



# 280 Sesame Asian Noodle Chicken Salad

**Category:** Lunch Entree

**Serves:** 50 (1 cup)

**HACCP Process:** None



| ALLERGENS               | DIETARY RESTRICTIONS | RELIGIOUS RESTRICTIONS |
|-------------------------|----------------------|------------------------|
| Egg, Gluten, Soy, Wheat | None                 | None                   |

**PICKLIST**

1 5# bag of Carrots, Shredded, 1 case of Edamame, Whole Soybean, 1 container of Garlic Powder, 1 container of Ginger, Ground, 1 5# jug of Honey, 1 4 oz carton of Juice, Orange, Sm. Carton, 1 gallon of Oil, Canola, 1 gallon of Oil, Sesame, Blended, 1 5# bag of Red Cabbage, 16 0.5 gallons of Soy Sauce Light (Bottle), 1 10# bag of Spaghetti, Dry (WW), 24 gallons of Vinegar, Rice, 34 cup(s) of Water

| # | INGREDIENTS  | INSTRUCTIONS  |
|---|--|---|
| 1 | <ul style="list-style-type: none"> <li>1 1/2 x Teaspoon of Ginger, Ground</li> <li>1 x Cup of Soy Sauce Light (Bottle)</li> <li>1 x 4 oz carton of Juice, Orange, Sm. Carton</li> <li>4 x 1 TBSP of Honey</li> <li>1 1/2 x Cup of Oil, Canola</li> <li>1 1/2 x cup(s) of Oil, Sesame, Blended</li> <li>1 x tsp of Garlic Powder</li> </ul> | <p>To make dressing, combine ginger, rice vinegar, soy sauce, orange juice, honey, oil, and garlic powder in a blender. Blend for 2 minutes at medium speed. Pour dressing into container. Cover and refrigerate.</p> <p><b>Control Measures:</b> Wash Hands/ Replace Gloves , Cold Holding</p>   |
| 2 | <ul style="list-style-type: none"> <li>2 x Gallon of Water</li> <li>3 x Pound and 2 x Ounce of Spaghetti, Dry (WW)</li> </ul>  | <p>Cook spaghetti in combi oven. Rinse with cold water or ice water to rapidly cool. Drain well. Cover and refrigerate.</p> <p><b>Control Measures:</b> Cold Holding</p>  |
| 3 | <ul style="list-style-type: none"> <li>2 x Quart of Edamame, Whole Soybean</li> <li>3 x Pound and 2 x Ounce of Chicken Diced, Cooked, Frozen (USDA)</li> <li>1 x Pound and 5 x Ounce of Carrots, Shredded</li> <li>1 x Pound of Red Cabbage</li> </ul>   | <p>Heat edamame and boil for 3 minutes. Rinse with cold water. Drain well.</p> <p>Combine edamame carrots, cabbage, and chicken together in a large steam table pan. Add Pasta. Mix well. Pour dressing over mixture and toss well. Refrigerate at 40° F. Cover and refrigerate until service.</p> <p>Portion with 8 fl oz spoodle (1 cup).</p> |
| 4 | <ul style="list-style-type: none"> <li>1 1/2 x Cup of Vinegar, Rice</li> </ul>   |   |

**NOTES**

Crediting:  
 Grains Group H: Noodles 1 oz eq = 1 oz dry  
 3# 2 oz = 50 oz dry noodles = 1 oz eq Grain  
 M/MA= 50 oz chicken = 1 oz eq M/MA/ servings  
 2 quarts edamame = 8 cups = 64 1/8 cup servings = 1/2 oz eq M/MA

| NUTRIENT      | 1 CUP          |
|---------------|----------------|
| Calories      | 286.5146 kcals |
| Saturated Fat | 1.5445 g       |
| Sodium        | 363.7762 mg    |



| NUTRIENT           | 1 CUP     |
|--------------------|-----------|
| Total Carbohydrate | 27.1797 g |

<sup>1</sup> Nutrient components missing

| SERVING SIZE | MEAL CONTRIBUTION  |
|--------------|--|
| 1 cup        | 1.500 oz Meats/Meat Alternates, 1.000 oz Grains, 1.000 oz Whole Grain-Rich (Grains), 0.125 cups Vegetables, 0.125 cups Red/Orange (Vegetables) |



# 241 Juice, Orange, Sm. Carton

Category: Fruit

Serves: 1 (4 oz carton)

HACCP Process: None



| ALLERGENS | DIETARY RESTRICTIONS | RELIGIOUS RESTRICTIONS |
|-----------|----------------------|------------------------|
| None      | None                 | None                   |

| # | INGREDIENTS                                  | INSTRUCTIONS |
|---|--|--------------|
| 1 | 1 x 4 oz carton of Juice, Orange, Sm. Carton |              |

| NOTES                                       |
|---|
| FBG - 1 (4 oz) juice = <b>1/2 cup FRUIT</b> |

| NUTRIENT           | 4 OZ CARTON   |
|--------------------|---------------|
| Calories           | 59.9999 kcals |
| Saturated Fat      | 0 g           |
| Sodium             | 0 mg          |
| Total Carbohydrate | 12.9999 g     |

<sup>1</sup> Nutrient components missing

| SERVING SIZE | MEAL CONTRIBUTION |
|--------------|-------------------|
| 4 oz carton  |                   |