

Home Delivered Meals Program Supplemental Information

SECTION I - PROGRAM DESIGN

DFSS proposes to designate one provider for Home Delivered Meals in the City of Chicago. The city is divided into four geographic areas for the purposes of demonstrating the current distribution of home delivered meal clients; see **Attachment #1**. Respondents must be able to: provide services to all four areas of the city of Chicago; provide all meal types as specified; and meet all other requirements as set forth in this RFP. The provider is responsible for delivering the meals to any client regardless of the address, location or neighborhood within the city of Chicago. The preparation and delivery of the meals to clients' homes in the city and the associated equipment and supplies will be the responsibility of the awarded respondent.

The provider will be required to prepare and deliver complete, freshly prepared meals, ready to eat, or frozen prepackaged meals to be reheated to each approved individual client's home. Each meal provided must follow the meal pattern developed by the Illinois Department on Aging and must conform to the current Dietary Guidelines for Americans found in **Attachment #2**.

A. Meal Units, Holiday Meals, Shelf Stable Meals, Meal Requirements, & Menu Cycle

1. MEAL UNIT DETAILS

A *meal* is an individual hot, frozen, or cold food serving prepared in accordance with the approved menus. All "frozen meals" are actually prepackaged hot meals which are in a frozen state and will be delivered frozen to be reheated by the client in the client's home. A *unit* is one hot meal plus one cold meal or, one frozen meal plus one cold meal. Two meals delivered together are considered as one *unit*.

The meals are delivered to individual homes. The delivery patterns and the meal combinations vary in accordance with the client's needs, as determined by an assessment completed by the Care Coordination Units (CCU) or Managed Care Organization (MCO).

There are four main meal program types to accommodate the needs of seniors enrolled in the program:

The **weekday 5 day frozen program** is a weekly delivery of five units. Five frozen (to be defrosted and re-heated for a hot meal) and five cold (ready to eat refrigerated) meals are delivered on one day. The delivery days may be decided by the provider.

The **weekday 3 day frozen program** is a weekly delivery of three units. Three frozen (to be defrosted and re-heated for a hot meal) and three cold meals are delivered on one day. The delivery days may be decided by the provider.

The **weekday hot program** is a five day delivery of one unit per day. These meals are delivered every Monday through Friday and consist of one hot meal and one cold meal.

The **weekend frozen program** is a once a week delivery of a unit consisting of one frozen meal and one cold meal. These meals are typically delivered on Friday.

- Clients in the weekday meal programs will receive the weekday meal delivery along with the weekend meals. If the clients are only enrolled in the weekend program, they will receive a separate weekend program delivery.

Clients enrolled in the short term programs are those individuals referred from hospitals, visiting nurses, nursing homes, and rehabilitation centers or other emergency situations, who are recuperating from an illness and are expected to be able to prepare their meals within six weeks. Clients enrolled in the long term programs need more than six weeks of meals based on information received at initial referral (i.e. clients in hospice or who have severe chronic

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illnesses).

The designated meal programs and number of meals provided within each program type are as follows:

- Preferred Meal Program - Frozen - (**3 days**/6 meals)
- Standard Meal Program - Hot - (**5 days**/10 meals)
- Standard Meal Program - Hot - (**5 days**/10 Meals) - **Short Term**
- Standard Meal Program - Frozen - (**5 days**/10 Meals) - **Short Term**
- Standard Meal Program - Frozen - (**5 days**/10 meals)
- Standard + Supplemental Meal Program - Hot - (**7 days**/12 meals)
- Standard + Supplemental Meal Program - Frozen - (**7 days**/12 meals)
- Supplemental Meal Program - Weekend Only - Frozen - (**2 days**/2 meals)

2. HOLIDAY MEALS

To ensure clients receive meals for the holidays, the successful respondent will enter into a separate agreement with Meals on Wheels Chicago to prepare and deliver holiday meals. Meals on Wheels Chicago is a separate, private organization; not a department of the City of Chicago. Meals on Wheels Chicago sponsors holiday meals, with menus that follow a holiday theme, and are delivered to the same individual homes as delivered for DFSS.

Meals on Wheels Chicago will utilize the selected respondent for the preparation and delivery of six special holiday meals to be delivered to the DFSS client base. The holiday meals will follow the DFSS approved menus and unit rates. Any additional meal components and related costs per meal unit may be negotiated between Meals on Wheels Chicago and the HDM provider.

The six designated major holidays are: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas Day. The delegate agency will deliver one hot or frozen and one cold prepackaged meal to the clients for these holidays.

The HDM provider will submit the invoice(s) directly to Meals on Wheels Chicago, not DFSS. Invoices for meals delivered through Meals on Wheels Chicago must be addressed to:

Meals on Wheels Chicago
1111 N Wells Street, Suite 307
Chicago, IL 60610
773.661.4550, x3

The City of Chicago will not be responsible for any obligations of Meals on Wheels Chicago.

3. SHELF STABLE MEALS

In preparation for weather emergencies and clients missing scheduled meal deliveries because of medical appointments or other unavoidable situations, shelf stable meals will be delivered to all active clients during designated periods throughout the year. The shelf stable option will provide seniors the nutritional meals needed during a time when the deliveries cannot be made or the senior is unable to receive their regular delivery.

Shelf stable meals will consist of two complete meals for each day that follow the meal pattern developed by the Illinois Department on Aging. The meals must conform to the current Dietary Guidelines for Americans.

4. MEAL REQUIREMENTS

In addition to following the meal pattern developed by the Illinois Department on Aging, the

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provider must follow the minimum serving sizes and other specifications as set forth in the Food Specifications for Cycle Menus; see **Attachment #3**.

The frozen or hot meal will consist of three food items (usually entrée, starch and vegetable) in a three-compartment tray. The meal must be produced in an inspected facility. To control costs and facilitate production and delivery, it is DFSS's intent to use the same cycle menu for both the Frozen Meal Program and the Hot Meal Program with only a few differences. The second daily meal which is the Cold Meal, will be provided to all clients in both programs. There may be occasional differences in the Frozen Meal Program menu and the daily Hot Meal Program menu to accommodate differences in packaging, handling, and heating.

5. MENU CYCLES

The provider must prepare each meal in accordance with the approved menus. There are four seasonal cycle menus per calendar year as follows: Fall, Winter, Spring and Summer. Each seasonal cycle menu consists of four weeks of daily food items. The daily food items repeat three times with one cycle menu; see **Attachment #4**. The provider must submit the proposed menus at least six weeks prior to the beginning of a seasonal cycle menu directly to DFSS and/or DFSS's Registered Dietician. For example, the "Fall Menu Cycle" which begins October 1st, must be submitted in mid-August. The HDM Provider must work with the Registered Dietician to ensure that the menu is consistent with the nutritional guidelines.

All menus submitted by the provider must be approved by a Registered Dietician and all program clients must be served the approved menu. There may be no substitution of the menu at any time unless first authorized by DFSS.

In the event certain menu items prove to be unpopular with clients, requests from DFSS for substitutions of comparable, nutritional and price value must be honored. DFSS reserves the right to add or change diets as deemed appropriate, such as modified consistency or pureed diet.

The HDM provider is responsible for the distribution of the final approved cycle menus to all HDM clients.

B. Food Specifications for Frozen Meals

In addition to the requirements listed in the Food Specifications for Cycle Menus (FSCM) (**Attachment #3**) the following will also apply for frozen meals:

1. BLAST-FREEZERS

Any food item that is cooked by the provider must be individually portioned and quickly frozen in a blast-freezer that is specifically designed for this purpose. The individually portioned food item must be brought from 140° F to 10° F in two (2) hours or less, and must achieve 0° F within one additional hour for a good quality-frozen product. All meals must be blast-frozen before being placed into storage freezers. The meals must be loaded into ventilated containers to allow proper airflow and quick, even freezing while in the blast-freezer. All frozen meals must be stored at 0° F or below. Strict quality control standards must be followed, as described in Section II Requirements and Standards for Quality Control.

2. COMMERCIALY FROZEN MEALS

The provider may plan to purchase commercially frozen meals from a USDA inspected plant. There are some vendors that currently produce meals, which generally meet the menu requirements, are USDA inspected, and currently provide frozen meals for other HDM programs

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in other areas of the country. If the provider proposes to purchase commercially frozen meals, DFSS must approve the vendor and the products, which must meet all applicable requirements set forth in this document, including all meal and meal packaging requirements.

3. COMMERCIALLY FROZEN FOOD ITEMS

The provider may plan to purchase frozen precooked food items, such as frozen meatballs or Salisbury steak, to be used in the frozen meals. These items must remain frozen during preparation and handling while packaging into the three-compartment tray. Precooked frozen foods may not be thawed or heated during preparation and handling by the provider.

4. VEGETABLES

Vegetables used in the frozen meal must be frozen, with blanching times appropriate for a tender end-product. This is especially critical in some vegetables such as green beans or sliced carrots. Vegetables may not be precooked by the provider in an attempt to achieve the appropriate tenderness, since this would result in excess nutrient loss.

5. GRAVY/SAUCES

Gravies and sauces must be made with reduced sodium and reduced fat base, as in the Food Specifications document. For the frozen meals, any of these products must also be made with freeze-stable modified food starches to prevent curdled or lumpy products when frozen and reheated.

6. MILK

Expiration dates on milk cartons must be at least one day past the last menu day to be delivered to the client.

7. MENU BALANCE

Meal composition must be evaluated for compatibility to ensure proper reheating of all three frozen meal components in the same time frame. Food items must also be evaluated for adjustment or revision needed to accommodate the freezing process. DFSS will work closely with the provider. DFSS must approve any changes in the menus.

8. NUTRIENT CONTENT

Each frozen meal must have a detailed nutrient analysis of each food item on the menu to include the calories, fat, sodium and fiber content. Approximate nutrient values from accepted professional sources may be used as appropriate sources for this reporting, as are analyses performed by certified labs. All nutrient analyses must be certified by the provider's Registered Dietitian or by the Registered Dietitian of the approved frozen meal vendor.

C. **Equipment Requirements for Vehicles**

The hot and frozen meals, and the accompanying cold meals, must be delivered to the clients' homes in oven, freezer and refrigerator-equipped vehicles. There must be adequate oven space to hold all hot meals at 140°F or above. There must be adequate refrigerator space to hold the cold meals at 40°F or below. There must be adequate freezer space to hold the frozen meals at 0° or below. The oven, freezer and refrigerator units must have continuous temperature monitoring in view of the drivers to assure proper temperatures throughout delivery.

The vehicles must be kept clean at all times. The food storage areas of the vehicles must be cleaned and sanitized daily. The vehicles must display an acknowledgement that the program is supported by funds from the City of Chicago such as a logo associated with this program, phone

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number and artwork on the exterior of the vehicle which will be provided at no additional charge to the City.

D. Days of Operation

The Respondent must agree to provide service each day of the year (Monday through Friday), including New Year's Day, Labor Day, Thanksgiving Day, Memorial Day, Christmas Day, Independence Day. The holiday meals will be delivered and billed through the Holiday Meals Program, referenced above, and is subject to the availability of funding.

E. Meal Packaging

All food must be prepackaged according to regulations approved by the Chicago Department of Public Health. All packaging and labeling must be approved by DFSS before use. All equipment and supplies are subject to DFSS approval prior to the start date of the contract. Any proposal must meet the same standards established in these specifications for food safety, food quality and client satisfaction, as determined by DFSS.

The Hot Meal packaging must satisfy the following specifications:

- Must be firm and sectioned so that food items do not mix.
- Must be capable of being tightly closed to retain heat.
- Must be non-porous so that there is no seepage.
- Must be disposable.
- Must be built to be stacked for transporting, and capable of holding the specified amount of product in each tray compartment.
- Must be labeled with preprinted label that states food items, date produced, and handling instructions.

The Frozen Meal must satisfy the following specifications:

- The entree tray must be labeled with preprinted labels that state the food items, the date produced, and instructions. The instructions should specify to keep meals refrigerated, and to eat within six (6) days of delivery.
- All cold food items must be placed into a paperboard box that can be securely closed.
- Multiple-days cold food items may be approved by DFSS to be placed in the same box if the provider proposes a system that will prevent crushing and jumbling of the packaged food items in transit.
- The box must be printed with the DFSS name, DFSS logo, DFSS phone number, and brief instructions to refrigerate. Artwork will be provided by the provider, at no separate charge to the City.
- Each box must be clearly labeled.

F. Delivery Specifications

Frozen and hot meal deliveries to clients' homes will be made between the hours of 8:00 A.M. and 3:30 P.M. Monday through Friday. All meals will be delivered into the client's home. No food is to be left outside the door. The provider is responsible for delivering meals to any client regardless of the address, location or neighborhood within the City of Chicago.

The weekday frozen meals will be delivered to clients in one delivery per week. Each client will be assigned one delivery day per week and must remain on that delivery schedule for at least six months or longer. Since the delivery will include a large number of meals, the drivers must place the frozen meals into the client's freezer and perishables into the client's refrigerator, at the

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client's discretion.

The weekday hot meals will be delivered to clients daily (Monday through Friday). The weekend frozen meals will be delivered one day a week. If a client also receives weekday frozen meals, the weekend meals will be delivered along with the weekday meals.

The provider must submit a delivery plan for approval by DFSS for all meal program types within two weeks of notification of contract award.

Often times news worthy or educational materials may need to be disseminated to Chicago area seniors. The provider will deliver the written materials, or flyers and the like to clients, at no additional cost to DFSS, upon request of DFSS.

In the event that scheduled deliveries cannot be made, the provider must notify DFSS 48 hours in advance. The provider must submit a written notification to DFSS which will include the reason why the deliveries cannot be made and when the deliveries will be resumed.

The providers must have a backup plan for emergencies and other conditions which may prevent the scheduled deliveries of meals. The plan must address potential problems within and beyond the control of the provider. Respondents must be able to demonstrate a backup plan in the event of equipment failure, weather emergencies or other types of emergencies. If equipment failures result in meals being unserved, the plan must include how meals will be replaced and delivered the same day.

The providers must keep a moderate number of surplus, readily useable meal units to supply the Home Delivered Meals Program in the event the provider does not deliver the correct number of meals, or in the event that the backup plan is invoked.

Drivers must make every possible effort to deliver meals. The provider must ensure that all drivers have communication devices such as two-way radios or cellular phones to allow for immediate communication between the driver, the provider and DFSS. The driver must call the provider immediately for any client non-response, any vehicle breakdown or any delivery delays.

G. Delivery Failures

There may be multiple causes for delivery failures. Two of the most common causes are listed below:

1. In the event of a delivery truck breakdown, the driver must immediately notify the provider. The provider will immediately dispatch another vehicle within one half hour of the notification. The provider must notify DFSS immediately and provide the following information:
 - a. Time vehicle went down
 - b. Route number
 - c. Boundaries of the route
 - d. When the route will be resumed

With appropriate notification, DFSS may allow extra time for deliveries.

2. Clients should be allowed a reasonable period of time to answer the door. The drivers should ring the bell and knock loudly on the door for a minimum of five minutes. If the client does not respond, the driver must contact the provider, while still at the address of this client. The provider must then immediately contact the client. The provider must allow a minimum of 8 - 10 rings. If the client does not come to the door, the provider will still be reimbursed for the delivery. The provider must notify both DFSS and the Care

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Coordination Unit (CCU) for follow up with the client.

A daily report must be submitted to DFSS and CCU listing each client, the program they are enrolled in and the number of meals attempted to be delivered, along with the specific action taken to contact the client for the failed delivery.

A re-delivery will not be required if it was determined that the client was not at home at the time the delivery was attempted. If there is no answer at the door on two consecutive deliveries for clients in the weekday hot program and one consecutive delivery for clients in the weekday and weekend frozen programs, the provider must place the client on temporary hold or "skip" and notify both DFSS and CCU of the no answer.

H. Program Operations

1. NEW CLIENTS

Referrals for new clients to be added to the Home Delivered Meals Program are made by the CCUs, MCOs and/or DFSS directly to the HDM provider daily (by or before Noon) for enrollment in the program the next day or next delivery day for the route assigned to the client. Client enrollment information and any changes in status must be entered and tracked in a client tracking system.

All of the information submitted to the HDM provider through the client referral forms (including client demographic and assessment data) must also be entered into the National Aging Program Information (NAPIS) reporting system by the HDM provider. The HDM provider must follow-up directly with the CCUs and MCOs regarding any missing client demographic or assessment data.

2. IMMEDIATE NEED MEALS

Clients in need of immediate meals that *must* receive meals the next day (on occasion the same day) include clients being referred from a hospital, nursing home, community setting, CCU, MCO or DFSS. These clients are presumed eligible and referred for meals *before* an in-home assessment is conducted. The HDM provider must follow-up directly with the referring agency to ensure that the in-home assessment takes place and that a regular HDM referral is submitted that includes the client demographic and assessment data within four weeks of the referral.

3. CHANGES IN CLIENTS STATUS/INFORMATION

Requests for changes in client status (i.e., terminations of meals, temporary suspension of meals, restarting meals) or any changes in client information (i.e. address, phone number or other personal information), are submitted to the HDM provider by the CCUs, MCOs or DFSS daily before 3:00 P.M. and must take effect the next day, as requested. The HDM provider is also responsible for ensuring the proper notification of the changes in the status or continued eligibility of clients to the CCUs, MCOs and DFSS on a daily basis.

The HDM Provider notifies the CCUs and MCOs (and DFSS) of the well-being and continued eligibility of any clients in the program through a daily report that is submitted to the CCUs and MCOs by the HDM provider. This includes, but is not limited to, any client that has been hospitalized, passed away, no longer interested in receiving meals, or client that appears to no longer need meals.

The HDM provider works directly with the CCUs and MCOs to ensure that clients in the short term meal programs (6 week enrollment maximum) and clients on skip for more than 90

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days are provided with an appropriate disposition. The HDM provider generates a quarterly report of clients whose enrollment in the programs has expired and forwards the report directly to the CCU/MCO assigned to the clients for follow-up and appropriate disposition which may include clients in the short term meal program transitioning into the long term meal programs or terminated if the meals are no longer needed.

4. VOLUNTARY CONTRIBUTIONS

Federal funding of Title IIIC and IIIE mandates clients have the opportunity to voluntarily contribute to the cost of their meal. The clients will be given an envelope for their contribution provided by the agency, at no separate charge to the City. The drivers will collect envelopes on a weekly basis. It is expected only direct employees of the contractor e.g. the driver, not an assistant, will collect these envelopes. Drivers are not to comment, question or otherwise engage the client in the kind of or amount of contribution if any given.

The provider will ensure that the daily contributions are collected, counted, reconciled and reported to DFSS on a weekly basis. The contributions are to be used toward the cost of the meals provided and deducted from each invoice submitted by the provider to DFSS.

No less than on a quarterly basis, the HDM provider is responsible for the distribution of contribution notification letters to clients enrolled in the program reminding them of the option to make a contribution.

5. DISTRIBUTION OF CLIENTS AND NUMBER OF MEALS TO BE SERVED

Areas	Meal Type	Approximate # of Clients Per Day	Approximate # of Meals (2 meals per client) per Day	Approximate # of <u>Meal Units</u> per Year
Northeast/ Northwest	Hot/Frozen & Cold Meals; General Cuisine	1,821	582,720	291,360
Central West	Hot/Frozen & Cold Meals; General Cuisine	831	265,920	132,960
Southwest	Hot/Frozen & Cold Meal; General Cuisine	4,521	1,446,720	723,360
Southeast	Hot/Frozen & Cold Meals; General Cuisine	782	250,240	125,120
TOTAL UNITS Projected:				1,272,800

SECTION II - ADDITIONAL INFORMATION AND REQUIREMENTS

A. Requirements & Standards for Quality Control

As a designated awardee, the provider will be required to adhere to all standards and procedures as outlined by the City of Chicago's Department of Family and Support Services, the Chicago Department of Public Health and the Illinois Department on Aging.

