost, but leaves poor texture.

Tuesday dinner:

1. Smothered steak (beef grill) replaced Canadian bacon because of cost.

Wednesday lunch:

1. Ham and beans replaced macaroni and cheese because macaroni and cheese is on Thursday lunch menu.

Friday lunch:

1. Creamed chipped beef on toast replaced French dip on bun. The cost is about the same but offers more variety.

Friday dinner:

1. Charcoal steak replaced chuck wagon steak because of more variety.

CHART E, Continued

Saturday dinner:

1. School boy sandwiches replaced bacon, lettuce and tomato sandwich because the latter is a seasonal product.

CHART F

FINAL COPY OF MASTER FIVE WEEK CYCLE MENU

Week No. 1

Day of Week	Breakfast	Lunch	Dinner
Monday	Orange Juice Prune Juice Grapefruit Half Ralston Fried Eggs Sausage Links	Bologna Sandwich Tuna Noodle Casserole Seasoned Green Beans Buttered WKY Corn Potato Chips Tomato Soup	Turkey and Dressing BBQ Ribs Mashed Potatoes and Gravy Buttered Peas and Onions Buttered Waffled Carrots
Tuesday	Cranberry Juice Orange Juice Apple Cream of Wheat Scrambled Eggs Bacon	Quaker Spaghetti Chicken à la King on Toast Seasoned Green Beans Buttered Hominy Harvard Beets Vegetable Soup	Golden Pork Cutlet Yankee Pot Roast Buttered Rice French Fried Okra Cinnamon Pears
Wednesday	Grape Juice Pineapple Juice Cantaloupe Oatmeal Pancakes Link Sausages	Chili/Beans/Fritos Hot Turkey Sandwich Seasoned Green Beans Deep Fried Corn Fritters/Syrup Cinnamon Applesauce Minestrone Soup	Baked Ham Salmon Croquettes Persillade Potatoes Buttered Broccoli Mixed Vegetables
Thursday	Apple Juice Tomato Juice Banana Cream of Wheat Scrambled Eggs Ham	Grilled Cheese Sandwich Beef Stew Seasoned Green Beans Buttered Yellow Squash Black-eyed Peas Cream of Tomato Soup	Fried Chicken Salisbury Steak Mashed Potatoes and Gravy Buttered Peas Canned Whole Tomatoes

CHART F, Continued

Day of Week	Breakfast	Lunch	Dinner
Friday	Grapefruit Juice Grape Juice Orange Malt-O-Meal Fried Eggs Bacon	Fishwich/Bun Beef Spanish Rice Seasoned Green Beans Buttered Spinach Cream Style Corn Potato Soup	Deep Fat Fried Cat- Fish Fillet Swiss Steak Oven Brown Potatoes Buttered Brussels Sprouts Buttered Carrots (Julienne)
Saturday	Orange Juice Pineapple/ Grapefruit Juice Fresh Plums Oatmeal Scrambled Eggs Ham	Beef Roast Ham Log/Cherry Sauce Cottage Cut Fried Potatoes Buttered Lima Beans Escalloped Tomatoes	Coney on Bun/Chili Potato Chips Vegetable Beef Soup
Sunday	Tomato Juice Apple Juice Grapefruit Half Ralston Fried Eggs Sausage Links	Fried Chicken Baked Steak Mashed Potatoes and Gravy Buttered Spinach Buttered Mixed Vegetables	

CHART F, Continued

Week No. 2

Day of Week	Breakfast	Lunch	Dinner
Monday	Orange Juice Grapefruit Juice Banana Cream of Wheat Fried Eggs Bacon	Hamburger/Bun Ham/Beans/ Cornbread Seasoned Green Beans Buttered Beets Hominy Chicken Noodle Soup	Grilled Chopped Sirloin Seafood Platter Paprika Buttered Potatoes Buttered Broccoli Black-eyed Peas
Tuesday	Grape Juice Apple Juice Orange Oatmeal Waffles Bacon	Hot Tamales/Chili/ Cheese Chicken Pot Pie/ Biscuit Fritos Deep Fried Pineapple Tomato Rice Soup	Oven Fried Liver and Onions Grilled Ham Slice Scalloped Potatoes Canned Whole Tomatoes Seasoned Green Beans
Wednesday	Orange Juice Tomato Juice Grapes Farina Scrambled Eggs Sausage Links	Hot Beef Sandwich Macaroni and Cheese Seasoned Green Beans 7-Minute Cabbage Ranch Style Beans Vegetable Soup	BBQ Steakette Glazed Ham Loaf/ Pineapple Sauce Oven Brown Potatoes Buttered Cauliflower Buttered WKY Corn
Thursday	Grape Juice Pineapple/Orange Juice Malt-O-Meal Fried Eggs Canadian Bacon	Corn Dogs Austrian Ravioli Seasoned Green Beans Spicy Rice Cheese Bake Buttered Spinach Cream of Mushroom Soup	Grilled Pork Cutlet Baked Chicken Mashed Potatoes Buttered Squash Buttered Peas

CHART F, Continued

Day of Week	Breakfast	Lunch	Dinner
Friday	Orange Juice Cranberry Juice Banana Oatmeal Scrambled Eggs Bacon	Grilled Cheese Sandwich Braised Beef/Noodles Seasoned Green Beans Buttered Mixed Vegetables Cinnamon Applesauce Cream of Tomato Soup	French Fried Cod Stuffed Green Pepper Hash Brown Potatoes Buttered Succotash Pineapple Beets
Saturday	Apple Juice Grape Juice Cantaloupe Ralston French Toast Sliced Ham	Grilled Beef Steak BBQ Chicken Mashed Potatoes Buttered Okra Buttered Peas and Carrots	Italian Spaghetti French Bread French Onion Soup
Sunday	Orange Juice Prune Juice Fresh Peach Cream of Wheat Fried Eggs Bacon	Baked Ham Meat Loaf Candied Sweet Potatoes Buttered Green Beans Buttered Apples - Spiced	

CHART F, Continued

Week No. 3

Day of Week	Breakfast	Lunch	Dinner
Monday	Grapefruit Juice Tomato Juice Orange Malt-O-Meal Fried Eggs Sausage Links	BBQ Beef/Bun Scalloped Potatoes and Ham Seasoned Green Beans Buttered Mixed Vegetables Doritos Cheese Soup	Veal Cutlet Beef Stroganoff/ Noodles Lyonnaisé Potatoes Buttered WKY Corn Buttered Spinach
Tuesday	Orange Juice Apple Juice Grapefruit Half Farina Scrambled Eggs Bacon	Chili Macaroni, w/Cheese Egg Salad Sandwich Seasoned Green Beans Buttered Beets Black-eyed Peas Vegetable Soup	Baked Chicken/ Dressing Baked Sliced Ham Mashed Potatoes Buttered Yellow Squash Cold Whole Tomatoes
Wednesday	Grape Juice Pineapple Juice Banana Cream of Wheat Hash Brown Potatoes Ham	Beef Stew Reuben Sandwich Seasoned Green Beans Cold Applesauce Hominy O'Brien Cream of Potato Soup	Meat Loaf Cod Squares Parsley Buttered Potatoes Buttered Peas Spiced Peach Half
Thursday	Orange Juice Cranapple Juice Fresh Plum Oatmeal Fried Eggs Link Sausage	Hamburger/Bun Chicken a la King/ Chow Mein Noodles Seasoned Green Beans Seasoned Turnips Spanish Rice Corn Chowder	Chicken Fried Steak Roast Pork Mashed Potatoes Lima Beans Buttered Carrot Coins

CHART F, Continued

Day of Week	Breakfast	Lunch	Dinner
Friday	Apple Juice Grape Juice Cantaloupe Cream of Wheat Scrambled Eggs Bacon	Grilled Ham Sandwich Tuna and Potato Chip Casserole Seasoned Green Beans French Fried Okra Baked Beans Tomato Soup	BBQ Sliced Beef Baked Halibut Hash Brown Potatoes Buttered WKY Corn Buttered 7-Minute Cabbage
Saturday	Orange Juice Tomato Juice Grapefruit Half Ralston Creamed Eggs on Toast Ham	Fried Chicken Hamburger Steak Duchess Potatoes Breaded Tomatoes Buttered Cauliflower	Submarine Sandwiches Fritos Chicken Vegetable Soup
Sunday	Grape Juice Pineapple/ Grapefruit Juice Apple Malt-O-Meal Pancakes Bacon	Beef Roast Ham Loaf Baked Potato Buttered Broccoli Seasoned Wax Beans	

CHART F, Continued

Week No. 4

Day of Week	Breakfast	Lunch	Dinner
Monday	Prune Juice Orange Juice Banana Farina Scrambled Eggs Sausage Links	School Boy/Bun Beef Chop Suey/ Chinese Noodles Seasoned Green Beans Buttered Yellow Squash Cream of Chicken Soup	Salisbury Steak Grilled Pork Cutlet Oven Brown Potatoes Buttered Succotash Spiced Applesauce
Tuesday	Grape Juice Pineapple/ Grapefruit Juice Orange Oatmeal Fried Eggs Bacon	Hot Roast Beef Sandwich American Ravioli Buttered Green Beans Seasoned Wilted Lettuce or Buttered Spinach Buttered Tomatoes Bean Soup	Cheeseburger Loaf Fried Chicken Mashed Potatoes Buttered Brussels Sprouts Buttered Carrots Julienne
Wednesday	Orange Juice Cranberry Juice Grapefruit Half Ralston Scrambled Eggs Ham Bits	Tuna Salad Sandwich Spaghetti Neapolitan Seasoned Green Beans Buttered Mixed Vegetables Buttered Onions Beef Rice Soup	Swiss Steak BRT Roast Pork Candied Sweet Potatoes Buttered Broccoli Buttered WKY Corn
Thursday	Grape Juice Grapefruit Juice Orange Oatmeal Pancakes Sausage Links	Hot Dogs/Beans Ham and Cheese Sandwich Seasoned Green Beans Potato Chips Buttered Cauliflower French Onion Soup or Mulligatawny Soup	Baked Steak (Beef Grill) Turkey Supreme Mashed Potatoes Buttered Green Peas Harvard Beets

CHART F, Continued

Day of Week	Breakfast	Lunch	Dinner
Friday	Orange Juice Tomato Juice Apples Cream of Wheat Fried Eggs Bacon	Fish (Cod) Portion Chili Buttered Green Beans Buttered Turnip Greens & Turnips Orange Glazed Whole Carrots Cream of Mushroom Soup	Almondine Sole Baked Ham/Cherry Sauce Buttered Potatoes Creamed Style Corn Seasoned Black-eyed Peas
Saturday	Apple Juice Pineapple/Orange Juice Orange Oatmeal Scrambled Eggs Bacon	Baked Pork Chop Chicken Fried Steak Mashed Sweet Potatoes Spiced Applesauce Buttered Broccoli	Cheeseburger Potato Chips Cream of Tomato Soup
Sunday	Orange Juice Grape Juice Banana Buttered Rice Waffles/Syrup or French Toast Ham	Fried Chicken Chuck Wagon Steak Mashed Potatoes Buttered Peas and Carrots Buttered WKY Corn	

CHART F, Continued

Week No. 5

Day of Week	Breakfast	Lunch	Dinner
Monday	Orange Juice Prune Juice Grapefruit Half Oatmeal Scrambled Eggs Sausage Links	Ham Sandwich Lasagna Seasoned Green Beans Buttered Mixed Vegetables Buttered Cauliflower Pepper Pot Soup	Meat Loaf Seafood Platter Parsleyed Potatoes Buttered Squash Seasoned Tomatoes
Tuesday	Apple Juice Pineapple Juice Orange Farina French Toast/ Syrup Bacon	BBQ Chopped Beef/Bun Chicken & Dumplings Seasoned Green Beans Buttered Spinach/Egg Buttered Hominy Vegetable Soup	Smothered Steak Veal Roast Mashed Potatoes Buttered Peas Apple Fritters
Wednesday	Grape Juice Pineapple/Orange Juice Grapefruit Half Buttered Rice Fried Eggs Ham	American Sandwich Ham and Beans/ Cornbread Seasoned Green Beans Buttered Turnips Okra & Tomatoes Beef Rice Soup	Hungarian Goulash/ Noodles Fried Chicken Mashed Potatoes Cream Style Corn Buttered Broccoli
Thursday	Grapefruit Juice Orange Juice Apple Cream of Wheat Creamed Eggs on Toast Sausage Links	Macaroni and Cheese Hot Dog on Bun Buttered Cabbage Baked Beans Potato Chips Cream of Mushroom Soup	BRT. Roast Pork Swedish Meat Balls Browned Potatoes Buttered Lima Beans Cinnamon Apples

CHART F, Continued

Day of Week	Breakfast	Lunch	Dinner
Friday	Tomato Juice Apple Juice Orange Malt-O-Meal Scrambled Eggs Bacon	Fish Krispies Creamed Chipped Beef on Toast Black-eyed Peas Buttered Squash Buttered Mixed Vegetables Chicken Noodle Soup	Shrimp Creole/Rice Charcoal Steak French Fried Potatoes Seasoned Green Beans
Saturday	Pineapple Juice Orange Juice Banana Ralston Hash Brown Potatoes Ham	Veal Banquet Steak BBQ Sliced Beef Parsleyed Buttered Potatoes Buttered Succotash Breaded Tomatoes	Schoolboy Sandwich Doritos Beef Noodle Soup
Sunday	Pineapple/ Grapefruit Juice Tomato Juice Apple Cream of Wheat Scrambled Eggs Bacon	Smothered Steak Baked Ham Candied Sweet Potatoes Buttered Peas French Fried Cauliflower	

CHART G

ALL RECIPES STANDARDIZED

CHEESEBURGER LOAF

Date: 1969

Size of Serving 4 oz.Cooking Temp. 325 deg.Cooking Time 60 minutesServing Equipment Spatula

Ingredients	50	100	200	Unit	
				Price	Price
Ground Beef	11#	22½#	45#		
Bread Crumbs	2#	4#	8#		
Onions, chopped fine	5 oz.	10 oz.	1# 4 oz.		
Green Peppers, chopped fine	2½ oz.	5 oz.	10 oz.		
Salt	2½ T.	5 T.	10 T.		
Pepper	½ tsp.	1¼ tsp.	2½ tsp.		
Whole fresh egg	8	15	30		
Milk	¾ qt.	1½ qt.	3 qt.		
Tomato Puree	1¼ qt.	2½ qt.	1 gal.+ 1 qt.		
Grated Am. Cheese	3#	6#	12#		

PROCEDURE:

1. Mix ingredients lightly.
2. Place half of the mixture in a long 2" pan. Then add the cheese, and then the rest of the mixture. Shape into 2 loaves.
3. Bake until meat is evenly browned (approximately 1 hour).
4. Cut into 20 servings per loaf (40 servings per pan).
5. Garnish with tomato catsup and parsley sprigs.

