

COMMONWEALTH OF MASSACHUSETTS

NORFOLK, ss

SUPERIOR COURT

CIVIL ACTION NO. 1682CV00599

TIMOTHY BRALEY,

Plaintiff

Vs.

Frank Deleo, Food Services Director, Massachusetts Correctional Institution at Norfolk

Defendant

JUDGMENT

This action came before the Court, Cloutier, J., presiding on Cross Motions for Summary Judgment. After hearing, the Court issued its Memorandum of Decision and Order allowing the Plaintiff's Motion and denying the Defendant's cross motion and issued both a declaratory order and a permanent injunction.

It is Ordered, Adjudged and Declared:

That the Defendant violated the Massachusetts Department of Corrections food service policy by making substitutions to the planned inmate menu without having approved departmental substitution guidelines in place to follow when making such substitutions.

The Massachusetts Department of Corrections is directed to craft approved substitution guidelines for the general population menu and file them with the court within sixty days from the date of this Judgment.

Additionally, sixty days from this date the following Permanent Injunction is issued:

The Defendant, his servants and agents are permanently restrained from making any substitution to the planned menu that is not in accordance with approved departmental substitution guidelines.

*(Cloutier, J.)*

Dated *March 3, 2023*

Claudine A. Cloutier, Justice of the Superior Court

*Atty: Mr. K. Huby  
Asst. Atty*

I ATTEST THAT THIS DOCUMENT IS A CERTIFIED PHOTOCOPY OF AN ORIGINAL ON FILE.


*Max K. Huby*  
Assistant Clerk



# **FOOD REPORT MCI-NORFOLK NIC**

March 2023

MASSACHUSETTS CORRECTIONAL INSTITUTION NORFOLK  
MENU FOR THE WEEK ENDING: JANUARY 6, 1990

	BREAKFAST	LUNCH	SUPPER
SUNDAY DECEMBER 31, 1989	ORANGE JUICE FRENCH TOAST SYRUP OLEO COFFEE MILK	CHICKEN NOODLE SOUP CRACKERS SLOPPY JOE HOME FRIES PINEAPPLE CAKE HOT TEA   ROLL	ROAST CHICKEN MASHED POTATO MIXED VEGETABLES CHILLED PEARS BREAD MILK
MONDAY JANUARY 1, 1990	APPLE JUICE FRESH BANANA RAISIN BRAN CEREAL TOAST and OLEO COFFEE   TWO MILKS	GRILLED STEAK with PEPPERS and ONIONS BAKED POTATO with OLEO BUTTERED CORN ICE CREAM DINNER ROLLS ASSORTED SODA	ALL BEEF FRANKS BAKED BEANS COLE SLAW FRESH APPLE HOT DOG ROLLS HOT CHOCOLATE
 			
TUESDAY JANUARY 2, 1990	CRANBERRY JUICE SCRAMBLED EGGS TOAST and OLEO ASSORTED JELLY COFFEE MILK	BEEF STEW with CHUNKY VEGETABLES YELLOW CAKE with CHOCOLATE FROSTING BREAD HOT TEA	ITALIAN SAUSAGE* RIGATONI with SAUCE* TOSSED SALAD with DRESSING SLICED PEACHES MILK   BREAD
WEDNESDAY JANUARY 3, 1990	PINEAPPLE- GRAPEFRUIT JUICE CRISP RICE CEREAL COFFEE CAKE OLEO COFFEE TWO MILKS	MINESTRONE SOUP CRACKERS TURKEY SALAMI and BOLOGNA LETTUCE and TOMATO CHILLED PEARS HOT TEA   BREAD	BEEF PEPPER STEAK BUTTERED RICE GREEN BEANS BLUEBERRY PIE SQUARE BREAD HOT CHOCOLATE
THURSDAY JANUARY 4, 1990	ORANGE JUICE HOT OATMEAL DOUGHNUTS COFFEE MILK	LINK PORK SAUSAGE MASHED POTATO BROWN GRAVY MIXED VEGETABLES APPLE CRISP HOT TEA   BREAD	ROAST BEEF BOILED POTATOES, CARROTS, and CABBAGE GINGERBREAD with POWDER-SUGAR TOPPING MILK   BREAD
FRIDAY JANUARY 5, 1990	APPLE JUICE PANCAKES SYRUP OLEO COFFEE MILK	N.E. CLAM CHOWDER TUNA SALAD LETTUCE and TOMATO VANILLA PUDDING BREAD HOT TEA	FRIED FISH STICKS TARTAR SAUCE, CATSUP POTATO PUFFS COLE SLAW PEANUTBUTTER COOKIES MILK
SATURDAY JANUARY 6, 1990	GRAPEFRUIT JUICE FRIED EGGS ALL BEEF SAUSAGE TOAST and OLEO ASSORTED JELLY COFFEE MILK	BEEF VEGETABLE SOUP PORKLESS HAM and CHEESE SANDWICH LETTUCE and TOMATO MARBLE CAKE with VANILLA FROSTING HOT CHOCOLATE   BREAD	ZITI MACARONI with ITALIAN MEAT SAUCE* TOSSED SALAD with SALAD DRESSING FRUIT COCKTAIL BREAD MILK

MENU SUBJECT TO CHANGE WITHOUT NOTIFICATION.

\*= FOODS PROCESSED THROUGH FOOD AND FARM SERVICES



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## INTRODUCTION

This Food Report was produced pursuant to Norfolk Inmate Council Directive/Motion #004-022 raised by the Unit 7-1 Representative, favored by the Executive Board, and voted in the affirmative by the Unit Representative Body(13 YES/2 NO/1 Abstention), see attachment #1, Directive.

Directive 004-022 specifically directs the Food Services Committee(F.S.C.) to investigate and report on discrepancies in orders for items ordered from the Inmate Food Account(I.F.A.) which are not served to the inmate population, see sections Summary of Invoices, and Invoices. The Directive also raised questions about expenditures from the Inmate Benefit Fund (I.B.F.) for Special Meals, see sections on Excessive Orders and Summary.

During open discussions on this Directive questions were raised as to excessive food purchases from the I.F.A. for Staff Trays prepared by the Main Line Kitchen(M.L.K.) at no cost to staff, contrary to Department of Correction Policy, 103 DOC 214.01(1), State Provided Employee Meals, see sections Staff Trays, Excessive Orders, and Summary, and attachment #2, 103 DOC 214.01(1). Questions were also raised about monies budgeted for the Culinary Arts Program(which was closed from September thru November 2022) being used to feed staff at no cost, by the MLK, see section on Culinary Arts Program. As well the Food Committee

## Introduction

has included ed a through and comprehensive detail of the issues worked on throughout the year.

Thank you(s) are extended to the many people who contributed to this report, including outside agencies. A special thank you is extended to Will E. for his expert editing, and word-smithery.

## SUMMARY OF INVOICES

The following represents an itemization of purchases from the Inmate Food Account(I.F.A.), but not served to the inmate population. Many of these items such as "Gourmet" Ground Coffee is and has never been served to the inmate population. From January 2022 purchases from the IFA , totaling \$1,410.36 was spent on ground coffee, and \$1,090.77 was spent on instant coffee "instant serve sticks"(also never served to the inmate population). Other such items include: ice cream, danishes, plantains, pop corn, Ball Park Franks, pizza dough, etc., etc. Items such as granualted sugar is still ordered in bulk, even though the kitchen uses a premade cake mix(contrary to policy and the dietitian approved recipes), see Recipes # .

Other items such as tomatoes were ordered weekly at a yearly cost of \$2,432.98. The only inmates who receive tomatoes were the 13 vegan/vegetarian diets(on occassion), and the Jewish Community at Passover, the remainder are one of the many items used in staff trays, see Staff Trays section. Even though recipe D-9, Pasta Salad(Recipe # )calls for tomatoes, this recipe was not followed for this year, see also Minutes section. Other items ordered in abundance and used primarily in staff trays include Muffin Tops, strawberries, French Bread Pizza, and meats, see Excessive Orders section.

2022 Invoices from the Inmate Food Account  
NOT Served to the Inmate Population

January 2022

Nasiff Fruit Company

Invoice # 296536 1/4/22

1 case Strawberries(#ST)Premium \$31.75  
6 lbs Red Grapes(6 cases \$# GPRDLB) \$21.30

Invoice # 297103 1/11/22

1 case Pears-Anjou 135/150(# PEARA135) \$49.50

INVOICE #297917 1/20/22

1 case Plantain-Ripe p/o(#PLANR) \$44.00

Invoice # 298342 1/25/22

1 case Plantain-Green(# PLAN) \$35.75

Invoice # 298599 1/27/22

1 case Plantain-Green(PPLAN) \$35.75

US FOODS Inc.

