Sorted by: Day/Date, Meal Period, Production Area, Recipe Category, Recipe
Grouped by: Meal Period

Cover Page

Cycle Day(s) included:

Week 1, Sunday - Week 1, Sunday

Meal Period(s) Included:

Lunch

Menu(s) Included:

[shortname not available]

Production Area(s) Included:

Cold Prep, Bakery, Hot Entree, Hot Side

Recipe Categories Included:

All

Copyright © 2013 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written

FLIK Apple Cinnamon Oatmeal FIT (49733.5)

Revision Date: Nov 13, 2012

Category: Breakfast -Cereal Hot

Production Area: Hot Side
Source: *FLIK

Minimum Batch:
Maximum Production:

Portion: 8 floz

(*) Indicates servings have been adjusted in accordance with assigned batch sizes

Step	Ingredients		32 Servings	64 Servings	96 Servings
1	Quick Oatmeal Cereal, Dry (1464)	AP	1 gal	2 gal	3 gal
	Water (7641)	AP	1 gal, 3 qt	3 gal, 2 qt	5 gal, 1 qt
	Fresh Apples, Diced (127)	EP	2 cup	1 qt	1 qt, 2 cup
	Ground Cinnamon (7359)	AP	1 tbsp	2 tbsp	3 tbsp

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service. Boil water. Stir in oats and apples. Cook about 5 minutes over medium heat; stir occasionally. Once oatmeal is cooked stir in cinnamon. Portion Size: 1 cup Hold Hot for Hot Service.

Recipe Notes:

FIT, VEGAN
Only FIT for 8 fl oz portion
Use Granny Smith Apples

Day(s) In Menu:

Lunch Day 1

Copyright © 2013 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written

FLIK Apple Cobbler, Oatmeal Cinnamon Streusel FIT (51800)

Revision Date: Mar 11, 2013

Category: Desserts-Cobbler/Crisp

Production Area: Bakery
Source: *FLIK

Minimum Batch:
Maximum Production:

Portion: 3/4 cup

(*) Indicates servings have been adjusted in accordance with assigned batch sizes

Step	Ingredients		23 Servings	46 Servings	69 Servings
1	Apple Cider, Fresh (1756)	AP	1/2 cup	1 cup	1-1/2 cup
	Fresh Baking Apples, 1/4" Sliced (122)	EP	16 ea	32 ea	48 ea
	Granulated Sugar (7493)	AP	1/4 cup	1/2 cup	3/4 cup
	Ground Cinnamon (7359)	AP	1 tsp	2 tsp	1 tbsp
	Ground Nutmeg (7381)	AP	1/2 tsp	1 tsp	1-1/2 tsp
	Fresh Lemon (3783)	EP	1 ea	2 ea	3 ea
	Cornstarch (1924)	AP	1 tbsp	2 tbsp	3 tbsp
	Raisins (7107)	AP	1/2 cup	1 cup	1-1/2 cup
2	Quick Oatmeal Cereal, Dry (1464)	AP	2 cup	1 qt	1 qt, 2 cup
	All Purpose Flour (2690)	AP	1/2 cup	1 cup	1-1/2 cup
	Light Brown Sugar (7492)	AP	1/4 cup	1/2 cup	3/4 cup
	Pure Vanilla Extract (2544)	AP	1 tsp	2 tsp	1 tbsp
	Ground Cinnamon (7359)	AP	1-1/2 tsp	1 tbsp	1 tbsp, 1-1/2 tsp
	Canola Oil (4208)	AP	1/3 cup, 2 tsp	3/4 cup	1 cup, 2 tbsp
	Cooking Spray, Pan Coating (7952)	AP	8 spray	16 spray	24 spray
	Powdered Sugar (7495)	AP	1 tbsp	2 tbsp	3 tbsp

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service. Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Peel, seed, and slice apples, toss with juice and zest of lemon. Add sugar, cinnamon, nutmeg, raisins, cider and cornstarch.
2	Mix together ingredients for streusel topping: oats, flour, sugar, vanilla cinnamon, and canola oil. Lightly spray a hotel pan with vegetable oil. Lay apple mixture into pan, top with streusel mixture. Bake in a preheated 350F oven for 45-60 minutes, until golden and apples are tender. Remove and let cool until set. Portion into 3/4 cup portions and dust each portion evenly with powdered sugar. If serving as self serve, use 6 oz spaddle for service. Portion Size: 3/4 cup Hold Hot for Hot Service or Cold for Cold Service.