HAMBURGER/BUN

Date: 1969

Size of Serving 4/1# pattyCooking Temp. Grill 325 deg.Cooking Time 5-6 min.Serving Equipment Spatula

Ingredients	50	100	200	Unit	
				Price	Price
Hamburger Patties 4/1#	13#	25#	50#		
Buns, 4"	50	100	200		

PROCEDURE:

1. Remove frozen patties from box and place on grill. 325° for 5-6 minutes. Do not overcook patties.
2. Place cooked patties on bun. Garnish with chopped lettuce and tomatoes or place garnishes on condiment stands.
3. Hamburgers are best when not cooked too far in advance.

CHART G, Continued

SUBMARINE SANDWICH

Date: 1969

Size of Serving 1 Sandwich

Cooking Temp. _____

Cooking Time _____

Serving Equipment Tongs

Ingredients	72	108	216	Unit	
				Price	Price
American cheese, sliced	2# 4 oz.	3# 6 oz.	6# 12 oz.		
Swiss cheese, sliced	2# 4 oz.	3# 6 oz.	6# 12 oz.		
Ham, canned pullman	2# 4 oz.	3# 6 oz.	6# 12 oz.		
Salami, sliced, 1 oz.	2# 4 oz.	3# 6 oz.	6# 12 oz.		
Bologna, sliced, 1 oz.	2# 4 oz.	3# 6 oz.	6# 12 oz.		
Kaiser bun	6 doz.	9 doz.	18 doz.		
Mayonnaise	1# 2 oz.	1# 11 oz.	3# 6 oz.		
Head lettuce	2# 4 oz.	3# 6 oz.	6# 12 oz.		
Tomatoes	12@	18@	36@		
Onions	6@	9@	18@		

PROCEDURE:

1. Cut meat and cheese into $\frac{1}{2}$ oz. slices, use one slice of each product per sandwich.
2. Open Kaiser bun and mayonnaise top half. Line bottom with lettuce. Place one slice of each product on lettuce. Add 2 slices tomato, and $\frac{1}{8}$ " slice onion. Close top, place olive on toothpick on top of bun.

BAKED HAM

Date: 1969

Size of Serving 3 oz.Cooking Temp. 325 deg.Cooking Time 2 hours

Serving Equipment _____

Ingredients	50	100	200	Unit	
				Price	Price
Cured ham, Patio, pre-cooked	18#	36#	72#		
Brown sugar	$\frac{1}{2}$ #	1#	2#		
Cornstarch	2 T.	4 T.	$\frac{1}{2}$ cup		
White syrup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	1 cup		
Pineapple juice	2 T.	4 T.	$\frac{1}{2}$ cup		

PROCEDURE:

1. Bake ham on rack in roasting pan.
2. Mix remaining ingredients until smooth.
3. Cover ham with glaze about $\frac{1}{2}$ hour before it is done.
4. Return to oven and bake.
5. Slice in 3 oz. slices.

CHART G, Continued

STUFFED PEPPERS

Date: 1969

Size of Serving 5 oz.Cooking Temp. 350 deg.Cooking Time 1 hourServing Equipment Solid spoon

Ingredients	50	100	200	Unit Price	Price
Rice, uncooked	1#	2#	4#		
Onions, chopped	14½ oz.	1# 12 oz.	3½#		
Celery, chopped	14½ oz.	1# 12 oz.	3½#		
Peppers, ½'s	8½#	17#	34#		
Ground meat	7#	14#	28#		
Tomato sauce	3 C.	2 qt.	1 gal.		
Salt	1 3/4 oz.	3½ oz.	7 oz.		

PROCEDURE:

1. Steam rice until cooked, 5-10 minutes.
2. Steam onions until cooked, 20-25 minutes.
3. Steam celery until cooked, 12-15 minutes.
4. Steam peppers until tender, approximately 15 minutes.
5. Mix remaining ingredients. Add steamed celery, onions and rice.
6. Fill steamed pepper shells with #10 dipper of meat mixture. Bake covered with a small amount of water at 350 deg. for 1 hour.

PORK ROAST

Date: 1969

Size of Serving 3 oz.Cooking Temp. 325 deg.Cooking Time 30 min./#Serving Equipment Spatula

Ingredients	50	100	200	Unit Price	Price
Pork roast	17#	34#	68#		
Salt, seasoned - Sprinkle over roast					
Pepper - 2 T./roast					

PROCEDURE:

1. Place roast on a rack in roasting pans. Try to have all roasts in one pan about equal in size.
2. Use meat thermometer to determine doneness. Meat thermometer should register 160 deg.
3. Remove roast from pan and cool before slicing.
4. Slice in 3 oz. slices. Pan and garnish with parsley.

CHART G, Continued

Ingredients	50	100	200	#12 dip of rice	
				Unit	Price
SHRIMP CREOLE/RICE				Size of Serving	3 oz. dip creole
Date: 1969				Cooking Temp.	Medium heat
				Cooking Time	Approx. 1 hour
				Serving Equipment	3 oz. ladle
					#12 dipper
Onions, chopped	1½#	3#	6#		
Celery, chopped	1½#	3#	6#		
Fat	8 oz.	1#	2#		
Flour	1½ C.	3 C.	1½ qts.		
Chicken stock	2 qts.	1 gal.	2 gal.		
Catsup	2 C.	1 qt.	2 qts.		
Salt	2 T.	¼ C.	½ C.		
Chili powder	1 T.	2 T.	¼ C.		
Worcestershire sauce	¼ C.	½ C.	1 C.		
Tabasco sauce	few drops	few drops	few drops		
Tomatoes	1 qt.	2 qts.	1 gal.		
Vinegar	1 T.	2 T.	¼ C.		
Sugar	1 T.	2 T.	¼ C.		
Shrimp, cleaned and deveined	6½#	12½#	25#		
Rice	3#	6#	12#		

PROCEDURE:

1. Saute onions and celery in fat until nicely browned.
2. Make a paste of the flour and ½ of the stock. Heat the remainder of the stock and add flour paste.
3. Add all ingredients, except the rice, to the thickened broth. Cook until of desired consistency.
4. Steam rice, drain, blanch and drain again.
5. Serve 3 oz. of creole over a #12 dip of rice.

*For easier preparation use ½ green shrimp and ½ peeled and deveined shrimp.

Ingredients	50	100	200	Unit	
				Price	Price
COD SQUARES				Size of Serving	4 oz.
Date: 1969				Cooking Temp.	325 deg. Fryer
				Cooking Time	3-5 minutes
				Serving Equipment	Tongs
Cod Squares	12½#	25#	50#		
4 oz. Breaded					

PROCEDURE:

1. Place cod squares in deep fat fryer. Cook until golden brown.
2. Garnish with parsley sprigs.

CHART G, Continued

REUBEN SANDWICH

Date: 1969

Size of Serving 1 SandwichCooking Temp. 325 deg.Cooking Time Approx. 2 min.Serving Equipment Spatula or tongs

Ingredients	50	100	200	Unit	
				Price	Price
Corned beef, Wilson's canned	1-6# can	2-6# cans	4-6# cans		
Swiss cheese, sliced	50-1 oz. approx.3#	100-1 oz. approx.10#	200-1 oz. approx.20#		
Rye bread	100 slices	200 sl.	400 sl.		
Sauerkraut	3#	1-#10's	2-#10's		
French dressing or thousand island	1½ qts.	3 qts.	1 gal.+2 qts.		
Melted margarine	1#	2#	4#		

PROCEDURE:

1. Slice corned beef into 3 oz. slices. Cut each slice in half. (Corned beef will shred if sliced 1½ oz.)
2. Cut and separate cheese.
3. Place bread on sheet pans.
4. Place ½ slice of corned beef (1½ oz.) on bread, plus 1 slice cheese (1 oz.), plus 1 oz. sauerkraut, plus ½ oz. French or thousand island dressing. Place another slice of rye bread on top.
5. Brush both sides of bread with melted margarine. Grill until brown.
6. Garnish with pickle or olive, or dill pickle spear.

GRILLED CHEESE SANDWICH

Date: 1969

Size of Serving 1 SandwichCooking Temp. 325 deg.Cooking Time Approx. 2 minutesServing Equipment Spatula or tongs

Ingredients	50	100	200	Unit	
				Price	Price
Bread slices	100	200	400		
Cheese, American, sliced 1 oz. slices	3#-2 oz.	6#-4 oz.	12½#		
Margarine, melted	1#	2#	4#		

PROCEDURE:

1. Make sandwiches and place on sheet pans until grilled.
2. When time to grill, grease grill lightly with margarine (do not brush sandwiches with margarine).
3. Grill at 325 deg. for approximately 2 minutes on each side.
4. Place in counter pans and serve with dill pickles.

CHART G, Continued

SPANISH RICE/BEEF
Date: 1969

Size of Serving 4 oz.
Cooking Temp. _____
Cooking Time _____
Serving Equipment Solid Spoon

Ingredients	50	100	200	Unit Price	Price
Hamburger	10#	20#	40#		
Onions, chopped	7 oz.	14 oz.	1# 12 oz.		
Rice	2# 12 oz.	5½#	11#		
Tomato puree	1 qt. + 1½ C.	2 qts. + 3 C.	5½ qts.		
Tomatoes	1 qt. + 1½ C.	2 #10's	4 #10's		
Pimento	2 oz.	4 oz.	8 oz.		
Green pepper, chopped	3 oz.	6 oz.	12 oz.		
Chili powder	2 oz.	4 oz.	8 oz.		
Salt	2 oz.	5 oz.	10 oz.		
Pepper	¾ tsp.	1½ tsp.	1 T.		

PROCEDURE:

1. Brown hamburger until cooked and tender.
2. Cook rice until tender. Drain.
3. Combine remaining ingredients and mix with hamburger.
4. Add rice to hamburger.
5. Simmer for 20 minutes.
6. Serve - garnish with pepper ring or parsley sprig.

FRIED CHICKEN
Date: 1969

Size of Serving ¼ Fryer
Cooking Temp. 350 deg.
Cooking Time 15 minutes
Serving Equipment Tongs

Ingredients	50	100	200	Unit Price	Price
Fryers, quartered	13 head	25 head	50 head		
Flour	2 gal.	4 gal.	8 gal.		
Salt	¼ C.	½ C.	1 C.		
Garlic powder	1½ tsp.	1 T.	2 T.		

PROCEDURE:

1. Wash chicken.
2. Roll each piece of chicken in flour mixture (salt, pepper & garlic).
3. Fry until golden brown; 350 deg. for at least 15 minutes.

CHART G, Continued

BAKED PORK CHOPS

Date: 1969

Size of Serving 1 - 5 oz. chopCooking Temp. 350 deg.Cooking Time 1 hour - OvenServing Equipment Tongs

Ingredients	50	100	200	Unit	
				Price	Price
Flour	2 gal.	4 gal.	8 gal.		
Salt	½ C.	1 C.	2 C.		
Pepper	2 T.	4 T.	½ C.		
Milk	1 gal.	2 gal.	4 gal.		
Eggs	¼ gal.	½ gal.	1 gal.		
Flour	1 gal.	2 gal.	4 gal.		
Bread crumbs	2 gal.	4 gal.	8 gal.		
Pork chops, 5 oz.	16#	32#	64#		

PROCEDURE:

1. Mix flour (2 gal.), salt and pepper in 4" full pan.
2. Mix milk and eggs in a 4" full pan.
3. Mix flour (1 gal.), and bread crumbs in 6" full pan.
4. Dip meat in flour, then in egg and milk, then in crumbs.
5. Place breaded meat in a single layer on a lightly greased sheet pan.
6. Bake for 1 hour in a 350 deg. oven. (Convection ovens - 300 deg.)

CHOPPED GRILLED SIRLOINS

Date: 1969

Size of Serving 4 oz.Cooking Temp. 325 deg. GrillCooking Time 10 minutesServing Equipment Spatula

Ingredients	50	100	200	Unit	
				Price	Price
Flour	2 gal.	4 gal.	8 gal.		
Salt	¼ C.	½ C.	1 C.		
Pepper	2 T.	4 T.	½ C.		
Garlic Powder		1 T.	2 T.		
Chopped Sirloins	12½#	25#	50#		

PROCEDURE:

1. Mix flour, salt, pepper and garlic powder in 4" full pan.
2. Dip meat in seasoned flour.
3. Grill until golden brown and done in the center - approximately 5 minutes on each side, 350 deg. grill.
4. Garnish with parsley sprigs.

CHART G, Continued

GRILLED PORK CUTLET

Date: 1969

Size of Serving 4 oz.Cooking Temp. Grill - 325 deg.Cooking Time Approx. 5 min./sideServing Equipment Tongs or spatula

Ingredients	50	100	200	Unit	
				Price	Price
Flour	2 gal.	4 gal.	8 gal.		
Salt	¼ C.	½ C.	1 C.		
Pepper	2 T.	4 T.	6 T.		
Milk	1 gal.	2 gal.	4 gal.		
Eggs	¼ gal.	½ gal.	1 gal.		
Flour	1 gal.	2 gal.	4 gal.		
Bread crumbs	2 gal.	4 gal.	8 gal.		
Pork cutlets, 4 oz.	12½#	25#	50#		

PROCEDURE:

1. Mix flour, salt and pepper in 4" full pan.
2. Mix milk and eggs in another 4" full pan.
3. Mix rest of flour and bread crumbs in 6" full pan.
4. Dip meat in flour, then in batter, then in crumbs.
5. Grill until golden brown, approximately 5 minutes on each side.
6. Garnish with parsley sprigs.

CANADIAN BACON

Date: 1969

Size of Serving 3 - 1 oz. slices

Cooking Temp. _____

Cooking Time _____

Serving Equipment Spatula

Ingredients	50	100	200	Unit	
				Price	Price
Canadian bacon	10-12#	20-22#	40-44#		

PROCEDURE:

1. Slice meat into 1 oz. slices.
2. Pan.
3. Sear on grill or heat in steamer only until heated through. DO NOT OVERCOOK.
4. Garnish with pineapple rings.

*Meat this small has a tendency to curl and fall apart when overcooked. If you grill the meat be sure and add moisture to the bottom of the serving pan.

CHART G, Continued

TUNA POTATO CHIP CASSEROLE

Date: 1969

Size of Serving 4 oz.Cooking Temp. 325 degree - OvenCooking Time 30 minutesServing Equipment Solid spoon

Ingredients	50	100	200	Unit Price	Price
<u>White Sauce Thick</u>					
Margarine	1#	2#	4#		
Flour	1#	2#	4#		
Salt	1½ T.	3 T.	6 T.		
Milk	1 gal.	2 gal.	4 gal.		
Cream of mushroom soup, undiluted	1-#5	2-#5	4-#5		
Mushrooms	1#	2#	4#		
Tuna fish, flaked	8#	16#	32#		
Potato chips, crumbled	1½#	3#	6#		
Hard cooked eggs	15	30	60		
Pimentos	3 oz.	6 oz.	12 oz.		
Potato chips, not crumbled	1#	2#	4#		

PROCEDURE:

1. Melt margarine, add flour, stir until smooth. Add salt, then hot milk stirring constantly. Cook and stir until smooth.
2. Add cream of mushroom soup, mushrooms, tuna fish and crumbled potato chips to white sauce mixture.
3. Add hard cooked eggs and pimento to the mixture.
4. Bake at 325 degrees for 30 minutes.
5. Immediately before serving sprinkle top with whole potato chips.