Invoice #0744891 1/4/22

1 case 3/1 Gal. Worcestershr Sauce, Lea & Pern(#7143795) \$24.10

Invoice # 0928758 1/11/22

14 cases Taster's Choice Instant Coffee Sticks(#0174771) \$776.02  
1 case Gourmet Ground Coffee(#9788929) \$38.50  
7 cases Peanuts, half & PC RSTD SALTED Planters(#9986670) \$ 185.64

Invoice #1341284 1/25/22

1 case Gourmet Ground Coffee(#9788929) \$38.50  
5 cases Beef, PTY GRND 100% PURE 80/20(3444692) \$167.00

New England Foods

Invoice # 0 62.1 1/2

30 cases 1 1 (#8 598.7

FEBRUARY 2022

Nasiff Fruit Company

Invoice # 299478 2/08/22

4 cases Tomato 6x6 Large(#66) \$184.00 (FN.1)

Invoice #300841A 2/22/22

2 cases Tomato 6x6 Large(#66) \$92.00 (FN.1)

2022 Invoices from the Inmate Food Account  
NOT Served to the Inmate Population

March 2022

Nasiff Fruit Company

Invoice # 302137 3/8/22  
1 case Tomato 6x6 Large(#66) \$46.00  
2 cases Tomato 6x6 Large(#66) \$92.00  
Invoice # 301506A 3/1/22  
Invoice # 302765A 3/15/22  
1 case Tomato 6x6 Large(#66) \$46.00  
Invoice # 304279 3/28/22  
1 case Tomato 6x6 Large(#66) \$46.00

US FOODS

Invoice # 2407318 3/1/22  
1 case Hot Sauce Plastic Jug(5328182) \$ 36.31  
Invoice # 40910465 3/15/22  
1 case Ground Gourmet Coffee(9788929) \$ 38.50  
Invoice #0366963 3/29/22  
2 cases Ice Cream, Moose Tracks Papr(#1161398) \$67.68  
1 case Ice Cream, Choc Malt w/ Milky Way(5092015) \$33.84  
1 case Ice Cream, Cherry VNL PLST TUB(#5092015) \$33.84  
1 case Ice Cream, Choc Chip CKY DOUGH(7119779) \$67.68  
2 cases Ice Cream, Choc Chip(7858724) \$67.68  
Invoice #2407318 3/1/22  
1 case Hot Sauce(5328182) \$36.31  
Invoice #2867909 3/15/22  
1 case Ground Gourmet Coffee(9788929) \$38.50

April 2022

Nasiff Fruit Company

2 case Tomato 6x6 Large(#66) \$92.00(Invoice # 305214A)4/6/22  
3 cases Tomato grape 12 pk(#IMG) \$80.25(Invoice # 305440)4/12/22  
1 case Tomato 6/6 Large(#66) \$46.00(Invoice #306552)4/20/22  
1 case Tomato 6x6 Large(#66) \$46.00(Invoice #306807)4/28/22

US FOODS

1 case Gourmet Ground Coffee(#9788929) \$38.50(Invoice #0827210)  
4/12/22  
Invoice #1054637 4/19/22  
4 cases Ground Beef 80/20 raw Ref Brck 2/5 1b(#1515527) \$149.80  
6 cases Sandwich, PNT BUTR & JELLY(#7640667) \$241.32

2022 Invoices from the Inmate Food Account  
NOT Served to the Inmate Population

April 2022 cont.

New England Foods

Invoice # 0029162 4/11/22  
10 cases Muffin Top Apple Cinn 60ct/2oz(#820062) \$179.50  
Invoice #0029341 4/19/22  
10 cases Muffin Tops Blueberry 60ct/2oz(820061) \$179.50  
10 cases Muffin Tops Banana 60ct/2oz(#820063) \$179.50  
Invoice #0029454 4/25/22  
FC Panko Breaded Chicken Cutlet, 6-7oz, 10 lbs(230114)\$237.60  
10 cases Muffin Tops Blueberry 60ct/2oz(820063) \$179.50  
\*Population may have received "Muffin Tops" once or twice

May 2022

Nasiff Fruit Company

Invoice #308792A 5/11/22  
1 case Tomato(#66) \$46.00  
Invoice #308349 5/6/22  
1 case Tomato(#66) \$46.00  
Invoice # 307779 5/2/22  
1 case cucumber(#CUK) \$37.50  
1 case Tomato(#66) \$46.00  
Invoice # 308032 5/4/22  
1 case Tomato(#66) \$46.00

US FOODS

Invoice #1499183 5/3/22  
2 cases Gourmet Ground Coffee(9788929) \$77.00  
1 Case Creamer Half & Half LIQ(2341238) \$34.33  
3 cases Blueberry Muffins 48/4oz.(7003627)\$102.18  
10 cases Sara Lee Cake PND BUTR 24/1.75oz(8000184)\$115.00  
Invoice #2189545 5/24/22  
2 cases Cocoa, BKNG UNSTN CAN CHOC 12/1 lb Hershey(4017810)\$160.84  
2 cases Choc Chip Semi sweet 1k 25 lb Hershey(5004940)\$140.92  
1 case Ice Cream, Choc Chip(7858724)\$38.51  
Invoice #2275978 5/26/22  
2 cases Creamer, Half & Half, UFI Dairy(9341223)\$40.06  
3 cases Danish, ASST 4 flavor 24/3.25oz.(3017753)\$54.93  
2 cases MUFFINS ASST 4 oz 24/4oz(7242480)\$36.10  
1 case Choc Chip Cookies 12/6/2oz(8378580)\$26.18

NEW ENGLAND FOODS

Invoice # 0030000 5/16/22  
10 cases Muffin Top Banana(820063) \$179.50  
10 cases Muffin Top Blueberry(820061) \$179.50



2022 Invoices from the Inmate Food Account  
NOT Served to the Inmate Population

June 2022

Nasiff Fruit Company  
Invoice #312550 6/14/22  
7 cases Cherry Tomato(#TMCH) \$199.99  
5 lbs Plantain(#PLANLB)\$6.50  
Invoice #313648 6/28/22  
10 lbs Plantain(# PANLB)\$15.00  
Invoice #312550 6/16/22  
7 cases Cherry Tomato 12 pint(# TMCH)\$199.50  
Invoice #313069 6/21/22  
1 case Pears(#PEARA135)\$49.50

US FOODS

Invoice # 0132517 6/21/22  
1 case ICE CREAM CKY DOUGH(9640293)\$21.90  
1 case ICE CREAM CIN BRWN SUGAR(9986712)\$43.24  
1 case ICE CREAM CHOC PNT(5986759)HOOD \$21.24

NEW ENGLAND FOODS

Invoice # 0030500 6/6/22  
2 cases 501b Granulated Sugar(912060)\$85.90  
4 cases 501b Brown Sugar(912061)\$179.80  
\*\*\*\*\* all cakes contrary to approved recipes are premade cake mix  
eg., Product #900005) Coffee cake mix Invoice #0030500 6/6/22  
Invoice #0030731 6/13/22  
2 cases Granulated Sugar 501b(912060)\$85.90  
4 cases Powder Sugar, 50lbs(912059)\$183.80

July 2022

Nasiff Fruit Company  
Invoice #315007B 7/14/22  
1 case Potato-Yams(YM) \$33.50  
1 case Plantain(PLAN) \$35.75  
Invoice #3144907/7/22  
1 case Pears-Anjou(PEARA135) \$ 49.50  
2 cases Tomato(66) \$92.00  
1 case Plantain(PLANR) \$42.50  
1 case Granny Smith Apples(GS72) \$73.50

US FOODS

Invoice #1235639 7/26/22  
1 case Gourmet Ground Coffee(9788923)\$49.14  
Invoice #1010732 7/19/22  
1 case VNL IMIT EXTRACT(0761345) \$10.77

2022 Invoices from the Inmate Food Account  
NOT Served to the Inmate Population

July, 2022 cont.

U.S. Foods

Invoice # 0578513 7/5/22

1 case Gourmet Ground Coffee(9788929)\$ 49.14

2 cases SUGAR, BROWN Light Cane Sugar(2033744)\$73.04

NEW ENGLAND FOODS

Invoice #0031398 7/11/22

2 cases Granulated Sugar(912060)\$85.90

\*\*\*\* Contrary to policy and approved recipes, the kitchen is  
using premade cake mix, or cheap substitutions\*\*\*\*

The kitchen continues to purchase an abundance of tomatoes from the Inmate Food Account. Besides a small number of diets, Vegan, receive tomatoes. The general population IS Supposed to receive tomatoes in Pasta Salad, see RECIPES Section D-9. The inmate population has only received tomatoes in the pasta salad once. The thousands of dollars spent on tomatoes over this year were not consumed by the inmate population.