The provider must have a written quality control system which assures that the highest possible standards of cleanliness will be maintained in compliance with the Chicago Department of Public Health codes relative to the premises and the handling, processing, packaging, sorting, and delivery of the food. The facility must meet health and safety regulations and have implemented safety and monitoring policies. The providers must have available for review current inspection

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certificates. The quality control program must contain the following plans or methods:

1. Appropriate food items and condiments are packed according to the menu for each diet.
2. All meals are at the proper temperature before loading and during delivery; frozen meals at 0°F or less; cold meals at 40°F or less. Hot meals must be heated to at least 165°F before loading. Hot meals must be maintained above 140°F during delivery.
3. The correct number of meals for each diet is loaded for each route.
4. Freezer and refrigerator units/delivery's vehicles for frozen meal service are pre-cooled to the proper temperatures before loading food into them. Proper temperatures must be maintained throughout the delivery time.
5. All units must be preheated and pre-cooled to the proper temperatures before loading food. Proper temperatures must be maintained throughout delivery time.
6. Food items are routinely tasted and evaluated for flavor, texture, and appearance with adjustments made as necessary to standardized recipes or food preparation and packaging procedures.
7. Daily samples of all protein-based foods will be retained under refrigeration for 72 hours following the time of actual service. It will be properly labeled to show contents, time cooked, and time chilled in order to trace food-borne contaminants, or other food-related problems, should a concern arise.

To provide the best quality meals and assure that all food safety and sanitation standards are met, the provider must have and use clear sanitation, safety, and monitoring policies and procedures. All foods must be prepared, packaged, and frozen with methods that avoid growth of pathogenic organisms. All such policies and procedures must be submitted to DFSS upon request. The provider must submit to DFSS the following information twice per year, or as otherwise requested by DFSS:

- Proof of ongoing extermination services;
- Laboratory analysis reports, as explained below;
- Proof of in-house sanitation monitoring;
- Proof of in-service training;
- Four daily production sheets;
- Copy of monthly refrigerator and freezer temperatures;
- Copy of cleaning and sanitation schedule.

The provider must secure the services of an independent licensed laboratory to perform pathogenic organism analyses on at least four different frozen meals, two different cold meals and two different hot meals, on a quarterly basis, or as requested by DFSS.

These tests must include: aerobic plate count, Coliform, E-Coli, Staph Aureus (coag +), Shigella, Salmonella and Listeria. The food items in each three-compartment tray may be tested together. If organism levels are questionable, the individual food items must be retested immediately. All tests must be in accordance with current federal standards.

If the provider purchases commercially frozen meals from an approved vendor, the provider must also secure all seven reports listed above from the vendor. All reports from the provider, and from any frozen meal vendor, must be submitted to DFSS by December 31st, March 31st, June 30th and September 30th of each year.

If reasonable questions arise regarding the safety of a food item, the nutritional content, or

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ingredients of a food item, DFSS will require the provider to have that food item analyzed at an independent licensed laboratory, at the provider's expense.

The provider must retain at least one of each finished frozen meal in frozen storage for at least thirty days from the production date. This storage "file" of at least the previous thirty days' finished frozen meals must be available for inspection or testing at any time.

Standardized recipes or production procedures that show quantities of ingredients used and yields will be written for all food items that require any preparation by the provider. These recipes and procedures will be available for review by DFSS for the purposes of nutritional analysis and contract compliance. The provider must obtain any product information, including ingredients and nutrient content, of any commercially prepared product that is purchased for use in this program. This information must be submitted to the DFSS Registered Dietitian for review before each menu cycle or any time a different product is purchased.

B. Inspections and Compliance with Food-Handling Standards

The City of Chicago, as well as the State and Federal Program Authorities, will randomly inspect the premises of the provider, the quality of food, related supplies, and compliance with OSHA regulations during the contract term. Such inspections will be made without prior notice by staff of the Chicago Department of Public Health, the Chicago Department of Family and Support Services, and the State of Illinois.

C. Client Tracking System, Reports and Invoices

The provider must have and operate a client tracking system for all clients served through the home delivered meals program. The system must have the capacity to store client data, information on meal deliveries and generate reports related to the clients and the meal service provided to the clients. The type of information to be entered and maintained by the provider in the client tracking system includes, but is not limited to, client demographic information, client assessment data, and client status in the program.

The provider will submit weekly computer generated reports to DFSS as supporting documentation for the weekly billing. The reports will include:

- Clients who received meals by Meal Program Code (or otherwise requested) including number of meals and the amount of the contributions;
- Clients placed on "skip";
- Clients "terminated"
- Clients "canceled";
- Clients "resumed/reinstated";
- New clients added.

The provider will submit weekly invoices, along with all required supporting documentation as stated above in the DFSS's specified format (electronic and/or hardcopy). The same weekly client reports listed above will also be forwarded to the appropriate CCUs and MCOs on a weekly basis by the provider. The invoices will be sorted by meal program type (or as otherwise specified by DFSS), and indicate the total number of clients served and meals delivered during the period being billed.

Additional reports generated from the client database will be provided by the awardee, as specified and as requested by DFSS.

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D. Technology Requirements

The provider may be expected to interface with the City of Chicago's Enterprise Case Management System - Client Activity Management System (ECM-CAMS). Requirements for operating this system are detailed below:

Desktop computers must at minimum have internet access - dial up is acceptable but high-speed/broadband is preferable, Window XP Professional (Service Pack 2) or higher, Internet Explorer v.7 or higher (no Netscape), a graphics card that can support 1024x768. Security specs must include: a) automatic operating system upgrades, b) firewall protection, c) automatic virus upgrades and d) anti-spy-ware software; at this time there are no laptop specs but this may change.

The provider must identify at least one staff who will be trained to work with the City of Chicago DFSS computer programs.

E. Program Surveys

The HDM provider is responsible for obtaining the views of participants regarding the service they receive through annual surveys. The surveys must be reviewed and approved by DFSS prior to distribution to the clients

F. Meetings

Quarterly meetings will be held with the home delivered meal services provider to discuss program operations and progress. Attendance is mandatory and is not subject to reimbursement.

G. Insurance Requirements

The successful Respondent will provide and maintain, at their expense, the insurance coverage and requirements specified by the City of Chicago in the "Contract Insurance Requirements" in **Attachment #5**. The Insurance Certificate of Coverage is only required for the awarded Respondent. This certificate does not have to be provided when responding to the RFP.

H. Personnel Requirements

The provider must have a sufficient number of staff to prepare and deliver the food within the time specified by DFSS. Staff must have the appropriate Food Service Sanitation Manager Certificates in order to ensure that at least one individual is on site to provide adequate supervision during each shift of food production. All project staff must be familiar with Public Health Regulations. The provider must have a form of ongoing comprehensive in-service training for the drivers and other staff involved in the project.

The provider must have a plan on how they will handle food service problems and food complaints. The provider must have a supervisory structure in place to oversee all aspects of the program. The provider must have available the services of a Registered Dietitian. The provider must have a plan outlining which staff will be assigned to work with DFSS's Home Delivered Meals Program within the structure of their organization. The resumes, certifications and any special licenses for staff involved in the home delivered meals project must be submitted with the application.

All drivers must have the appropriate driver license class and a clean driving record. A background check must be performed by the provider on all staff who interact with clients of DFSS including drivers and drivers assistants, whether employed directly by the provider or subcontracted. All staff interacting with clients must at all times have proper identification that

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is clearly visible by the client.

I. Anticipated Contract Term and Available Funding for Older Americans Act Funding

Funding is subject to the availability of funds from the Illinois Department of Aging for the City of Chicago's Home Delivered Meals Program. One delegate agency agreement award will be made for a three year period, October 1, 2016 through September 30, 2019 for the first budget year (October 1, 2016 through September 30 2019). DFSS reserves the right to extend the term of an agreement by up to two, one-year periods for a total of up to five years.

ATTACHMENT #1

J. Meal Requirements

Meals provided through the nutrition program must comply with the most recent Dietary Guidelines for Americans, published by the Secretary of Health and Human Services and the Secretary of Agriculture; and provide each participant:

1. A minimum of 33 $\frac{1}{3}$ percent of the Dietary Reference Intakes (DRI) as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences, if the participant is offered one meal per day;
2. A minimum of 66 $\frac{2}{3}$ percent of the allowances if the participant is offered two meals per day; and
3. 100 percent of the allowances if the participant is offered three meals per day.

When planning breakfast for congregate meal participants, the meal must meet $\frac{1}{3}$ of the DRI in and of itself, unless it is assured that the breakfast participant will

also receive lunch (or dinner) that day at the meal site. In the case of home delivered meal participants; however, where the same participant is being provided with two or three meals on a given day, menus can be planned so that the combined nutritional content meets $\frac{2}{3}$ or 1 full DRI respectively.

K. Nutrition Services Incentive Program (NSIP) for the Elderly

1. Nutrition service providers are eligible to receive Administration on Aging (AoA) cash assistance in the form of a funding allocation for meals served through AoA's NSIP Program for the Elderly. Allocated funding may be claimed for meals that:
 - a. Meet the dietary guidelines as specified in Item J above;
 - b. Are served to eligible participants, which include persons 60 years of age or older, their spouses, disabled persons and volunteers, as described in Items F.1-F.2 above; (Note: NSIP reimbursement may NOT be claimed for meals served to guests or staff under 60 years of age.)
 - c. Are served by an agency that has received a grant under Title III of the Older Americans Act and is under the jurisdiction, control, management, and audit authority of an AAA or the Department; and
 - d. Are provided with no set fee charged to the recipients.
2. NSIP Funds:
 - a. Shall be used to increase the total number of meals served;
 - b. Shall only be used to purchase United States agricultural commodities and other foods; and
 - c. Shall not be used to off-set program costs or as non-federal matching funds for any other program.

L. Voluntary Contributions

1. Each project providing nutrition services may solicit voluntary contributions for meals, taking into consideration the income ranges of eligible individuals in local communities and other sources of income of the project.
2. Each project must protect the privacy of each older person with respect to his or her contributions; establish appropriate procedures to safeguard and account for all contributions; and may not deny an older person a service because the older person cannot or will not contribute to the cost of the service.

3. Voluntary contributions must be used to increase the number of meals served by the project, facilitate access to such meals, and provide other supportive services directly related to nutrition services.

M. Illinois Link

The nutrition service provider must assist participants in taking advantage of benefits available to them under the Illinois LINK program. The nutrition service provider must coordinate its activities with the local Illinois Department of Human Services office administering the LINK program to facilitate participation of eligible older persons in the program.

N. Menu Planning

Menus must be:

1. Planned in advance for a minimum of one month with repetition of entrees and other menu items kept at a minimum. If a cycle menu is utilized, there shall be at least three cycles per year. If the cycle is at least 6 weeks or greater in length, there shall be at least 2 cycles per year;
2. Approved by the provider's licensed dietitian as defined in G(3)(b) of this Section;
3. Posted with serving dates indicated in a location conspicuous to participants at each congregate meal site as well as in each preparation area;
4. Legible and easy to read (It is recommended that menus be printed in the language(s) of the participant group.);
5. Adhered to, subject to seasonal availability of food items; and
6. Kept on file with the signed menu approval sheet, with any changes noted in writing, for at least three years.

O. Menu Standards

1. Service providers who choose not to complete a nutritional analysis of their menus will follow the meal pattern described in this section.

Requirements for One or Two Meal(s) Daily

Each meal must provide*:

- (1) Serving lean meat or meat alternate: 3 ounces of edible cooked meat, fish, fowl, eggs or meat alternate

-
- (2) Serving(s) vegetables: ½ cup equivalent – may serve an additional vegetable instead of a fruit
 - (1) Serving fruit: ½ cup equivalent – may serve an additional fruit instead of a vegetable
 - (2) Servings grain, bread or bread alternate, preferably whole grain: for example, 2 slices of whole grain or enriched bread, 1 ounce each or 1 cup cooked pasta or rice
 - (1) Serving fat free or low fat milk or milk alternate: 1 cup equivalent

* Margarine and dessert are optional and must be counted in the calories, fat and sodium totals, if served in addition to above components.

Requirements for Three Meals Daily

The three meals combined must provide:

- (2) Servings lean meat or meat alternate: 6 ounces of edible cooked meat, fish, fowl, eggs or meat alternate
- (3-4) Servings vegetables
- (2-3) Servings fruit
- (6-9) Servings whole grain/enriched grain, bread or bread alternate
- (3) Servings fat free or low fat milk or milk alternate

Meat or Meat Alternate

- Three ounces (providing at least 19 g protein) of lean meat, poultry, fish or meat alternate should generally be provided for the lunch or supper meal. Meat serving weight is the edible portion, not including skin, bone, or coating.
- Meat (1 ounce) alternates include:
 - 1 medium egg
 - 1-ounce cheese (nutritionally equivalent measure of pasteurized process cheese, cheese food, cheese spread, or other cheese product)
 - ½ cup cooked dried beans, peas or lentils
 - 2 tablespoons peanut butter or ⅓ cup nuts
 - ¼ cup cottage cheese
 - ½ cup tofu
 - 1 ounce of soy type burger
- A one ounce serving or equivalent portion of meat, poultry, fish may be served in combination with other high protein foods.
- Protein/lean meat/meat alternate items containing textured vegetable protein and providing at least 19 g protein in a (3 oz) serving may be served.

- Except to meet cultural and religious preferences and for emergency meals, serving dried beans, peas or lentils, peanut butter or peanuts, and tofu for consecutive meals or on consecutive days should be avoided.
- Imitation cheese (which the Food and Drug Administration defines as one not meeting nutritional equivalency requirements for the natural, non-imitation product) cannot be served as meat alternates.
- To limit the sodium content of the meals, serve no more than once a week cured and processed meats (e.g., ham, smoked or Polish sausage, corned beef, wieners, luncheon meats, dried beef).
- To limit the amount of fat, especially saturated fat, and cholesterol in meals, regular ground meat should be served no more than twice weekly when one meal is provided, four times weekly if two meals are provided, and no more than 6 times a week if three meals are provided.

Vegetables

- A serving of vegetable (including cooked dried beans, peas and lentils) is generally $\frac{1}{2}$ cup cooked or raw vegetable; or $\frac{3}{4}$ cup 100% vegetable juice, or 1-cup raw leafy vegetable. For pre-packed 100% vegetable juices, a $\frac{1}{2}$ cup juice pack may be counted as a serving if a $\frac{3}{4}$ cup pre-packed serving is not available.
- Fresh, frozen or unsalted canned vegetables are preferred instead of canned vegetables containing salt.
- Vegetables as a primary ingredient in soups, stews, casseroles or other combination dishes should total $\frac{1}{2}$ cup per serving.
- At least one serving from each of the five vegetable subgroups must be included in a weekly menu. The five vegetable subgroups include dark green vegetables, orange vegetables, cooked dry beans and peas, starchy vegetables, and "other" vegetables.
- A serving of cooked legumes (dried beans, peas and lentils) must be included twice each week, if one meal is provided; 4 servings per week must be included, if two or three meals are provided.

Fruits

- A serving of a fruit is generally a medium apple, banana, orange, or pear; $\frac{1}{2}$ cup chopped, cooked, or canned fruit; or $\frac{3}{4}$ cup 100% fruit juice. For pre-packed 100% fruit juices, a $\frac{1}{2}$ cup juice pack may be counted as a serving if a $\frac{3}{4}$ cup pre-packed serving is not available.
- Fresh, frozen, or canned fruit will preferably be packed in juice, without sugar or light syrup.

Grain, Bread or Bread Alternate

- A serving of grain or bread is generally 1 slice (1 ounce), whole grain or enriched; ½ cup cooked whole grain or enriched pasta or grain product; or 1 ounce of ready-to-eat cereal. Priority should be given to serving whole grains. Grain, bread and bread alternates include:
 - 1 small 2-ounce muffin, 2" diameter
 - 2 mini muffins
 - 2" cube cornbread
 - 1 biscuit, 2" diameter
 - 1 waffle, 4" diameter
 - 1 slice French toast
 - ½ slice French toast from "Texas toast"
 - ½ English muffin
 - 1 tortilla, 4-6" diameter
 - 1 pancake, 4" diameter
 - ½ bagel
 - 1 small sandwich bun (<3" diameter)
 - ½ cup cooked cereal
 - 4-6 crackers (soda cracker size)
 - ½ large sandwich bun
 - ¾ cup ready to eat cereal
 - 2 graham cracker squares
 - ½ cup bread dressing/stuffing
 - ½ cup cooked pasta, noodles or rice
 - prepared pie crust, ¼ of a 8" or 9" two-crust pie
 - ½ cup cooked grain product in serving of fruit "crisp" or cobbler

A variety of enriched and/or whole grain products, particularly those high in fiber, are recommended.

Two servings whole grain products must be served at least twice a week when one meal is provided; 4 servings whole grain products must be served per week when 2 meals are provided; 6 whole grain products must be served per week when 3 meals are provided.

Grain/bread alternates do not include starchy vegetables such as potatoes, sweet potatoes, corn, yams, or plantains. These foods are included in the vegetable food group.

Milk or Milk Alternates

One cup skim, low fat, whole, buttermilk, low-fat chocolate milk, or lactose-free milk fortified with Vitamins A and D should be used. Low fat or skim milk is recommended for the general population. Powdered dry milk (½ cup) or evaporated milk (½ cup) may be served as part of a home-delivered meal.

- Milk alternates for the equivalent of one cup of milk include:
 - 1 cup fat free or low fat milk
 - 1 cup yogurt, fat free or low fat
 - 1 cup fortified soymilk
 - 1 ½ cups cottage cheese, low fat
 - 8 ounces tofu (processed with calcium salt)
 - 1 ½ ounces natural or 2 ounces processed cheese

2. Nutrient Values for Meal Planning and Evaluation

The table below presents the most current DRIs and other nutrient values to use when planning and evaluating meals. Values are provided for serving 1, or a combination of 2 or 3 meals for 1-day consumption for the average older adult population served by nutrition programs.

Menus that are documented** as meeting the nutritional requirements through menu analysis must have written documentation, which supports the following nutrients, are provided:

Nutrient	Amount Required	Notes
Calories (cal)	685 calories per meal averaged over one week	No one meal may be less than 600 calories
Protein (gm)	19	
Carbohydrate (gm)	43	
Fat (gm)	15-23 ≤ 30% calories averaged over one week	No one meal may be more than 35% fat
Fiber (gm)	10	
Vitamin A (ug)	300	
Vitamin C (mg)	30	
Vitamin E (ug)	5	
Vitamin B6 (mg)	.6	
Folate (ug)	133	
Vitamin B12 (ug)	.8	
Calcium (mg)	400	
Magnesium (mg)	140	
Zinc (mg)	3.7	
Potassium (mg)	1567	
Sodium (mg)	<800, averaged over one week	No one meal more than 1000 mg

** A Menu Approval Sheet is provided to Nutrition Services providers for the licensed dietitian nutritionist (as defined in G(3)(b) of this section) to use in

documenting that nutritional requirements are met by the menu through meeting the meal pattern requirements or through carrying out a nutritional analysis of menus.