CHUCK WAGON STEAKS

Date: 1969

Size of Serving 1 - 5 oz. steakCooking Temp. 325 deg. - OvenCooking Time 45 MinutesServing Equipment Spatula

Ingredient	50	100	200	Unit Price	Price
Chuckwagon steaks 3/1#	17#	34#	68#		
Bacon	2½#	5#	10#		

PROCEDURE:

1. Chuck wagon steaks will be a pattie product.
2. Wrap each steak with bacon, using one slice per steak. Stick bacon with toothpicks to the steak.
3. Place steaks in counter pans and add 1 qt. of beef broth per pan.
4. Bake for 45 min. at 325° in oven. Be sure steaks are kept moist. If they dry out, they are not a good item.

CHART G, Continued

BEEF GRILLED STEAK

Date: 1969

Size of Serving 4 oz.Cooking Temp. 325 deg. - GrillCooking Time 10 minutesServing Equipment Tongs

Ingredients	50	100	200	Unit Price	Price
Flour	2 gal.	4 gal.	8 gal.		
Salt	$\frac{1}{4}$ C.	$\frac{1}{2}$ C.	1 C.		
Pepper	2 T.	4 T.	8 T.		
Milk	1 gal.	2 gal.	4 gal.		
Eggs	1 qt.	2 qts.	1 gal.		
Flour	1 gal.	2 gal.	4 gal.		
Bread crumbs	2 gal.	4 gal.	8 gal.		
Beef grill steaks 4 oz.	(50) 12 $\frac{1}{2}$ #	(100) 25#	(200) 50#		

PROCEDURE:

1. Mix flour (2 gal.), salt and pepper in 4" full pan.
2. Mix milk and eggs in another 4" full pan.
3. Mix flour (1 gal.) and bread crumbs in 6" full pan.
4. Dip meat in flour, then in batter, then in crumbs.
5. Grill until golden brown or approximately 5 minutes per side.
6. Pan in 2" counter pans.
7. Garnish with parsley sprigs.

BAKED STEAK

Date: 1969

Size of Serving 4 oz.Cooking Temp. 375° Grill; 350° OvenCooking Time 5 min-Grill; 30 min-OvenServing Equipment Spatula

Ingredients	50	100	200	Unit Price	Price
Flour	2 gal.	4 gal.	8 gal.		
Salt	$\frac{1}{4}$ C.	$\frac{1}{2}$ C.	1 C.		
Pepper	2 T.	4 T.	8 T.		
Steaks, 4 oz.	(50) 12 $\frac{1}{2}$ #	(100) 25#	(200) 50#		

PROCEDURE:

1. Mix flour, salt and pepper in 4" full pan.
 2. Bread steaks in seasoned flour.
 3. Brown steaks on the grill (375 deg.). Brown only, do not completely cook.
 3. Pan approximately 24-30 steaks to a 2" counter pan.
 4. Add 1 pint of beef broth for each pan.
 5. Garnish with a few onion rings.
 6. Cover with foil and bake at 350 degrees for $\frac{1}{2}$ hour.
- *Beef broth - follow directions on package.

CHART G, Continued

CHICKEN A LA KING

Date: 1969

Size of Serving 3 oz.

Cooking Temp. _____

Cooking Time _____

Serving Equipment Dipper - 3 oz.

Ingredients	50	100	200	Unit Price	Price
Celery, diced	1#	2#	4#		
Margarine	1# 4 oz.	2½#	5#		
Flour	1#	2#	4#		
Salt	2 T.	½ C.	½ C.		
Pepper	2 tsp.	4 tsp.	2 T. + 2 tsp.		
Milk	2 gal.	4 gal.	8 gal.		
Pimentos, diced	¼-#2 can	½-#2 can	1-#2 can		
Onion juice	1 T.	2 T.	4 T.		
Worcestershire sauce	1 tsp.	2 tsp.	4 tsp.		
Green pepper, diced	¼ C.	½ C.	1 C.		
Mushrooms	½ C.	1 C.	2 C.		
Chicken, diced	6#	12#	24#		
Scrap or cubed					

PROCEDURE:

1. Cook celery in steamer for 6 minutes or until tender.
2. Make medium white sauce - melt margarine, add flour, salt, pepper. Gradually add hot milk, stirring constantly. Cook until smooth and flour does not taste.
3. Add pimentos, onion juice, worcestershire sauce, green peppers, mushrooms and celery to white sauce.
4. Steam diced chicken 20 minutes and drain well.
5. Add to all other ingredients.
6. Serve hot over toast cup or Chinese noodles.

GRILLED HAM SLICE

Date: 1969

Size of Serving 3 oz.Cooking Temp. 325 deg. - GrillCooking Time 3-5 minutesServing Equipment Spatula

Ingredients	50	100	200	Unit Price	Price
Ham slices, 3 oz. Patio ham	9½#	19#	38#		

PROCEDURE:

1. Slice ham in desired portions.
2. Grill each side of meat approximately 3 minutes on 325 degree grill. Do not allow edges of sliced ham to curl.
3. Garnish ham with fruit sauce.

CHART G, Continued

BAKED LIVER AND ONIONS

Date: 1969

Size of Serving _____

Cooking Temp. Conventional Oven-400°Convection Oven - 350°Cooking Time 15-20 minutesServing Equipment Spatula

Ingredients	50	100	200	Unit Price	Price
Liver, sliced, 4 oz.	12½#	25#	50#		
Flour	3 C.	6 C.	12 C.		
Salt	2 T.	½ C.	½ C.		
Pepper	2 T.	½ C.	½ C.		
Oil or margarine, melted	2 C.	1 pt.	1 qt.		
Onions, sliced	4#	8#	16#		

PROCEDURE:

1. Roll liver in flour, salt and pepper mixture while still frozen.
2. Dip liver in fat and place on oiled pan.
OR
3. Place liver on oiled pan and lightly coat meat by pouring a small amount of melted fat on it.
4. Bake - conventional oven - 400°, 18 minutes; convection oven - 350°, 18 minutes.
5. Steam onion slices until tender. Use as a garnish over liver.

TAMALES/CHILI/CHEESE

Date: 1969

Size of Serving 2 tamales

Cooking Temp. _____

Cooking Time _____

Serving Equipment Serving spoon

Ingredients	50	100	200	Unit Price	Price
Canned tamales 30 ct./#5 can (2/serving)	2-#10's	4-#10's	8-#10's		
Chili	1-#10 Approx.	2-#10's Approx.	4-#10's Approx.		
	1 gal.	2 gal.	4 gal.		
Cheese, grated	3 C.	1½ qts.	3 qts.		

PROCEDURE:

1. Place tamales in 2" counter pan. Single layer on the bottom.
2. Cover tamales with chili. Approximately ½-#10 or ½ gallon per 2" counter pan.
3. Sprinkle grated cheese over top of the chili and tamales.
4. Place in 350 degree oven for 15 minutes to heat tamales and melt cheese.
5. Serve 2 tamales per person.

CHART G, Continued

ALMONDINE SOLE
Date: 1969

Size of Serving 4 oz.
Cooking Temp. 325 degrees
Cooking Time 4-5 minutes
Serving Equipment Tongs

Ingredients	50	100	200	Unit Price	Price
Flour	1#	2#	4#		
Salt	2 T.	4 T.	½ C.		
Eggs, beaten	4	8	16		
Milk	½ gal.	1 gal.	2 gal.		
Almond extract	1 tsp.	2 tsp.	4 tsp.		
Crushed crackers	12 oz.	1½#	3#		
Corn meal	4 oz.	8 oz.	1#		
Unblanched almonds, chopped	1 C.	1 pt.	1 qt.		
Sole fillets	13#	26#	52#		

PROCEDURE:

1. Roll fish in flour.
2. Dip in egg wash.
3. Mix cornmeal, cracker crumbs and almonds.
4. Roll fish in crumb mixture.
5. Fry in deep fat.

SEAFOOD PLATTER
Date: 1969

Size of Serving _____
Cooking Temp. _____
Cooking Time _____
Serving Equipment _____

Ingredients	50	100	200	Unit Price	Price
(2) Shrimp, 1 oz., breaded	6# 4 oz.	12½#	25#		
(1) Fish stick, 1 oz., Breaded	3# 2 oz.	6# 4 oz.	12½#		
(1) Catfish or perch fillet, 2 oz. piece	6# 4 oz.	12½#	25#		
(2) Hush puppies	6# 2 oz.	12½#	25#		

PROCEDURE:

1. Fry each type of fish: shrimp-325 degrees, 2-3 minutes
fish sticks-325 degrees, 2-3 minutes
catfish-325 degrees, 3-4 minutes
perch-325 degrees, 3-4 minutes
hush puppies-355 degrees, 1-1½ minutes.
2. Place varieties of fish in 1/2-1/3 or 1/4 pans.
3. Garnish with lemon when served.

CHART G, Continued

CHILI WITH BEANS

Date: 1969

Size of Serving 6 oz.

Cooking Temp. _____

Cooking Time _____

Serving Equipment Ladle

Ingredients	100	200	300	Unit Price	Price
Onions, chopped	3#	6#	9#		
Garlic, minced	8 cloves	16 cloves	24 cloves		
Fat	2#	4#	6#		
Beef, chili grind	20#	40#	60#		
Comino	½ C.	1 C.	1½ C.		
Red pepper	2 tsp.	4 tsp.	6 tsp.		
Black pepper	2 tsp.	4 tsp.	6 tsp.		
Salt	6 oz.	12 oz.	18 oz.		
Chili powder	8 oz.	16 oz.	24 oz.		
Paprika	4 oz.	8 oz.	12 oz.		
Tomato puree	2 qts.	4 qts.	6 qts.		
Beef stock	2½ gal.	5 gal.	7½ gal.		
Tomatoes, diced	1 gal.	2 gal.	3 gal.		
Ranch style beans	5-#10's	10-#10's	15-#10's		

PROCEDURE:

1. Brown meat in fat.
2. Add meat and garlic. Simmer.
3. Add spices, stock, tomato puree and tomatoes to meat and simmer for about two hours.
4. Add beans, simmer until beans are heated through.

GRILLED HAM SANDWICH

Date: 1969

Size of Serving 1 SandwichCooking Temp. 325 degrees - GrillCooking Time 3-4 minutesServing Equipment Tongs

Ingredients	50	100	200	Unit Price	Price
Ham, pullman 1 oz. slice	3#-2 oz.	6#-4 oz.	12#-8 oz.		
Sandwich bread	100 sl.	200 sl.	400 sl.		
Margarine, melted	2#	4#	8#		

PROCEDURE:

1. Slice ham in 2 oz. pieces.
2. Grease grill with margarine (do not brush margarine on bread).
3. Grill 3-4 minutes at 325 degrees or until sides are toasted.
4. Garnish with tomatoes, olives or pickles.

CHART G, Continued

AUSTRIAN RAVIOLI
Date: 1969

Size of Serving 4 oz.
Cooking Temp. _____
Cooking Time _____
Serving Equipment _____

Ingredients	50	100	200	Unit Price	Price
Bacon	2#	4#	8#		
Beef, stew cut	7#	16#	32#		
Onions, chopped	1 3/4#	3 1/2#	7#		
Green peppers, chopped	10 oz.	1 1/4#	2 1/2#		
Tomatoes	1 1/2 qts.	3 qts.	1 1/2 gal.		
Tomato puree	3/4 qts.	1 1/2 qts.	3 qts.		
Salt, to taste					
Pepper	1 1/2 tsp.	1 1/2 T.	3 T.		
Boiling water	1 gal.	2 gal.	3 1/2 gal.		
Salt					
Macaroni	1 3/4#	3 1/2#	7#		
Peas, frozen	5#	10#	20#		

PROCEDURE:

1. Fry bacon until brown, remove fat.
2. Cook beef, onions and green peppers in steam kettle for 30 minutes.
3. Add tomatoes, tomato puree, salt and pepper to meat mixture and simmer for one hour.
4. Cook macaroni in boiling salted water until tender. Drain and rinse with cold water.
5. Cook peas in separate steam kettle until tender.
6. Add macaroni and peas to meat mixture just before serving.

TURKEY SANDWICH
Date: 1969

Size of Serving _____
Cooking Temp. _____
Cooking Time _____
Serving Equipment _____

Ingredients	50	200	300	Unit Price	Price
Turkey roll, 1 1/2 oz. slices	5#	20#	30#		
Sandwich bread	100 sl.	400 sl.	600 sl.		
Lettucé					

PROCEDURE:

1. Thaw turkey roll and slice - 1 1/2 oz. slices.
2. Put one lettuce leaf and one turkey slice on slice of bread. Top with another slice of bread.
3. Garnish with pickle.

CHART G, Continued

BBQ SLICED BEEF
Date: 1969

Size of Serving 3 oz.
Cooking Temp. _____
Cooking Time _____
Serving Equipment _____

Ingredients	50	100	200	Unit Price	Price
Beef round roast	17#	36#	75#		
Water	1 qt. per roaster				
Salt	$\frac{1}{4}$ C. per roaster				
Pepper	2 T. per roaster				

BBQ Sauce

Tomato catsup	3 C.	1 $\frac{1}{2}$ qt.	1-#10
Tomato puree	1 $\frac{1}{2}$ C.	3 C.	1 $\frac{1}{2}$ qt.
Worcestershire sauce	1 C.	2 C.	4 C.
Brown sugar	4 ozs.	8 ozs.	1#
Hot sauce	3 T.	6 T.	3/4 C.

PROCEDURE:

1. Cook beef as for beef roast. Place meat in roasting pans.
2. Test doneness with meat thermometer. It should register at least 130 degrees.
3. Remove roasts and cool.
4. Slice - 3 oz., pan approximately 24 servings per 2" long pan.
5. Mix all ingredients for sauce. Heat for one hour. Do not boil.
6. Ladle over sliced beef. Serve.

FRENCH DIP/BUN
Date: 1969

Size of Serving 2 oz.
Cooking Temp. _____
Cooking Time _____
Serving Equipment Spatula

Ingredients	50	100	200	Unit Price	Price
Beef brisket or beef roast	12#	25#	50#		
Coney buns or hard roll	50	100	200		

PROCEDURE:

1. Cook roast in steamer or roaster until tender and done.
2. Slice in 1-2 oz. slices and drop slices in beef broth.
3. Open bun and split.
4. Dip hot broth on bun surface, layer 2 oz. beef brisket or roast pieces on bun.
5. Close bun, garnish.