August 2022

2022 invoices from the Inmate Food Account  
NOT served to the Inmate Population

Nassif Fruit Company

Invoice #319180 8/23/22

3 cases Tomato(#66)\$138.00

1 case Granny Smith Apples(#GS25)\$51.50

Invoice #317089A 8/2/22

1 case Tomato(#66)\$46.00

Invoice #317313A 8/4/22

1 case Tomato(#66)\$46.00

US FOODS

Invoice #1688288 8/9/22

5 cases Chobani Yogurt Coconut w/ Dark Chocolate 12/5.3oz.(7648850)\$64.95

Invoice #2136636 8/23/22

4 cases Popcorn(Smart Food), Chedr WHT 64/1oz(5605332)\$144.28

Invoice #2369568 8/30/22

1 case Cheese, MOZZ/PROV 5 Cheese Blend(4382412)\$31.80

4 cases Potato, HBRN TATER-TOTS NUGT(0068106)\$184.92

Invoices # 2369568 8/30/22

4 cases Ball Park Hot Dogs 2/51bs(1818194)\$138.40

3 cases PNT BUTR & JELLY SANDWCHS(UNCRUSTABLES)(7640667)\$82.90

NEW ENGLAND FOODS

Invoice #0032479 8/29/22

3 cases Granulated Sugar(912060)\$128.85 50lbs bags

3 cases Brown Sugar(912085)\$67.50 25lbs bags

Invoice # 0032479 8/29/22

5 cases Instant Goffee Packets, 1,000 count(908020)\$314.75

September 2022

Nasiff Fruit Company

Invoice #323012 9/28/22

3 cases Tomato(56) \$103.50

US FOODS

Invoice # 2605041 9/6/22

1 case Coffee, GRND GRMT BLND FOIL PK(#9788929)\$49.14

Invoice #2698789 9/8/22

3 cases Creamer, Half & Half LIQ UHT(#9341223)\$61.20

5 cases Pizza, CHS 4 way 8" Hand Tossed, Villiprana(#5363502)\$297.20  
24/11.15ounces

Invoice #2823831 9/13/22

5 cases Coffee, GRND GRMT BLND FOIL(9788929)\$245.70

Invoice #0110295 9/20/22

3 cases CRUMB, BREAD PLAIN FINE, 2/7.5oz, CHFS EINEST(4375531)\$53.49

2022 Invoices from the Inmate Food Account  
NOT Served to the Inmate Population

October 2022

Nasiff Fruit Company

Invoice # 324007 10/11/22

1 case cucumber(CUK) \$28.50

1 case tomato(#66) \$46.00

Invoice # 325785A 10/26/22

1 case Grape-Red(#GPRD) \$41.50

1 case Strawberries(ST) \$43.75

US FOODS

Invoice #0591796 10/4/22

9 cases TONY's PIZZA(0402057) \$367.11

5 cases TONY's PIZZA(1587310) \$272.20

\*\*\*\*\* Tony's pizza is NOT served to the Inmate Population  
on approved? Sunday Football Meals. Instead "Sheet pans of  
pizza are, see same invoice (15 cases Pizza, CHS 4x6 PRSNL  
WHL 96/4.56oz 'The Max'(3493152)\$853.80) Tony's Pizza is  
served to staff.

10 cases TONY's PIZZA, 6" French Bread CNTFF 60/5.2oz(1587310)

Invoice #1302260 10/25/22 \$544.40

1 case Cantaloupe Chunk IMP(5920475)\$19.23

1 case Honeydew Chunk in light syrup(5920483)\$18.72

November 2022

Invoice # 326247 11/1/22

1 case Strawberries(ST)\$47.75

Invoice #327855A 11/16/22

2 case tomato(#66) 6x6 Large, \$98.00

US FOODS

Invoice #1904808 11/11/22

5 cases Creamer, Half & Half Liq WHT(9341223)\$102.00

5 case Ground Gourmet Coffee(9788929)\$245.70

2 cases Yougurt, Strawberry SS CUP CHOBANI 12/4oz(6073922)\$14.90

Invoice #2003954 11/15/22

1 case Gourmet Ground Coffee(9788929)49.14

2 cases Mozz Prov 5 blend SHRD Cheese(4382412)\$117.40

4 cases TONY's Pizza(0402057)\$163.16

4 cases DOUGH, PIZZA CRUST 18/24oz(6107391)\$104.04

Invoice #2432900 11/29/22

2 cases CCNUT MILK BLUEBERRY YOGURT(2909537)\$31.80

2 cases ICE CREAM, VNL(201020)\$71.14

2 cases ICE CREAM, CHOC ALL NTRL(6759039)\$90.22

1 case ICE CREAM, CKY DOUGH TUB PREM(9640293)\$23.82

1 case ICE CREAM, CHOC CHIP TUB PREM(9862244)\$20.42

2022 Invoices from the Inmate Food Account  
NOT Served to the Inmate Population

December 2022

Nassiff Fruit Company

Invoice #329648A , 12/6  
1 case Lettuce-Cello(LET) \$108.50  
2 cases Tomato-6x6 LG(66)\$108.00  
Invoice # 329867A, 12/8/22  
Invoice # 331157A, 12/21  
1 case tomato, 6x6 LG(66)\$44.00  
10 cases Tomato-grape 12pk(TMG)\$347.50

US FOODS

Invoice #2662076, 12/06  
1 case TYKI PLASTIC JUG 4/1gal.(1000256)\$53.37  
Invoice 2892346, 12/13  
5 cases Coffee Ground Gourmet(97889\_\_)\$245.70  
Invoices# 0031816, 12/15/22  
5 cases Ketchup, TMIO FCY 33% B-I-B 3 gal(0190009) \$110.05  
(Ketchup served to the Inmate population come in foiled individual packs.)  
Invoice #3162641, 12/22/22  
2 cases Potato, Hash Brown Patty REC 2.25 6/51b(5081229)\$75.20  
Invoice #0411089, 12/29  
1 case Sauce, Hot Red Plastic Jug Shelf(8013625)\$38.70  
Invoice # 0376518, 12/28  
5 cases Coffee, Ground Gourmet Foil Pack 12/16oz(978890\_\_)\$245.70  
Inmates DO NOT receive ground coffee  
Invoice # 0259076, 12/22, 2 cases Thomas English Muffins(6688501)\$41.04  
New England Foods

Invoice #0035591, 12/27/22  
5 cases Granulated Sugar, 50lbs(912060)\$276.25  
10 cases Granulated Sugar, 50lbs(912060)\$552.50

\*\*\*\* Though the dietitian approved menus/recipes call for "cakes" to be made according to specified recipes(see RECIPES) the kitchen orders either premade pound cake or a processed cake mix, neither requiring sugar. Sugar purchased by the kitchen is not for inmate consumption. Additionally, sugar has been removed from the diet(even though calories/carbs are still factored into the daily diet) and inmates receive a sugar substitute.

## EXCESSIVE ORDERS SUMMARY(Inmate Food Account)

It is often difficult to track excessive ordering of food used in Staff Trays, because in most cases these are the same foods served to the inmate population, abusively ordered in abundance.

Chicken is the most common food ordered from the Inmate Food Account(IFA) and served to staff. Because so many different varieties of chicken are ordered, contrary to what is approved by the dietitian, it is problematic to track.

The following varieties of chicken were ordered over the past year:

- FRZ RTC FILLETS, Purdue #7340(B&B Trading Co.)
- Boneless, 40# \*BLK\* FROZ, PURDUE, # PER687BFZ(B&B TRADING)
- FROZEN BREAST 6oz BREADED ZESTY Patuxent, #7733243, U.S. Foods
- CHICKEN BREAST SINGLE, 5z, BLSL, 4/51b, Patuxent,(#2003954), U.S. Foods
- Chicken Breast, Breaded Med Italian, 2/51b, Patuxent (7780489) U.S. Foods
- Chicken Breast, 6oz Breaded Fritter, Patux Prem, (#0640938) 24/6oz, AD Legend, U.S. Foods
- Chicken Breast Patties Breaded, 3oz target 39.61b, New England Foods
- FRZ RTC UNB CHARGRL 36# BREADED, #020559, B&B TRADING CO.
- FRZ RTC UNB CHIX NUGGETS, #28317, B&B TRADING
- Chicken Breast Nuggets, Seasoned, #210020, B&B TRADING CO.
- RTG Chicken Legs Quarters, BLK 401b, FROZEN, #200001, NEW England Foods
- Chicken Breast Singles, 52 plsl 4/51b, Patuxent, U.S. Foods
- Chicken Breast Fritters, Med Gold 2/51b, Patuxent Prem, U.S. Foods
- FRZ RTG CHIX FILLETS, 36#, B&B TRADING # PER649BFZ
- Purdue BLK Tenders Frozen, #16742, B&B TRADING
- Chicken Patty, 4-5oz, BRDD Italian 35/4.5 oz, TYSON, U.S. Foods(#3737996)
- Chicken Chunk, 75/1.25z Breaded 2/51b, Patux, U.S. Foods, (#7637721)
- FC Panko Breaded Chicken Cutlet, 6-7oz, 101b, N.E. FOODS, (#230114)
- FRZ FC SPICY ITALIAN CHIX CRUMBLES 2/5#, (B&B TRADING) (#5603)
- FRZ FC CHIX/CHEESE CUSP, 2.75oz 20H,(B&B TRADING)(#97591)

The most common purchases being used in staff trays are the large cutlets/fillets(5 & 6 ounces), and the smaller ones(sometimes used in select therapeutic/religious meals) both ordered

#### EXCESSIVE ORDERS SUMMARY(Inmate Food Account)

in self serving abundance. The bulk chicken, ordered from the I.F.A. for the inmate population is being used in staff trays such as chicken stir-fry, chicken lo mein, etc.