3. Specific Nutrient Sources

a. Vitamin A

Each day each meal must provide at least 300 mg vitamin A through foods served.

- To ensure this amount of vitamin A is provided when the meal pattern is followed, vitamin A rich foods must be served 2 to 3 times per week for one meal per day.
- When serving 2 meals per day, vitamin A rich foods must be served 4 to 6 times per week.
- One rich source or two fair source servings may be used to meet the requirements.
- Some examples of **rich** sources of vitamin A include:

Apricots	Kale	Carrots
Cantaloupe	Mango	Sweet potatoes
Collard greens	Spinach	

Turnip greens & other dark greens

Winter squash (Hubbard, Acorn, Butternut)

- Some examples of **fair** sources of vitamin A include:

Apricot Nectar	Broccoli
Tomato Sauce	Pumpkin
Vegetable Juice	

b. Vitamin C

Each day each meal must provide at least 30 mg vitamin C through foods served.

- To ensure this amount of vitamin C is provided when the meal pattern is followed, vitamin C may be provided as one serving of a rich source, 2 half servings of rich sources or 2 servings of fair sources.
- When serving one meal per day, 1 rich or 2 fair sources must be served.
- When serving 2 meals per day, 2 rich or 4 fair sources must be served.
- When serving 3 meals per day, 3 rich or 6 fair sources must be served.
- Fortified, full-strength juices, defined as fruit juices that are 100% natural juice with vitamin C added, are vitamin C-rich foods.
- Partial-strength or simulated fruit juices or drinks, even when fortified, may not count as fulfilling this requirement, except cranberry juice.
- Some examples of **rich** sources of vitamin C include:

Broccoli	Brussels sprouts
Cantaloupe	Cauliflower
Fruit juices, fortified	Grapefruit
Grapefruit juice	Green pepper
Honeydew	Kale
Kiwi	Mango
Mandarin oranges	Oranges/orange juice
Strawberries	Sweet potatoes
Yams	Sweet red pepper
Tangerines	

- Some examples of **fair** sources of vitamin C include:

Asparagus	Cabbage
Collard greens	Mustard greens
Pineapple	Potatoes
Spinach	Tomato
Tomato juice/sauce	Turnip greens
Watermelon	

These are a few examples of vitamins A and C sources. By ensuring that a minimum of 300 mcg vitamin A and 30 mg vitamin C are included through vegetables and fruits in meals on a daily basis, providers will meet these vitamin requirements.

P. Food Preparation Recommendations

1. When cooking, use salt sparingly or eliminate entirely by using spices, herbs or other seasoning. To flavor foods, use salt-free seasoning, lemon juice, lime juice or vinegar;
2. Minimize the use of fat in food preparation. Fats should be primarily vegetable sources and in a liquid or soft (spreadable) form that is low in hydrogenated fat,

-
- saturated fat, and cholesterol. Limit fat to no more than 20-35 percent of the calories average for the week;
3. Each meal should contain at least 10 grams of dietary fiber. Use whole grains, meat alternatives, and fruits and vegetables to increase the fiber content of the menus. A listing of fiber content of grains, vegetables and fruits is available to service providers. By consulting this listing and ensuring that a minimum of 10 g fiber is included through foods served on a daily basis, providers will meet the fiber requirements;
 4. Reflect seasonal availability of food;
 5. Plan so that food items within the meat and meat alternatives, vegetable, fruit and grain/bread groups are varied within the week and menu cycle;
 6. Include a variety of foods and preparation methods with consideration for color, combinations, texture, size, shape, taste and appearance;
 7. Do not provide vitamin and/or mineral supplements, except as specified in Item Q below;
 8. Use low-sodium meats, flavorings, and seasonings;
 9. Use low-fat salad dressing, spreads, cheese and gravies (made without drippings and fats);
 10. Bake, broil, steam or stew foods in place of frying food in fat;
 11. Provide drinking water to encourage fluid intake. Dehydration is a common problem in older adults. Other beverages such as soft drinks, flavored (preferably sugar-free) drinks, coffee, tea and decaffeinated beverages may be used, but cannot be counted as fulfilling any part of the meal requirements. Nonnutritive beverages do not help meet nutrition requirements but can help with hydration.
 12. Desserts may be provided as an option to satisfy the caloric requirements or for additional nutrients. Desserts such as fruit, whole grains, low fat or low sugar products are encouraged. Fresh, frozen, or canned fruits packed in their own juice are encouraged often as a dessert item, in addition to the serving of fruit provided as part of the meal. However, if a dessert contains at least $\frac{1}{2}$ cup of fruit it may be counted as a serving of fruit. A dessert containing at least $\frac{1}{2}$ cup enriched/whole grain product may be counted as a serving of grain. For example, a serving of two-crust (approx. $\frac{1}{8}$ of 8" or 9" pie) fruit pie that contains at least $\frac{1}{2}$ cup fruit is counted as one serving fruit and one serving grain.

13. Ethnic or religious menus must approximate as closely as possible (given religious requirements or ethnic background) the regular meal pattern and nutrient content of meals as previously stated.
14. Meals served in accordance with the meal standards are appropriate for persons with chronic disease, such as diabetes, heart disease and hypertension.

Q. Nutrition Supplements

Nutrition supplements, including liquid or bars, may be made available to participants based on documented, assessed need as determined by a licensed dietitian, nutritionist or a physician. Such products cannot replace conventional meals unless a physical disability warrants their sole use. Nutrition supplements are not reimbursable under the Older Americans Act or by AoA.

R. Offer Versus Serve

1. Each nutrition provider shall assure that congregate meal participants are offered all the food items needed to meet the menu requirements.
2. Consistent refusal of menu items should be investigated to determine why a participant is declining menu items.
3. Assistance should be provided to assure that adequate nutrition intake is maintained by the participant (for example, providing smaller serving portions, substitutions when feasible or serving the participant first).
4. AoA reimbursement is not affected when a participant declines menu items.

S. Foods Taken from Nutrition Sites

1. Unserved leftover foods shall not be taken from kitchens or sites by employees, volunteers, or participants.
2. Safety of the food after it has been served to a participant and when it has been removed from the congregate site is the responsibility of the recipient and may be consumed as that participant deems appropriate. Providers shall post signs that warn participants of the health hazards associated with removal of food from the congregate nutrition site.

T. Food Borne Illness Complaint Reporting Requirements

1. In the event that a nutrition service provider receives a complaint or report of symptoms of food borne illness, the nutrition provider shall:
 - a. Notify the local health department immediately to initiate an investigation; and

- b. Notify the Area Agency on Aging within 24 hours of the investigative procedures in progress.
2. The Area Agency on Aging shall notify the Department within three working days of a reported food borne illness. Thereafter, periodic updates shall be provided regarding the progress and findings of the investigation.

U. Food Service Requirements

Nutrition service providers must comply with applicable provisions of state or local laws regarding the safe and sanitary handling of food, equipment, and supplies used in the storage, preparation, service, and delivery of meals to an older individual.

1. Training

- a. Training in fire and safety regulations must be provided during the orientation of staff new to the program and, at a minimum, once a year thereafter. The training will include but not be limited to: rules for safe work, and fire and safety regulations. Where feasible or possible, state or local officials should be involved in the development of training materials and programs. In situations where regulations do not exist, or their applicability is questioned, the provider shall contact the appropriate State agency that establishes fire or safety standards (e.g., State Fire Marshall, etc.).
- b. Food Service Sanitation Manager Certification: The meal site supervisor or designee must successfully complete the Illinois Department of Public Health's Food Service Sanitation Manager Certification training, and have a current registration.

This is a Department on Aging requirement, and is also required by the Illinois Department of Public Health.

Congregate meal sites are classified as "Category I Facilities" due to the type of population served by the congregate meal site (e.g., immune-compromised individuals such as the elderly comprise the majority of the consuming population).

Based on guidance from the Illinois Department of Public Health, the only exception for a meal site supervisor to not be required to have successfully complete the above certification training is when food is prepared in a different location within the facility and served in that same facility. An example would be a congregate meal site located in a long term care facility. Under these circumstances, the site supervisor would be supervised by a certified food service sanitation manager in the preparation area of the facility. **Note:** Local public health departments do not have the authority to waive this requirement.

- c. Food Handlers: Due to the requirements of the Food Handling Regulation Enforcement Act (410 ILCS 625), all food handlers employed by the nutrition provider (where the nutrition site is not located in a restaurant), other than someone holding a food service sanitation manager certificate, must receive or obtain training in basic food handling principles by July 1, 2016. New employees shall receive training within 30 days after employment. All food handlers must renew their training every three years.

Proof that a food handler has been trained shall be available upon reasonable request by the Illinois Department of Public Health or a local health department inspector and may be in electronic format.

Nutrition sites volunteers performing food handling duties are not required by the Illinois Department of Public Health to receive the required training as outlined in the Food Handling Regulation Enforcement Act; however, the Illinois Department on Aging strongly encourages that nutrition programs require their volunteers to obtain such training. If the volunteers do not obtain the training based on the Food Handling Regulation Enforcement Act, the nutrition program must provide training to volunteers that will include but not be limited to: safe food handling, food borne illnesses, hygienic practices of personnel, equipment sanitation, dishwashing procedures, and facility sanitation.

The food handling training must comply with the requirements of the Illinois Department of Public Health's administrative rules. Note: Restaurants must comply by July 1, 2014.

The Department on Aging will provide nutrition service providers with additional information about this specific requirement when the Illinois Department of Public Health finalizes its administrative rules for the Food Handling Regulation Enforcement Act.

- d. All staff working in the food preparation and food serving area shall be under the supervision of a person who will ensure the application of hygienic techniques and practices in food handling, preparation, service and delivery.

2. Food Temperatures

- a. Food temperatures at the time of service and at the time of delivery must be no less than 140° F for hot foods and no more than 41° F for cold foods.
- b. For congregate meals, the temperature of the food should be checked and documented daily at the time of service and in the case of catered food, at the time of food arrival and at the time of service.

- c. For home delivered meals, the temperature of the food should be checked and documented daily both at the end of production and at the time of packaging; and on a regular basis, not less than one time per month, at the end of the delivery route requiring the longest delivery time.

For delivery routes less than two hours, the temperature of the food should be checked and documented at the end of the delivery route requiring the longest delivery time on a regular basis, not less than one time per month.

If a nutrition service provider has meal delivery routes that are longer than two hours, the nutrition service provider must check temperatures on a weekly basis at the end of these delivery routes. This specific requirement does not apply if the nutrition service provider uses a temperature controlled oven, freezer and refrigerator equipped vehicles that have digital temperature displays or provides frozen meals.

3. Packaging & Packaging Standards-Home Delivered Meals

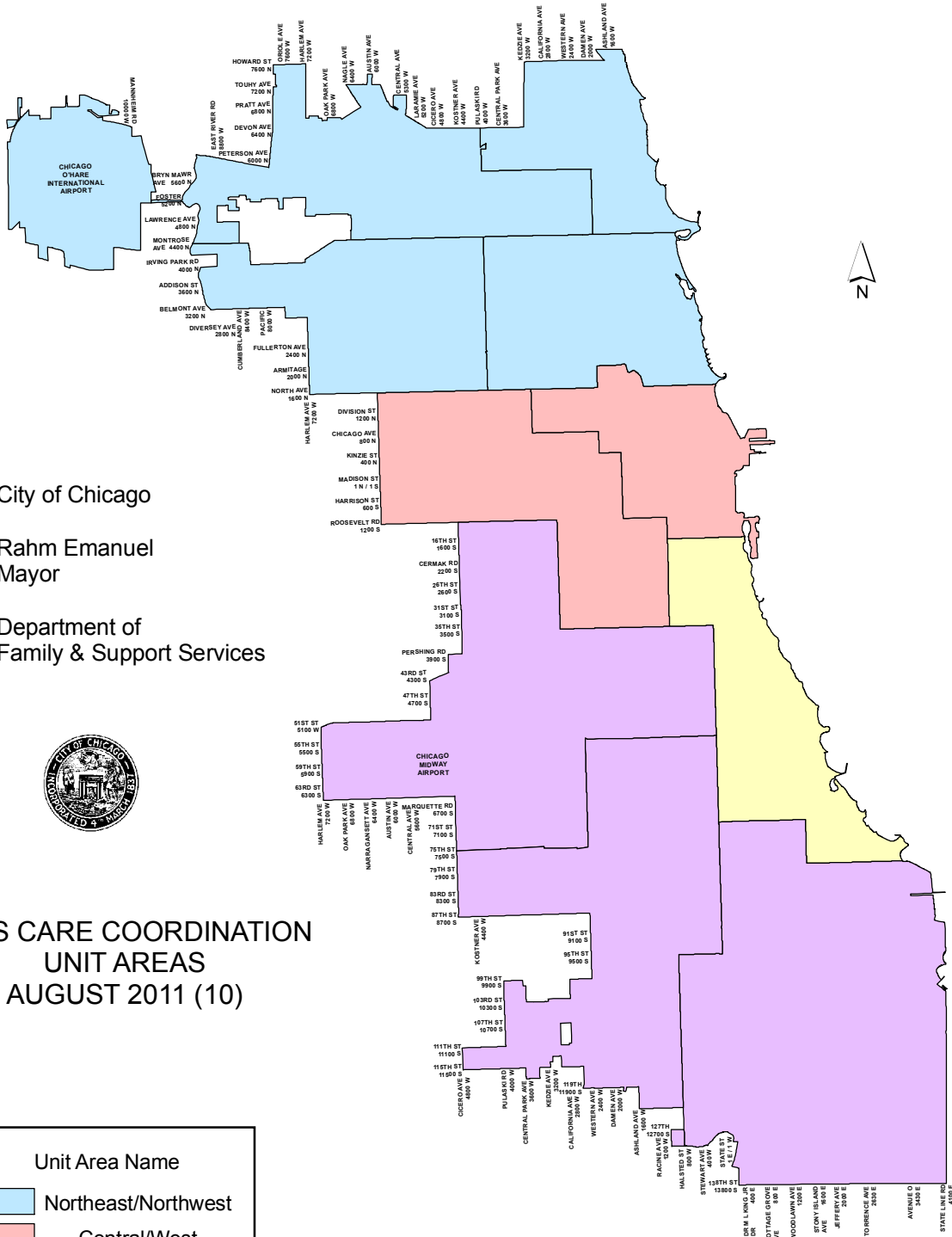
- a. All meals packaged at nutrition sites must be individually packaged first (before congregate meals are served) and packed in secondary insulated food carriers with tight fitting lids and transported or frozen immediately.
- b. Containers must be designed to maintain the integrity and safety of the food.
- c. Cold and hot foods must be packaged and packed separately.
- d. Hot food should be served, packaged, sealed (tightly-fitted lids), and placed into insulated food carriers as soon as possible. The most rapid heat loss in a home delivered meal occurs between packaging and loading them into carriers.
- e. Cold food should be served, packaged, sealed (tightly-fitted lids), and placed into a cooler or cold chest as soon as possible. The nutrition provider should use coolers which are only as large as necessary to pack cold food. Large coolers packed nearly full maintain temperatures better than partially full chests or small coolers filled to capacity. This requirement does not apply if the nutrition service provider uses a temperature controlled refrigerator-equipped vehicle.
- f. Frozen meals must be maintained in a frozen state during storage, transportation and delivery. Frozen meals should be transported in a chest or cooler with a tightly fitted lid. The nutrition service provider should place ice packs on top of frozen meals. This requirement does not apply if the nutrition service provider uses a temperature controlled, freezer-equipped vehicle.

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- g. All food delivery carriers must maintain the proper temperature for the required time that the food will be in the carrier.

4. Other Requirements

- a. Nutrition service providers must advise home delivered meal participants when enrolled in the nutrition program that hot meals should be consumed immediately after delivery and/or must ensure that instructions for proper heating, storage, and handling of meals are provided.
- b. A nutrition program utilizing frozen meals in any capacity must provide instructions for participants regarding safe meal storage and preparation. Information must be provided at the time of assessment and reassessment. Information specific to frozen meals, such as contents and expiration dates, must be included in writing with the meals at the time of delivery. Frozen meals that have been thawed or have broken packaging should not be provided to participants.

ATTACHMENT #2



City of Chicago
 Rahm Emanuel
 Mayor
 Department of
 Family & Support Services



**DFSS CARE COORDINATION
 UNIT AREAS
 AUGUST 2011 (10)**

Unit Area Name	
	Northeast/Northwest
	Central/West
	Southeast
	Southwest

1 inch = 4 miles

ATTACHMENT #3

FOOD SPECIFICATIONS FOR CYCLE MENUS

**Chicago Department of Family & Support Services
Senior Services Area Agency on Aging**

FOOD SPECIFICATIONS FOR CYCLE MENUS
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INTRODUCTION

The Food Specifications for Cycle Menus (FSCM) provide a list of approved menu items minimum portion sizes, purchase requirements and product information. This provides the information needed to serve the meals for the Congregate Meal Program (Golden Diners Program) and the Home Delivered Meals Program administered by the Chicago Department of Family and Support Services.

A. MINIMUM SERVING SIZES

All serving sizes listed in the FSCM are for minimum cooked or edible portions at serving time. Ounces listed always refer to weight, unless otherwise specified as fluid ounces. If a specified portion or package size is not available, a larger portion or package must be provided.

Entrees

The minimum serving size for entrees is 3 oz. (three ounces) cooked weight of the edible protein, excluding fat, bone, or breading. Breading may not exceed 25% of total product weight. Serving sizes for all protein portions are always stated and measured in weight. Fluid volume measurements may be stated for stews and casseroles, but the required volume must include at least 3 oz. (three ounces) of cooked lean meat, fish, poultry or cheese. When entrees are served in sauce or gravy, portion weight listed in the FSCM is exclusive of sauce or gravy. Gravy or sauce may be added in packing to preserve meat temperature and quality.

Starches, Vegetables, Prepared Salads and Some Desserts

Each meal shall minimally contain three, one-half cup servings, drained weight or volume, of vegetables, full strength juices, fruits or full strength fruit juices (3/4 cup of 100% fruit juice or a 1/2 cup juice pack may be counted as a serving). Two servings of grains are to be served. One is to be bread, biscuits muffins, rolls, sandwich buns, cornbread and other hot breads, or bread alternatives. The second may be another bread as in a sandwich or rice, pasta or other grain of which 1/2 cup is the minimal serving size.

Most starches, cooked vegetables, prepared salads, and desserts, such as puddings, canned fruit or gelatins, must be a minimum portion size of one-half cup, without liquid. A #8 scoop will be used for portioning. Approximate drained weights of 1/2 cup servings are listed in the FSCM only as a general guide for providers. It is widely recognized and accepted that the net weight can vary for the same volume of an item. The Contractor must evaluate the net weight of items actually prepared to confirm that adequate quantities are delivered to all sites which includes 1/2 cup drained portions of these items. Liquids may be added during holding or cooking to preserve food temperature and quality.

Milk or Milk Product

Each meal shall contain eight fluid ounces of whole milk, fat free milk, low fat milk or flavored whole or fortified milk, or buttermilk, or the calcium equivalent (at least 285 mg. Of calcium). Substitutions may be used equivalent to 8 ounces of milk. For example, the following can be substituted: 1 cup of yogurt, 1 1/2 ounces of natural cheese, 2 ounces of processed cheese, 1 1/2 cups of cottage cheese, 8 ounces tofu (processed with calcium salt) 1/2 cup part skim ricotta cheese.