CHART G, Continued

SCALLOPED POTATOES AND HAM

Date: 1969

Size of Serving 4 oz.Cooking Temp. 350 deg.Cooking Time 15 minutesServing Equipment Solid spoon

Ingredients	50	100	200	Unit Price	Price
Potatoes, sliced thin or dehydrated slices	13#	26#	52#		
Margarine, melted	1#	2#	4#		
Flour	1 C.	2 C.	4 C.		
Salt	2 T.	4 T.	1/2 C.		
Pepper	1/2 tsp.	1 tsp.	2 tsp.		
Onions, chopped	1/2 C.	1 C.	2 C.		
Mustard, dry	2 tsp.	4 tsp.	2 T.+2 tsp.		
Milk, hot	1 gal.	2 gal.	4 gal.		
Ham, diced or chopped	10#	20#	40#		
Cheddar cheese, grated	1#	2#	4#		

PROCEDURE:

1. Steam fresh potatoes until tender, or reconstitute dehydrated and heat.
2. Add all dry ingredients to melted margarine, gradually. Add the hot milk. Cook at a low temperature, stirring until the mixture is thickened.
3. Add meat to the white sauce. Then add cooked potatoes to the mixture, place in counter pans.
4. Sprinkle grated cheese over the top.
5. Bake at 350 degrees for 15 minutes or until the cheese is melted.

HOT DOG/BUN

Date: 1969

Size of Serving 2 per person

Cooking Temp. _____

Cooking Time _____

Serving Equipment Tongs

Ingredients	50	100	200	Unit Price	Price
Franks, 2 per serving	5#	10#	20#		
Hot dog buns	100	200	400		

PROCEDURE:

1. Place franks in 2" long slotted pans.
2. Steam 3 to 5 minutes.
3. Place franks in buns, put in 2" pans and cover with damp cloth.
4. Have sweet relish, mustard, catsup and mayonnaise on condiment cart.

CHART G, Continued

BBQ SPARERIBS

Date: 1969

Size of Serving 6 oz.Cooking Temp. 350 degreesCooking Time 1½ hrs.Serving Equipment Spoon

Ingredients	50	100	200	Unit Price	Price
Ribs, 6-8 oz.	20#	38#	75#		
Salt					
Pepper					
<u>BBQ Sauce</u>					
Tomato catsup	1-#10	2-#10's	4-#10's		
Tomato puree	3/4-#10	1½-#10's	3-#10's		
Worcestershire sauce	1½ C.	3 C.	6 C.		
Brown sugar	3/4#	1½#	3#		
Hot sauce	1¼ oz.	2½ oz.	½ bottle		
Smoke, liquid	1/3 C.	3/4 C.	1½ C.		

PROCEDURE:

1. Sprinkle spareribs with salt and pepper.
2. Bake ribs in 350 degree oven for one hour. Pour off fat.
3. Mix remaining ingredients and cook one hour. Simmer, do not boil.
4. Pour sauce over browned spareribs, cover.
5. Bake at 350 degrees for ½ hours.
6. Occasionally baste ribs with sauce.

BAKED BEANS WITH FRANKS

Date: 1969

Size of Serving 2 Franks+3 oz. BeansCooking Temp. 325 deg.Cooking Time 2 or 3 hoursServing Equipment Solid spoon

Ingredients	50	100	200	Unit Price	Price
Pork and beans	2½-#10's	5-#10's	10-#10's		
Molasses	2/3 C.	1-1/3 C.	2-2/3 C.		
Brown sugar	1-2/3 C.	3-1/3 C.	6-2/3 C.		
Mustard	2/3 C.	1-1/3 C.	2-2/3 C.		
Bacon grease	2/3 C.	1-1/3 C.	2-2/3 C.		
Catsup	4 C.	8 C.	16 C.		
Onions, chopped	2/3 qt.	1-1/3 qt.	2-2/3 qt.		
Franks	10#	20#	40#		

PROCEDURE:

1. Mix all ingredients except franks.
2. Dip into 2" full pans.
3. Bake slowly.
4. Steam franks approximately 7 minutes and place over surface of the beans.
5. Ready to serve.

CHART G, Continued

HAM A LA KING
Date: 1969

Size of Serving 3 oz.
Cooking Temp. _____
Cooking Time _____
Serving Equipment 8 oz. Ladle

Ingredients	50	100	200	Unit Price	Price
Celery, diced	1#	2#	4#		
Margarine	1# 4 oz.	2½#	5#		
Flour	1#	2#	4#		
Salt	2 T.	¼ C.	½ C.		
Pepper	2 tsp.	4 tsp.	2 T.+2 tsp.		
Milk	2 gal.	4 gal.	8 gal.		
Pimentos, diced	¼-#2½ can	½-#2½ can	1-#2½ can		
Onion juice	1 T.	2 T.	4 T.		
Worcestershire sauce	1 tsp.	2 tsp.	4 tsp.		
Green pepper, diced	¼ C.	½ C.	1 C.		
Mushrooms	½ C.	1 C.	2 C.		
Diced ham, scraps or cubed	6#	12#	24#		

PROCEDURE:

1. Cook celery in steammer for six minutes or until tender.
2. Make white sauce - melt margarine, add flour, salt and pepper, gradually add hot milk, stirring constantly. Cook until smooth and flour does not taste raw.
3. Add remaining ingredients, except ham, and celery to white sauce.
4. Steam ham 20 minutes, drain well and add to all other ingredients.
5. Serve hot over toast cup or Chinese noodles.

BBQ MEAT
Date: 1969

Size of Serving #16 dipper
Cooking Temp. _____
Cooking Time _____
Serving equipment _____

Ingredients	50	100	200	Unit Price	Price
Cubed beef	9# 6 oz.	20#	40#		
Tomato catsup	3 C.	1½ qt.	1-#10 can		
Tomato puree	1½ C.	3 C.	1½ qt.		
Worcestershire sauce	1 C.	2 C.	1 qt.		
Brown sugar	4 oz.	8 oz.	1#		
Hot sauce	3 T.	6 T.	6 oz. (¾ C.)		

PROCEDURE:

1. Brown meat in steam pot and cook until tender.
2. Mix remaining ingredients and add to cooked meat.
3. Serve warm on bun.

CHART G, Continued

BBQ STEAKETTE

Date: 1969

Size of Serving 4 oz.

Cooking Temp. Fryer-350°; Oven-350°

Cooking Time Fryer-5min.; Oven-½ hr.

Serving Equipment Spatula

Ingredients	50	100	200	Unit	
				Price	Price
Flour	2 gal.	4 gal.	8 gal.		
Salt	½ C.	½ C.	1 C.		
Pepper	2 T.	4 T.	½ C.		
Chopped grill steaks	12½#	25#	50#		
<u>BBQ Sauce</u>					
Tomato catsup	1-#10	2-#10's	4-#10's		
Tomato puree	¾-#10	1½-#10's	3-#10's		
Worcestershire sauce	½ C.	3 C.	6 C.		
Brown sugar	¾#	1½#	3#		
Hot sauce	¼ oz.	2½ oz.	5 oz.		
Smoke, liquid	1/3 C.	¾ C.	1½ C.		

PROCEDURE:

1. Mix flour, salt and pepper in 4" full pan.
2. Roll steaks in seasoned flour.
3. Grill steaks at 350 degrees for approximately 5 minutes or until both sides are browned. Pan approximately 24-30 steaks to a 2" counter pan.
4. Add 2 qts. BBQ sauce to each pan.
5. Cover with foil and bake at 350 degrees for 1/2 hour.

CHICKEN FRIED STEAK

Date: 1969

Size of Serving 1 steak - 4 oz.

Cooking Temp. 350 deg. Fryer

Cooking Time 5-7 minutes

Serving Equipment Spatula or Tongs

Ingredients	50	100	200	Unit	
				Price	Price
Flour	1½#	2½#	5#		
Paprika	1 oz.	2 oz.	4 oz.		
Baking powder	3½ oz.	7 oz.	14 oz.		
Eggs	¼#	½#	1#		
Water	2½#	5#	10#		
Salt	1 oz.	2 oz.	4 oz.		
Veal banquet steaks	12½#	25#	50#		

PROCEDURE:

1. Combine all ingredients, except steaks, and mix until well blended.
2. Dip steaks in batter.
3. Deep fat fry at 350 degrees for 5 to 7 minutes.
4. Pan 24 steaks in each 2" pan.

CHART G, Continued

BEEF CHOP SUEY
 Date: 1969

Size of Serving 4 oz. on 2 oz.
 Chinese noodles
 Cooking Temp. Steam pots
 Cooking Time _____
 Serving Equipment 2 oz. Dipper &
Serving spoon

Ingredients	100	200	400	Unit	
				Price	Price
Celery, sliced	8#	16#	32#		
Onions, sliced	4#	8#	16#		
Beef Strips	15#	30#	60#		
Bean sprouts	3#	6#	12#		
Chow mein vegetables	1-#10 can	2-#10's	4-#10's		
Mushrooms, sliced	2#	4#	8#		
Beef stock	2 gal.	4 gal.	8 gal.		
Corn starch	1#	2#	4#		
Soy sauce	2 C.	4 C.	8 C.		

PROCEDURE:

1. Cook celery and onions until tender.
2. Brown beef.
3. Add bean sprouts, sliced mushrooms, chow mein vegetables, beef stock, and soy sauce.
4. Dissolve corn starch in cold water and add to mixture.
5. Cook until thickened.
6. Salt to taste.

ROAST BEEF
 Date: 1969

Size of Serving 3 oz.
 Cooking Temp. 275 degrees
 Cooking Time _____
 Serving Equipment _____

Ingredients	50	100	200	Unit	
				Price	Price
Roast, beef	16-20#	34-38#	70-75#		
Salt, seasoned	Sprinkle roast				
Pepper	2 T. per roast				

PROCEDURE:

1. Place roast in roaster on rack. Try to have all roasts in one pan about equal in size.
2. Use meat thermometer to determine when done. Thermometer should register "Beef Rare to Medium" 130 degrees.
3. Slice 3 oz. slices.
4. Pan, garnish with parsley sprigs.

CHART G, Continued

BAKED PEPPER STEAK
Date: 1969

Size of Serving 1 loaf
Cooking Temp. 325 degrees
Cooking Time Approx. 45 minutes
Serving Equipment Solid spoon

Ingredients	50	100	200	Unit Price	Price
Ground beef	14½#	29#	60#		
Eggs	1# (10)	2# (20)	4# (40)		
Ground onion	½#	1#	2#		
Salt	2½ T.	5 T.	½ C.		
Rice, uncooked	¾#	1½#	3#		
Green pepper, chopped	1#	2#	4#		
Black pepper	1 T.	2 T.	4 T.		
<u>Pepper Gravy</u>					
Light brown gravy	1 gal.	2 gal.	4 gal.		
Green peppers, chopped	½ C.	1 C.	2 C.		
Pimentos	½ C.	1 C.	2 C.		

PROCEDURE:

1. Mix ground beef, eggs, ground onion, salt, uncooked rice, chopped green pepper and black pepper.
2. Make meat mixture into 5 oz. loaves and place on sheet pans.
3. Bake
4. Mix ingredients together for gravy. Heat until hot.
5. Pan steaks in 2nd counter pans and cover with pepper gravy.

ITALIAN SPAGHETTI SAUCE
Date: 1969

Size of Serving _____
Cooking Temp. _____
Cooking Time _____
Serving Equipment _____

Ingredients	50	100	200	Unit Price	Price
Ground beef	12½#	25#	50#		
Tomato puree	3 qts.	1½ gal.	2 gal.+3 qts.		
Hot water	3 qts.	1½ gal.	2 gal.+3 qts.		
Lawry's seasoning	¾ pkg.	1½ pkg.	2 ¾ pkg.		
Parmesan cheese	¾#	1½#	2 ¾#		
Comino	Add no more than 2 T. for 400 servings.				
Oregano	Add no more than 3 T. for 400 servings.				

PROCEDURE:

1. Brown the meat. Blend Lawry's with tomato puree. Add hot water. Bring to a boil and simmer for 40 minutes. Add comino and oregano.
2. Just before serving add Parmesan cheese.

CHART G, Continued

MEAT LOAF
Date: 1969

Size of Serving 4 oz.
Cooking Temp. 325 degrees
Cooking Time 60 minutes
Serving Equipment Spatula

Ingredients	50	100	200	Unit Price	Price
Ground Beef	11#	22½#	45#		
Bread Crumbs	2#	4#	8#		
Onions, chopped fine	5 oz.	10 oz.	1# 4 oz.		
Green peppers, chopped fine	2½ oz.	5 oz.	10 oz.		
Salt	2½ T.	5 T.	10 T.		
Pepper	½ tsp.	1¼ tsp.	2½ tsp.		
Whole fresh egg	8	15	30		
Milk	¾ qt.	1½ qt.	3 qt.		
Tomato puree	1¼ qt.	2½ qt.	1 gal.+1 qt.		

PROCEDURE:

1. Mix ingredients lightly.
2. Place 15# of the mixture in a long 2" pan. Shape into two loaves.
3. Bake until meat is evenly browned. (approximately one hour)
4. Cut into 20 servings per loaf (40 servings per pan).
5. Garnish with tomato catsup and parsley sprigs.

VEAL BANQUET STEAK
Date: 1969

Size of Serving 4 oz.
Cooking Temp. 325 degrees - Grill
Cooking Time Approx. 5 min./side
Serving Equipment Spatula or Tongs

Ingredients	50	100	200	Unit Price	Price
Flour	2 gal.	4 gal.	8 gal.		
Salt	¼ C.	½ C.	1 C.		
Pepper	2 T.	4 T.	6 T.		
Milk	1 gal.	2 gal.	4 gal.		
Eggs	¼ gal.	½ gal.	1 gal.		
Flour	1 gal.	2 gal.	4 gal.		
Bread crumbs	2 gal.	4 gal.	8 gal.		
Veal banquet steaks	12½#	25#	50#		

PROCEDURE:

1. Mix flour (2 gal.), salt and pepper in 4" full pan.
2. Mix milk and eggs in another 4" full pan.
3. Mix flour (1 gal.) and bread crumbs in a 6" full pan.
4. Dip meat in flour, then batter, then in crumbs.
5. Grill until golden brown, approximately 5 minutes on each side.

CHART G, Continued

BEEF POT PIE

Date: 1969

Size of Serving _____

Cooking Temp. _____

Cooking Time _____

Serving Equipment _____

Ingredients	50	100	200	Unit	
				Price	Price
Beef, cubed	8 1/3#	20#	40#		
Tomato puree	2 1/2 C.	5 C.	10 C.		
Veg-all	2-#10's	4-#10's	7-#10's		
Flour	1/2#	1#	1 2/3#		
Water	3 C.	1 2/3 qt.	3 1/3 qt.		
Salt	3 T.	1/3 C.	2/3 C.		
Pepper	1/4#	1/2#	1#		
Peas, frozen, cooked	2 1/2#	4 1/2#	10#		
Biscuits, canned	1/2 case	1 1/2 cases	2 cases		

PROCEDURE:

1. Brown beef in steam pot. (Add 2 gallons of water for every 100 servings.)
2. Add tomato puree to beef and simmer for one hour.
3. Add vegetables to meat-tomato mixture.
4. Make paste of flour, water, salt and pepper. Add to ingredients in steam pot. Cook until mixture thickens and paste flavor is gone (approximately 15-20 minutes).
5. Add peas just before panning.
6. Pan 3 qt./2" full pan.
7. Top each pan with 24 biscuits.