#### BEEF/BURGERS/GROUND BEEF

"Beef" burgers and ground beef used for the general population and therapeutic diets is a mixture of soy and beef, and is ordered through the Central Office as a bulk order; not through the institutional Inmate Food Account(IFA). Only a few select diets are afforded "real hamburger/ground beef"(not the general population or ADA Diabetic Diets).

Although the recipes call for burger to be 15% fat, the kitchen uses a soy product, see section on SOY MEAT. Nevertheless, real hamburger/beef is routinely ordered from the I.F.A. and used in Staff Trays. Some examples include:

- Beef Sub, PTY(Meal Burger), U.S. FOODS(#54866\_\_)
- Beef Patty, Steak Burger, BLSK, 24/6oz.(CRIMM SELECT) U.S. Foods(#1761868)
- Beef Patty, Ground, 80/20, 6oz Round, 24/6oz.(Chef's Line), (# 1438126)
- Beef Patty Ground, 4:1 40/4oz, U.S. Foods(#2327302)
- Beef, Ground 80/20, raw beef brick, U.S. Foods(#1515527)
- Beef Patty, ground 100% pure, 80/20, 30/5oz.,U.S. Foods (#3444692)

Key point, the patties the dietitian has approved for diets and the general population is a 3 ounce patty, as opposed to the 5 and 6 ounce patties surreptitiously ordered for staff trays. In addition; Roast Beef(when on the menu), beef chunks, and the shaved beef product, etc. is being prepared by the main line kitchen and generously used in staff trays

#### EGGS

Though the current menu calls for "scrambled eggs" the kitchen has made a practice of substituting the scrambled eggs with the processed food item known as "Rubber Eggs" which is a shellless hard boiled egg that has been cured in a brine/vinagar solution.

EXCESSIVE ORDERS SUMMARY(INMATE FOOD ACCOUNT)

This palate challenging item has a strange consistency and peculiar flavor and as a whole is one of the more unpopular food items(substitutions), see SURVEY, and LABELS. Though the ADA Therapeutic Diets do not receive these rubber eggs, the General Population does. During the Spring/Summer menu cycle these Rubber Eggs were used as a substitution for Hard Boiled Eggs. The Nutritional Breakdown calls for Grade A, Fresh Eggs. During the same period, the scrambled eggs were being substituted with another unpopular[tasteless] "egg patty" product, see SURVEY and Labels. The kitchen has repeatedly claimed that the dietitian has approved these substitutions, which is disingenuous at best. The dietitian has approved these as substitutions "when necessary." As Food Services Policy dictates that dietitian approved menus, and corresponding recipes must be followed, the approval of these substitutions "when necessary" clearly means when the initial item is not available. The kitchen has contorted the meaning of "when necessary" to mean everytime eggs are on the menu.

Though the menu has changed and "Hard Boiled Eggs" are no longer on the menu, they were for all of 2022, and even though a few select diets received real Grade A eggs an exorbitant amount of Grade A Fresh eggs(in a shell) were ordered from the Inmate Food Account, and prepared by the Main Line Kitchen for Staff Trays. Examples of which include large orders from Rosev Dairy, and U.S. Foods. Examples of the processed substitutions served to inmates include:

- Egg Patty SVRMB, cg/FR 3.5" 120/1.5 oz(Abbots Food) U.S. Foods, Invoice #1532409(11/01)
- FC Irregular Scrambled Egg Patty, 30lbs, N.E. Foods(#810022)
- Egg Cage Free, Hard Cooked Pillow Pack 12x12, N.E. Foods, (Item # 810036) \*\*\*\*\* (RUBBER EGGS)\*\*\*\*\*
- FC Irregular, Scram Egg Patty 23# FROZEN, N.E. Foods, (Item # 810016).
- FC ROUND SCRAMBLED EGG PATTIES, 300/1.25oz, N.E. Foods, (# 810033)

The scrambled egg mix(es) ordered for the year were:

- Eggs Scrambled Mix, 6/51b, 30lb Frozen, N.E. Foods(#810001)
- Egg Liq WHL CG/FR PSTRD BAG(ABBOTSFORD), N.E. Foods(#5832100)



EXCESSIVE ORDERS SUMMARY(INMATE FOOD ACCOUNT)

These scrambled egg products were not, and are not served to the General Population even though specified on the dietitian approved menus, and factored into the diet, see NUTRITIONAL and LABELS information.

Expenditures from the Inmate Food Account  
Not Served to the Inmate Population  
and Ordered in Excess for Staff Trays

2020 EXAMPLES

Following are examples from the 2022(April and May) Invoices,  
which include purchases such as Beef Tenderloin Tips(4/10 ~~4~~ 4/14);  
Gatorade; Gourmet Ground Coffee; Beef Tenderloin Tips(5/15);  
Cheezits; (\$840.00), etc.

EXPENDITURES FROM THE  
INMATE FOOD ACCOUNT  
(Not Served to the Inmate Population)

A total of \$8,539.08 was misappropriated from the Inmate Food Account from 03/03/20 thru 04/30/20 to purchase food items, most of which were never served to the inmate population. Various items were ordered in such excessive amounts that there are large overages unaccounted for, see attached.

Staff are not authorized to order and consume food purchased thru the Inmate Food Account. There is in place a Culinary/Staff (CUL/STF) account from which foods served to staff is ordered and paid. Additionally, D.O.C. Policy, 103 DOC 214, Employee Meals, implemented and monitored by the Deputy Commissioner of Administrative Services, Departmental Food Services Director, Superintendents, and Institutional Food Services Director, state in part:

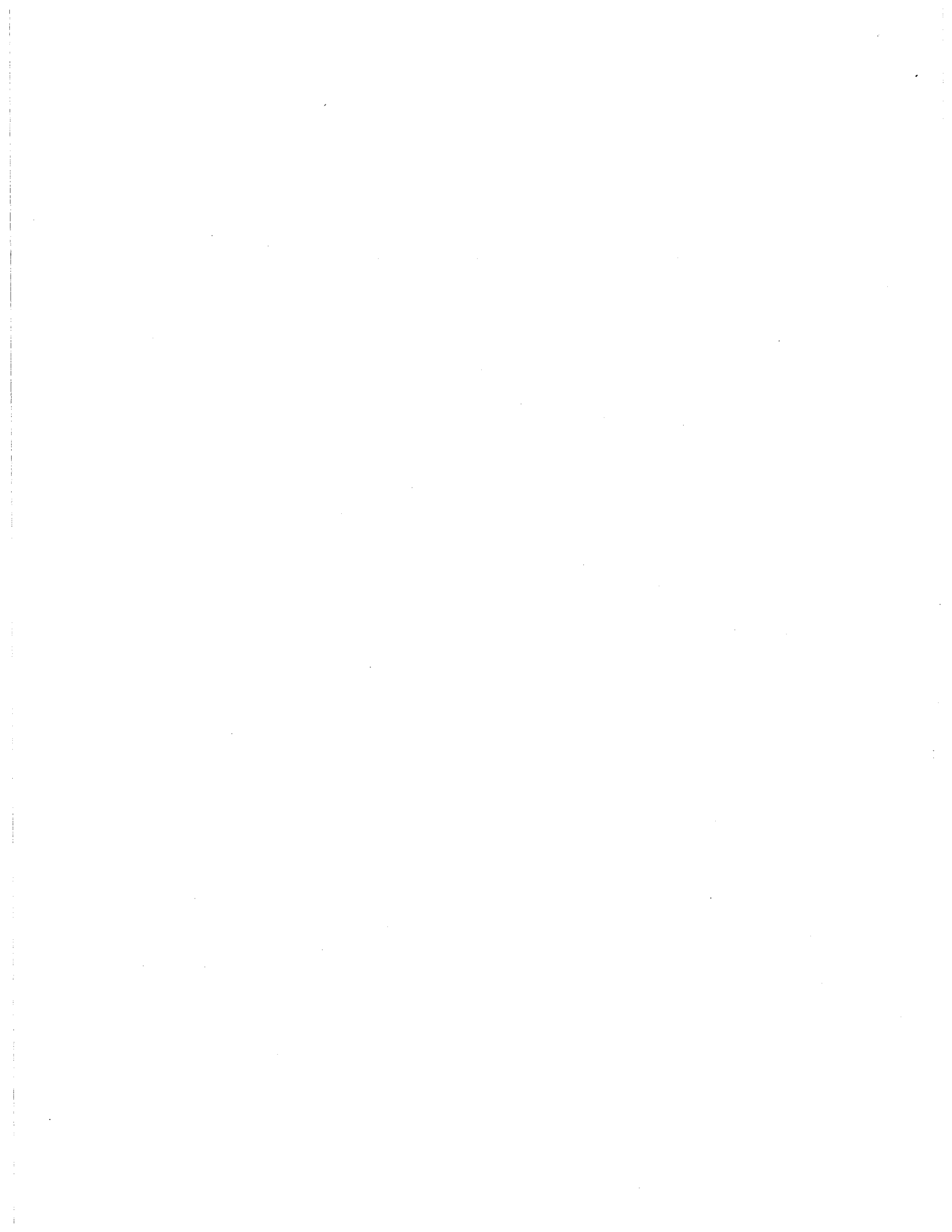
Pursuant to the regulations as set forth by the Executive Office of Administration and Finance in 801 CMR 4.03; Rates, Department staff are required to purchase a meal ticket at the cost of \$1.35 (plus meals tax) prior to the consumption of a state meal, whether from a staff dining room, or main line kitchen. (emphasis added)