Recipe Notes:

FIT, VEGAN

Day(s) In Menu:

Lunch Day 1

Copyright © 2013 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written

FLIK Roasted Turkey, Cranberry Apple Relish, Mesclun, Pita FIT (32755)

Revision Date: May 2, 2013

Roasted Turkey, Cranberry Apple Relish, Mesclun, Pita

Category: Main Entree-Sandwich Cold

Production Area: Cold Prep

Source: *FLIK

Minimum Batch:

Portion: 1 sandwich

Maximum Production:

(*) Indicates servings have been adjusted in accordance with assigned batch sizes

Step	Ingredients		18 Servings	36 Servings	54 Servings
1	FLIK Roast Turkey Breast / Deli (31869)		3 lb, 6 oz	6 lb, 12 oz	10 lb, 4 oz
2	Cranberries, Frozen (1905)	EP	1 lb	2 lb	3 lb
	Fresh Apples, Diced (127)	EP	4 ea	8 ea	12 ea
	Raisins (7107)	AP	1/2 cup	1 cup	1-1/2 cup
	Ginger Root, Fresh, Minced (3070)	EP	1/2 cup	1 cup	1-1/2 cup
	Granulated Sugar (7493)	AP	1/3 cup	2/3 cup	1 cup
	Mott's Apple Juice, 100% (3434)	AP	1-1/2 cup	3 cup	1 qt, 1/2 cup
3	Lettuce, Spring Mix (3753)	AP	2 qt, 1 cup	1 gal, 2 cup	1 gal, 2 qt, 3 cup
	Bread, Pita, Whole Wheat, 6" (9169)	AP	18 ea	36 ea	54 ea

Step	Method
1	Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Prepare roast turkey breast according to recipe. Slice turkey into 3 oz portions for service.
2	Place cranberries, apples, raisins, ginger root, sugar and apple juice in a sauce pot. Bring to a boil, then simmer until mixture becomes slightly thickened. Chill to below 40 F degrees within a 4 hour period. Set aside until ready for use.
3	Cut top off pita, about 1 inch, to make a pocket. (Discard or use pita strip for croutons.) Spread 2 oz cranberry relish inside pita pocket. Add 2-1/2 oz turkey breast and 1/2 cup mesculin greens. Portion size: 1 sandwich. Hold cold for cold service.

Recipe Notes:

FIT, Fidelity FIT

Day(s) In Menu:

Lunch Day 1

Copyright © 2013 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written

FLIK Roast Turkey Breast / Deli (31869)

Revision Date: Jun 5, 2013

Turkey Breast, House Roasted

Sub Recipe For			
FLIK Roasted Turkey, Cranberry Apple Relish, Mesclun, Pita FIT (32755)	**18 Servings** 3 lb, 6 oz	**36 Servings** 6 lb, 12 oz	**54 Servings** 10 lb, 4 oz

Category: Main Entree-Turkey Entree

Production Area: Hot Side

Source: *FLIK

Minimum Batch:

Portion: 1 oz (p)

Maximum Production:

(*) Indicates servings have been adjusted in accordance with assigned batch sizes

Step	Ingredients	63 Servings	126 Servings	189 Servings
1	Petite Turkey Breast, Skin On, RTC (29047) AP	5 lb	10 lb, 4 oz	15 lb, 4 oz

Step	Method
1	Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Remove outer bag on turkey. Leave internal bag intact. Roast turkey breasts in bag in a 350F degree oven until an internal temperature of 165F is reached in the center of each breast. Cool immediately. Chill below 70 F degrees in 2 hours, and below 40 F degrees in an additional 2 hours. Document on Ex Chef Production Records, and cooling logs. For deli meat, remove turkey from bag, save drippings for soup or sauces. Remove skin before slicing meat on slicer. Portion size: 1oz. Hold cold for cold service.