YANKEE POT ROAST

Date: 1969

Size of Serving 3 oz.Cooking Temp. 325 degrees - Oven

Cooking Time _____

Serving Equipment Spatula and Ladle

Ingredients	50	100	200	Unit	
				Price	Price
Beef round roast	17#	34#	68#		
<u>Yankee Gravy</u>					
Clear brown gravy	2 gal.	4 gal.	8 gal.		
Mixed peas and carrots	5#	10#	20#		

PROCEDURE:

1. Prepare roast as for beef roast. Check doneness with meat thermometer. When done, cool and slice, 3 oz. slices.
2. Place beef slices (24 - 2" counter pan) in pan.
3. On serving line serve Yankee Gravy over roast.
4. Combine cooked vegetables with gravy. Serve 1 - 2 oz. over pot roast.

CHART G, Continued

BRAISED BEEF AND NOODLES

Date: 1969

Size of Serving 6 oz.

Cooking Temp. _____

Cooking Time _____

Serving Equipment Ladle

Ingredients	50	100	200	Unit	
				Price	Price
Stew meat	10#	20#	40#		
Worcestershire sauce	2 T.	$\frac{1}{4}$ C.	$\frac{1}{2}$ C.		
Salt	1T.+ $\frac{1}{4}$ tsp.	2T.+ $\frac{1}{2}$ tsp.	3T.+1tsp.		
Pepper	$1\frac{1}{2}$ tsp.	3 tsp.	1T.+2 tsp.		
Paprika	2 T.	$\frac{1}{4}$ C.	$\frac{1}{2}$ C.		
Celery, sliced	$\frac{1}{2}$ #	1#	$1\frac{1}{2}$ #		
Onions, chopped	9 oz.	18 oz.	1#+11 oz.		
Egg noodles (dry weight)	$3\frac{1}{2}$ #	7#	10#		
Salt	$3\frac{1}{2}$ T.	7 T.	$\frac{1}{2}$ C.		
Water	7 C.	3qt. 1pt.	5 qt.		
Margarine	$3\frac{1}{2}$ oz.	7 oz.	10 oz.		

PROCEDURE:

1. Brown meat in steam pot.
2. Add worcestershire sauce, salt, pepper, paprika, celery and onions to the meat mixture and simmer until vegetables are done.
3. Cook noodles in boiling water with salt. Wash and drain.
4. Add margarine to noodles.
5. Mix beef and noodles in pan.

BAKED CHICKEN/NO CRUST

Date: 1969

Size of Serving $\frac{1}{4}$ fryerCooking Temp. 350 degreesCooking Time 1 HourServing Equipment Tongs

Ingredients	50	100	200	Unit	
				Price	Price
Fryers	13	25	50		
<u>Basting Sauce</u>					
Margarine	2#	4#	8#		
Salt	2 T.	4 T.	8 T.		
Pepper	1 tsp.	2 tsp.	4 tsp.		
Paprika	2 T.	4 T.	8 T.		

PROCEDURE:

1. Wash chicken in cold water. Place on greased sheet pans, skin side up.
2. Mix remaining ingredients and heat.
3. Baste fryers with sauce before baking. Bake at 350 degrees for one hour.
4. Baste every 20 minutes while fryers are baking.

CHART G, Continued

HUNGARIAN GOULASH

Date: 1969

Size of Serving 5 oz.Cooking Temp. Steam potCooking Time 2 HoursServing Equipment Solid Spoon & Ladle

Ingredients	50	100	200	Unit Price	Price
Stew beef	17#	34#	70#		
Onions, chopped	1#	2#	4#		
Garlic, powder	2 T.	4 T.	½ C.		
Marjoram	½ tsp.	1 tsp.	2 tsp.		
Paprika	½ oz.	1 oz.	2 oz.		
Beef Stock	3 C.	1½ qts.	3 qts.		
Tomato puree	½-#10	1-#10	2-#10's		
Salt	2 oz.	4 oz.	8 oz.		
Rice or noodles	5#	10#	15#		

PROCEDURE:

1. Brown meat in a steam pot.
2. Add onions and garlic to meat.
3. Add remaining ingredients except rice or noodles. Simmer two hours with lid on.
4. Skim off any fat that accumulates.
5. Cook noodles, or rice in salted water. Blanch and drain.
6. When serving, ladle goulash over rice or noodles.

BEEF STEW

Date: 1969

Size of Serving 4 oz.

Cooking Temp. _____

Cooking Time _____

Serving Equipment 4 oz. Ladle

Ingredients	50	100	200	Unit Price	Price
Beef, cubed	10#	20#	40#		
Tomato puree	2½ C.	5 C.	10 C.		
Veg-all stew vegetables	2-#10's	4-#10's	7-#10's		
Flour	½#	1#	1½#		
Water	3 C.	1½ qt.	3 gal.		
Salt	3 T.	1/3 C.	2/3 C.		
Pepper	1 1/3 T.	2 2/3 T.	5 1/3 T.		

PROCEDURE:

1. Brown meat in steam pot. (Add 2 gallons of water for every 100 servings.)
2. Add tomato puree to beef. Let simmer 1 hour.
3. Add vegetables to meat-tomato mixture.
4. Make paste of remaining ingredients. Add to other ingredients. Cook until mixture thickens and paste flavor is gone, approximately 15-20 minutes.

CHART G, Continued

CHILI MACARONI

Date: 1969

Size of Serving 4 oz.

Cooking Temp. _____

Cooking Time _____

Serving Equipment ladle

Ingredients	50	100	200	Unit	
				Price	Price
Beef, chili grind	7½#	15#	30#		
Salt	2½ oz.	5 oz.	10 oz.		
Onions, chopped	1#	2#	4#		
Green peppers, chopped	10 oz.	1# 4 oz.	2½#		
Tomatoes	2/3-#10	1 1/3-#10	2 2/3-#10's		
Worcestershire sauce	1 T.	2 T.	4 T.		
Red pepper	2/3 t.	1 1/3 t.	2 2/3 t.		
Comino	1 T.	2 T.	4 T.		
Chili powder	5½ T.	11 T.	1 C.+6 T.		
Macaroni	1 2/3#	3½#	7#		
Boiling water	2 gal.	5 gal.	9 gal.		
Cheese, American grated	2#	4#	8#		

PROCEDURE:

1. Combine meat with salt. Braise meat in steam pot.
2. Combine onions and green peppers with braising meat. Cook a few minutes more. Partially cook onions and green peppers before adding.
3. Add tomatoes, Worcestershire sauce, red pepper, comino, and chili powder to the meat mixture.
4. Cook macaroni and blanch with cold water. Blend into meat mixture.
5. Stir part of the cheese into the mixture. Save enough to top each counter pan.

VEAL ROAST

Date: 1969

Size of Serving 3 oz.Cooking Temp. 300 degreesCooking Time 20 min./#Serving Equipment Spatula

Ingredients	50	100	200	Unit	
				Price	Price
Veal roast	17#	34#	75#		
Water	1 qt./roaster				
Salt, seasoned	Sprinkle over roast				

PROCEDURE:

1. Place roast on a rack in roasting pans. Try to have all roasts in one pan about equal size.
2. Use meat thermometer to determine doneness. Meat thermometer should register 140 degrees.
3. Remove roasts from pans and cool before slicing. 3 oz. slices.
4. Pan and garnish with parsley.

CHART G, Continued

HAM AND BEANS
Date: 1969

Size of Serving 6 oz.
Cooking Temp. Medium heat
Cooking Time 2½ to 3 hours
Serving Equipment 6 oz. Ladle

Ingredients	50	100	200	Unit	
				Price	Price
Navy beans, or pinto beans	6#	12#	24#		
Cubed ham	5#	10#	20#		
Salt	¼ C.	½ C.	1 C.		
Pepper	2 T.	4 T.	½ C.		

PROCEDURE:

1. Cook beans in steam pot until almost done (approximately 2 hours).
2. Add ham to beans and continue cooking until beans are tender.
3. Add salt and pepper.
4. Serve with cornbread.

CORNBREAD
Date: 1969

Size of Serving 1 pc./serving
Cooking Temp. 400 degrees
Cooking Time 20 minutes
Serving Equipment Spatula or Tonga

Ingredients	54	108	216	Unit	
				Price	Price
Flour	1# 7 oz.	2# 14 oz.	5# 13 oz.		
Cornmeal	2#	4# 1 oz.	8# 2 oz.		
Sugar	4 ¾ oz.	9½ oz.	1# 3 oz.		
Salt	2½ oz.	5 oz.	10 oz.		
Baking powder	3½ oz.	7 oz.	14 oz.		
Milk	1½ qt.	3 qt.	1 gal. + 2 qt.		
Eggs, beaten	1 C.	½ qt.	1 qt.		
Melted fat	11 oz.	1# 7 oz.	2# 14 oz.		

PROCEDURE:

1. Mix together flour, cornmeal, sugar, salt and baking powder.
2. Add milk.
3. Add beaten eggs and melted fat to the other ingredients. Mix only until moistened.
4. Pour 4 quarts of batter into each greased sheet pan. Bake at 400 degrees for 20 minutes. Cut 54 servings per sheet pan.

*Lower temperature 40 degrees if using convection oven.

CHART G, Continued

SALISBURY STEAK

Date: 1969

Size of Serving 4 oz. steakCooking Temp. 350 degreesCooking Time 1 hourServing Equipment Spatula

Ingredients	50	100	200	Unit	
				Price	Price
Hamburger	10#	20#	40#		
Bread crumbs	2#	4#	8#		
Eggs	4	8	16		
Green pepper, chopped	2/3 C.	1 1/3 C.	2 2/3 C.		
Onions, chopped	1 1/2#	2 1/2#	5#		
Salt	1/4 C.	1/2 C.	1 C.		
Pepper	1 1/2 t.	1 T.	2 T.		
Beef stock	2/3 gal.	1 1/3 gal.	2 2/3 gal.		

PROCEDURE:

1. Mix all ingredients, except beef stock, thoroughly.
2. Shape mixture into 5 oz. patties. Place on lightly greased sheet pan.
3. Pour stock over patties.
4. Bake for one hour at 350 degrees.
5. Pour brown gravy over steak when served.

BROWN GRAVY

Date: 1969

Size of Serving 1 oz.

Cooking Temp. _____

Cooking Time _____

Serving Equipment 1 oz. Ladle

Ingredients	3 gal.	6 gal.	9 gal.	Unit	
				Price	Price
Fat, melted	1 1/2#	3#	6#		
Flour	1 1/2#	3#	6#		
Salt	3 T.	6 T.	12 T.		
Pepper	1 T.	2 T.	4 T.		
Beef stock	3 gal.	6 gal.	12 gal.		

PROCEDURE:

1. Combine fat and flour, mix until smooth.
2. Add salt and pepper.
3. Add beef stock to above ingredients, stirring constantly. Cook until smooth and thick.

CHART G, Continued

CHICKEN AND DUMPLINGS

Date: 1969

Size of Serving 4 oz.Cooking Temp. SteamerCooking Time 12 minutesServing Equipment Solid spoon

Ingredients	50	100	200	Unit Price	Price
<u>Sauce</u>					
Cooked chicken, diced	5#	10#	20#		
Chicken broth	6½ qt.	3gal.+1qt.	6½ gal.		
Flour	1¼#	2½#	5#		
Yellow coloring	if desired				
<u>Dumplings</u>					
Flour	1/3 gal.	2/3 gal.	1 1/3 gal.		
Baking powder	1/3 C.	2/3 C.	1 1/3 C.		
Salt	2 t.	4 t.	2 T. + 2 t.		
Eggs	2/3 C.	1 1/3 C.	2 2/3 C.		
Milk	2/3 qt.	1 1/3 qt.	2 2/3 C.		
or canned biscuit	½ case	1 case	2 cases		

PROCEDURE:

1. Make a gravy of broth and flour. Add chicken. (Add coloring, if desired).
2. Make dumplings. Mix only the dry ingredients. When ready to cook, add milk and eggs.
3. Dip with #40 dipper onto 2" counter pan. Steam 12 minutes. Do not open steamer before that time.
4. Or, use one biscuit per serving, but cut in half, then add to stock and cook until done.

FRENCH FRIED CATFISH

Date: 1969

Size of Serving 4-5 oz.Cooking Temp. 350 degrees - FryerCooking Time 5 minutesServing Equivalent Tongs

Ingredients	50	100	200	Unit Price	Price
Cornmeal	2 gal.	4 gal.	8 gal.		
Flour	1 gal.	2 gal.	4 gal.		
Catfish fillets	12-15#	25-30#	50-60#		

PROCEDURE:

1. Mix cornmeal and flour.
2. Roll thawed fish in cornmeal mixture.
3. Deep fat fry until tender and golden brown. Approximately 5 minutes in fryer - 350 degrees.

CHART G, Continued

HOT BEEF SANDWICH

Date: 1969

Size of Serving 1 Sl Br.+1½ oz. Beef

Cooking Temp. _____

Cooking Time _____

Serving Equipment Tongs, Spatula

Ingredients	50	100	200	Unit	
				Price	Price
Roast beef	10#	20#	40#		
White bread	50 sl.	100 sl.	200 sl.		
Gravy, brown	1 gal.	2 gal.	4 gal.		

PROCEDURE:

1. Cook roast beef.
2. Cool and slice in 1½ oz. slices. Place sliced beef in counter pans with 1 cup beef broth per pan.
3. Place bread slices in a pan. Cover with damp cloth until serving to prevent dryness.
4. Sandwich set up: place bread on plate; cover bread with beef slice, top with 1 or 1½ oz. brown gravy.

BROWN GRAVY

Size of Serving 1 oz.

Cooking Temp. _____

Cooking Time _____

Serving Equipment 1 oz. Ladle

Ingredients	3 gal.	6 gal.	9 gal.	Unit	
				Price	Price
Fat, melted	1½#	3#	6#		
Flour	1½#	3#	6#		
Salt	3 T.	6 T.	12 T.		
Pepper	1 T.	2 T.	4 T.		
Beef stock	3 gal.	6 gal.	12 gal.		

PROCEDURE:

1. Combine melted fat and flour until smooth.
2. Add salt and pepper.
3. Add beef stock, stirring constantly. Cook until smooth and thick.

CHART G, Continued

CHICKEN CHOW MEIN

Date: 1969

Size of Serving 3 oz. + 2 oz. Noodles

Cooking Temp. _____

Cooking Time _____

Serving Equipment 3 oz. Ladle

Ingredients	50	100	200	Unit Price	Price
Celery, sliced	1 qt.	2 qt.	4 qt.		
Onions, sliced	1 qt.	2 qt.	4 qt.		
Bean sprouts	1-#10	2-#10's	4-#10's		
Chop suey vegetables	1-#10	2-#10's	4-#10's		
Cubed chicken	9#	18#	36#		
Chicken broth	1 qt.	2 qt.	1 gal.		
Salt	2 T.	4 T.	½ C.		
Cornstarch	½ C.	1 C.	2 C.		
Soy sauce	½ C.	1 C.	2 C.		
Brown sugar	½ C.	1 C.	2 C.		
Water	2 C.	1 qt.	2 qt.		