Other Food Items

Other food items, such as Breads and Baked Desserts, have portion sizes described by minimum weight or dimension or approximate weight. These items are not generally measurable by a ½ cup. Refer to the individual food item in the FSCM.

B. NEW MENU ITEMS

Since there are potentially many new products and recipes available, Contractors are encouraged to request approval of new menu items not currently listed in the FSCM or on the menus. The requested menu item should be submitted for evaluation by the Program Dietitian.

It is very important that the Contractor and DFSS continually seek new or different food items that will provide fresh ideas to the menus. Acceptability to older adults, cost, bulk steamtable service needs and handling concerns will be considered. Upon DFSS request, the Contractor must provide to DFSS their food vendors' product and price listing to assist in this effort. Also, upon DFSS request, the Contractor must include registration of designated DFSS staff for vendors' products shows, to further assist in this effort.

DFSS may revise any food specification or menu item at any time to improve acceptability by the clients. Any substitution to menu items must have prior approval by DFSS.

B. STANDARDIZED RECIPES AND PURCHASED PRODUCTS

This FSCM provide the list of menu items with minimum portion sizes, purchase requirements and product information. The FSCM do not include recipes. The Contractor must develop standardized recipes or purchase prepared that meet the stated specifications or descriptions.

Standardized recipes or production procedures that state quantities of ingredients used and yield must be written for all food items that require any preparation by the Contractor. These recipes or procedures must be available for review by DFSS for the purpose of nutritional analysis and contract compliance.

For commercially prepared entrees that are purchased for use in this program, the Contractor must obtain product ingredients and nutrient content listings from the food manufacturer. This must be submitted to DFSS for the purposes of nutritional analysis of the cycle menu.

Upon request of DFSS, the Contractor must obtain product ingredient and nutrient content listings from the food manufacturer of any other commercially prepared product used in this program. If any product information appears significantly inaccurate, DFSS may require laboratory analysis of at least the calories, fat, protein, carbohydrate and sodium, at the Contractor's expense.

B. FOOD GRADES AND SPECIFICATIONS

All foods on the Master cycle menus are listed in FSCM and must be purchased and prepared accordingly. The FSCM have minimum specifications including food grades. General purchase requirements or specifications that apply to all food items on one page will be stated at the top of that page. The Contractor may exceed minimum grades stated in the FSCM.

All meat and poultry must be U.S.D.A. inspected for wholesomeness and must have the appropriate seal. The FSCM identify numbered red meat cuts to be used according to the Institutional Meat Purchase Specifications (IMPS), adopted by the National Association of Meat Purveyors. The Contractor is responsible for adhering to the standards set for each cut, such as trim and fat levels.

CATEGORY: ENTREE - CHICKEN - QUARTERS

MENU ITEM	MINIMUM SERVING SIZE
<u>PURCHASE FORM/SPECIFICATIONS/INFORMATION</u>	
CHICKEN QUARTER REQUIREMENTS	
ALL CHICKEN MUST BE U.S. GRADE A. PORTION SIZE IS 1/4 OF A 2-1/4 TO 2-1/2 LB. CHICKEN (1 LEG-THIGH QUARTER OR 1 BREAST-WING QUARTER); 6 OZ. MINIMUM COOKED WEIGHT INCLUDING BONE AND SKIN. FRESH OR FROZEN EVISCERATED BROILERS. IF FRESH, RECEIVE PACKED IN ICE WITHIN 3 DAYS OF SERVICE.	
<u>Baked Chicken (Roasted Chicken)</u>	6 oz. cooked chicken quarter
Baked with margarine and seasonings.	
<u>Barbecue Chicken</u>	6 oz. cooked chicken quarter
Baked and packed in Barbecue Sauce or basted with sauce while baking.	
<u>Chicken Cacciatore</u>	6 oz. cooked chicken quarter
Cooked in tomato sauce, with mushrooms, onions, and Italian seasonings.	
<u>Chicken with Mushroom Sauce</u>	6 oz. cooked chicken quarter
Baked and served with Mushroom Sauce. See Sauces: Mushroom Sauce.	
<u>Grecian Chicken</u>	6 oz. cooked chicken quarter
Cooked with lemon, oregano, and garlic.	
<u>Herb Baked Chicken</u>	6 oz. cooked chicken quarter
Baked with rosemary, paprika, onion and garlic seasoning.	
<u>Italian Baked Chicken</u>	6 oz. cooked chicken quarter
Baked with Parmesan cheese, Italian seasonings and a light bread crumb coating.	
<u>Oven Fried Chicken</u>	6 oz. cooked chicken quarter
Baked with a seasoned light flour or bread crumb coating.	
<u>Polynesian Chicken</u>	6 oz. cooked chicken quarter
Baked with mild orange or pineapple juice, ginger and soy sauce.	
<u>Smothered Chicken with Gravy</u>	6 oz. cooked chicken quarter
Baked and served in chicken gravy, send two (2) ounces gravy per serving.	
<u>Spanish Style Chicken</u>	6 oz. cooked chicken quarter
Cooked in Spanish Sauce. See Sauces: Spanish Sauce.	
<u>Teriyaki Chicken</u>	6 oz. cooked chicken quarter
Marinated in teriyaki sauce and baked.	

CATEGORY: ENTREE - CHICKEN - OTHER

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

CHICKEN REQUIREMENTS
ALL CHICKEN MUST BE U.S. GRADE A.

Barbecue Chicken Fillet **3 oz. cooked portion**
Frozen. Grilled chicken breast fillet (formed), mild barbecue sauce. No breading.

Barbecue Chicken Wings **8 oz. cooked portion (3 oz. lean meat)**
Browned meaty chicken wings, cooked in barbecue sauce.

Breaded Chicken Sandwich **3 oz. lean meat, 1 oz. breading**
Frozen. Breaded chicken breast patty. No more than 25% breading. Served with sandwich bun.

Chicken a la King **3/4 cup portion (3 oz. boneless cooked chicken)**
Frozen or prepared in house. Diced or small or pieces of pulled chicken, light and dark, cooked in cream sauce with peas, carrots, mushrooms and pimentos. If a commercial product is used as the based, add cooked cubed or pulled chicken to attain appropriate chicken content.

Chicken Chop Suey **1 cup portion (3 oz. boneless cooked**
(Chicken Chow Mein) **chicken, 1/2 c. vegetables, plus sauce**
Frozen or prepared in-house. Combination of chicken cubes in thickened chicken broth-based sauce with chop suey or Chinese vegetable mix and seasonings. No added MSG. If commercial product used as based, add chicken to attain 3 oz. chicken per serving.

Chicken Fricassee **3/4 cup portion (3 oz. boneless cooked chicken)**
Frozen or prepared in-house. Pulled or diced chicken, light and dark meat, in a chicken flavored cream sauce with added peas, celery, and onions.

Chicken Enchiladas **2 enchiladas (3 oz. boneless cooked chicken)**
IQF, pulled or diced, seasoned chicken rolled in flour or corn tortillas, topped with sauce and cheese and baked. Serve with mild salsa. USDA approved cheese.

Chicken Fajitas **As described**
Two ounces cooked, mildly seasoned chicken strips, with one ounce shredded cheddar cheese. Served with two 6-inch flour tortillas and one packet of mild taco sauce. Must also be served with one ounce shredded lettuce and 1/3 tomato, chopped.

CATEGORY: ENTREE - CHICKEN - OTHER

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

CHICKEN REQUIREMENTS
ALL CHICKEN MUST BE U.S. GRADE A.

Chicken and Noodles **1 cup portion (3 oz. boneless cooked chicken, ½ c. noodles plus sauce)**

Frozen or prepared in house. Diced or pulled chicken, light and dark meat. IQF mixed with cream sauce and cooked flat noodles with some green peas, carrots and mushrooms. If a commercial product is used as the base, add chicken to attain 3 oz. chicken per serving.

Chicken Parmesan **6 oz. portion (3 oz. cooked boneless chicken, 1 oz. breading, plus topping)**

Frozen. Breaded boneless chicken cutlet topped with Italian sauce and a blend of mozzarella and Parmesan cheeses. USDA approved cheese.

Chicken Salad **4-1/2 oz. portion (3 oz. boneless cooked chicken)**

Pulled or diced chicken, light and dark meat, IQF, with added celery, onion and mayonnaise-type binder.

Creamy Chicken and Broccoli **1 cup portion (3 oz. chicken, ½ cup broccoli)**

Diced or small pieces of pulled chicken, light and dark meat, in a cream sauce with broccoli cuts and some onions and celery.

Grilled Chicken Fillet **3 oz. cooked portion**

Frozen. Grilled chicken breast fillet (formed). No added seasonings. No breading.

Oriental Chicken and Vegetables **1 cup portion (3 oz. chicken, ½ cup vegetables)**

Diced or small pieces of pulled chicken, light and dark meat; with vegetables, such as broccoli, mushrooms, onion, green or red peppers, baby corn and pea pods; (no bean sprouts may be used) in a thickened chicken broth/sauce with no added MSG.

Sweet and Sour Chicken **3/4 cup portion (3 oz. boneless cooked chicken, plus sauce)**

Pulled or diced chicken, light and dark meat, cooked in a light sweet & sour sauce with onion, green pepper and pineapple chunks. No added salt, soy sauce or MSG.

CATEGORY: ENTREE - TURKEY

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

TURKEY REQUIREMENTS
ALL TURKEY MUST BE U.S. GRADE A.

Sliced Turkey with Gravy **3 oz. cooked turkey plus 1-1/2 oz. gravy**
Frozen, boneless roll; all white meat. Serve sliced with gravy. Must be better quality roll to maintain good texture during long hot holding time.

Open-Faced Turkey Sandwich **3 oz. cook turkey, 2 oz. gravy over 1 slice bread**
Boneless, rolled turkey breast, as above, sliced. Serve with turkey gravy over 1 slice bread.

Turkey a la King **3/4 cup portion (3 oz. cooked turkey)**
See Chicken a la King; Substitute turkey for chicken

Turkey Divan **3 oz. cooked turkey, 1/2 c. broccoli spears, 2 fl. oz. cheese sauce**
Sliced boneless rolled turkey breast, as above, served over broccoli spears and topped with cheese sauce.

Turkey Ham **3 oz. cooked turkey**
Cured turkey thigh meat, cooked. Evenly sliced. Must comply to standard for turkey ham under section 381.171 of poultry products inspection regulations.

Turkey Tetrazzini **1 cup portion (3 oz. cooked turkey, 1/2 c. noodles, plus sauce)**
See Chicken and Noodles. Substitute turkey and spaghetti.

CATEGORY: ENTREE - BEEF

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

BEEF REQUIREMENTS

ALL BEEF MUST BE U.S. GOOD. A MAXIMUM OF 12% VEGETABLE PROTEIN PRODUCT IS ALLOWED IN GROUND BEEF ITEMS.

Barbecue Beef **3 oz. lean cooked meat 1-1/2 oz. sauce**
Thinly sliced or shredded beef prepared with mild barbecue flavored sauce. No extenders.

Beef Brisket with Gravy **3 oz. lean cooked meat 1-1/2 oz. gravy**
#120. Frozen or in house preparation. Beef brisket whole, boneless; closely trimmed, deckel off, evenly cut. Cook beef until tender. Prepare gravy from reduced sodium gravy base. See Sauces: Brown Gravy.

Beef Burgundy with Mushrooms **3/4 cup portion (3 oz. cooked meat)**
#135. Frozen or in house preparation. Diced beef. Add enough cooking wine or worcestershire sauce to brown gravy to characterize the sauce. Cook beef until tender. Add canned mushrooms, sliced or pieces.

Beef Chop Suey with Vegetables **1 cup portion (3 oz. beef, 1/2 cup vegetables)**
#135 or #1196 diced beef. See Chicken Chop Suey specifications. Substituted Diced Beef.

Beef Enchiladas **2 enchiladas**
See Chicken Enchilada, substitute ground beef for chicken.

Beef Goulash **3/4 cup portion (3 oz. cooked meat)**
#135 A frozen or in house preparation. Stew of 3/4" beef cubes, onions and tomatoes, seasoned with mix for goulash. May also have sweet peppers. Cook until meat is tender.

Beef Pot Roast **3 oz. lean cooked meat plus - 1-1/2 oz. gravy**
#113, 114A, 115 or 116A, beef chuck pot roast, 1/2" maximum covering of fat. Evenly cut. May be served in onion, country, tomato or brown gravy made according to spec and as menued. Cook beef until tender. See specification for Gravies.

Beef Stew with Potatoes & Vegetables **1 cup portion (3 oz. lean meat, 1/2 c. vegetables, plus gravy)**
Frozen. #135 diced beef. Minimum meat chunk size 3/4". Potato, onion, carrot chunks, in brown gravy. If prepared in house, use reduced sodium gravy base. If purchased prepared, add beef cubes to assure 3 oz. separable meat per portion. Meat must be cooked until tender.

CATEGORY: ENTREE - BEEF

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

BEEF REQUIREMENTS

ALL BEEF MUST BE U.S. GOOD. A MAXIMUM OF 12% VEGETABLE PROTEIN PRODUCT IS ALLOWED IN GROUND BEEF ITEMS.

Beef Stroganoff **3/4 cup portion (3 oz. lean cooked meat)**
Frozen or in house preparation. Beef cut from the round. Beef cubes, slices or chunks in brown sauce, with sour cream, tomato paste or puree, mushrooms and onions added. Cook until meat is tender. No extenders.

Beef Tips with Mushrooms **1 cup portion (3 oz. lean cooked meat)**
Diced beef, cooked until tender with au jus gravy and canned mushroom pieces. U.S. Grade B.

Chili with Beef and Beans **1 cup portion (3 oz. cooked meat)**
Frozen or in house preparation. #136A ground beef. Ground beef in mild chili seasoned tomato sauce. Must have at least 40% cooked meat and some US Grade B canned kidney beans.

Cheeseburger **2 oz. lean cooked meat, 1 oz. cheese**
#1136 or 1136A ground beef patty topped with 1 oz. sliced American cheese. Serve on a hamburger bun with catsup and mustard. See specifications for Hamburger Bun.

Chopped Steak **3 oz. lean cooked meat, 1-1/2 oz. gravy**
#168 or 171. 4 oz. portions of coarsely chopped, shaped, top round. Serve with brown gravy.

Corn Beef Brisket **3 oz. lean cooked meat**
Frozen or prepared from Cryovac pack, #601 or corned beef brisket; whole, boneless, deckel off closely trimmed, bright appearance, no indication of discoloration, pickled and evenly sliced. No excess fat.

Cubed Steak **3 oz. lean cooked meat, 1-1/2 oz. gravy**
#1101. 4 oz. steaks from round loin, rib or square cut chuck, run through cuber twice before cooking. Braised until tender. Serve with gravy.

Country Fried Steak **3 oz. lean cooked meat, 1 oz. breading**
Frozen. Breaded ground beef patty. No more than 25% breading.

Hamburger **3 oz. lean cooked meat**
Frozen #1136 or #1136A 4 oz. ground beef patties. Serve on Hamburger Bun with catsup and mustard.

Lasagna with Meat Sauce **8 oz. portion, 1/2 c. meat sauces (3 oz. meat and cheese combined)**
Frozen or in house preparation. Casserole of wide macaroni layered with ricotta or dry cottage cheese, ground or chopped beef #136 or #136A in herb flavored tomato sauce with meat. Topped with mozzarella, provolone, or Parmesan cheese.

CATEGORY: ENTREE - BEEF

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

BEEF REQUIREMENTS

ALL BEEF MUST BE U.S. GOOD. A MAXIMUM OF 12% VEGETABLE PROTEIN PRODUCT IS ALLOWED IN GROUND BEEF ITEMS.

Manicotti with Meat Sauce

2 manicotti tubes, ½ c. meat sauce (3 oz. cheese and meat combined)

Frozen or in house preparation. Enriched pasta. Meatballs prepared using meat loaf spec. See specifications for Italian Sauce. Must be served with 1 Tbs. Parmesan Cheese - See Condiments.

Meatballs with Spaghetti or Mostaccioli

1 cup pasta, 3 oz. meatballs, ¾ cup Italian Sauce, 1 Tbs. Parmesan Cheese

Frozen or in house preparation. Enriched pasta. Meatballs prepared using meat loaf spec. See specifications for Italian Sauce. Must be served with 1 Tbs. Parmesan Cheese - See Condiments.

Meatballs Stroganoff

3 oz. cooked lean meatballs, 2 oz. sauce

Meatballs as above, in stroganoff sauce - see Beef Stroganoff.

Meatloaf

3 oz. meat loaf

Frozen or in house preparation with ground beef. At least 65% meat and no more than 12% extenders including textured vegetable protein. No more than 25% fat.

Ravioli with Meat Sauce

8 medium-size filled ravioli plus ½ c. meat sauce

Frozen ravioli. Cook until tender, then cover with Meat Sauce. See Meat Sauce specification. Ravioli to be filled with cheese or meat, as listed on menu.

Pepper Steak

¾ cup portion (3 oz. cooked lean meat)

Frozen or in house preparation from diced beef cubes. Add onions, green peppers to au jus gravy. Tomatoes optional. Cook beef until tender. US #1 vegetables.

Roast Beef

3 oz. lean cooked meat

#168 or #159 Top round of beef, rump and shank on; flank off; cut Chicago Style. All bones removed. In house preparation or precooked, Cryovac packaged. Evenly sliced and tender. Serve gravy or au jus.

Roast Beef Sandwich with Sweet Peppers

3 oz. lean cooked meat

Served sliced Roast Beef, au jus, as above. Send fresh sweet peppers to sites for slicing and steaming at sites. Allow four portions per medium-large green pepper or three portions per small green pepper.

Salisbury Steak with Gravy

3 oz. lean cooked meat, 1-1/2 oz. gravy

Frozen. Ground beef (#136A) shaped oval forms, precooked, must contain at least 65% beef and not more than 12% extenders including textured vegetable protein.

Smothered Steak with Onion Gravy

3 oz. lean cooked meat plus 2 oz. gravy

Serve Salisbury Steak, as above, covered with onion gravy.

CATEGORY: ENTREE - BEEF

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

BEEF REQUIREMENTS

ALL BEEF MUST BE U.S. GOOD. A MAXIMUM OF 12% VEGETABLE PROTEIN PRODUCT IS ALLOWED IN GROUND BEEF ITEMS.

Soft Beef Taco

2each (3 oz. lean cooked meat)

Lean cooked ground beef, with very mild taco seasoning. Serve each taco with one tablespoon shredded cheese, shredded lettuce and chopped tomatoes on a six-inch tortilla. Send one packet mild taco sauce.

Spaghetti with Hearty Meat Sauce

1 cup pasta, 3 oz. cooked ground beef in 3/4 cup sauce, 1 TBS. Parmesan Cheese

Enriched pasta. Ground beef, browned and well drained, added to Italian seasoned tomato sauce, with chopped onions. Must be served with Parmesan Cheese - see Condiments.

Stuffed Cabbage Roll

6 oz. portion (3 oz. cooked meat), 1 large or two medium rolls

Frozen. Cooked cabbage leaves filled with a mixture of ground beef (#136 or #136A) with rice, in tomato sauce. US Fancy if frozen.

Stuffed Green Peppers

6 oz. portion (3 oz. cooked meat), 1 large or 2 medium peppers

Frozen or in house preparation (#136A). Cooked green bell peppers filled with mixture of ground beef with rice; in tomato sauce. US Fancy, if frozen.

Stuffed Pasta Shells with Meat Sauce

2 large stuffed shells, 1/2 cup sauce

Frozen or in-house preparation. Jumbo pasta shells stuffed with blend of Ricotta and Parmesan, or similar cheeses. Topped with meat sauce. See specification for Meat Sauce.