The meal purchased from the main line kitchen, is the same meal being served to the inmate population.

103 DOC 760, Food Services Policy

The DOC has promulgated a policy for the serving of food to inmates incarcerated in Massachusetts Correctional Institutions, (103 DOC 760), FOOD SERVICES POLICY. The Food Services Policy requires that inmates be provided with nutritionally adequate meals that are of appropriate quantity through the use of a seasonally adjusted cyclical menu, (103 DOC 769.01(1)). The Institutional Food Services Director shall oversee the daily preparation and delivery of all inmate meals and assure compliance with the departmental policies, (103 DOC 760.04(1)). The Food Service Policy requires nutritionally adequate meals, properly prepared and served in accordance with the departmental cycle menus and CORRESPONDING RECIPES (emphasis added). That each Institution shall ensure that inmates are provided nutritionally adequate meals by recording any substitutions or additions in food actually served, ensuring that the substitution is in accordance with approved Departmental Substitution Guidelines (103 DOC 760.05(2)), Menu Requirements. According to Christopher Gendreau, State Food Services Director: There Are No Approved Substitution Guidelines.

It is quite simple to assess, and very clear, what should and should not be purchased with funds from the Inmate Food Account by evaluating the departmental cycle menus and corresponding recipes.



EXPENDITURES FROM THE  
INMATE FOOD ACCOUNT  
(Not Served to the Inmate Population)

MEATS  
U.S. Foods

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PRODUCT #	Invoice Date	ITEM	
2725729	3/10/20	Chicken Breast 1 case	\$74.20
7815111	3/10/20	Ground Beef 2 cases	\$196.70
2327302	3/17/20	Ground Beef 80/20 2 cases	\$62.98
7815111	3/17/20	Ground Beef 20 LBS 1 case	\$98.35
2327302	3/24/20	Ground Beef 80/20 4 cases	\$125.96
4917134	3/24/20	PORK BACON 15lbs 2 cases	\$89.24
5486667	4/7/20	Beef Subs/Burger 3 cases (Fn.3)	\$147.93
8841337	4/7/20	Single Chicken Breast 5 cases	\$200.00
6328082	4/9/20	Mild Italian Sausage 2 cases (Fn.3)	\$53.96
6531305	4/9/20	Beef Patty Chuck 5 cases	\$373.40
5702055	4/9/20	Veal 4 cases	\$94.68
5664271	4/9/20	Chicken Stuffed Breast 25 cases	\$1057.25
5664271	4/14/20	Chicken Stuffed Breast 25 cases (\$870.00 Unaccounted for see FN.1)	\$1057.25
6381750	4/28/20	Chicken Wings 1 case 6/5Lbs	\$94.94
7182488	4/28/20	Salad Chix(Ready to Eat White Meat) Mayo 5 Lbs 10 cases	\$287.80
8182487	4/28/20	Salad(Ready to Eat Tuna Mayo) 10 cases	\$210.60
0136127	4/28/20	Egg Salad(Ready to Eat) 6 cases	\$124.92
8027428	4/28/20	Egg Salad(Ready to Eat) 1 case	\$20.82
NEW ENGLAND FOODS			
904001	3/27/20	Tuna Chunk Light 2 cases	\$79.90
105000	4/10/20	Beef Tenderloin Tips 4/5# 1 case	\$99.00
105000	4/14/20	Beef Tenderloin Tips 4/5# 1 case	\$99.00

EXPENDITURES FROM THE  
INMATE FOOD ACCOUNT  
(NOT SERVED TO THE INMATE POPULATION)

OTHER  
U.S. FOODS

Product #	Invoice Date	Item	
9761165	3/3/20	Twister Spring Water 5 Cases	\$27.41
9788929	3/3/20	Gourmet Ground Coffee 1 case	\$38.53
9761165	3/10/20	Twister Spring Water 10 cases	\$54.10
9788929	3/10/20	Gourmet Ground Coffee 1 case	\$38.53
4719823	3/12/20	Poland Springs Water 20 cases	\$131.40
0390575	3/17/20	BBQ Sauce 1 gallon	\$6.74
5328182	3/17/20	Hot Sauce 1 gallon	\$7.70
9788929	3/17/20	Gourmet Ground Coffee 1 case	\$38.53
4719823	3/24/20	Poland Springs Water 20 cases	\$131.40
9788929	3/24/20	Gourmet Ground Coffee 1 case	\$38.53
4382412	3/24/20	Cheese Mozz, Prov 5 Blend 1 case	\$53.52
9788929	3/31/20	Gourmet Ground Coffee 1 case	\$38.53
4719823	4/2/20	Poland Springs Water 10 Cases	\$65.70
9788929	4/7/20	Gourmet Ground Coffee 2 cases	\$77.06
5284708	4/7/20	Gatorade 2 cases	\$40.96
3168424	4/9/20	Gatorade 4 cases	\$81.92
9788929	4/9/20	Gourmet Ground Coffee 2 cases	\$77.06
5301916	4/9/20	Fruit Salad Dole Cups 10 cases 4 oz.	\$191.60
6386981	4/9/20	Fruit Salad Dole Cups 30 cases 7 oz.	\$374.40
		2 (\$478.64 Unaccounted for see FN.2)	
9788929	4/9/20	Gourmet Ground Coffee 2 cases	\$77.00
5284708	4/21/20	Gatorade 2 cases	\$40.96
1064705	4/28/20	Gatorade 2 cases	\$40.96
9213869	4/28/20	French Vanl Creamer 1 case	\$10.84
1064705	4/30/20	Gatorade 2 cases	\$40.96
7245526	4/30/20	Gatorade 2 cases	\$40.96

EXPENDITURES FROM THE  
INMATE FOOD ACCOUNT  
(Not Served to the Inmate Population)

\$422.50 was spent from the Inmate Food Account on bottled water. \$327.68 was spent on Gatorade from the Inmate Food Account. \$423.83 was spent on Gourmet Ground Coffee from the Inmate Food Account

Over \$13,000 was spent on potato chips, and though the population receives potato chips with most every meal, \$256.40 was spent on Tortila Blue Corn Chips (invoice #452990(4/14/20))product #2901361, which were never served to the inmate population(1.5oz bags). On 4/21/20 and / /20(invoice #'s 5597968 & 559768) 17 cases of Fritos were ordered at a cost of \$505.21 these were 2oz bags and were never served to the inmate population, however the ordered 1oz bags were served to the population twice.

PIZZA

U.S. Foods

Product #	Invoice Date	Item	
0402057	4/9/20	Pizza, CHS WHL 96/4.6 oz Tony's 18 cases	\$693.18
1019520	4/9/20	Pizza, Round 5" 54/5.2oz Tony's 5 cases	\$228.40
1587310	4/14/20	Pizza, 6" round French Bread Tony's 11 cases 60/5.2oz	\$537.02
6428488	4/21/20	Pizza, CHS 2.5" mini Deep Dish RedBaron 25 cases 12/8/1.36oz	\$594.25
7658776	4/24/20	Pizza, PPRNI French Bread, Pizza Parlor 45 cases, 1080 pizzas (Fn.3)	\$1,386.45

New England Foods

105000	4/10/20	Villa Prima Oven Ready 7" Pepperoni 19 cases, 24/8.13oz, 456 pizzas, .58¢ each (Fn.3)	\$265.05
800023	4/24/20	Big Daddy's 16" WG Turkey Pepperoni 20 cases 9/39.92 oz/cs	\$604.80

\$4,309.10 was spent on pizza from the Inmate Food Account on Pizza. Though the inmate population only received it once, it was the Pizza Parlor French Bread Pizza, product #7658776, and 220 pieces of the Villa Prima Pizza product # 105000. The remaining \$2,794.53 worth of pizza(above) was never served to the inmate population.