Recipe Notes:

Copyright © 2013 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written

FLIK Sauteed Turkey Cutlet, Apple Onion Relish FIT (44469)

Revision Date: Mar 2, 2012

Category: Main Entree-Turkey Entree

Production Area: Hot Entree
Source: *FLIK

Minimum Batch:
Maximum Production:

Portion: 1 piece
(*) Indicates servings have been adjusted in accordance with assigned batch sizes

Step	Ingredients		24 Servings	48 Servings	72 Servings
1	FLIK Apple Onion Relish (44469.1)		1 qt, 2 cup	3 qt	1 gal, 2 cup
2	Turkey Breast, French Cut, Roast, RTC (9339)	AP	8 lb, 4 oz	16 lb, 8 oz	24 lb, 12 oz
	Cooking Spray, Pan Coating (7952)	AP	2 oz	4 oz	6 oz
	All Purpose Flour (2690)	AP	2 cup	1 qt	1 qt, 2 cup

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service. Prepare Apple Onion Relish according to the recipe.
2	Remove turkey breast from bone. Remove skin. Slice turkey into 5.5 oz portions. Pound slightly to form an even thickness. Dredge the turkey cutlets in the flour. Shake off the excess, saute the cutlets in a hot skillet lightly sprayed with vegetable oil. Cook until golden brown on both sides and a minimum internal temperature of 165F has been attained, remove and hold in a warmer. Serve with apple onion relish. Hold hot for hot service. Portion: 1 turkey cutlet, 1/4 cup of relish (Turkey Cutlet cooked weight about 4 oz plus relish)

Recipe Notes:

FIT

Day(s) In Menu:

Lunch Day 1

Copyright © 2013 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written

FLIK Apple Onion Relish (44469.1)

Revision Date: Feb 8, 2012

Apple Onion Relish

Sub Recipe For			
FLIK Sauteed Turkey Cutlet, Apple Onion Relish FIT (44469)	**24 Servings** 1 qt, 2 cup	**48 Servings** 3 qt	**72 Servings** 1 gal, 2 cup

Category: Accompany-Condiments

Production Area: Hot Side

Source: *FLIK

Minimum Batch:

Portion: 1/4 cup

Maximum Production:

(*) Indicates servings have been adjusted in accordance with assigned batch sizes

Step	Ingredients		24 Servings	48 Servings	72 Servings
1	Fresh Apples, Diced (127)	EP	4 lb	8 lb	12 lb
	Crushed Red Pepper (7394)	AP	3/4 tsp	1-1/4 tsp	2 tsp
	Leeks, Fresh, Diced (3786)	EP	13-1/2 oz	1 lb, 10-1/2 oz	2 lb, 8 oz
	Red Onions, Fresh, Chopped Fine (4258)	EP	2 lb	4 lb	6 lb
	Chopped Garlic Cloves, Fresh (2883)	EP	1 tbsp, 1 tsp	2 tbsp, 2 tsp	1/4 cup
	Cider Vinegar (7629)	AP	1/2 cup	1 cup	1-1/2 cup
	Apple Cider, Fresh (1756)	AP	2 cup	1 qt	1 qt, 2 cup

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service. Place apple cider and appled cider vinegar in a pot and reduce. If you are searing chicken, pork or turkey you may remove residual fat and deglaze the saute pan with the cider and vinegar for added flavor. Add onions, leeks and garlic, saute until tender. Add apples and red pepper, simmer briefly until liquid is absorbed and remove from heat. Portion: 1/4 cup of relish (2.08 oz wt) Hold hot for hot service.

Recipe Notes:

Copyright © 2013 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written