Sloppy Joe

4 oz. portion (3 oz. meat)

#136A ground beef in tomato catsup based sauce.

Swedish Meatballs with Gravy

3 oz. lean cooked meat, 1-1/2 oz. gravy

Frozen or in house preparation. Beef meatballs with bread crumbs or other binder served in brown gravy with mushrooms. See specification for Brown Gravy.

Swiss Steak with Gravy

3 oz. lean cooked meat - 1-1/2 oz. gravy

#1102 Mechanically tenderized boneless roast. Beef bottom round steak, or other designated cuts, trimmed, free of fat on at least 1/2" maximum exterior fat to any point. Braised in house until tender in tomato gravy or brown gravy as menued.

Teriyaki Meatballs

3 oz. lean cooked meat, 1-1/2 oz. sauce

Beef meatballs cooked in mild teriyaki flavored sauce blended with beef gravy base.

CATEGORY: ENTREE - PORK

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION
PORK REQUIREMENTS
ALL PORK MUST BE U.S. #1

Baked Ham **3 oz. lean cooked meat**
Cured and smoked or canned ham, sliced. Cured and smoked (not canned) must not weigh more after processing than the fresh ham weighs before curing and smoking. If up to 10% added weight, must be labeled, "Ham, water added." Canned ham to be 4x6", 12-1/2#, Deli-style ham. If cured, must be Morrell-Blue label or equivalent. Reduced sodium ham is preferred.

Ham with Fruit Sauce **3 oz. lean cooked meat plus 1 oz. sauce**
See Baked Ham. Serve with fruit sauce with raisins (see specifications for SAUCES: Fruit sauce).

Barbecue Pork **3 oz. lean cooked meat, 1-1/2 oz. sauce**
Pulled or thin sliced boneless pork cooked in mild barbecue sauce. Excess fat and gristle removed.

Barbecue Ribs **4 ribs portions (3 oz. lean cooked meat)**
#416 or 416A, neatly trimmed, semi-loose pieces to be removed. Oven baked in barbecue sauce.

Barbecue Rib Tips **6 oz. portion (3 oz. lean cooked meat)**
Meaty pork rib tips, cooked until tender and baked in barbecue sauce.

Breaded Pork Cutlet **3 oz. lean cooked meat, 1oz. breading**
Frozen #1400 or 1407 boneless pork filet, or butt steaks, cubed, prepared with unsalted breading. No more than 25% breading.

Red Beans with Ham Hocks **1 smoked ham hock plus ½ cup beans**
#417 ham hocks. In house preparation using ethnic recipe. Smoked pork hock, uniform size, not less than 2" in length, must include fleshy section of shank. Serve with US Grade A Fancy red beans.

Roast Pork **3 oz. lean cooked meat, 1-1/2 cup oz. gravy**
Fresh or frozen. #410, 411, or 413 or prepared Roast Pork, uniformly trimmed; not more than 1/4" surface fat at any one point. Serve sliced with gravy. If pork roll is used, must have natural oval shape.

CATEGORY: ENTREE - FISH

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

FISH REQUIREMENTS

ALL FISH MUST BE PACKED UNDER FEDERAL INSPECTION OR BE U.S. GRADE A. IF FRESH, MUST BE COOKED AND SERVED WITHIN 48 HOURS OF DELIVERY. IF FROZEN. MUST BE EVISCERATED AND FROZEN SOLID, FREE FROM CONTAMINATION DETERIORATION AND FREEZER BURN AND SHOW NO EVIDENCE OF RE-FREEZING. FROZEN FISH MUST BE COOKED AND SERVED WITHIN 24 HOURS OF DEFROSTING.

Baked Fish in Creole Sauce **3 oz. cooked fish plus 1-1/2 oz. sauce**
Square or natural shaped unbreaded mild white fish baked in Creole Sauce. See Sauces: Creole.

Breaded Fish Fillet **3 oz. cooked fish plus 1 oz. breading**
Square or natural shape fish fillet, breaded and baked. Serve with tartar sauce. No more than 25% breading.

Lemon Baked Fish **3 oz. cooked fish**
Square or natural shaped un-breaded mild white fish fillet baked in margarine and lemon juice. Serve with Tartar Sauce.

Seafood Salad **4-1/2 oz. salad (3 oz. cooked seafood)**
Flaked imitation Crab meat (not chopped) in a mayonnaise-type binder, with celery, onions and some small baby shrimp.

Seafood Newberg **3/4 c. portion (3 oz. cooked seafood)**
Flaked imitation Crab meat (not chopped), with at least 15% small baby shrimp and no more than 33% flaked baked whitefish, cooked in a white sauce with green peas. Serve with rice.

Tuna Salad **4-1/2 oz. tuna salad (3 oz. tuna)**
Canned tuna with added celery, onions, hard-boiled egg, and mayonnaise-type binder. Serve on lettuce.

CATEGORY: ENTREE - SAUSAGE

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

**SAUSAGE REQUIREMENTS - ALL SAUSAGE MUST
BE FROM USDA OR STATE INSPECTED PROCESSING FACILITY.**

Beef Bratwurst **3 oz. cooked meat**
Frozen/fresh bratwurst, all beef (no pork) skinless. 5 to a pound. No more than 30% fat.

Beef Hot Dog **3 oz. cooked meat**
5:1, precooked, all beef (no pork). Skinless, free from wrinkles and breaks. No more than 30% fat.

Italian Sausage **3 oz. cooked meat**
Frozen/fresh. Spiced pork and beef sausage, mild Italian seasoning. No more than 30% fat.

Polish Sausage **3 oz. cooked meat**
Frozen, precooked 5:1. Polish-style skinless sausage, pork and/or beef. No more than 30% fat.

Turkey Sausage **3 oz. cooked meat**
Frozen/fresh, 5:1. All turkey (no pork) sausage. No more than 30 % fat.

REQUIREMENTS - ALL VEAL AND LAMB MUST BE U.S. GOOD.

Breaded Veal Cutlet **3 oz. cooked meat, 1 oz. breading**
Frozen. Ground veal patty from any boneless meat from veal or calf carcass reasonably free of membranous tissue or excessive fat. No more than 25% breading.

Veal Parmesan **6 oz. cooked portion (3 oz. cooked meat, 1 oz. breading, plus topping)**
Frozen or in house preparation using #1300 cubed steak or #1396A ground veal patty, breaded and baked. Topped with Italian sauce and Parmesan and/or Mozzarella cheese. Prepared without salt, sodium seasoning preservative in meat or sauce.

Veal Patty **3 oz. cooked meat**
Frozen, #1396A, ground veal in round patties. Un-breaded. Calf may be included.

Veal Italienne **3 oz. cooked meat, 1-1/2 oz. sauce**
Frozen or in house preparation from un-breaded veal cutlet using #1300 tenderized boneless veal or unbreaded ground veal patty, with a seasoned tomato sauce, with onions and mushrooms.

Lamb Patty with Gravy **3 oz. cooked meat, 1.5 oz. gravy**
Frozen, #1296A Chopped or ground lamb, with or without added seasonings. No more than 25% fat.

CATEGORY: SAUCES AND GRAVIES

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

ALL GRAVIES MUST BE REDUCED SODIUM AND REDUCED FAT PRODUCTS, SUBJECT TO APPROVAL BY DFSS.

Au Jus (Natural Style Gravy) **1-1/2 fl. oz.**
Au jus gravy base, sodium reduced. Prepared according to package directions.

Brown Gravy (Beef Gravy) **1-1/2 fl. oz.**
Beef stock base, sodium reduced. Prepared according to package directions for gravy or use gravy base.

Cheese Sauce **1-1/2 fl. oz.**
See White Sauce; add American cheese.

Chicken Gravy **1-1/2 fl. oz.**
Chicken stock base, sodium reduced. Prepared according to package directions. US inspected.

Cream Gravy **1-1/2 fl. oz.**
Meat or poultry stock gravy based, sodium reduced. Prepared according to package directions using milk.

Fruit Sauce **1-1/2 fl. oz.**
Prepare with fruit juices or nectar mixed with diced canned fruits and raisins and thickened with corn starch.

Italian Sauce (Marinara Sauce) **2 fl. oz. unless otherwise specified**
Meatless tomato sauce seasoned with oregano and Italian seasonings.

Meat Sauce **1/2 cup**
Frozen or in-house preparation. Must be at least 75% beef, with maximum 25% lean ground pork. Meat added to tomato based, Italian seasoned sauce. Must have at least 1 oz. cooked meat per serving.

Mushroom Sauce (Mushroom Gravy) **1-1/2 fl. oz.**
Mushroom gravy base, sodium reduced with pieces of mushroom. Prepare according to package.

Onion Gravy **1-1/2 fl. oz.**
Brown gravy, sodium reduced, with thin sliced or chopped onion.

CATEGORY: SAUCES AND GRAVIES

MENU ITEM	MINIMUM SERVING SIZE
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PURCHASE FORM/SPECIFICATIONS/INFORMATION

ALL GRAVIES MUST BE REDUCED SODIUM AND REDUCED FAT PRODUCTS, SUBJECT TO APPROVAL BY DFSS.

Spanish Sauce (Western Sauce)

1-1/2 fl. oz.

In house preparation. To canned US #1 tomatoes, add onion, celery, green peppers, pimento and pepper.

Tomato Sauce

1-1/2 fl. oz.

Tomato or vegetable base, reduced sodium, with added tomato paste; or canned or frozen tomato sauce.

Turkey Gravy

1-1/2 fl. oz.

Turkey stock base, sodium reduced.

White Sauce

1-1/2 fl. oz.

In house preparation, medium consistency or sodium-reduced commercial product. Made with milk.

CATEGORY: GRAINS - NOODLES

MENU ITEM	MINIMUM SERVING SIZE
<u>Buttered Noodles</u>	½ cup cooked (3 oz.)
Semolina wheat, enriched flat noodles; add small amount of melted margarine.	
<u>Buttered Shells</u>	½ cup cooked (3 oz.)
Semolina wheat, enriched or whole wheat. Margarine added for flavor.	
<u>Chow Mein Noodles</u>	½ cup cooked (2 oz.)
Crisp fried noodles made from wheat and rice flour, dry pack. Serve with chow mein.	
<u>Dumplings</u>	2 dumplings (2 oz. each)
Frozen or prepared from starch.	
<u>Elbow Macaroni (Macaroni)</u>	½ cup cooked (3 oz.)
3/8" diameter, Semolina wheat, enriched or whole wheat macaroni.	
<u>Macaroni and Cheese</u>	½ cup cooked (3-1/2 oz.)
Frozen or in house preparation. Enriched elbow macaroni mixed with cheese sauce.	
<u>Mostaccoli</u>	See Spaghetti
Semolina wheat, enriched mostaccioli.	
<u>Noodles Romanoff</u>	½ cup cooked (3-1/2 oz.)
Egg noodles, medium width, mixed with white sauce.	
<u>Rotini</u>	½ cup cooked (3 oz.)
Semolina wheat, enriched or whole wheat rotini. Margarine added for flavor. Usually packed in tomato sauce if served with Italian entree.	
<u>Spaghetti</u>	½ cup cooked (3 oz.)
Semolina wheat, enriched or whole wheat spaghetti. 0.06 - 0.11" diameter. If used as part of entree, must be 1 cup cooked (6 oz.) per serving.	

CATEGORY: STUFFING/GRAINS

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

Stuffing

- **Celery-Pecan Stuffing** **½ cup (3 oz.)**
Bread dressing from mix or freshly prepared with diced celery and pecan pieces (1/2 oz. per portion).

- **Cornbread Stuffing** **½ cup (3 oz.)**
Dry, packaged, prepared according to directions.

- **Herb Stuffing** **½ cup (3 oz.)**
Dry, packaged, prepared according to directions.

- **Traditional Sage-Celery Stuffing** **½ cup (3 oz.)**
Dry, packaged bread dressing with added diced or sliced celery.

Rice

- **Steamed Rice** **1/ cup cooked (3-1/2 oz.)**
Long grain converted enriched US #1 rice.

- **Parslied Rice** **1/ cup cooked (3-1/2 oz.)**
Long grain converted enriched US #1 rice with added chopped parsley.

- **Herbed Rice** **1/ cup cooked (3-1/2 oz.)**
Dry, packaged, enriched US #1 rice mix.

- **Rice Pilaf** **1/ cup cooked (3-1/2 oz.)**
Dry, packaged, enriched US #1 rice mix.

- **Rice with Mushroom** **1/ cup cooked (3-1/2 oz.)**
Long grain converted enriched US #1 rice with canned mushroom pieces or slices added. Each serving to include ½ oz. mushrooms.

- **Spanish Rice** **1/ cup cooked (3-1/2 oz.)**
Dry, packaged enriched US #1 mix or in house preparation with onion, tomato, peppers, seasonings.

- **Rice and Beans (Red Beans and Rice)** **1/ cup cooked (3-1/2 oz.)**
Mix equal parts, beans and rice.

CATEGORY: VEGETABLES

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION
VEGETABLE REQUIREMENTS
ALL VEGETABLES MUST BE U.S. #1 IF FRESH AND U.S. GRADE A IF FROZEN OR CANNED. VEGETABLES MAY BE SEASONED WITH MARGARINE, BUT NO ADDED SALT. DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE.

Asparagus Cut **½ cup cooked (3-1/2 oz.)**
Fresh, frozen or canned. Good similar varietal characteristics, good flavor and odor. No grit present. Medium size, tender. Cut about 1-1/4" in length.

Baked Bean **½ cup cooked (4oz.)**
Canned white beans baked in tomato sauce.

Beans, Green
Frozen Green Beans may be US Grade B.

- **Almondine** **½ cup cooked (3 oz.)**
Frozen. Add slivered or sliced almonds (1 tsp. per serving)

- **Cut** **½ cup cooked (3 oz.)**
Frozen. No tough strings, cut crosswise.

- **French Cut** **½ cup cooked (3 oz.)**
Frozen, cut lengthwise.

- **w/Bacon Bits** **½ cup cooked (3 oz.)**
Frozen, cut lengthwise. Add cooked chopped bacon, ½ tbsp. per serving.

- **w/Mushrooms** **½ cup cooked (3 oz.)**
Frozen, cut lengthwise. Add canned mushrooms, 1/4 oz. per serving.

- **Seasoned** **½ cup cooked (3 oz.)**
Frozen, cut green beans seasoned with garlic, onion, bacon bits and margarine.

Beets

- **Diced** **½ cup (3 oz.)**
Canned. Cubes not larger than 3/8", or evenly sliced.

- **Harvard** **½ cup (4 oz.)**
Canned in sauce.

- **Sliced** **½ cup (3 oz.)**
Canned. No more than 5/16" in thickness or 2 1/2" in diameter. Firm and tender, uniform in size, and of good red coloring. No excessive end cuts, woodiness or softness.

- **Whole Baby** **½ cup (3 oz.)**
Canned. Vary moderately in shape; about 1-1/2" in diameter.

CATEGORY: VEGETABLES

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

VEGETABLE REQUIREMENTS

ALL VEGETABLES MUST BE U.S. #1 IF FRESH AND U.S. GRADE A IF FROZEN OR CANNED. VEGETABLES MAY BE SEASONED WITH MARGARINE, BUT NO ADDED SALT. DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE.

Black-eyed Peas

½ cup (3-1/2 oz.)

Frozen, canned or prepared from dried beans. Good color from fairly young units in early stages of maturity. Similar varietal characteristics. No mashed, broken, mealy or hard peas; poor coloring; mixed varieties; and cloudy packing medium. Season with garlic, onion and bacon bits.

Broccoli

- Cuts

½ cup cooked (3-1/2 oz.)

Fresh or frozen. Bright green color. Tender and free from tough fiber. Cut in approximately 1" pieces. No off flavor or off dull color.

- Spears

½ cup cooked (3-1/2 oz.)

Fresh or frozen. Bright reasonably uniform characteristics. 2" long, 3/4" in diameter. Uniform in cut and color. Firm compact cluster of small flower buds. Dark or sage green color. Stems not too thick or tough. Watch for irregular brown decay spots.

Spears w/Cheese Sauce

½ cup, 1-1/2 oz. cheese sauce

Broccoli spears with 1-1/2 fl. oz. cheese sauce. See specifications for both items.

Brussel Sprouts

½ cup cooked (3 oz.)

Fresh or frozen. Not less than 3/4" diameter; no more than 2" long.

Cabbage

- Steamed

½ cup cooked (3 oz.)

Fresh. Fresh green outer leaves; firm; heavy heads. No decay. 1-1/2 lbs. minimum. Firm, solid and heavy for size; free from discoloration.

- Smothered

½ cup cooked (3 oz.)

Fresh. See steamed Cabbage, with seasonings such as bacon bits, small amounts of chopped ham, garlic, onion and margarine.

Carrots

- Candied

½ cup cooked (3 oz.)

Fresh or frozen. From carrots of diameter not more than 1-3/8"; length 5-10", well shaped, smooth, solid, of good orange color. Peeled and clean. Candy by cooking in sugar and margarine.

- Coins or Slices

½ cup cooked (3 oz.)

Fresh or frozen. Diameter not more than 1-3/8"; length 5-10", well shaped, smooth, solid, of good orange color. Peeled, clean, uniform. Maximum thickness 1/4"; maximum width, 1-3/4".

CATEGORY: VEGETABLES

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

VEGETABLE REQUIREMENTS

ALL VEGETABLES MUST BE U.S. #1 IF FRESH AND U.S. GRADE A IF FROZEN OR CANNED. VEGETABLES MAY BE SEASONED WITH MARGARINE, BUT NO ADDED SALT. DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE.

- **Whole Baby Carrots** **½ cup cooked (3 oz.)**

Frozen. Good orange-yellow color, uniform size and shape. Maximum length - 2-1/2"

Chinese Vegetables (Oriental Vegetables)

Frozen. Stir-fry style mixture of broccoli, pea pods, bean sprouts, water chestnuts plus other vegetables such as celery, mushrooms, red or green pepper, or bamboo shoots.

- **Cooked Greens** **½ cup cooked (3-1/2 oz.)**

- **Beet Greens**
- **Collard Greens**
- **Mixed Greens**
- **Mustard Greens**
- **Turnip Greens**

Fresh or frozen. Prepared to ethnic preference.

- **Seasoned Greens**

Mixed greens prepared with bacon bits, onion, garlic powder and margarine.

Corn

Frozen corn may be US Grade B.

- **Whole Kernel (Cut)** **½ cup (3 oz.)**

Frozen. Prepared from young, sound, sweet products with uniform bright golden color. Free from hard kernels and husk. Golden Bantem variety is type desired.

- **Creamed** **½ cup cooked (4 oz.)**

Canned in cream sauce.

- **Mexican** **½ cup cooked (3 oz.)**

Frozen, with red peppers. May have chopped onions.

- **Red and Green** **½ cup cooked (3 oz.)**

Frozen, with red and green peppers.

- **On the Cob** **1 small ear**

Fresh. Minimum 4" in length. Golden, evenly filled cob, free of silk and husk.

- **Eggplant Parmesan** **½ cup equivalent (4 oz.)**

Frozen. Prepared with eggplant, tomato sauce, and Parmesan. Mozzarella cheese blend.

CATEGORY: VEGETABLES

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION
VEGETABLE REQUIREMENTS
ALL VEGETABLES MUST BE U.S. #1 IF FRESH AND U.S. GRADE A IF FROZEN OR CANNED. VEGETABLES MAY BE SEASONED WITH MARGARINE, BUT NO ADDED SALT. DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE.