EXPENDITURES FROM THE  
INMATE FOOD ACCOUNT  
(NOT Served to the Inmate Population)

ICE CREAM  
U.S. FOODS

Invoice #	Invoice Date	Item	
0368381	4/9/20	Ice Cream Sandwiches 35 cases Product # 5109822, 840 Sandwiches	\$576.10
0579828	4/21/20	Ice Cream Sandwiches 60 cases Product # 1258631, 1440 Sandwiches	\$1108.20
0620733	4/23/20	Ice Cream Sandwiches 35 cases Product # 5109822, 840 Sandwiches	\$576.10

The inmate population was only served ice cream sandwiches twice. A generous computation of the inmate population at Norfolk is 1,300 inmates (1,300 sandwiches multiplied by 2 is 2,600 sandwiches served). A total of 3,120 ice cream sandwiches were purchased from the Inmate Food Account, leaving 520 ice cream sandwiches unaccounted for, or \$384.80 worth of ice cream sandwiches unaccounted for.

Invoice #	Invoice Date	Item	
0100831	3/24/20	Ice Cream Cups 60 cases Product # 3550342, 2880 cups	\$873.00

The inmate population was only served ice cream cups once. 2880 cups were purchased, leaving 1580 cups unaccounted for, or \$478.74 worth of ice cream cups unaccounted for. Even if these are served again, there would be 280 cups unaccounted for.

Fn.1 Chicken Stuffed Breast was only served to the inmate population once. 1,800 of these chicken breasts were ordered through the Inmate Food Account. 1,300 served leaves 500, or \$870.00 worth of stuffed chicken breasts unaccounted for, (500 x \$1.74).

Fn. 2 Two sizes of Dole Fruit Cups were purchased from the Inmate Food Account: 10 cases of 36 cups(4oz); and, 30 cases of 12 cups(7oz). A total of 720 cups were purchased. The larger cups were served to 42 inmate Passover meals, twice for a total of 84 cups served to the population. \$478.64 is unaccounted for in Dole Fruit Cups.

Fn. 3 Pork products are prohibited in main line kitchens pursuant to Hudson v. Dennehey where prepackaged Halal meals were denied to the Muslim community on the assurance of the D.O.C. that pork products would be prohibited because of the potential of contamination to prepared meals.



EXPENDITURES FROM THE  
INMATE FOOD ACCOUNT  
(Not Served to the Inmate Population)

INVOICES

U.S. FOODS

Date	Invoice #
3/3/20	#2429389
<del>3/10/20</del>	<del>#2663794</del>
3/12/20	#2756552
3/17/20	#2895156
3/24/20	#0100831
3/31/20	#0205420
4/2/20	#0238831
4/7/20	#0327821
	#0327822
4/9/20	#0368381
	#0368382
4/14/20	#0452990
4/21/20	#0579828
	#0579829
4/28/20	#0720350
4/30/20	#0758802

NEW ENGLAND FOODS

DATE	Invoice #
3/9/20	#0013951
3/27/20	#0014185
4/10/20	#0014434
4/14/20	#0014367
4/24/20	#0014618

## U.S. FOODS

EXPENDITURES FROM THE  
INMATE FOOD ACCOUNT  
(Not Served to the Inmate Population)

PRODUCT # INVOICE #	DATE	ITEM		
5284708 40910465	5/5/20	Drink GLCIR ICE PLST BIL GATORADE	2 cases	\$40.96
4719823 0915439	5/5/20	Water Poland Springs	10 cases	\$67.40
5284708 0915439	5/7/20	Drink GLCIR ICE PLST BIL GATORADE	2 cases	\$40.96
9341223 0915439	5/7/20	Creamer, Half & Half UNH Dary 360/.375 oz	2 cases	\$35.64
0049634 1023886	5/12/20	Dressing Italian FT/FR SS Pouch 60/1.5oz	1 case	\$10.10
5103643 1023886	5/12/20	Dressing, 1000 Islands ISL DLX SS Pouch 60/1.5oz	1 case	\$60.35
5232764 6351126	5/12/20	Dressing, Blue Cheese Chunky 60/1.5oz	1 case	\$12.69
6351126 10223886	5/12/20	Dressing, Vingt Balsmc 60/1.5oz	2 cases	\$12.69
4719823 1072988	5/14/20	Water Poland Springs 24/.5 Lt	20 cases	\$134.80
7245526 1072988	5/14/20	Drink, Zero GLCIR CHRY SG/FR 24/20 GATORADE	1 cases	\$20.48
6381750 1072988	5/14/20	Chicken Wings 1 & 2jt Med. Raw 6/5lbs	5 cases	\$94.94
0063776 1179602	5/19/20	Dressing, ITALN REDUC 200 .44oz	5 cases	\$46.25
3103645 1179602	5/19/20	Dressing, Italian Golden, SS Pouch 60/1.5oz	3 cases	\$28.47
3183563 1179602	5/19/20	Dressing, Honey Djon FT/FR SS 60/1.5oz	1 case	\$11.13
5155064 1179602	5/19	Dressing, Ranch FT/FR SS Pouch 60/1.5oz	1 case	\$10.45
5284708 1179602	5/19/20	DRINK GLCIR ICE PLST BIL GATORADE 24/20oz	3 cases	\$61.44

#10

EXPENDITURES FROM THE  
INMATE FOOD ACCOUNT  
(Not Served to the Inmate Population)

A total of \$4,481.86 was misappropriated from the Inmate Food Account from 5/05/20 thru 5/28/20 to purchase food items, most of which were never served to the inmate population. Various items were ordered in such excessive amounts that there are large overages unaccounted for, see attached, and FN.1.

Staff are not authorized to order and consume food purchased thru the Inmate Food Account. There is in place a Culinary/Staff (CUL/STF) account from which foods served to staff is ordered and paid. Additionally, D.O.C. Policy, 103 DOC 214, Employee Meals, implemented and monitored by the Deputy Commissioner of Administrative Services, Departmental Food Services Director, Superintendents, and Institutional Food Services Director, state in part:

Pursuant to the regulations as set forth by the Executive Office of Administration and Finance in 801 CMR 4.03; Rates, Department staff are required to purchase a meal ticket at the cost of \$1.35 (plus meals tax) prior to the consumption of a state meal, whether from a staff dining room, or main line kitchen. (emphasis added)

The meal purchased from the main line kitchen, is the same meal being served to the inmate population.

103 DOC 760, Food Services Policy

The DOC has promulgated a policy for the serving of food to inmates incarcerated in Massachusetts Correctional Institutions, (103 DOC 760), FOOD SERVICES POLICY. The Food Services Policy requires that inmates be provided with nutritionally adequate meals that are of appropriate quantity through the use of a seasonally adjusted cyclical menu, (103 DOC 769.01(1)). The Institutional Food Services Director shall oversee the daily preparation and delivery of all inmate meals and assure compliance with the departmental policies, (103 DOC 760.04(1)). The Food Service Policy requires nutritionally adequate meals, properly prepared and served in accordance with the departmental cycle menus and CORRESPONDING RECIPES (emphasis added). That each Institution shall ensure that inmates are provided nutritionally adequate meals by recording any substitutions or additions in food actually served, ensuring that the substitution is in accordance with approved Departmental Substitution Guidelines (103 DOC 760.05(2)), Menu Requirements. According to Christopher Gendreau, State Food Services Director: There Are No Approved Substitution Guidelines.

It is quite simple to assess, and very clear, what should and should not be purchased with funds from the Inmate Food Account by evaluating the departmental cycle menus and corresponding recipes.