PROCEDURE:

1. Steam celery and onions until tender.
2. Place remaining ingredients in a steam pot, add steamed vegetables to the mixture.
3. Simmer for ½ hour.
4. Serve over Chinese noodles.

TURKEY SUPREME

Date: 1969

Size of Serving 24 servings/panCooking Temp. 350 degreesCooking Time 45 minutesServing Equipment 2" full pan, Spatula

Ingredients	48	96	192	Unit Price	Price
Cornbread dressing	75 serv.	150 serv.	300 serv.		
Turkey chopped	4#	8#	16#		
Supreme gravy	2 qt.	1 gal.	2 gal.		

PROCEDURE:

1. Make cornbread dressing (see recipe),
2. In each 2" full size counter pan, put 2 qt. unbaked dressing; then a layer of 2# or 2 qt. chopped turkey and top with 2 qt. of dressing.
3. Serve with 1½ oz. supreme gravy.

CHART G, Continued

HAM LOAF WITH MUSTARD GLAZE
Date: 1969

Size of Serving 5 oz.
Cooking Temp. 325 degrees
Cooking Time 2 hours
Serving Equipment _____

Ingredients	50	100	200	Unit Price	Price
Fresh pork, ground	2½#	5#	10#		
Cured ham, ground	6½#	13#	26#		
Celery, chopped	¼#	½#	1#		
Bread crumbs	2½#	5#	10#		
Milk	2½ C.	1 qt.+1C.	2½ qts.		
Eggs, beaten well	10	20	40		
Pepper	1 t.	2 t.	4 t.		
Prepared mustard	2 T.	4 T.	8 T.		
<u>Glaze</u>					
Brown sugar	1½#	3#	6#		
Vinegar	1 C.	2 C.	1 qt.		
Dry mustard	1½ T.	3 T.	6 T.		

PROCEDURE:

1. Combine all ingredients (not ingredients for glaze) and mix thoroughly.
2. Mold into loaves in 2" long counter pans; 2 loaves/pan; 14# mixture/pan.
3. Bake at 325 degrees for two hours.
4. Combine ingredients for glaze.
5. Approximately 10 minutes before ham loaf is done, brush glaze on loaves.

SLICED TURKEY
Date: 1969

Size of Serving _____
Cooking Temp. _____
Cooking Time _____
Serving Equipment _____

Ingredients	50	100	200	Unit Price	Price
Turkey roll	17#	34#	68#		
Turkey broth	1 qt.	2 qt.	1 gal.		

PROCEDURE:

1. Thaw turkey roll.
2. Slice into 3 oz. slices. Heat in steamer or pour hot turkey broth over slices.
3. Place in counter pans with a #16 scoop of dressing. DO NOT ALLOW TO DRY OUT.

CHART G, Continued

SALMON CROQUETTES
Date: 1969

Size of Serving 4 oz.

Cooking Temp. 350 degrees

Cooking Time 45 minutes

Serving Equipment _____

Ingredients	50	300	Unit Price	Price
Salmon, drained, boned, flaked	10#	60#		
Bread crumbs	3#	18#		
Celery, chopped fine	1½#	7½#		
Onions, chopped fine	1#	6#		
Salt	1 1/3 oz.	8 oz.		
Pepper	1 t.	6 t.		
Lemon juice	4 oz.	24 oz.		
Eggs, beaten	10½ oz.	63 oz.		
Milk	2½#	13½#		
Worcestershire sauce	2 1/3 oz.	4 oz.		

PROCEDURE:

1. Combine all ingredients.
2. Shape into croquettes using a #16 scoop.
3. Place in greased pans and bake at 350 degrees for 45 minutes.
4. Serve with parsley or green pea sauce.

FISH STICKS
Date: 1969

Size of Serving 4 - 1 oz. sticks

Cooking Temp. 350 degrees

Cooking Time 4 minutes

Serving Equipment Tongs

Ingredients	50	100	200	Unit Price	Price
Fish sticks, 1 oz. each	12½#	25#	50#		

PROCEDURE:

1. Separate sticks from each other. Place in deep fat fryer at 350 degrees until golden brown. Approximately 4 minutes.
2. Line a counter pan with a false bottom. Arrange sticks in rows in pan.
3. Garnish with parsley.

CHART G, Continued

SWEDISH MEATBALLS

Date: 1969

Size of Serving _____

Cooking Temp. 350 degreesCooking Time 1 hour

Serving Equipment _____

Ingredients	50	100	200	Unit Price	Price
Pork shoulder, ground	3½#	7#	14#		
Veal shoulder, ground	3#	6#	12#		
Beef chuck, ground	3½#	7#	14#		
Potatoes, mashed	2½#	5#	10#		
Onions, chopped	1#	2#	4#		
Bread crumbs	1#	2#	4#		
Cream or top milk	3½ C.	7 C.	14 C.		
Eggs, beaten	1 C.	2 C.	4 C.		
Salt	2½ T.	5 T.	10 T.		
Pepper	1 t.	2 t.	4 t.		

PROCEDURE:

1. Put meat through grinder at least twice.
2. Combine all ingredients.
3. Shape, using a #16 dipper.
4. Place on greased sheets and brown in hot oven - 425 deg.
5. Remove to a 7" baking pan. Make gravy from drippings and serve meat balls in gravy.
6. Bake at 350 degrees for one hour.
7. To make gravy, add 8 oz. flour to the drippings and blend. Add 1 gallon of water and stir until thick. Add 2 2/3 T. salt, 1 t. pepper, ½ t. onion salt and 1 T. worchestershire sauce.

FRENCH FRIED SHRIMP

Date: 1969

Size of Serving 4 - 1 oz. shrimpCooking Temp. 325 degrees - FryerCooking Time 3-4 minutesServing Equipment Tongs

Ingredients	50	100	200	Unit Price	Price
Frozen shrimp, breaded	16#	32#	64#		

PROCEDURE:

1. Place breaded shrimp in deep fat fryer and cook 3 - 4 minutes at 325 degrees.

CHART G, Continued

QUAKER SPAGHETTI

Date: 1969

Size of Serving 1 pan = 24 servings
 Cooking Temp. _____
 Cooking Time 1 hour
 Serving Equipment Solid spoon

Ingredients	200	400	600	Unit Price	Price
Tomato juice	4-#5's	8-#5's	10-#5's		
Tomato puree	2-#10's	4-#10's	6-#10's		
Green pepper, chopped	1#	2#	3#		
Celery, chopped	4#	8#	12#		
Onions, chopped	1½#	2½#	3 ¾#		
Ground beef	45#	90#	135#		
Mushrooms, chips and liquid	2-1# cans	1-#10	1½-#10's		
Salt	1 C.	2 C.	3 C.		
Pepper	½ C.	1 C.	1½ C.		
Chili powder	1 C.	2 C.	3 C.		
Spaghetti	10#	20#	30#		
Grated cheese	3#	6#	9#		

PROCEDURE:

1. Braise meat, green pepper, onions, celery, salt, pepper and chili powder.
2. After meat and seasonings are browned, add the tomato juice and puree. Simmer one hour.
3. Cook spaghetti in boiling salted water. Drain, combine with meat sauce. Add mushrooms. Note: If mixture seems dry, beef stock can be added for consistency.
4. Pan evenly into 2" (15#) pans. Top with grated cheese.
5. Cut full counter pans (2") into 24 servings.

CONEY/BUN

Date: 1969

Size of Serving 1
 Cooking Temp. Steamer
 Cooking Time Approx. 6 minutes
 Serving Equipment Tongs and Ladle

Ingredients	50	100	200	Unit Price	Price
Coney buns	50	100	200		
Franks	5#	10#	20#		
Chili	1 gal.	2 gal.	4 gal.		

PROCEDURE:

1. Open buns but do not split. Place in 2" long counter pans.
2. Heat franks in steamer approximately 6 minutes. Place on buns.
3. Dip 1 oz. chili on frankfurter. Serve with 2 or 3 raw onion rings as garnish.

CHART G, Continued

LASAGNA

Date: 1969

Size of Serving	32 servings/pan
Cooking Temp.	350 degrees - Oven
Cooking Time	2½ hours
Serving Equipment	Spatula

Ingredients	110	220	440	Unit Price	Price
<u>Meat Mixture</u>					
Hamburger	22#	44#	88#		
Sausage	4#	8#	16#		
Minced garlic	1 T.	2 T.	4 T.		
Parsley flakes	1½ T.	3 T.	6 T.		
Sweet basil leaves	¼ C.	½ C.	1 C.		
Salt	3 T.	6 T.	12 T.		
Tomatoes	1-#10	2-#10's	4-#10's		
Tomato paste	2½ C.	5 C.	10 C.		
<u>Cheese Mixture</u>					
Cottage cheese	15#	30#	60#		
Eggs	18	36	72		
Salt	1 T.	2 T.	4 T.		
Pepper	½ T.	1 T.	2 T.		
Parsley flakes	1½ T.	3 T.	6 T.		
Parmesan cheese	2½C.+6T.	5¼ C.	11½ C.		
Lasagna Noodles	7#	14#	28#		
American cheese	12#	16#	32#		

PROCEDURE:

1. Cook lasagna noodles. Drain and rinse in cold water.
2. Brown hamburger meat and sausage.
3. Add remaining ingredients in meat group. Simmer until thick. About 1 hour.
4. Combine cheese mixture ingredients in separate container.
5. Slice American cheese.
6. Using a 2" long pan, arrange the mixture as follows:
 - a. Place a layer of noodles in pan.
 - b. Follow with a layer of cheese mixture.
 - c. Follow with a layer of sliced cheese.
 - d. Follow with a layer of meat sauce.
 - e. Repeat the layer process.
7. Bake at 350 degrees for 1½ hours.
8. When product is set, cover with final layer of sliced American cheese and return to warm oven until cheese melts.
9. Cut 32 servings per long 2" pan.
10. Serve when hot.

CHART G, Continued

BOLOGNA SANDWICH

Date: 1969

Size of Serving 1 sandwich

Cooking Temp. _____

Cooking Time _____

Serving Equipment Tongs

Ingredients	50	100	200	Unit	
				Price	Price
Bologna, sliced	50	100	200		
White bread	100 sl.	200 sl.	400 sl.		
Lettuce	50 leaves	100 leaves	400 leaves		
Garnish of olive or pickle chip	50	100	200		

PROCEDURE:

1. Make sandwich as follows:
 - a. Slice of bread
 - b. Lettuce leaf
 - c. Bologna slice
 - d. Slice of bread
 - e. Affix garnish in middle of sandwich with a toothpick.

AMERICAN CLUB SANDWICH

Date: 1969

Size of Serving 1 sandwichCooking Temp. 325 degrees - GrillCooking Time 4 min. per sideServing Equipment Spatula

Ingredients	50	100	200	Unit	
				Price	Price
Beef grill steak	10#	20#	40#		
Sandwich bread	100 sl.	200 sl.	400 sl.		
Lettuce, shredded or leaves					
Tomatoes, sliced or chopped					

PROCEDURE:

1. Place steaks on grill and cook approximately 4 minutes on each side. Cook steaks only until done through the center. DO NOT OVERCOOK.
 2. Place sandwich bread on sheet pans. Just before serving, place a leaf or shredded lettuce on bread plus tomato. Top vegetables with 1 steak. Place top slice of bread over steak.
 3. Garnish with parsley and serve.
- *Do not set these sandwiches up too far ahead as juices will soak bread. Toasted bread can also be substituted for bread slices.

CHART G, Continued

FISHWICH/BUN

Date: 1969

Size of Serving 1 sandwichCooking Temp. 350 degreesCooking Time 8 minutesServing Equipment Spatula

Ingredients	50	100	200	Unit	
				Price	Price
Hamburger buns	50	100	200		
Tartar sauce	½ gal.	1 gal.	2 gal.		
Chopped lettuce	1½#	3#	6#		
Cod squares, 3 oz.	10#	20#	40#		

PROCEDURE:

1. Line a counter pan with 1/2 bun.
2. Spread 1 oz. tartar sauce on bun bottom.
3. Place ¼ cup shredded lettuce in tartar sauce.
4. Place squares which have been separated from each other in deep fat fryer for approximately 8 minutes (350 degrees) or until golden brown.
5. Place fried cod squares on shredded lettuce. Cover with top of bun.
6. Garnish with pickles.

GRILLED HAM AND CHEESE SANDWICH

Date: 1969

Size of Serving 1 sandwichCooking Temp. 325 degrees - GrillCooking Time 3-4 minutesServing Equipment Spatula

Ingredients	50	100	200	Unit	
				Price	Price
Ham, pullman	4#	8#	14#		
Cheese, American, sliced	3# 2 oz.	6# 4 oz.	12½#		
Sandwich bread	100 sl.	200 sl.	400 sl.		
Margarine, melted	1#	2#	4#		

PROCEDURE:

1. Slice cheese in 1 oz. slices.
2. Slice ham in 1 oz. slices.
3. Place ham and cheese between slices of bread.
4. Grill - grease grill with margarine. Do not brush margarine on bread.
5. Grill at 325 degrees for approximately 3 - 4 minutes or until sides are toasted.
6. Garnish with tomatoes, olives, or pickles.

CHART G, Continued

HAM SANDWICH
Date: 1969

Size of Serving 1 sandwich
Cooking Temp. _____
Cooking Time _____
Serving Equipment Spatula

Ingredients	50	100	200	Unit	
				Price	Price
Ham, pullman	4#	8#	14#		
White bread	100 sl.	200 sl.	400 sl.		
Lettuce	50 lvs.	100 lvs.	200 lvs.		
Olives or pickle chips	50	100	200		

PROCEDURE:

1. Slice ham in 1 oz. slices.
2. Make sandwich as follows:
 - a. Slice of bread
 - b. Lettuce leaf
 - c. Ham slice
 - d. Slice of bread
 - e. Afix garnish in middle of sandwich with a toothpick.

CHEESEBURGER/BUN
Date: 1969

Size of Serving 1 sandwich
Cooking Temp. 325 degrees - Grill
Cooking Time 5-6 minutes
Serving Equipment Spatula

Ingredients	50	100	200	Unit	
				Price	Price
Hamburger patties, 4/#	13#	25#	50#		
Cheese, American, sliced	3# 2 oz.	6# 4 oz.	12½#		
Buns	50	100	200		

PROCEDURE:

1. Remove frozen patties from box and place on grill - 325 degrees for 5 - 6 minutes. Do not overcook patties.
2. Place cheese (1 oz.) on top of pattie.
3. Place cooked pattie on bun.
4. Garnish with chopped lettuce and tomatoes, or place garnishes on condiment counter.

*Hamburgers are best when not cooked too far in advance.