Italian Green Beans **½ cup cooked (3 oz.)**
Frozen, cut lengthwise. Flat type bean, full flavored, young and tender. No tough strings.

Kale, Chopped **½ cup cooked (3 oz.)**
Fresh or frozen. Uniform typical green color, free from coarse stems or leaves.

Lima Beans, Baby **½ cup cooked (3 oz.)**
Frozen. Small and cooked until tender. May be US Grade B. If seasoned Lima Beans, add garlic, onion and bacon bits.

Mixed Vegetables **½ cup cooked (3 oz.)**
Frozen. Must contain carrots, green beans and corn with proportionate representation of each. May also contain green peas and/or lima beans. Good color for type and variety of vegetable used, tender.

- **Italian Mixed Vegetables** **½ cup cooked (3 oz.)**
Equal portions of cauliflower, carrots, broccoli, green beans and lima beans.

- **California Blend Vegetables** **½ cup cooked (3 oz.)**
Equal portions of broccoli, cauliflower and carrots.

Okra and Tomatoes **½ cup cooked (4 oz.)**
Frozen, sliced okra with canned or frozen diced tomatoes.

Peas
- **Green** **½ cup cooked (3 oz.)**
Frozen. Uniform size and green coloring. Free from odor. No hard or musky peas. Alaskan Variety.

- **w/Pearl Onions** **½ cup cooked (3 oz.)**
Add frozen pearl onions to peas.

- **Creamed** **½ cup cooked (3-1/2 oz.)**
Add white sauce to peas.

- **and Carrots** **½ cup cooked (3 oz.)**
50% each sweet peas and diced carrots.

- **w/Mushrooms** **½ cup cooked (3 oz.)**
Add canned mushrooms, 1/3 ounce per serving.

CATEGORY: VEGETABLES

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

VEGETABLE REQUIREMENTS

ALL VEGETABLES MUST BE U.S. #1 IF FRESH AND U.S. GRADE A IF FROZEN OR CANNED. VEGETABLES MAY BE SEASONED WITH MARGARINE, BUT NO ADDED SALT. DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE.

Sauerkraut

½ cup cooked (4 oz.)

Canned. May be US Grade B.

Spinach

- Chopped or Leaf

½ cup cooked (3-1/2 oz.)

Frozen spinach. Reasonably uniform, characteristic green color. Normal odor. Tender with no coarse, tough leaves and stems. Watch for off flavor, off color, silt, sand, grit, weeds, grass, and discoloration.

- Creamed

½ cup cooked (4 oz.)

Frozen, chopped spinach in white sauce.

Squash

- Mashed Winter

½ cup cooked (4 oz.)

Frozen or fresh, Hubbard, Butternut or Acorn.

Succotash

½ cup cooked (3 oz.)

Frozen, bright color. Equal amounts of corn and lima beans. May be US Grade B.

Tomatoes - Stewed

½ cup cooked (4 oz.)

Canned or frozen. Vine ripened product. No artificial coloring or preservatives. Diced tomatoes cooked with onions and bread cubes. May be US Grade B. May have green peppers.

Wax Beans

½ cup cooked (3 oz.)

Frozen. May be US Grade B.

Zucchini with Tomatoes

½ cup cooked (3-1/2 oz.)

Fresh or frozen. Sliced zucchini with canned or frozen diced tomatoes.

CATEGORY: VEGETABLES - POTATOES

MENU ITEM **MINIMUM SERVING SIZE**

PURCHASE FORM/SPECIFICATIONS/INFORMATION

POTATO REQUIREMENTS

ALL POTATOES MUST BE U.S. GRADE A IF CANNED OR FROZEN. MUST BE U.S. #1 IF FRESH. WEIGHT FOR EACH SERVING SIZE IS APPROXIMATE.

Potatoes, White and Red

- **Au Gratin** **½ cup (4 oz.)**

Purchase dehydrated or prepare from sliced fresh, frozen or canned potatoes in house in cream sauce with Cheddar or American cheese.

- **Baked with Sour Cream** **1 medium potato (1-7/8 - 2-1/2" diameter) 5+ oz.**

Fresh. Firm relatively smooth, clean, reasonably well-shaped, not bruised, wilted or showing sprouts. Russet, Burbank, or other baking. Serve with 1 oz. sour cream - see Condiments.

- **Creamed Potatoes** **½ cup (4 oz.)**

Frozen or canned cubed potatoes in white sauce.

- **Hash Browned** **½ cup (3-1/2 oz.)**

Frozen or dehydrated shredded potatoes (solid content 32%), prepared with polyunsaturated oil.

- **Hot German Potato Salad** **½ cup (4 oz.)**

See Specification for German Potato Salad in "SALADS: Starchy."

- **O'Brien** **½ cup (3 1/2 oz.)**

Frozen or canned diced potatoes with green and red pepper and onion added.

- **Oven Roasted** **½ cup (3 oz.)**

Fresh: Firm, relatively smooth, clean, reasonably well-shaped. Frozen or canned: Pre-peeled, 1-1/2" diameter if cut, 2" if whole. Baked with margarine until browned.

- **Parslied Whole** **½ cup (3 oz.) approx. 3 potatoes**

Fresh, canned or frozen. No harmless, extraneous material or grit present; whole potatoes, 1-2" diameter. Peeled and mixed with melted margarine until browned.

- **Parslied Red** **½ cup (3 oz.)**

Frozen, uniform in size and shape. Pink, hard, smooth. Boiled and served with skins on; mixed with melted margarine and chopped parsley.

- **Parslied Sliced** **½ cup (3 oz.)**

Frozen, fresh or canned. Individual slices, no more than 3/4" at thickest portion, 2" diameter. Peeled, boiled and mixed with melted margarine and chopped parsley, fresh or dehydrated.

- **Pancakes** **2 pancakes (3" diameter)**

Frozen. Must be served with Applesauce. See Canned Fruits.

- **Potato Chips** **1 oz. package**
Individual packages. Does not count toward fruit/vegetable requirement.

- **Scalloped Potatoes** **½ cup (4 oz.)**
Frozen, fresh or canned sliced potatoes in white sauce.

- **Tater Tots** **6+ tartar tots (4 oz.)**
Frozen. Must be made from whole, shredded and chunk Russet potatoes and enriched with Vitamin C.

- **Whipped (Mashed)** **½ cup (4 oz.)**
Dehydrated granules or flakes enriched with vitamin C added. Must be made from completely precooked Idaho-potatoes or other varieties having similar characteristics such as Washington. Russet, Burbank. Follow preparation instructions, with no added salt.

Sweet Potatoes/Yams

- **Baked** **1 small (5+ oz. whole)**
Fresh. Clean, smooth, well-shaped, firm, and bright in appearance. 3" in length and 1-3/4" in diameter minimum.

- **Candied** **2 medium pieces (4 oz.)**
Fresh, frozen or canned. Units may vary in shape. Uniformly light yellow to deep golden coloring. Tender and uniformly smooth in texture; no fibrous ends, broken pieces or mushiness. Brix 25°. Glazed with margarine and brown sugar.

- **Mashed** **½ cup (4 oz.)**
Fresh, frozen or canned. May be coarse, but free from lumps; no tough or coarse fibers present. May be U.S. Grade B if frozen.

CATEGORY: SALADS - VEGETABLES

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION
SALAD REQUIREMENTS

ALL FRESH VEGETABLES MUST BE US #1. DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE.

Lettuce Liners **1 leaf**
Fresh crisp iceberg head lettuce. Send 1 medium or 2 small heads, iceberg per 20 servings to be assembled at sites. Romaine or leaf lettuce may be substituted providing 10 - 15 liners per head.

Lettuce Salad (Tossed Salad) **1 cup (2 oz.)**
Tossed salad containing chopped lettuce, plus shredded carrots and shredded red cabbage.

Lettuce Wedge **1/8th medium head (2 oz.)**
Fresh, crisp iceberg head lettuce. Fairly firm with a green color and fresh outer leaves. Free from insects and noticeable discoloration or decay. May be cut into wedges at sites.

Three Green Salad **1 cup (2 oz.)**
Mixture of three of the following: Iceberg, chicory, Boston, leaf, red leaf, romaine, escarole, endive or other greens. Washed and cut into bite-size pieces. Salad may contain no more than 50% iceberg lettuce.

Carrot Raisin Salad **½ cup (3 oz.)**
Prepared or purchased fresh, finely shredded carrots tossed with mayonnaise-type binder and raisins.

Confetti Coleslaw **½ cup (3 oz.)**
Commercial preparation or in house preparation from mixture of freshly shredded green cabbage in an oil and vinegar-type dressing, with shredded carrots and chopped onion.

Creamy Coleslaw **½ cup (3 oz.)**
Fresh green cabbage, shredded, tossed with mayonnaise-type binder, with some grated carrots and red cabbage.

Creamy Cucumbers and Onions **½ cup (3 oz.)**
Fresh commercial or in house preparation in a sour cream-style dressing.

Sliced Cucumbers on Lettuce **½ cucumber, sliced**
Fresh. Very firm with well-rounded ends and mostly deep green coloring. 6-9" long, 2-2/8" maximum diameter. Regular shape; avoid those conical in shape. On lettuce liner. To be sliced at the sites.

CATEGORY: SALADS - VEGETABLES

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

SALAD REQUIREMENTS

ALL FRESH VEGETABLES MUST BE US #1. DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE.

Creamy Kid Bean Salad **½ cup (4 oz.)**
Canned kidney beans, drained well, with celery, and chopped onions in mayonnaise-type binder. US Grade A canned beans.

Iceberg and Romaine Salad **1 cup (2 oz.)**
Fresh crisp mixture of bite-size pieces of equal parts iceberg and romaine lettuce.

Marinated Tomato-Cucumber Salad **1 cup (3 oz.)**
Commercial or in-house. Chopped fresh tomatoes and cucumbers in seasoned oil and vinegar dressing.

Marinated Vegetable Salad **½ cup (3-1/2 oz.)**
Fresh or frozen thawed vegetables. Mixture of 3 or more vegetables in Italian-seasoned oil and vinegar dressing: broccoli, cauliflower, carrots, cucumbers, onions, peppers, peas, tomatoes. Must be marinated at least 24 hours.

Pickled Beets **½ cup (3 oz.)**
Canned US Grade A, sliced, drained beets and onions in vinegar-style marinade.

Pickled Cucumbers **½ cup (3 oz.)**
Fresh, commercial or in house preparation in sweetened vinegar dressing, with onions.

Tomato:

- **Sliced Tomato** **3 slices (2-1/2" diameter x 1/4" thick)**
Fresh, firm, red, ripe tomato slices on fresh crisp lettuce liner.

- **Sliced Tomato and Cucumber** **2 slices each, tomato and cucumber**
Fresh, firm, red, ripe tomato slices and firm, fresh cucumber slices on fresh crisp lettuce liner. 2 tomato slices (2-1/2" diameter x 1/4" thick) and 2 cucumber slices (1-1/2" diameter x 1/2" thick).

- **Tomato Wedges** **½ medium tomato, wedged**
Fresh, firm, red, ripe tomato wedges on fresh crisp lettuce liner. ½ medium or 1 small tomato cut into 4-6 wedges.

Three Bean Salad **½ cup (4 oz.)**
Canned beans; commercial or in house preparation with vinegar-based dressing. Mixture of canned green, wax and kidney beans, US Grade B. May also have garbanzo beans.

CATEGORY: SALADS - FRUIT

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

FRUIT SALAD REQUIREMENTS

DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE. SEE GREEN SALADS FOR LETTUCE LINER REQUIREMENT.

Citrus Segments on Lettuce **½ cup (3-1/2 oz.)**

Equal portions of drained US Grade A grapefruit and orange segments; no more than 20% broken on lettuce liner.

Cottage Cheese and Peach or Pear Salad **1/3 cup (2-1/2 oz.) cottage cheese, 2 peach or pear slices**

Canned juice pack peach or pear slices with scoop of cottage cheese on lettuce liner.

Cranberry Sauce **½ cup**

Canned on a lettuce liner. Jellied, whole or strained. U.S. Grade A.

Fruit Cup **½ cup (4 oz.)**

Frozen. Combination of at least 3 IQF sliced peaches, sliced apples, bing cherries, grapes or melon balls.

Peach Halves on Lettuce **2 medium peach halves**

Canned US Grade B, juice-pack large peach half, drained, on lettuce liner.

Peach Half with Cranberry Sauce **1 large peach half, 2 Tbs. cranberry sauce**

Canned US Grade B large peach half with scoop of cranberry sauce on lettuce liner.

Pear Halves on Lettuce **2 medium pear halves**

Canned US Grade B, juice-pack Bartlett pear halves, drained, on lettuce liner.

Pear and Cheddar Salad **1 large pear half, 1 oz. shredded cheese**

Canned juice-pack Bartlett pear halves, topped with shredded Cheddar cheese on lettuce liner. May use 2 small or medium pear halves.

Pineapple Rings on Lettuce **2 large rings**

Canned, US Grade B. Juice packed, pineapple slices, drained, on lettuce liner. May use 3 medium rings.

Spiced Apple Rings on Lettuce **3 small rings**

Canned apple rings, drained, on lettuce liner.

Waldorf Salad **½ cup (3-1/2 oz.)**

Commercially prepared or in house preparation of US Grade B chopped apple, diced celery, chopped walnuts and mayonnaise-type binder.

CATEGORY: SALADS - STARCHY

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

STARCHY SALAD REQUIREMENTS

SALADS MUST BE OR VAL KENT OR EQUIVALENT. WEIGHT FOR EACH SERVING IS APPROXIMATE. POTATOES MUST BE US GRADE A.

Macaroni Salad **½ cup (4 oz.)**

Commercial or in house preparation; cooked, enriched elbow macaroni with mayonnaise-type binder, celery, carrots, seasoning.

Pasta Salad **½ cup (4 oz.)**

Commercial or in house preparation of cooked enriched rotini in oil and vinegar dressing, added green peppers, chopped celery, sliced olives, seasoning. May include bits of other vegetables, cheese for flavoring.

Potato Salads:

- **Creamy Potato Salad** **½ cup (4 oz.)**

Commercial or in house preparation; cooked potatoes with mayonnaise-type binder, celery, and seasoning.

- **Hot German Potato Salad** **½ cup (4 oz.)**

Commercial or in house preparation; cooked potatoes with cooked bacon and vinegar dressing, with onions and celery. Must be delivered hot, in steam table pans.

- **Mustard Potato Salad** **½ cup (4 oz.)**

Commercial or in house preparation; add yellow mustard to traditional potato salad mixture.

CATEGORY: SALADS - GELATIN

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

GELATIN SALAD REQUIREMENTS

ALL GELATIN SALADS MUST BE SERVED ON A LETTUCE LINER
(SEE GREEN SALADS).

Molded Bing Cherry Salad **½ cup**

1/4 cup per serving, drained, measured, canned US Grade B, pitted Bing cherries in cherry gelatin, chilled and firm, on a lettuce liner.

Molded Bing Cherry Lime Salad **½ cup**

1/4 cup per serving, drained, measured, canned US Grade B, pitted Bing cherries in lime gelatin, chilled and firm, on a lettuce liner.

Molded Carrot Lime Salad **½ cup**

1/4 cup (1 oz.) shredded carrots per serving, in lime gelatin, chilled and firm, on a lettuce liner.

Fruited Gelatin Salad **½ cup**

1/4 cup canned, drained US Grade B fruit cocktail per serving in fruit gelatin, chilled and firm, on a lettuce liner. Flavor of gelatin must be shown on the menu, such as Fruited Lemon Gelatin Salad.

Cranberry-Orange Gelatin Salad **½ cup**

Canned cranberry sauce blended into orange gelatin, chilled and firm, on lettuce. Ocean Spray or equivalent.

Molded Pear Lime Salad **½ cup**

1/4 cup drained canned US Grade B diced pears in lime gelatin, chilled and firm, on a lettuce liner.

Molded Pineapple Salad **½ cup**

1/4 cup drained, canned US Grade B, crushed pineapple per serving in lemon, lime or orange gelatin, chilled and firm, on a lettuce liner.

Perfection Salad **½ cup**

1/4 cup shredded carrots and crushed pineapple in lemon or orange gelatin, chilled and firm, on a lettuce liner.

CATEGORY: SALAD DRESSING

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION
SALAD DRESSING REQUIREMENTS

A SERVING IS ONE 1 OZ. PACKET OR TWO 7/16 OZ. (12 GRAMS) PACKETS. IF OTHER SIZE PACKETS ARE PURCHASED, EACH SERVING MUST EQUAL AT LEAST 3/4 OUNCE.

Assorted Dressing **3/4 oz. minimum**
At least 3 types including 1 low calorie variety.

Blue Cheese Dressing **3/4 oz. minimum**
Commercial.

Buttermilk Dressing **3/4 oz. minimum**
Commercial.

Catalina Dressing **3/4 oz. minimum**
Commercial.

Creamy Italian Dressing **3/4 oz. minimum**
Commercial.

French Dressing **3/4 oz. minimum**
Commercial.

Italian Dressing **3/4 oz. minimum**
Commercial.

Low Calorie Dressing (Assorted flavors, fat reduced) **3/4 oz. minimum**
Commercial.

Thousand Island Dressing **3/4 oz. minimum**
Commercial.

CATEGORY: SOUP

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

SOUP REQUIREMENTS

SOUP MAY BE CANNED, FROZEN CONCENTRATE OR PREPARED IN HOUSE FROM UNSALTED STOCK BASE AND ADDED INGREDIENTS APPROPRIATE TO SOUP TYPE. REGARDLESS OF ORIGINAL FORM, PREPARED SOUPS SHOULD HAVE NO MORE THAN 600 MG. SODIUM PER 6 OZ. SERVING AND SHOULD HAVE NO MSG. AS AN INGREDIENT. IF CANNED, CAMPBELL OR HEINZ OR EQUIVALENT; IF FROZEN, STOCK POT OR EQUIVALENT; IF FROM BASE, LJ MINOR OR LE GOUT OR EQUIVALENT WITH ADDED INGREDIENTS TO EQUAL CAMPBELL.

CREAM SOUPS MUST BE PREPARED WITH LOW FAT MILK. MINIMUM SERVING SIZE FOR ALL SOUPS 3/4 CUP (6 FL. OZ.). TWO PACKAGES OF CRACKERS MUST ACCOMPANY ALL SOUP SERVINGS.

Beef Soups

- Beef Barley
- Beef Vegetable

Chicken Soups

- Chicken Gumbo
- Chicken Rice
- Chicken Noodle

Cream Soups

- Cream of Broccoli
- Cream of Celery
- Cream of Mushroom
- Cream of Potato

French Onion

Minestrone

Navy Bean with Ham or Bacon

Seafood Soup

- New England Clam Chowder
- Manhattan Calm Chowder

Split Pea with Ham

Tomato

Tomato Rice

Turkey Soups

- Turkey Noodle
- Turkey Rice

Vegetable Soup

CATEGORY: JUICE

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

JUICE REQUIREMENTS

ALL JUICES MUST BE U.S. GRADE A; MUST BE INDIVIDUAL.
PUNCTURE RESISTANT, READY-TO-SERVE CARTONS OF DURABLE
CONSTRUCTION.

Apple Juice **½ cup (4 fl. oz.)**
Pure unsweetened fruit juice, refrigerated, undiluted 100% fruit juice of single strength. No preservatives.