U.S. FOODS

EXPENDITURES FROM THE  
INMATE FOOD ACCOUNT  
(Not Served to the Inmate Population)

PRODUCT# INVOICE#	DATE	ITEM		
8013625 1179602	5/19/20	Eggs Liquid Whl PSTRD (FN.2) B-IB Ref 201bs	2 cases	<del>\$61.44</del>
0803569 1179602	5/19/20	Sauce, Hot Red Plastic Jug	1 gal	\$9.87
0390575 1404748	5/28/20	Sauce BBQ PLBT, Jug	1 gal	\$26.93
6003842 1404746	5/28/20	Chicken leg 7.3oz 22 lbs TYSON CHICKEN	44 lbs	\$80.30
4719823 1404750	5/28/20	Water, Poland Springs 24/.5 Lt, Poland Springs	30 cases	\$202.20
<hr/>				
N.E. FOODS	840002 0014837	5/11/20	Water, bottled, .5 liter 16.9oz 24 per case 27.4#	10 cases \$35.90
	105000 0014921	5/15/20	Beef Tenderloin Tips 4/5 20# 1.00/m 31481	1 case \$105.00
	820044 0015005	5/22/20	01661 IW Blueberry Muffin Top 48/3.1oz 9.3# 1.00/m 31269	1 case \$11.60
	900025 0015122	5/22/20	Grinder Rolls 8/12 ct, 5" 3.0/M 31575	3 cases \$72.48
	<del>600003 0015122</del>	<del>5/28/20</del>	<del>Whole Turkeys 2/221b CW Grade 3 cases</del>	<del>3 cases \$98.32</del>
	840002 0015152	5/29/20	Water bottle .5 Lt 500 ML, 16.9oz 24/	20 cases \$71.80
<hr/>				
NASIFF FRUIT COMPANY				
	PLUMLB 247608	5/5/20	Plumbs-Fruit 4 lbs	4 cases \$12.40
	EGPLLB 248169A	5/14/20	Egg Plant	2 cases \$5.30
	DPS 248600	5/21/20	POTATA ?	1 case \$19.50
	66 249015C	5/28/20	Tomato 6x6 large	1 case \$39.00

EXPENDITURES FROM THE  
INMATE FOOD ACCOUNT  
(Not Served to the Inmate Population)

U.S. FOODS

PRODUCT# INVOICE#	DATE	ITEM		
7182488 0872800	5/5/20	Salad, CHIX WHITE MEAT Ready-To-Eat 60LBS	12 cases	\$324.60
8182487 0872800	5/5/20	Salad, Tuna/Mayo Ready-To-Eat 50LBS	10 cases	\$210.60
7182488 0915439	5/7/20	Salad, CHIX WHITE MEAT Ready-to-eat 40LBS	8 cases	\$230.24
8182487 0915439	5/7/20	Salad, Tuna/Mayo Ready-To-Eat 40LBS	8 cases	\$168.48
7182488 1072988	5/14/20	Salad, CHIX White Meat Ready-To-Eat 50LBS	10 cases	\$287.80
8182487 1072988	5/14/20	Salad, Tuna/Mayo Ready-To-Eat 50LBS	10 cases	\$210.60
7182488 1179602	5/19/20	Salad, Chix White Meat Ready-To-Eat 50LBS	10 cases	\$287.80
8182487 1179602	5/19/20	Salad, Tuna/Mayo Ready-To-Eat 25LBS	5 cases	\$105.30
			TOTAL	----- \$1,825.42

\$1,825.42 was spent on Ready-To-Eat Chicken and Tuna Salad between 5/5/20 and 5/19/20 and neither was served to the inmate population during the month of May. See Invoice return policy on Ready-To-Eat products. - - - - -

New England Foods

909007 0014809	5/6/20	Cheezits 60/2oz 7.5# 50.00/M31242(3,000 bags)	50 cases	\$840.00
909007 0014837	5/11/20	Cheezits 60/2oz 7.5# 50.00/M31242(1,200 bags)	<u>20 cases</u> total	<u>\$336.00</u> \$1,176.00

4,200 bags of 2oz Cheez-its were ordered between 5/6/20 and 5/11/20 with a total of 4,200 bags. Cheez-its have not been served to the inmate population during the month of May. Total of \$1,176.00 was spent from the Inmate Food Account on Cheetiz, never served to inmates.

EXPENDITURES FROM THE  
INMATE FOOD ACCOUNT

N.E. Foods (Not Served to the Inmate Population)

PRODUCT# INVOICE#	DATE	ITEM		
912038 0014809	5/6/20	PButter/Grape Jelly Combo Packet 200/2.12oz 10.00/m 31240	10 cases	\$499.50
912038	5/18/20	PButter/Grape Jelly Combo Packet 200/2.12oz 10.00m 31240	10 cases	\$499.50
			TOTAL	\$999.00

The Inmate population, through the Norfolk Inmate Council's Food Committee has been assured by the Acting Food Services Director that the Mainline Kitchen WILL adhere to the cyclical menus, and corresponding recipes, as required by 103 DOC 760, FOOD SERVICES POLICY. This is not happening 100%. Items such as peanutbutter and jelly are not an approved menu item. \$999.00 was spent on peanut butter and jelly(combo packs). A total of 8,000 of these packages were ordered able to be serve 6.153 meals, or 6 meals with 200 left over.

- FN.1 The total of \$4,481.80, from the period 5/05/20 thru 5/28/20 does not include the amount of \$999.00 for 8,000 servings of Peanut Butter and Jelly.
- FN.2 'Eggs Liquid Whl PSIRD B-IB, 2 cases at 20 LBS per case' is a dietitian approved item for the population as required by 103 DOC 760, FOOD SERVICES POLICY, but the kitchen has not served this product to the inmate population in well over a year.

## Staff Trays

103 DOC 214.01(1), STATE PROVIDED EMPLOYEE MEALS  
see also 801 CMR 4.03, RATES

The Main Line Kitchen(MLK) routinely prepares "Staff Trays" at no cost. These meals which often include breakfasts, lunches, and dinners, and prepared with foods purchased from the Inmate Food Account and delivered to staff. These meals SHOULD NOT be confused with 103 DOC 214.03, CULINARY ARTS PROGRAM EMPLOYEE MEALS or with 103 DOC 214.04, OVERTIME MEAL REIMBURSEMENT, see attached 103 DOC 214, STAFF MEALS.

103 DOC 214.01(A), STATE PROVIDED MEALS states:

Pursuant to the regulations as set forth by the  
Executive Office of Administration in  
801 CMR 4.03, RATES,  
Department staff are required to purchase meal tickets  
at a cost of \$1.35(plus meals tax)prior to consumption  
of a state meal, whether from a staff dining room,  
or the main line kitchen. The consumption of any  
portion of the offered menu, e.g. dessert, beverage, entree,  
constitutes a meal, and as such, requires the  
aforementioned reimbursement.

Pursuant to policy staff are required to purchase meal tickets at a cost of \$1.35(plus meals tax) prior to the consumption of a meal/food items from the main line "offered menu," as set forth by the Executive Office of Administration and Finance(801 CMR 4.03).

By allowing staff to eat free from food purchased from the Inmate Food Account leaves less monies originally budgeted for inmates resulting in an increased incentive for the MLK to purchase lesser quality food and substitutions in order to maintain the goal of a low average cost to feed an inmate per day, see FOOD COST SUMMARY. Additionally, by utilizing kitchen workers(inmates) to cook for staff taxes an already taxed work force. The MLK often claims that certain substitutions such as waffles(in place of pancakes); processed pickled eggs(in place of scrambled eggs(made by a dietitian approved recipe); Instant Mashed Potatoes(in place of potatoes made according to an approved recipe) is because of a shortage of kitchen workers . . . resulting in cheap unpopular substitutions, see SURVEY.



## Staff Trays

In addition to the violations to 801 CMR 4.03 and 103 DOC 214.01 there is the issue as to the loss of revenue to the Commonwealth of the meals tax, and the opportunity to utilize the \$1.35 fee to better the quality of the food overall. The provision of this policy clearly affords staff the opportunity to purchase a meal from the "offered menu"; not an opportunity for the MLK to pilfer foods budgeted for the inmate population, as well as make additional purchases for gourmet food to improve the quality of staff meals.

If, for example simple improvements were made, at menial costs such as using real ground beef as opposed to soy meats, the food would improve overnight and staff would/could consume the same food served from the "offered menu."

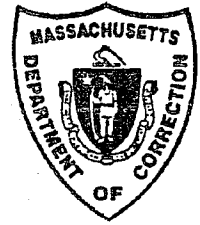
### Staff Trays

The following documents are the result of a Public Records Request pursuant to M.G.L.c. 66, §10, seeking records of Meal Tickets sold pursuant to 103 DOC 214.01, State Provided Meals, see appendix.

The results show that said Meal Tickets are not sold at Norfolk, but are sold at MCI-Gardner.



*The Commonwealth of Massachusetts*  
*Executive Office of Public Safety & Security*  
 Department of Correction  
 50 Maple Street, Suite 3  
 Milford, MA 01757  
 Tel: (508) 422-3300  
 www.mass.gov/doc



MAURA T. HEALEY  
 Governor

CAROL A. MICI  
 Commissioner

KIMBERLEY DRISCOLL  
 Lieutenant Governor

SHAWN P. JENKINS  
 Chief of Staff

TERRENCE M. REIDY  
 Secretary

KELLEY J. CORREIRA  
 ROBERT P. HIGGINS  
 MITZI S. PETERSON  
 THOMAS J. PRESTON  
 Deputy Commissioners

February 16, 2023

MCI-Norfolk  
 P.O. Box 43  
 Norfolk, MA. 02056

Dear Mr.

This responds to your records request dated February 5, 2023. Your request seeks the following:

Request 1

A recent copy of 103 DOC 214, Employee Meals.

Response 1

Please see the enclosed responsive record.