CHART G, Continued

EGG SALAD SANDWICH

Date: 1969

Size of Serving 1 sandwich

Cooking Temp. _____

Cooking Time _____

Serving Equipment Spatula

Ingredients	50	100	200	Unit	
				Price	Price
Eggs, hard cooked, chopped	50	100	200		
Celery, chopped	3 C.	6 C.	4 qts.		
Sweet relish	1 C.	2 C.	4 C.		
Salt	2 T.	4 T.	8 T.		
Mayonnaise	1 qt.	2 qts.	1 gal.		
Sandwich bread	100	200	400		

PROCEDURE:

1. Mix all ingredients (except bread) together.
2. Place 2 slices of bread together. Top with leaf lettuce. Place a #16 scoop of egg salad on lettuce.
3. Garnish with pickles.

BACON/LETTUCE/TOMATO SANDWICH

Date: 1969

Size of Serving 1 sandwichCooking Temp. 350 deg. ConvectionCooking Time Bacon - 10 minutesServing Equipment Spatula

Ingredients	50	100	200	Unit	
				Price	Price
Bacon	8-9#	16-17#	32-33#		
Sandwich bread	100 sl.	200 sl.	400 sl.		
Lettuce					
Tomatoes, sliced					
Mayonnaise	2 C.	1 qt.	2 qt.		

PROCEDURE:

1. Place bacon on sheet pans and cook until crisp.
2. Toast bread, spread with mayonnaise. Place a leaf of lettuce, 2 slices of tomato, 3 slices of bacon to each sandwich.
3. Garnish with pickles and serve with potato chips.

*Do not make too far in advance or the toast will get soggy.

CHART G, Continued

BEEF STROGANOFF

Date: 1969

Size of Serving 3 oz.Cooking Temp. 350 degreesCooking Time 1½ hoursServing Equipment 3 oz. Ladle

Ingredient	50	100	200	Unit	
				Price	Price
Beef, hand cubed	10#	20#	40#		
Lemon juice	1 C.	2 C.	1 qt.		
Flour	2/3#	1 1/3#	2 2/3#		
Pepper	1 1/3 t.	2 2/3 t.	1 T. + 2 2/3 t.		
Salt	1T.+1t.	2T.+2t.	5T.+1t.		
Fat	2 C.	1 qt.	2 qt.		
Mushrooms	1 1/3#	2 2/3#	5 1/3#		
Sliced onions	1 qt.	2 qt.	1 gal.		
Garlic powder	2 t.	1 T.	2 T.		
Worcestershire sauce	1T.+1t.	2T.+2t.	5 T.		
Tomatoes, diced			2 C.		
Tomato paste	1½ C.	3 C.	1 qt.		
Sour cream	1 pt.	1 qt.	2 qt.		
Noodles (dry weight)	3#	7#	13#		

PROCEDURE:

1. Pour lemon juice over beef and let stand one-half hour, stirring occasionally.
2. Mix the flour, salt and pepper together. Dredge the meat with the flour mixture.
3. Place meat in a steam pot; add fat and brown carefully. Blend in remaining flour mixture.
4. Add mushrooms, sliced onions, garlic powder, worcestershire sauce, tomatoes and tomato paste to the meat mixture. Cover and reduce steam. Cook for 1½ hours or until tender. Stir occasionally.
5. Blend sour cream into the meat mixture just before serving time.
6. Steam noodles until tender.
7. Serve meat mixture over noodles.

CHART G, Continued

BAKED HALIBUT/LEMON BUTTER SAUCE	Size of Serving	4 oz.
Date: 1969	Cooking Temp.	350 deg.
	Cooking Time	30 minutes
	Serving Equipment	

Ingredients	50	100	200	Unit Price	Price
Fat, melted	1#	2#	4#		
Salt	1 T.	2 T.	4 T.		
Pepper, white	1 tsp.	2 tsp.	4 tsp.		
Lemon juice	½ C.	1 C.	2 C.		
Halibut steaks, 4 oz. portion	12½#	25#	50#		

PROCEDURE:

1. Mix melted fat, salt, white pepper and lemon juice.
2. Dip each fillet into above mixture.
3. Place close together in a single layer on a lightly greased sheet pan.
4. Bake at 350 deg. for 30 minutes.

Sauce:

Water, hot	2 qts.	1 gal.	2 gal.
Flour	4 oz.	8 oz.	1#
Butter	2 oz.	4 oz.	½#
Salt	1 tsp.	2 tsp.	4 tsp.
Butter	6 oz.	12 oz.	1½#
Lemon juice	4 T.	½ C.	1 C.

PROCEDURE:

1. Mix hot water, flour and butter to make white sauce.
2. Add salt, butter and lemon juice to white sauce when ready to serve.
3. Dip sauce with 1 oz. dipper on fish as it is served.

CHART H

COMMENTS ON RECIPES

Entree Item	Comments
Cheeseburger Loaf	<p>Group I: Do away with. Poor product, or get new recipe.</p> <p>Group II: Yield off 10 per cent. Too dry. More cheese is needed.</p> <p>Groups I and II: Yield is correct. Still too dry. Tried again 4th time - good product.</p>
Chili with Beans	<p>Group I: Too many beans. Not enough meat. Start with new recipe.</p> <p>Group II: Yield off 20 per cent. Not enough chili powder. Recipe better.</p> <p>Group I and II: Yield off 10 per cent. Tried again - 4th time, yield off 5 per cent. Tried 5th time, good product.</p>
Chili Macaroni	<p>Group I: Revamp or start with a new recipe.</p> <p>Group II: Too dry. Not enough chili powder. Macaroni cooked too much. Yield off 5 per cent.</p> <p>Group I and II: Yield correct. Still too dry. Tried again - 4th time, good product.</p>
Frito Chili Pie	<p>Group I: Get new recipe.</p> <p>Group II: Take off cycle</p> <p>Group I and II: Taken off cycle.</p>
Beef Stroganoff	<p>Group I: Yield off 10 per cent. Order hand cubed beef instead of machine cut. In the sauce use tomato paste and diced tomatoes (2:2) instead of just tomato paste. Do not overcook the noodles</p> <p>Group II: Yield correct. In the sauce use tomato paste and diced tomatoes (3:1) instead of just tomato paste. Cut down on the amount of garlic.</p> <p>Group I and II: Good product.</p>
Braised Beef and Noodles	<p>Group I: Yield off 10 per cent. Not enough meat. Do not overcook the noodles.</p> <p>Group II: Yield correct. Mix noodles and beef as needed instead of all at one time.</p> <p>Group I and II: Good product.</p>

CHART H, Continued

Entree Item	Comments
Meat Loaf	<p>Group I: It crumbles easily, use instant potatoes. Yield off 10 per cent. Use tomato catsup instead of tomato puree.</p> <p>Group II: Potatoes in meat loaf - makes poor product (changes flavor). Add more beef broth instead of mashed potatoes. More salt.</p> <p>Group I and II: More beef broth worked out well, eliminate mashed potatoes. Tried again - 4th time, good product.</p>
Austrian Ravioli	<p>Group I: Yield off 15 per cent. Use stew cut beef instead of ground beef. Too dry.</p> <p>Group II: Yield off 2 per cent. Cut stew beef improved the product. One pint of water was added to every 100 servings. Moisture about right.</p> <p>Group I and II: Good product.</p>
Baked Pepper Steak	<p>Group I: Yield off 10 per cent. Too dry. More seasoning.</p> <p>Group II: Yield correct. Two cups of beef base or broth was added per 100 servings. Worcestershire sauce was added to give more flavor.</p> <p>Group I and II: Good product.</p>
Beef Pot Pie	<p>Group I: Yield off 5 per cent. Use canned biscuits instead of making biscuits by hand. Use canned veg-all instead of fresh vegetables (save man hours).</p> <p>Group II: Yield correct. Veg-all worked very well. Two biscuits per serving. Use frozen peas.</p> <p>Group I and II: Good product.</p>
Beef Stew	<p>Group I: Yield correct. Use veg-all.</p> <p>Group II: More veg-all can be added. Cut down the amount of meat.</p> <p>Group I and II: Good product.</p>
Baked Ham	<p>Group I: Write recipe.</p> <p>Group II: Good product.</p> <p>Group I and II: Good product.</p>
Egg Salad Sandwich	<p>Group I: Write recipe.</p> <p>Group II: Good product.</p> <p>Group I and II: Good product.</p>

CHART H, Continued

Entree Items	Comments
BBQ Beef/Bun	Group I: New BBQ recipe. Yield off 10 per cent. Use better beef. Group II: Yield off 10 per cent (too much fat in beef). Group I and II: Yield off 5 per cent. Tried again - 4th time, good product.
Roast Pork	Group I: Yield off 5 per cent. Group II: Good product. Group I and II: Good product.
Grilled Ham Sandwich	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
BBQ Sliced Beef	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Hamburger Steak	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Submarine Sandwich	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Beef Chop Suey	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Tuna Salad Sandwich	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Spaghetti Neapolitan	Group I: Too much spaghetti. Yield off 20 per cent. Group II: Too dry. Group I and II: Good product.
Hot Dogs/Beans	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Ham and Cheese Sandwich	Group I: Write recipe. Group II: Good product. Group I and II: Good product.

CHART H, Continued

Entree Items	Comments
Baked Pork Chops	Group I: Recipe correct. Group II: Good product. Group I and II: Good product.
Cheeseburgers	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Chuckwagon Steak	Group I: Good recipe. Group II: Good product. Group I and II: Good product.
Corn Dogs	Group I: Write recipe. Group II: Grease too hot. Group I and II: Good product.
Baked Chicken	Group I: Temperature too high. Not enough seasoning. Too dry. Group II: Too dry. Group I and II: Good product.
French Fried Cod	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Grilled Beef Steak	Group I: Eliminate egg wash and second flouring in preparation. Group II: Meat too tough. Group I and II: Good product.
BBQ Chicken	Group I: New BBQ sauce recipe. Group II: Good product. Group I and II: Good product.
Hot Tamales/Chili/ Cheese	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Chicken Pot Pie/ Biscuits	Group I: Use mixed vegetables. Sauce too thin. Yield off 5 per cent. Group II: Sauce too thin. Group I and II: Good product.
Grilled Ham Slice	Group I: Write recipe. Group II: Good product. Group I and II: Good product.

CHART H, Continued

Entree Items	Comments
Hot Beef Sandwich	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
BBQ Steakettes	Group I: New BBQ sauce. Use beef grill for steak. Group II: Good product. Group I and II: Good product.
Coney on Bun/Chili	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Baked Steaks	Group I: Use 4/1# patties instead of 5/1# patties. Group II: Good product. Group I and II: Good product.
Hamburger/Bun	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Grilled Chopped Sirloin	Group I: Eliminate one of preparation procedure. Only flour once. Group II: Good product. Group I and II: Good product.
Seafood Platter	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Oven Fried Liver/Onions	Group I: Good product. Group II: Good product. Group I and II: Good product.
Salmon Croquettes	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Chicken Fried Steak	Group I: Good recipe. Group II: Good recipe. Group I and II: Good recipe.
Fried Chicken	Group I: Change the flouring procedure. Group II: Better product after eliminating the egg dip. Group I and II: Good product.

CHART H, Continued

Entree Items	Comments
Grilled Cheese Sandwich	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Fishwich/Bun	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Deep Fat Fried Catfish	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Reuben Sandwich	Group I: Use French or 1,000 island dressing. Group II: Good product. Group I and II: Good product.
Schoolboy on Bun	Group I: Good recipe. Yield off 5 per cent. Group II: Good product. Group I and II: Good product.
Bologna Sandwich	Group I: Write recipe. Group II: Good product. Group I and II: Good product.
Turkey/Dressing	Group I: Turkey too tough. Dries too quickly. Group II: Turkey still tough. Yield correct. Group I and II: Turkey tough. Otherwise good product.
Golden Pork Cutlet	Group I: Good recipe. Group II: Good recipe. Group I and II: Good recipe.
Yankee Pot Roast	Group I: Good recipe. Group II: Good recipe. Group I and II: Good recipe.
Turkey Sandwich	Group I: Write recipe. Group II: Good recipe. Group I and II: Good recipe.
Scalloped Potatoes and Ham	Group I: Yield correct. Not enough ham. Suggestion - cut cello ham in 3 oz. slices and then in half, in a 2" long pan. 24-1½ oz. slices are placed on top of the potatoes then covered with cheese. Group II: Good product. Group I and II: Good product.

CHART H, Continued

Entree Items	Comments
Halibut	<p>Group I: Try pan frying once in a while instead of baking it all the time (pan frying - frying it on top of the grill).</p> <p>Group II: Good product.</p> <p>Group I and II: Good product.</p>
Macaroni and Cheese	<p>Group I: Use all cheddar cheese instead of half American and half cheddar. White sauce too thick. Yield off 15 per cent.</p> <p>Group II: White sauce too thin. Taste is very bland.</p> <p>Group I and II: Yield correct. Worcestershire sauce was added (some agreed, some did not, so it is optional). Tried again - 4th time, good product.</p>
Ham and Beans	<p>Group I: Good recipe. Yield correct. Pinto beans are very good substitute for navy beans.</p> <p>Group II: Good product.</p> <p>Group I and II: Good product.</p>
Ham Loaf	<p>Group I: Yield off 15 per cent. Too dry. Prefer ham logs.</p> <p>Group II: Still too dry.</p> <p>Group I and II: Good product.</p>
Ham Logs	<p>Group I: Use ham loaf recipe and shape into 4 oz. servings.</p> <p>Group II: Good product.</p> <p>Group I and II: Good product.</p>
Ham and Noodle Au Gratin	<p>Group I: Good recipe. Yield correct. Be careful not to overcook noodles.</p> <p>Group II: Good product.</p> <p>Group I and II: Good product.</p>
Tuna Potato Chip Casserole	<p>Group I: White sauce too thin. Add more pimento. Yield off 10 per cent.</p> <p>Group II: Good product.</p> <p>Group I and II: Good product.</p>
Tuna Noodle Casserole	<p>Group I: White sauce is a little thin. Add more pimento. Add diced green peppers.</p> <p>Group II: Good product.</p> <p>Group I and II: Good product.</p>

CHART H, Continued

Entree Items	Comments
Stuffed Peppers	Group I: Good recipe. Yield correct. Canned whole peppers work well. Group II: Good product. Group I and II: Good product.
Swiss Steak	Group I: Use cornstarch for thickening agent instead of flour. Cut recipe in half. Veal banquet steaks work as well as cubed beef. Group II: Cut recipe in third instead of half (sauce). Group I and II: Good product.
Chicken and Noodles	Group I: Yield off 10 per cent. Do not over-cook noodles. Cut chicken in larger cubes. Group II: Yield correct. Mix noodles and chicken as needed, instead of all at one time. Group I and II: Good product.
Almondine Sole	Group I: Cracker crumbs with almond extract makes an excellent substitute for almonds. Group II: Good product. Group I and II: Good product.
Fish Cakes	Group I: Yield off 5 per cent. Needs more mashed potatoes. Group II: Good product. Group I and II: Good Product.
Fish Flake Loaf	Group I: Not accepted. Do away with. Group II: Not in use. Group I and II: Not in use.
Shrimp Creole:	Group I: Good recipe. Yield off 50 per cent. Group II: Good product. Group II: Good product.
Spanish Rice/Beef	Group I: Yield off 5 per cent. Dries out quickly. Needs more meat. Group II: Yield correct. Needs more meat (try using a little bacon). Group I and II: Good product.
Ham A La King	Group I: White sauce too thin. More seasoning. Yield off 5 per cent. Group II: Yield correct. Ham cut in too small of cubes. Group I and II: Good product.