Cranberry Juice Cocktail **½ cup (4 fl. oz.)**
Sweetened cranberry juice drink, with at least 25% cranberry juice. Fortified with vitamin C.

Fruit Nectar **½ cup (4 fl. oz.)**
Sweetened. Mixture of juices, diluted and sugar added. Fortified with vitamin C.

Fruit Punch **½ cup (4 fl. oz.)**
Sweetened. Mixture of juices, diluted and sugar added. Fortified with vitamin C.

Grape Juice **½ cup (4 fl. oz.)**
Pure unsweetened fruit juice, refrigerated, undiluted 100% fruit juice of single strength. No preservatives or coloring allowed.

Grapefruit Juice **½ cup (4 fl. oz.)**
Pure unsweetened fruit juice, refrigerated, undiluted 100% fruit juice of single strength. No preservatives or coloring allowed. Serve Orange-Grapefruit juice blend, if on menu.

Lemonade **½ cup (4 fl. oz.)**
Sweetened lemon juice drink. Upgraded.

Orange Juice **½ cup (4 fl. oz.)**
Pure unsweetened fruit juice, refrigerated, undiluted 100% fruit juice of single strength. No preservatives or coloring allowed.

Pineapple Juice **½ cup (4 fl. oz.)**
Pure unsweetened fruit juice, refrigerated, undiluted 100% fruit juice of single strength. No preservatives or coloring allowed. Serve Pineapple-Orange juice blend, if on menu.

Tomato Juice **½ cup (4 fl. oz.)**
Pure tomato juice, refrigerated, undiluted 100% juice of single strength. No preservatives or coloring allowed.

CATEGORY: BREAD

MENU ITEM	MINIMUM SERVING SIZE
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PURCHASE FORM/SPECIFICATIONS/INFORMATION

<u>Buttermilk Biscuit</u>	1 biscuit (2" diameter)
Commercial, frozen or in house preparation. Enriched flour high quality, open-grain, fluffy texture, excellent taste. Delivered in sealed plastic bag inside a box to retain freshness.	

Breads:

- <u>Cornbread</u>	1 2-1/2" x 2 1/2" square
In house preparation or commercially purchased. Send sanitarly wrapped. Not excessively sweet.	

- <u>Garlic Bread</u>	1 piece (1 oz.)
Purchase commercially or purchase Italian or French bread and prepare in house with garlic powder and margarine. Each loaf must weigh a minimum of 1 lb. Sanitarly wrapped.	

- <u>Italian Bread</u>	1 slice (1 oz.)
Commercial. Delivered sanitarly wrapped. Enriched flour, sliced. Count useable slices only, no heels.	

- <u>Dark Rye (Pumpernickel) Bread</u>	1 slice (1 oz.)
Commercial. Delivered sanitarly wrapped. Completely fresh and undamaged. Enriched flour, sliced. Count useable slices only. No heels.	

- <u>Raisin Bread</u>	1 slice (1 oz.)
Commercial. Delivered sanitarly wrapped. Completely fresh and undamaged. Enriched flour, sliced. Count useable slices only. No heels.	

- <u>Rye Bread</u>	1 slice (1 oz.)
Commercial. May be either pullman-type or open-hearth, or french-style loaves. Delivered sanitarly wrapped. Completely fresh and undamaged. Enriched flour, sliced. Count useable slices only. No heels.	

- <u>Wheat Bread</u>	1 slice (1 oz.)
Commercial. Enriched wheat flour with enough whole grain flour to provide at least 1.0 gram of dietary fiber per slice. Sanitarly wrapped, fresh and undamaged, sliced. Count useable slices only, no heels.	

- <u>White Bread</u>	1 slice (1 oz.)
Commercial. Completely fresh and undamaged. Enriched flour, sliced. Count useable slices only. No heels. Delivered sanitarly wrapped.	

CATEGORY: BREAD

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

- **Whole Wheat Bread** **1 slice (1 oz.)**

Commercial 100% Whole wheat flour must be used. May contain other whole grains. Bread must be sliced. Delivered sanitarly wrapped. Completely fresh and undamaged. Enriched flour. Count useable slices only. No heels.

Buns

- **Hamburger (Sandwich) Bun** **1 bun, 4" diameter (1-3/4 oz.)**

Commercial. Must not be less than 4" in diameter. Buns must be sliced and enriched.

- **Hot Dog Roll** **1 roll, 6 to 7" long (1-1/3 oz.)**

Commercial. Must be sliced, and not less than 6" long with enriched flour.

Croissants - Croissant **1 croissant (2 oz.)**

Commercial, enriched. Delicate pastry. No less than 48 folds (256 layers). Taste and texture must be light and fluffy. Crescent shape. Presliced. Use for sandwich.

- **Small Croissant** **1 croissant (1 oz.)**

Croissant in 1 oz. size.

English Muffin **1 muffin (1 oz.)**

Commercial, enriched. Send sanitarly wrapped. Pre-split.

Muffins

- **Blueberry Muffin** **1 muffin (1-1/2 oz.)**

Commercial enriched. Send sanitarly wrapped.

- **Bran Muffin** **1 muffin (1-1/2 oz.)**

Commercial enriched. Send sanitarly wrapped.

- **Corn Muffin** **1 muffin (1-1/2 oz.)**

Commercial enriched. Send sanitarly wrapped.

Rolls

- **Cloverleaf Roll** **1 roll (1 oz.)**

Commercial. Enriched. Send sanitarly wrapped.

- **French Hard Roll** **1 roll (1-5/6 oz.)**

Commercially purchased from enriched flour. Sliced. Delivered sanitarly wrapped.

CATEGORY: BREAD

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

- **Kaiser Roll** **1 roll (1-5/6 oz.)**
Commercial, enriched. Send sanitarly wrapped. Sliced

- **Parkerhouse Roll** **1 roll (1 oz.)**
Commercial, enriched. Delivered sanitarly wrapped.

- **Rye Roll** **1 roll (1 oz.)**
Commercial. Delivered sanitarly wrapped.

- **Dinner Roll** **1 roll (1 oz.)**
Commercial. Delivered sanitarly wrapped.

- **Wheat Roll** **1 roll (1 oz.)**
Commercial. Delivered sanitarly wrapped. Enriched wheat flour with enough whole grain flour to provide at least 1.0 gram dietary fiber per roll.

Tortillas

- **Corn** **2 tortillas (3/8 - 1/2 oz. each)**
Commercial. Fresh and flat if used as a bread. Crisp and fried if used as a tortilla. Azteca or equivalent.

- **Flour** **2 tortillas (3/8 - 1/2 oz.)**
Commercial. Azteca or equivalent. Six inch.

- **Taco Shell** **2 taco shells (3/8 to 1/2 oz. each)**
Commercial. Crisp and folded. Azteca or equivalent.

CATEGORY: FRESH FRUIT

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

FRESH FRUIT REQUIREMENTS

ALL FRESH FRUIT MUST BE US #1. UNLESS INDICATED

Apple

1 medium, 2 ½ to 3" diameter (5 oz.)

Fresh. Firm, crisp, bright, clean, well-colored with good flavor. Packed in 125 or 113 per box. Only: Grimes, Starking, Golden Delicious, Jonathan, Winesap, Delicious, MacIntosh. No overripe, bruised or decayed fruit. Must be US fancy.

Apricots

2 medium, 1-1/2" diameter (3 oz. total)

Fresh, mature, but not soft, overripe or shriveled. Free from skin cracks, dirt and bruises. Golden color, juicy flesh.

Banana

1 medium, 5-1/2" long x 1-1/2" diameter (5 oz.)

Fresh. Plump, unblemished, firm and bright in appearance. Exact color is not a quality factor. Must be 90% or more free from damage by scarring; decay must be less than 1%. No dull gray, aged appearance unbroken skin. Serve yellow and ripe.

Blueberries

½ cup (3 oz.)

Fresh. Clean, well-colored, not overripe, wet or decayed. Medium size berries, minimum 90-130 per pint. Ripe and dry, free from sticks, leaves and stems.

Cantaloupe Wedge

1/4 of medium melon 5" diameter

Fresh. Mature, good internal quality, but not soft, overripe or decayed. Grayish to yellowish green color. Stem should be missing leaving a healed depression to indicate maturity. Well developed "netting" covering yellowish skin indicates ripeness. Heavy for size, firm. Uniform size.

Grapes

½ cup (3-1/2 oz.)

Fresh. Seedless sweet red, white or black grapes. Firm, well-developed with no decay, discolored or crushed berries. Compact bunches; grapes do not fall off stems.

Honeydew Melon Wedge

1/8 of medium melon 7" diameter

Fresh. Fully ripe; creamy outer color, and waxy feel to surface. Pale green flesh, sweet, juicy, and fine textured. Pleasant fruity aroma.

Melon Wedge (Melon Slice)

See individual melon specification

Cantaloupe, honeydew, or watermelon wedge. See individual melon specifications.

Nectarines

2 medium, 1-1/2" diameter (3 oz. total)

Fresh. Mature, but no overripe. Clean; free from decay, broken skins, holes, scars.

CATEGORY: DESSERTS - FRESH FRUIT

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

FRESH FRUIT REQUIREMENTS

ALL FRESH FRUIT MUST BE US #1. UNLESS INDICATED

Orange **2 medium, 1-1/2" diameter (3 oz. total)**

Fresh. Must be from CA, AZ, FL, TX. Firm, well-colored bright yellow orange. Well-informed, no creases, heavy for size, no soft spots.

Peach **1 medium, 2 to 2-1/2" diameter (4 oz.)**

Fresh, freestone variety. Firm, not hard, skin between red areas. Must have a yellowish cast. Round, plump, regular shape; fragrant odor. Flesh yields when gently pressed. Uniform size.

Pear **1 medium, 2 to 2-1/2" diameter**

Fresh Bartlett, D'Anjou, Bosc, Comice varieties. No cuts or bruises. Firm with juicy, not gritty fruit. Watch for pears which are shriveled near the stem and have hard spots on the surface. Uniform size.

Sweet Cherries **1/2 cup - about 10 medium, not less than 3/4" in diameter**

Fresh. Firm. No cuts or bruises.

Plums **1 large, 2-1/2" diameter or 2 small (4 oz. total)**

Fresh. Well-formed, mature but not overripe. May be Red, Blue or prune-type. Fully ripe, unbroken skins, free from bruises, firm.

Tangelo **1 medium, 2-1/4" diameter**

Fresh. Firm; no cuts or bruises.

Tangerine **1 medium, 2-1/4" diameter (4 oz.)**

Fresh. Firm, mature, free from bruises and decay. Skin bright yellow orange. Heavy for size. No soft spots.

Watermelon Slice **1/4 of a 26-30# melon or
1/16 of a 18-22# melon**

Fresh, mature, but not overripe. Fairly well-formed and free from decay, cuts, scars and other damage. Good red, fresh, crisp and not mealy. Enough melons must be sent to provide at least 1 pound wedge per serving.

CATEGORY: DESSERTS - CANNED FRUIT

MENU ITEM **MINIMUM SERVING SIZE**

PURCHASE FORM/SPECIFICATIONS/INFORMATION

ALL CANNED FRUIT MUST BE JUICE-PACKED OR PACKED IN LIGHT SYRUP. MUST BE GRADE B, UNLESS INDICATED DRAIN WEIGHT PER SERVING IS APPROXIMATE.

Applesauce **½ cup (4-1/2 oz.)**
Regular or chunky-style. Full flavor, medium sweetness, of a consistency that will mound when poured.

Apricot Halves **4 halves (4 oz.)**
Unpeeled. Properly pitted and halved. Reasonably good color - not pale or light greenish yellow; no brown coloring. Uniform size and thickness.

Chilled Peaches **½ cup slices or 2 medium halves, 2" diameter (4 oz.)**
No crushed or broken pieces.

Chilled Pears **½ cup slices or 2 medium halves, 2" diameter (4 oz.)**
No crushed or broken pieces.

Fruit Cocktail **½ cup (4 oz.)**
Combination of peaches, pineapple, pears, grapes and cherries. No hard or mushy pieces, variability in size of fruit or excessively small fruit.

Fruit Mix **½ cup (4 oz.)**
Pear, pear and pineapple chunks.

Purple Plums **½ cup (4 oz.)**
Plum halves or whole.

Pineapple Chunks **½ cup (4 oz.)**
Free from stems, eyes, core.

Pineapple Rings **2 large rings (4 oz.)**
No off-color, brown spots, pieces of stem, eyes, core. May use 3 medium rings.

CATEGORY: DESSERTS - FRUIT BASED

MENU ITEM	MINIMUM SERVING SIZE
<u>PURCHASE FORM/SPECIFICATIONS/INFORMATION</u>	
WEIGHT FOR SERVING SIZE IS APPROXIMATE. NOTE: Fruit based desserts can be counted towards a fruit if they contain at least ½ cup of fruit. If the dessert is to be counted towards a fruit and a grain, it would need to contain at least ½ cup of fruit and 2 oz of grain for a 6 oz serving of dessert.	
<u>Apple Brown Betty</u>	½ cup (5 oz.)
Frozen or prepared in house with fruit filling and bread crumb topping.	
<u>Apple Square</u>	2-1/2 x 2-1/2 x 1" (1-1/2 oz.)
Fresh from commercial bakery or frozen.	
<u>Baked Apple</u>	1 medium apple, 2-1/2" diameter
Canned, frozen or in house preparation from fresh baking apple (MacIntosh, Rome, Gravenstein, US Grade B) cooked in syrup with cinnamon, raisins and spices.	
<u>Fruit Cobbler</u>	½ cup (5 oz.)
Fresh from commercial bakery or prepared in house from fruit filling and single-crust topping. May be Apple, Blueberry, Cherry or Peach.	
<u>Fruit Crisp</u>	½ cup (5 oz.)
Prepared in house with fruit filing and rolled oat streusel topping. May be Apple, Cherry, or Peach.	
<u>Hawaiian Dessert</u>	½ cup (3-1/2 oz.)
Pineapple, mandarin oranges, mini-marshmallows, coconut and maraschino cherries in sour cream and whipped topping binder. May also have diced peaches, pears and grapes.	
<u>Hot Cinnamon Apples</u>	½ cup (4 oz.)
Sliced, frozen or canned apples cooked in sweetened syrup with cinnamon. May add raisins.	
<u>Hot Spiced Peaches</u>	½ cup (4 oz.)
Sliced, frozen or canned peaches cooked in sweetened syrup with cinnamon. May also have nutmeg or cloves.	
<u>Melon Balls</u>	½ cup (4 oz.)
Frozen. At least 2 types of IQF melon balls. US Grade A. Good firm texture, not sloughy. May be unsweetened or in syrup.	
<u>Stewed Fruit Compote</u>	½ cup (4 oz.)
Canned or prepared from dried or frozen fruits including raisins, peaches, apples and pears. Must be US Grade B if canned or choice if dried.	
<u>Stewed Prunes</u>	½ cup (4 oz.)
Canned whole prunes, in light syrup (20-24° BRIX) or in house prepared from dried prunes. Must be US Grade B if canned or choice if dried.	

CATEGORY: DESSERTS - PUDDING AND GELATIN

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION
WEIGHT FOR SERVING SIZE IS APPROXIMATE.

Pudding **½ cup (5 oz.)**
- Banana - Rice
- Butterscotch - Tapioca
- Chocolate - Vanilla
- Lemon

Canned, frozen, commercial bulk pack or prepared in house from mix. Must be made with milk, except lemon.

Fruited Yogurt **½ cup (4 oz.)**
Commercially prepared blended fruit yogurt. Any fruit flavor. May be 4.4 ounce containers. USDA quality approved.

Bing Cherries in Cherry Gelatin **½ cup**
See Molded Bing Cherry Salad.

Fruited Gelatin **½ cup**
See Fruited Gelatin Salad. Serve flavor on menu.

Gelatin **½ cup**
- Cherry - Orange
- Lemon - Raspberry
- Lime - Strawberry

Plain fruit flavored gelatin, chilled and firm. Serve flavor on menu.

Mandarin Orange Gelatin **½ cup**
Drained canned mandarin orange in orange flavored gelatin, chilled and firm.

Molded Pear Lime Gelatin **½ cup**
See Molded Pear Lime Gelatin Salad

Molded Pineapple Gelatin **½ cup**
See Molded Pineapple Gelatin Salad

CATEGORY: DESSERTS - CAKES
MINIMUM SERVING SIZE

MENU ITEM

PURCHASE FORM/SPECIFICATIONS/INFORMATION

Angelfood Cake

1/12 of round cake

Fresh from commercial bakery, frozen or prepared in house. Chocolate or strawberry flavored, if specified.

Brownie

2-1/2 x 2-1/2 x 1"

Fresh from commercial bakery, frozen or prepared in house.

Cake

2-1/2 x 3 x 2" piece

- Banana
- Carrot
- Chocolate
- Coconut
- German Chocolate
- Lemon
- Orange
- Spice
- Yellow

Fresh from commercial bakery, frozen or prepared in house. Sheet cakes with frosting.

Crumb Cake

Individual

Frozen or fresh from commercial bakery. Sara Lee or equivalent. Blueberry, French, Cherry or Apple. Specify flavor on menu.

Frosted Cupcakes

1 medium

Fresh from commercial bakery, frozen or prepared in house, vanilla or chocolate with frosting.

Pound Cake

3 x 3 x 3/4" piece

Fresh from commercial bakery or frozen. Marbled Pound Cake must have chocolate and vanilla swirls.

Strawberry Shortcake

**1 shortcake, 1/4 cup strawberries, 2 Tbsp.
whipped topping**

Individual commercial shortcake or sliced pound cake topped with frozen crushed or sliced sweetened US Grade A strawberries. Whipped topping sent sanitarilly wrapped and added at site. See specification for Whipped Topping.

CATEGORY: DESSERTS - PIES AND COOKIES

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

Fruit Pie

- Apple
- Blueberry
- Cherry
- Peach
- Pumpkin

**1/8 of 10" diameter pie or
1/6 of 8" diameter pie**

Fresh from commercial bakery, frozen or prepared in house. Specify flavor on menu.

Chocolate Pie

**1/8 of 10" diameter pie or
1/6 of 8" diameter pie**

Fresh from commercial bakery, frozen or prepared in house.

Lemon Crumb Pie

**1/8 of 10" diameter pie or
1/6 of 8" diameter pie**

Fresh from commercial bakery, frozen or prepared in house.

Sweet Potato Pie

**1/8 of 10" diameter pie or
1/6 of 8" diameter pie**

Fresh from commercial bakery, frozen or prepared in house.

Pie Slices

- Apple
- Cherry
- Pumpkin

2-1/2 x 2-1/2 x 1"

Fresh from commercial bakery, frozen or prepared in house. Specify fruit flavor on menu

Giant Cookies -

- Almond
- Chocolate Chip
- Oatmeal Raisin
- Peanut Butter
- Sugar

1 large cookie (4" diameter)

Fresh from commercial bakery or baked in house from enriched dough. Individually wrapped.

Fortune Cookies

**2 cookies each with enclosed
fortune**

Commercial. Individually wrapped. No more than 10% broken.

CATEGORY: DESSERTS - MISCELLANEOUS

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION
MISCELLANEOUS

Bread Pudding **½ cup**
Prepared in house or commercial.

Donut **1 item, 3-3/4" diameter**
Fresh from commercial bakery or frozen.

Mousse - **½ cup**
- Chocolate
- Lemon
- Strawberry
Frozen or prepared in house from mix.