CHART H, Continued

Entree Items	Comments
BBQ Spareribs	Group I: 8 oz. per serving. Get new BBQ sauce recipe. Group II: Good product. Group I and II: Good product.
Chicken Chow Mein	Group I: Not well accepted. Recipe is good. Yield off 5 per cent. Can be served on rice. Group II: Yield correct. Can be served on Chinese noodles. Group I and II: Good product.
Chicken Tetrazzini	Group I: Good recipe. Yield off 10 per cent. Group II: Good product. Group I and II: Good product.
Hungarian Goulash	Group I: Need more meat. Yield off 15 per cent. Noodles cooked too long. Group II: Yield correct. Leave out bay leaves. Group I and II: Good product.
Italian Spaghetti	Group I: Too much spaghetti. More seasoning. Yield off 10 per cent. Group II: Yield off 5 per cent. More seasoning or different seasonings. Group I and II: Try Lawry's spaghetti sauce mix. Tried again - 4th time, excellent product.
Lasagna	Group I: Get new recipe. Group II: Remove bay leaves or cut down on the amount that is used. Yield off 15 per cent. More seasonings. Group I and II: Yield off 5 per cent. Bay leaves removed completely. Tried again - 4th time, good product.
Quaker Spaghetti	Group I: Yield off 25 per cent. Do away with recipe. Poor seasoning. Too much spaghetti. Group II: Yield off 10 per cent. Too dry. Cooked spaghetti too long. Group I and II: Good product.
Salisbury Steak	Group I: Good recipe. Use brown gravy recipe. Yield off 5 per cent. Group II: Good product. Group I and II: Good product.

CHART I
 MASTER CYCLE MENU ANALYSIS
 FREQUENCY DISTRIBUTION

Entrees	Week					Total
	1	2	3	4	5	
<u>Breakfast Items</u>						
Juices						
Apple Juice	2	2	2	1	2	9
Cranapple Juice			1			1
Cranberry Juice	1	1		1		3
Grape Juice	2	3	3	3	1	12
Grapefruit Juice	1	1	1	1	1	5
Orange Juice	3	4	3	4	3	17
Pineapple Juice	1		1		2	4
Pineapple/Grapefruit Juice	1		1	1	1	4
Pineapple/Orange Juice		1		1	1	3
Prune Juice	1	1		1	1	4
Tomato Juice	2	1	2	1	2	8
Fruits						
Apple	1		1	1	2	5
Banana	1	2	1	2	1	7
Cantaloupe	1	1	1			3
Grapes		1				1
Grapefruit Half	2	1	2	1	2	8
Orange	1	1	1	3	2	8
Peach		1				1
Plums	1		1			2
(These will vary according to season)						
Cereals						
Cream of Wheat	2	2	2	1	2	9
Farina		1	1	1	1	4
Malt-O-Meal	1	1	2		1	5
Oatmeal	2	2	1	3	1	9
Ralston	2	1	1	1	1	6
Rice					1	1
Eggs						
Creamed Eggs			1		1	2
Fried Eggs	3	3	2	2	1	11
Hard and Soft Cooked Eggs						0
Scrambled Eggs	3	2	2	3	3	13

CHART I, Continued

Entrees	Week					Total
	1	2	3	4	5	
<u>Breakfast Items, Continued</u>						
Other Items						
Hash Brown Potatoes			1		1	2
French Toast		1			1	2
Pancakes	1		1	1		3
Waffles		1		1		2
Meat						
Bacon	2	4	3	3	3	15
Canadian Bacon		1				1
Ham Slices	2	1	2	1	2	8
Ham Bits				1		1
Sausage Links	3	1	2	2	2	10
<u>Lunch Items</u>						
Sandwiches						
American Club					1	1
Bar-B-Que Beef			1		1	2
Hot Beef		1		1		2
Bologna	1					1
Grilled Cheese	1	1				2
Egg Salad			1			1
Ham					1	1
Grilled Ham			1			1
Hamburgers		1	1			2
Ham and Cheese				1		1
Hot Dogs/Buns					1	1
Reuben			1			1
School Boy				1		1
Hot Turkey	1					1
Tuna Salad				1		1
Seafood						
Breaded Codfish				1		1
Fish Sticks		1				1
Fishwich/Bun	1					1
Fish Krispies					1	1
Tuna Noodle Casserole	1					1
Tuna Potato Chip Casserole			1			1

CHART I, Continued

Entrees	Week					Total
	1	2	3	4	5	
Pork						
Ham/Beans		1			1	2
Hot Dogs/Beans				1		1
Scalloped Potatoes/Ham			1			1
Corn Dogs		1				1
Poultry						
Chicken a la King/Chow Mein Noodles			1			1
Chicken a la King/Toast	1					1
Chicken and Dumplings					1	1
Chicken Pot Pie		1				1
Beef						
Braised Beef/Noodles		1				1
Beef Stew	1		1			2
Beef Chop Suey				1		1
Chili				1		1
Chili/Beans/Fritos	1					1
Chili Macaroni			1			1
Creamed Chipped Beef/Toast					1	1
Lasagna					1	1
Macaroni and Cheese		1			1	2
American Ravioli				1		1
Austrian Ravioli		1				1
Spaghetti Neapolitan				1		1
Quaker Spaghetti	1					1
Beef Spanish Rice	1					1
Hot Tamales/Chili/Cheese		1				1
Soups						
Bean				1		1
Beef Rice				1	1	2
Canadian Cheese			1			1
Chicken Noodle		1				1
Corn Chowder			1			1
Cream of Chicken				1		1
Cream of Tomato	1	1				2
French Onion or Mulligatawny				1		1
Minestrone	1					1
Mushroom		1		1	1	3
Potato	1		1			2
Tomato	1		1			2
Vegetable	1	1	1		1	4

CHART I, Continued

Entrees	Week					Total
	1	2	3	4	5	
Soups, Continued						
Tomato Rice		1				1
Pepper Pot					1	1
Vegetables						
Beans, Baked			1		1	2
Beans, Green	5	4	5	5	3	21
Beans, Ranch Style		1		1		2
Beets, Buttered		1	1			2
Beets, Harvard	1					1
Cabbage, 7-minute		1			1	2
Cauliflower				1	1	2
Carrots, Orange Glazed, Whole				1		1
Corn, Cream Style	1					1
Corn, Whole Kernel, Yellow	1					1
Corn Fritters	1					1
Hominy	1					1
Hominy O'Brien			1			1
Lettuce, Wilted				1		1
Mixed Vegetables		1	1	1	2	5
Okra and Tomatoes					1	1
Okra, French Fried			1			1
Onions, Buttered				1		1
Onion Rings		1	1			2
Peas, Blackeyed	1		1		1	3
Squash, Yellow	1			1	1	3
Spinach	1	1			1	3
Tomatoes, Buttered				1		1
Turnip Greens and Turnips				1	1	2
Used as Vegetables						
Doritos			1			1
Fritos		1				1
Potato Chips	1			1	1	3
Deep Fried Pineapple		1				1
Cold Applesauce	1		1			2
Cinnamon Applesauce		1				1
Spanish Rice			1			1
Spicy Rice Cheese Bake		1				1

CHART I, Continued

Entrees	Week					Total
	1	2	3	4	5	
<u>Dinner Items</u>						
Beef						
Baked Steak				1		1
Beef Stroganoff			1			1
Bar-B-Que Sliced Beef			1			1
Bar-B-Que Steakettes		1				1
Charcoal Steaks					1	1
Chicken Fried Steak			1			1
Hungarian Goulash/Noodles					1	1
Grilled Chopped Sirloin		1				1
Cheeseburger Loaf		1				1
Meat Loaf			1		1	2
Oven Fried Liver		1				1
Salisbury Steak	1			1		2
Stuffed Green Peppers		1				1
Swiss Steak	1			1		2
Swedish Meat Balls					1	1
Yankee Pot Roast	1					1
Veal Roast					1	1
Veal Cutlet			1			1
Pork						
Baked Ham	1		1	1		3
Bar-B-Que Spareribs	1					1
Canadian Bacon					1	1
Glazed Ham Loaf		1				1
Grilled Ham Slice		1				1
Pork Cutlet	1	1		1		3
Roast Pork			1	1	1	3
Poultry						
Baked Chicken		1				1
Baked Chicken/Dressing			1			1
Fried Chicken	1			1	1	3
Sliced Turkey/Dressing	1					1
Turkey Supreme				1		1
Seafood						
Almondine Sole				1		1
Baked Halibut			1			1
Cod Fillets		1				1
Cod Squares			1			1
French Fried Catfish	1					1

CHART I, Continued

Entrees	Week					Total
	1	2	3	4	5	
Seafood, Continued						
Salmon Croquettes	1					1
Seafood Platter		1			1	2
Shrimp Creole					1	
Potatoes						
Candied Sweet Potatoes				1		1
French Fried Potatoes			1		1	2
Hash Brown Potatoes		1				1
Lyonnais Potatoes			1			1
Mashed Potatoes	2	1	2	2	2	9
Browned Potatoes					1	1
Oven Brown Potatoes	1	1		1		3
Paprika Buttered Potatoes		1				1
Parsley Buttered Potatoes			1	1	1	3
Persillade Potatoes	1					1
Scalloped Potatoes		1				1
Rice	1					1
Vegetables						
Beans, Green		1			1	2
Beans, Lima			1		1	2
Beets, Buttered					1	1
Beets, Harvard				1		1
Beets, Pineapple		1				1
Broccoli	1	1		1	1	4
Brussels Sprouts	1		1	1	1	4
Cabbage, 7-minute			1			1
Cauliflower		1				1
Carrots, Coins			1			1
Carrots, Waffled	1					1
Carrots, Julienne	1			1		2
Corn, Cream Style				1	1	2
Corn, Whole Kernel Yellow		1	2	1		4
Mixed Vegetables	1					1
Okra, French Fried	1					1
Peas, Black-eyed		1		1		2
Peas, Buttered	1	1	1	1	1	5
Peas and Onions	1					1
Squash		1	1			2
Spinach			1			1
Succatosh		1		1		2
Tomatoes, Whole Cold	1	1				2
Tomatoes, Seasoned					1	1
Turnip Greens					1	1

CHART I, Continued

Entrees	Week					Total
	1	2	3	4	5	
<u>Items Used as Vegetables</u>						
Apple Fritters					1	1
Cinnamon Apples					1	1
Spiced Peach Half			1			1
Cinnamon Pears	1			1		1
<u>Saturday Lunch Items</u>						
<u>Beef</u>						
Bar-B-Que Sliced Beef					1	1
Chicken Fried Steak				1		1
Grilled Beef Steak		1				1
Hamburger Steak			1			1
Roast Beef	1					1
Veal Banquet Steak					1	1
<u>Pork</u>						
Ham Logs	1					1
Baked Pork Chops				1		1
<u>Poultry</u>						
Bar-B-Que Chicken		1				1
Fried Chicken			1			1
<u>Potatoes</u>						
Cottage Cut Fried Potatoes	1					1
Duchess Potatoes			1			1
Mashed Potatoes		1				1
Parsley Buttered Potatoes					1	1
Mashed Sweet Potatoes				1		1
<u>Vegetables</u>						
Beans, Lima	1					1
Breaded Tomatoes			1	1		2
Escalloped Potatoes	1					1
Brussels Sprouts		1				1
Peas and Carrots		1				1
Cauliflower			1			1
Spiced Applesauce				1		1
Broccoli				1		1
Succotash				1		1

CHART I, Continued

Entrees	Week					Total
	1	2	3	4	5	
<u>Saturday Dinner Items</u>						
Sandwiches						
Cheeseburgers				1		1
Coney/Bun	1					1
School Boy					1	1
Spaghetti and Meat Sauce		1				1
Submarine			1			1
Other Items						
Doritos					1	1
Fritos			1			1
Potato Chips	1			1		2
Soup						
French Onion		1				1
Beef Noodle					1	1
Chicken Vegetable			1			1
Cream of Tomato				1		1
Vegetable Beef	1					1
<u>Sunday Dinner Items</u>						
Beef						
Baked Steak	1					1
Chuckwagon Steak				1		1
Meat Loaf		1				1
Smothered Steak					1	1
Beef Roast			1			1
Pork						
Baked Ham		1				1
Ham Loaf			1			1
Potatoes						
Baked Potatoes			1			1
Mashed Potatoes	1			1		2
Sweet Potatoes		1			1	1

CHART I, Continued

Entrees	Weeks					Total
	1	2	3	4	5	
Vegetables						
Spinach	1					1
Mixed Vegetables	1					1
Beans, Green		1				1
Beans, Wax			1			1
Buttered Spiced Apples		1				1
Broccoli			1			1
Peas and Carrots				1		1
Corn, Whole Kernel Yellow				1		1
Peas				1		1
French Fried Cauliflower				1		1

STANDARDIZATION OF RECIPES FORM

RECIPE NAME:

Size of Serving _____

INGREDIENTS USED	SPECIFICATIONS	No. _____	No. _____	No. _____	METHODS USED

Rate Recipe Quality:	Preparation Time:
Are there any production or serving problems? List on back of page.	Cooking Temp.:
List suggestions for improvement on back of page.	Cooking Time:
Acceptable for clientele?	Serving Equipment:

FORM B

RECIPE FORMAT

 (Name of Recipe)

Date:

Size of Serving _____

Cooking Temp. _____

Cooking Time _____

Serving Equipment _____

Ingredients	50	100	200	Unit Price	Price
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PROCEDURE:

VITA

Dorris Jean Holland

Candidate for the Degree of

Master of Science

Thesis: ANALYSIS AND CONSTRUCTION OF MASTER MENU CYCLE AND
STANDARDIZATION OF RELEVANT RECIPES

Major Field: Food, Nutrition and Institution Administration

Biographical:

Personal Data: Born in Jesup, Georgia, September 5, 1944, the
daughter of Aaron Lester and Dorris Nichols Holland.

Education: Attended Jesup Junior and Senior High Schools, Jesup,
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degree with a major in Home Economics Education and Dietetics
from the Woman's College of Georgia in January, 1967; com-
pleted the requirements for the Internship at Oklahoma State
University, Stillwater, Oklahoma, in January, 1969; completed
the requirements for the Master of Science degree in July,
1970.

Professional Experience: Employed as dietitian by Central State
Hospital in January, 1967, and as Assistant Manager, Scott-
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Professional Organizations: Member of the American Dietetic
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