Muffins: **1 medium muffin (1-1/2 oz.)**
- Apple Spice
- Banana Nut
- Blueberry
- Carrot Raisin
- Chocolate Chip
- Cinnamon Swirl
Frozen, fresh from commercial bakery or baked in house. Sweet Muffins.

Nut Breads: **3 x 3 x 3/4" slice**
- Apricot
- Banana
- Cranberry
- Date
- Zucchini
Frozen, fresh from commercial bakery or baked in house. Sweet Nut Breads.

CATEGORY: CONDIMENTS

MENU ITEM	MINIMUM SERVING SIZE
<u>Catsup</u>	Individual packet (7/16 oz.)
Individual packet. Good, red, ripe tomato color. Good flavor, smooth finish, specific gravity not less than 1.15 (33% solids). US Grade Extra Standard.	
<u>Coffee Creamer (Low Fat)</u>	Individual packet (2.8 gram)
Individual packets of powdered creamer that contain no more than one gram of total fat or saturated fat. Such as Carnation Coffee-Mate Lite.	
<u>Crackers</u>	2 packages
Must accompany all soup servings. Saltine-type crackers. Two 1-7/8" square crackers per package.	
<u>Dill Pickle</u>	1/4 of pickle
From green and firm cucumbers, brine or vinegar-packed. US Grade B or Extra Standard.	
<u>Lemon Slice</u>	1/8"-tick slice (2" minimum diameter)
Fresh. Heavy for size: oily and elastic thin skins; no sharply pointed ends. US Combination 1 & 2.	
<u>Lemon Wedge</u>	1/6 whole lemon
Fresh. See specification for Lemon Slice. US Combination 1 & 2.	
<u>Margarine</u>	5 gram Redi-pat (1 tsp.)
100% pure vegetable oil margarine. Send one redi-pat for each lunch meal. Send two redi-pats for each breakfast meal.	
<u>Mayonnaise</u>	Individual packet (7/16 oz.)
Commercial.	
<u>Mustard</u>	Individual packet (1/5oz.)
English (yellow) or French-style mustard. Smooth paste, free of hulls, heavy.	
<u>Parmesan Cheese</u>	1 Tbs. (5 gm.)
Grated Parmesan. Made of partly defatted cow's milk; hard, sharp flavor. USDA quality approved. Send in bulk to sites. 1 Tbs. (5 gm.) per serving to accompany Spaghetti (Mostaccioli) with Meatballs.	
<u>Pepper</u>	1 packet
Individual packets (0.3 gram).	
<u>Salt</u>	1 packet
Individual packets (1.0 gram).	

CATEGORY: CONDIMENTS BEVERAGES

<u>MENU ITEM</u>	<u>MINIMUM SERVING SIZE</u>
<u>PURCHASE FORM/SPECIFICATIONS/INFORMATION</u>	
<u>Seafood Cocktail Sauce</u> Individual packets.	Individual packet (7/16 oz.)
<u>Soy Sauce</u> Light soy sauce.	Individual packet (9 gm.)
<u>Sour Cream</u> Sour cream or sour half-and-half. USDA quality approved.	1 oz. packet
<u>Sugar</u> Individual packets (4.0 gram) granulated.	1 packet
<u>Sugar Substitute</u> Sweet 'n Low, Equal or equivalent. Individual 1.0 gram packets.	1 packet
<u>Tartar Sauce</u> Individual packets.	Individual packet (7/16 oz.)
<u>Whipped Topping</u> Frozen or prepared from commercial mix. Pure vegetable-type product. Send in sanitarily wrapped container for portioning at sites. Must be Grade A. if frozen. Rich's or equivalent.	1 tablespoon
<u>BEVERAGES</u>	
<u>Decaffeinated Coffee</u> Decaffeinated ground coffee prepared according to package specifications, medium strength. Taste panel may be required to evaluate flavor.	6 fl. oz.
<u>Milk, 2% and Skim</u> 2% low fat milk fortified with vitamins A and D. USDA quality approved. Nonfat skim milk may be ordered by each site.	Individual carton (8 fl. oz.)
<u>Tea</u> Individual wrapped packets. Lipton or equivalent.	1 tea bag plus 6 oz. boiling water

CATEGORY: SPECIAL MEALS

MENU ITEM	MINIMUM SERVING SIZE
<u>PURCHASE FORM/SPECIFICATIONS/INFORMATION</u>	
<u>REQUIREMENTS</u>	

ITEMS LISTED BELOW ARE THOSE NOT FOUND IN PREVIOUS SECTIONS.

APPETIZERS

<u>Sparkling Grape Juice</u>	6 fl. oz. in clear plastic glass
100% grape juice. Send bulk in chilled 32 oz. bottles; with one 9 oz. clear plastic glass per portion.	

<u>Egg Nog</u>	6 fl. oz. in clear plastic glass
Pasteurized Grade A egg nog, send in bulk; with one 9 oz. clear plastic glass per portion.	

<u>Party Mix</u>	1/3 cup (2-1/4 oz.)
Mixture of peanuts, mini-pretzels, and raisins - 3/4 oz. of each item per serving. May also have sesame sticks or sunflower seeds.	

<u>Pickle and Olives</u>	1 dill spear, 4 olives
One dill pickle spear, 2 black olives and 2 green olives; dill cucumber pickle spear must be US Grade A. 3-3/4" long with 3/8" arc; black and green olives must be US Grade A or B, medium 106-127 per drained pound, whole or whole pitted.	

<u>Shrimp Cocktail</u>	As described
3 medium shrimp and 1 lemon wedge on lettuce liner with 1 packet seafood cocktail sauce: 3 US Grade A medium shrimp 31-42 per pound, shelled and deveined, cooked and chilled; 1 lemon wedge and 1 lettuce liner per specifications; 1 12-gram packet of seafood cocktail sauce, per specifications.	

ENTREES

<u>Roast Whole Turkey Breast</u>	3 oz. cooked meat
Fresh or frozen natural premium split skinless solid lobes of turkey breast. Maximum skin 8%. US Grade A. No pressed meat or rolls accepted. Slice and serve with gravy.	

<u>Roast Sirloin of Beef</u>	3 oz. cooked meat
IMPS #181, 182, 183 or 184 sirloin, well trimmed. US Good. Prepared in house or precooked, cryovac packaged. Evenly sliced and tender. Serve with gravy.	

<u>Chicken Kiev</u>	3 oz. cooked meat, 1 oz. breading
Raw or preformed, IQF. US Grade A. Boneless chicken breast meat, without skin, filled with butter or margarine and herbs, breaded.	

CATEGORY: SPECIAL MEALS

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION
REQUIREMENTS

ITEMS LISTED BELOW ARE THOSE NOT FOUND IN PREVIOUS SECTIONS.

Chicken Cordon Bleu **3 oz. cooked meat, 1 oz. breading**
Raw or preformed, IQF. US Grade A. Boneless chicken breast meat, without skin, filled with ham and cheese, breaded.

Chicken with Broccoli & Cheese **3 oz. cooked meat, 1 oz. breading**
Raw or preformed, IQF. US Grade A. Boneless chicken breast meat, without skin, filled with broccoli and cheese breaded.

Corned Beef Round **3 oz. cooked meat**
IMPS #604 or 606. US Good. Frozen or precooked, cryovac packed. No brisket accepted. Must be well trimmed, lean meat, evenly sliced.

Baked Cornish Hen **½ hen (8 oz.)**
Fresh, packed in ice or frozen. US Grade A. Split Rock Cornish game hen. Serve with gravy.

Braised Shortribs of Beef in Gravy **6 oz. portion, 1-1/2 oz. gravy**
#123 - Beef plate short ribs from 6th to 10th rib end, closely trimmed. Approx. 3" wide. Deckel and all covering fat removed. Surface fat not to exceed 1/4" thick. Braise in low-salt beef base or tomato gravy until tender.

SALADS

Citrus Segments on Romaine Lettuce **½ cup (3-1/2 oz.)**
Equal portions of drained US Grade A grapefruit and orange segments, no more than 20% broken, on fresh romaine lettuce leaf liner. 10-15 liners per head of romaine lettuce, depending on size.

DESSERTS

Pumpkin Pie with Whipped Topping **1/8 of 10" diameter or 1/6 of 8" diameter pie, 1 Tbs. Whipped Topping**
Fresh, frozen or prepared in house. Must be round pies; pie slices not accepted. See specifications for whipped topping

Lemon Crumb Pie **1/8 of 10" pie or 1/6 of 8" pie**
See Desserts. Round pies only.

Cheesecake **1/16 of 10" cheesecake**
French cream cheese or New York style cheesecake with crumb crust. 10" round cheesecake. Sara Lee or equivalent. With cherry or strawberry topping, if menued.

CATEGORY: SPECIAL MEALS

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION
REQUIREMENTS

ITEMS LISTED BELOW ARE THOSE NOT FOUND IN PREVIOUS SECTIONS.

Chocolate Eclair

2 x 4" eclair

Fresh from commercial bakery or frozen. Custard-type filling and chocolate frosting. Rich's or equivalent.

Black Forest Cake

1/12 of 8" layer cake

Dark chocolate layer cake with cherry filling, white icing with chocolate shavings or sprinkles on top. Sara Lee or equivalent.

Strawberry Layer Cake

1/12 of 8" layer cake

Yellow layer cake with strawberry filling and white icing with fresh strawberries on top. Sara Lee or equivalent.

Pecan Pie

1/8 of 10" pie or 1/6 of 8" pie

Frozen or fresh from commercial bakery, round pie.

German Chocolate Layer Cake

1/12 of 8" layer cake

Medium chocolate layer cake with coconut pecan filling and icing. Sara Lee or equivalent.

Walnut Layer Cake

1/12 of 8" layer cake

Layer cake made with crushed walnuts, with caramel or walnut flavored filling and icing. Sara Lee or equivalent.

Boston Cream Pie

1/12 of 8" layer cake

Yellow layer cake with custard filling and chocolate fudge icing.

CATEGORY: BREAKFAST

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION

BREAKFAST REQUIREMENTS

ITEMS LISTED BELOW ARE THOSE NOT FOUND IN PREVIOUS SECTIONS.

Hot Cereal **3/4 cup**
Hot cooked cereal, including oatmeal, cream of wheat, grits and farina. Add cinnamon or raisins, if on menu. Deliver hot in steamtable pans. Send two sugar packets per meal for any hot cereal.

Toast **Two slices**
See Bread. Deliver in loaves; to be toasted at sites.

Assorted Jelly **Two individual packets**
Two individual 10-gram packets per meal; at least three different flavors in assortment.

Bagel **2 ounces**
Two ounces each, pre-sliced, to be toasted at site.

Cream Cheese **One ounce package**
One ounce, pre-portioned packet.

ATTACHMENT #4
SPRING 2016 HOME DELIVER MEALS MENU
Chicago Department of Family and Support Services – Senior Services

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK-1 HOT/ FROZEN Apr. 4 May 2 May 30 June 27	Roast Turkey/ Stuffing Sweet Potatoes Broccoli Cuts Whole Wheat Bread (1) Fresh Orange 1% Milk (8 oz.) K=600 F=8 C=7 S=1500	Baked Mostaccioli w/ Meatballs Zucchini/ Black Olives Peas & Carrots Whole Wheat Bread (1) Fresh Apple 1% Milk (8 oz.) K=700 F=30 C=5 S=1300	Grilled Chicken Tenders Over Wild Rice Seasoned Pinto Beans Spinach w/ Tomatoes Whole Wheat Bread (1) Fresh Pear 1% Milk (8 oz.) K= 530 F=11 C=5 S=800	Pork Cutlet/ Whole Potatoes Red Cabbage Cinnamon Applesauce Whole Wheat Bread (2) 1% Milk (8 oz.) K=500 F=22 C=3 S=960	BBQ Grill Chicken Fillet Black-Eyed Peas Peach Crisp Whole Wheat Bread (1) Grapefruit 1/2 1% Milk (8 oz.) K=530 F=12 C=5 S=1500
WEEK-1 COLD K=calorie F=fat C=carb S=sodium	Seafood Salad Sliced Cucumbers Baby Carrots Whole Grain Bread (2) Fresh Cantaloupe 1% Milk (8 oz.) K=620 F=10 C=4 S=750	Turkey Breast Three-Bean Salad Whole Grain Bread (2) 100% Orange Juice Mango/ Papaya Cup Fruit Yogurt Cup K=730 F=10 C=8 S=750	Cottage Cheese Fresh Grapes Baby Carrots Whole Grain Bread (1) 2 oz. Zucchini Muffin (1) 100% Fruit Juice 1% Milk (8 oz.) K=475 F=10 C=5 S=500	Roast Beef Garbanzo Bean Salad Fresh Apple Whole Wheat Bread (2) 100% Fruit Juice Fruit Yogurt Cup K=580 F=11 C=4 S=1080	F/F Chicken Salad Carrot & Celery Sticks Whole Grain Bread (2) Fresh Tangerine 100% Fruit Juice Oatmeal Cookie 1% Milk (8 oz.) K=600 F=8 C=6 S=710
WEEK-2 HOT/ FROZEN Apr. 11 May 9 June 6	Beef Stuffed Cabbage/ Tomato Sauce/ Brown Rice Parslied Carrots Hot Fruit Compote Wheat Bread (1) Fresh Apple 1% Milk (8 oz.) K=570 F=12 C=6 S=800	Baked Chicken ¼ Baked Beans Broccoli/Caul/Carrot Blend Whole Wheat Bread (1) Fresh Orange Angel Food Cake 1% Milk (8 oz.) K=820 F=22 C=7 S=1500	Roast Pork/ Gravy New Potatoes Asparagus Cuts Whole Wheat Bread (1) Fresh Honeydew Oatmeal Cookie 1% Milk (8 oz.) K=580 F=9 C=6 S=400	Cheese Manicotti/ Marinara Green Beans Seasoned Lentils Bread (1) Fresh Pear 1% Milk (8 oz.) K=690 F=12 C=7 S=600	Swedish Meatballs/ Egg Noodles Diced Beets Corn w/ Peppers Bread (1) Grapefruit 1/2 1% Milk (8 oz.) K=690 F=27 C=6 S=700
WEEK-2 COLD K=calorie F=fat C=carb S=sodium	Mozzarella Cheese Slices F/F Cole Slaw Corn & Bean Salad Whole Grain Bread (2) 100 % Orange Juice 1% Milk (8 oz.) K=630 F=10 C=6 S=760	F/F Tuna Salad Sliced Cucumbers Whole Grain Bread (2) Fresh Cantaloupe 100% Fruit Juice Fruit Yogurt Cup K=520 F=12 C=4 S=500	Turkey Breast Pea & Cheese Salad Whole Grain Bread (2) Fresh Tangerine 100% Fruit Juice 1% Milk (8 oz.) K=550 F=8 C=6 S=850	Sliced Pork Roast Spiced Apple Rings Celery Sticks Whole Grain Bread (2) 100% Orange Juice Fruit Yogurt Cup K=610 F=17 C=5 S=420	F/F Egg Salad Carrot & Celery Sticks Whole Grain Bread (2) Mandarin Oranges (4 oz.) 100% Fruit Juice 1% Milk (8 oz.) K=540 F=13 C=5 S=1000

SPRING 2016 HOME DELIVERED MEALS MENU
Chicago Department of Family and Support Services – Senior Services

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK-3 HOT/ FROZEN Apr. 18 May 16 June 13	Chopped Steak w/ Mozzarella Cheese Stewed Tomatoes Broccoli Cuts Whole Wheat Bread (2) Fresh Honeydew Melon 1% Milk (8 oz.)	Grilled Chicken Fillet w/Salsa over Wild Rice Black-Eyed Peas Diced Zucchini Whole Wheat Bread (1) Fresh Pear 1% Milk (8 oz.)	Beef Stew/ Diced Potatoes/Peas & Carrots Mixed Greens Spiced Pears Whole Wheat Bread (1) Angel Food Cake 1% Milk (8 oz.)	Turkey Meatloaf & Potatoes Green Beans Applesauce Bread (2) 1% Milk	Breaded Chicken Patty Yellow Squash Peas & Carrots Whole Wheat Bread (1) Fresh Apple Oatmeal Cookie 1% Milk
	K=510 F=26 C=3 S=750	K=425 F=4 C=5 S=450	K=680 F=6 C=6 S=760	K=430 F=10 C=4 S=790	K=420 F=4 C=6 S=710
WEEK-3 COLD K=calorie F=fat C=carb S=sodium	Turkey Breast Coleslaw 3-Bean Salad Whole Grain Bread (2) Mango/Papaya Cup 100% Fruit Juice 1% Milk (8 oz.)	F/F Seafood Salad Chilled Beets Whole Grain Bread (2) Fresh Orange 100% Fruit Juice Fruit Yogurt Cup	Cottage Cheese Pear & Peach Halves Whole Grain Bread (1) Banana Muffin Fresh Tangerine 100% Fruit Juice 1% Milk (8 oz.)	Roast Beef Garbanzo Bean Salad Baby Carrots Bread (2) Fresh Cantaloupe Fruit Yogurt Cup	F/F Chicken Salad Celery Sticks Carrot Sticks Whole Grain Bread (2) 100% Fruit Juice 1% Milk (8 oz.)
	K=600 F=8 C=6 S=850	K=550 F=10 C=6 S=750	K=600 F=11 C=6 S=820	K=580 F=11 C=4 S=1080	K=600 F=8 C=6 S=710
WEEK-4 HOT/ FROZEN Apr. 25 May 23 June 20	Polish Sausage over Steamed Cabbage Baked Beans Hot Spiced Fruit Compote Whole Wheat Bread (2) 1% Milk (8 oz.)	Baked Chicken ¼ Sweet Potatoes Green Beans Whole Wheat Bread (1) Fresh Pear Angel Food Cake 1% Milk (8 oz.)	Roast Beef/ Gravy Mashed Potatoes Brussels Sprouts Diced Carrots Whole Wheat Bread (2) Fresh Apple 1% Milk (8 oz.)	Cheese Quesadillas Cut Corn w/ Peppers Spiced Peaches Whole Wheat Bread (1) Fresh Tangerine 1% Milk (8 oz.)	Beef Patty/ Tater Tots Seasoned Lentils Broccoli Cuts Whole Wheat Bread (2) Fresh Grapefruit ½ 1% Milk (8 oz.)
	K=740 F=25 C=5 S=1700	K=705 F=20 C=6 S=690	K=590 F=10 C=3 S=260	K=670 F=26 C=6 S=1100	K=860 F=32 C=6 S=540
WEEK-4 COLD K=calorie F=fat C=carb S=sodium	Mozzarella Cheese Slices Pea & Cheese Salad Mango & Papaya Cup Whole Wheat Bread (2) 100% Fruit Juice 1% Milk (8 oz.)	Sliced Pork Roast Spiced Apple Rings Whole Grain Bread (2) Fresh Cantaloupe 100% Fruit Juice Fruit Yogurt Cup	Sliced Turkey Carrot Salad Sliced Tomatoes Whole Grain Bread (2) 100% Orange Juice 1% Milk (8 oz.)	F/F Egg Salad Celery Sticks Whole Grain Bread (2) Fresh Honeydew Melon 100% Fruit Juice Fruit Yogurt Cup	F/F Tuna Salad Corn & Bean Salad Sliced Cucumbers Whole Grain Bread (2) Fresh Tangerine 1% Milk (8 oz.)
	K=600 F=10 C=6 S=720	K=610 F=17 C=5 S=420	K=630 F=10 C=8 S=750	K=540 F=12 C=6 S=1050	K=620 F=15 C=6 S=900