Request 2

A breakdown by Institution of monies collected pursuant to 103 DOC 214.02, state provided meals and the meals tax paid pursuant to 214.01.

Response 2

Enclosed please find the records responsive to your request for those facilities that provide state meals.



**Request 3**

Please provide the total monies collected, pursuant to 103 DOC 214.01, State Provided Meals, more specifically number 1. for MCI-Norfolk, SBCC, and Bridgewater State Hospital, for the past 6 months. This request is for monies paid for meals made by the mainline kitchen (as specified in 103 DOC 214.01(1)). This request should not be confused with 103 DOC 214.03 (Culinary Arts) or 103 DOC 214.04 (overtime meals).

**Response 3**

Please be advised there are no responsive records. MCI-Norfolk and SBCC both have culinary arts. No meal tickets in accordance with 103 DOC 214.01 have been sold. Bridgewater State Hospital does not follow 103 DOC 214, Employee Meals, rather Wellpath policies.

If you object to this response, you may appeal to the Supervisor of Records in accordance with M.G.L. c. 66, §10(b) and 950 CMR 32.00.

Sincerely,



Kate Silvia

Director of Communications

Enc.

NCCI-G

DATE	MEAL TICKETS SOLD	TOTAL SOLD	AMOUNT
1-Sep	131735 (5) 131736(10) 131737 (7) 8 Inmate Meals	22	70.18
2-Sep	131737 (3) 131738 (10) 131739 (6) 8 Inmate Meals	19	60.61
6-Sep	131739 (4) 131740 (10) 131741 (7) 8 Inmate Meals	21	66.99
7-Sep	131741 (3) 131742-43 (20) 131744 (7) 7 Inmate Meals	30	95.70
8-Sep	Closed		0.00
9-Sep	131744 (3) 131745 (10) 131746 (9) 7 Inmate Meals	22	70.18
	131746 (1) 131747 (10) 131748 (10) 131749 (2) 7		
13-Sep	Inmate Meals	23	73.37
	131749 (8) 131750 (10) 131751 (10) 131752 (3) 7		
14-Sep	Inmate Meals	31	98.89
15-Sep	131752 (7) 131753 (10) 131754 (2) 7 Inmate Meals	19	60.61
16-Sep	131754 (8) 131755 (10) 131756 (3) 7 Inmate Meals	21	66.99
	131756 (7) 131757 (10) 131758 (10) 131759 (9) 7		
20-Sep	Inmate Meals	36	114.84
21-Sep	131759 (1) 131760 (10) 131761 (5) 7 Inmate Meals	16	51.04
22-Sep	131761 (5) 131762 (10) 131763 (7) 7 Inmate Meals	22	70.18
23-Sep	131763 (3) 131764 (9) 7 Inmate Meals	12	38.28
27-Sep	131764 (1) 131765 (10) 131766 (10) 8 Inmate Meals	21	66.99
28-Sep	131767 (10) 131768 (3) 8 Inmate Meals	13	41.47
29-Sep	131768 (7) 131769 (10) 131770 (1) 8 Inmate Meals	18	57.42
30-Sep	131770 (9) 131771 (10) 131772 (10) 8 Inmate Meals	29	92.51
			0.00
			0.00
			0.00
			0.00
	<b>Total Tickets Sold and Total Cash Collected</b>	<b>375</b>	<b>1196.25</b>

Number Tickets Sold X \$3.00	\$ 1,125.00	MASS CONNECT AMOUNT
Number Tickets Sold x .625% tax	\$ 70.31	
<b>Total Ticket Amount Sold</b>	<b>\$ 1,196.25</b>	
<b>Less Sales Tax Revenue</b>	<b>\$ 70.31</b>	
<b>Total Meal Ticket Revenue- CHECK AMOUNT</b>	<b>\$ 1,125.94</b>	

## Culinary Arts Program

The Culinary Arts Program is a program funded through the program budget intended to train inmates in the Culinary Arts. In addition to training, men are afforded the opportunity to earn good time. The bi-product of the Culinary Arts Program is that staff are allowed to purchase meals.

214.03, CULINARY ARTS PROGRAM EMPLOYEE MEALS states:

- A. Department staff and guests are required to purchase a culinary meal ticket prior to the consumption of a culinary meal. The cost of a culinary meal shall be established by the Director of Inmate Training and Education. Meals tax shall be calculated on and added to the established price.
- B. An individual designated by the Superintendent shall be responsible for the sale of culinary meal tickets, collection of funds, transfer of revenue, and the accounting of unused culinary meal tickets.
- C. The Culinary Arts Instructor shall ensure that all meals served are appropriately compensated with a culinary meal ticket.

In mid September of 2022, the Culinary Arts Instructor reportedly gave her notice and quit that day. The new Instructor did not start his position until November, just prior to Thanksgiving. After the Instructor quit, the kitchen took all existing foods and spices to the Main Line Kitchen. For the months of September, October, and November the kitchen ordered the following from the Culinary Arts Account(Customer #50536986):

September 2022, \$1,479.39

October 2022, \$2,885.54

November 2022, \$3,555.61

Even though, pursuant to 103 DOC 214.03 staff and guests are required to purchase a culinary meal ticket prior to consumption of a culinary meal, there was no charge for meals during this period. See attached Food Cost Summary, and Culinary Arts Meals 2022(attached).

Culinary Arts Meals 2022

Month 2022	Meals	Income
January	487	\$1,461.00
February	298	\$894.00
March	719	\$2,157.00
April	297	\$891.00
May	505	\$1,515.00
June	503	\$1,509.00
July	280	\$840.00
August	217	\$651.00
September	0	\$0.00
October	0	\$0.00
November	204	\$612.00
December	505	\$1,515.00
	4015	\$12,045.00



## Ongoing/Unresolved Food Issues Raised at Monthly Meetings

The following pages(37-48) depict a number of ongoing issues ongoing, and some unresolved, raised at the Monthly Food Meetings with the Food Services Director. See Appendix, Minutes of Monthly Meetings for further account of issues.

## CHICKEN LEGS

Chicken Legs(Spring/Summer Menu) is one of the favorite food items(see SURVEY). However, also one of the biggest complaints received by the Food Committee because of the inconsistency of the sizes, and most often resulting in smaller chicken legs than what is factored into the diet, or approved by the dietitian. What is often relayed to the Committee is that the kitchen uses the larger chicken legs, purchased from the Inmate Food Account for staff trays. The issue of the small sized chicken legs has been addressed at meetings with the FSD(see MINUTES) and the Committee was told that the FSD had instructed kitchen staff to provide two chicken legs if/when they were of small size, though the menu changed, this instruction was not followed the last two times chicken legs were served. It is with hope(see SURVEY) that this item will return with the new Spring/Summer Menu and the Chicken Legs will be of proper size as approved by the dietitian.

## DRUMSTICKS

Drumsticks, are an unhealthy substitution(see Labels), also called greasy, breaded, salty drumsticks. With the serving size being two sticks, this alone provides 40 % of sodium(Daily Allowance) or 940 mg. This item is NOT approved by the dietitian. The Food Services Director claims that this item is part of his required "emergency plan" to have foods on hand in the event of disruption to supply chains . . . It has been asked if it is always necessary to provide unhealthy, substandard foods when the kitchen claims to have an opportunity to substitute? Could something healthy,(or dietitian approved) like chicken breast be used as a substitution?(see Appendix Article on Ultra-processed foods.)

## ONIONS/PEPPERS

There are two ongoing issues with Onions and Peppers. 1. The Onions and Peppers to be served with the soy burger, had been substituted with a piece of cheese (contrary to approved menus), According to the kitchen this had been done "as the result of an agreement with the Food Services Committee. No one on the FSC is/was aware of any such agreement, nor that permanent changes to the menu was an option pursuant to Policy other than by approval by the dietitian. This issue has been resolved in part, however it continues to be an issue with therapeutic diets from time to time where onions and peppers are simply omitted from the meal. 2. That onions and peppers are most often not being sauteed as according to the recipes and are often raw, hard and undercooked in sauces, stews, etc

## PICKLED EGGS, A/K/A RUBBER EGGS

The "Pillow-packs" of eggs are one of the biggest complaints brought to the F.S.C. (see SURVEYS) and one of the contributors to the exorbitant amounts or waste (see WASTE). These pickled eggs, also called "Rubber Eggs" have a rubbery texture and a salty vinegar flavor, as opposed to the dietitian approved product of Scrambled Eggs, or Fresh (Boiled) Eggs (in a shell). The F.S.D. and Kitchen Lieutenants stated at the November that the use of this product would be alternated with the fresh eggs in the shell. They have/had not. Though the menu has changed and hard boiled eggs are no longer on the menu; the menu calls for scrambled eggs (to be made by a recipe) the kitchen continues to use this cheap substitution. It should be significantly noted that large amounts of fresh eggs have been ordered over the year, yet not served to the general population. A small amount are served to selected therapeutic diets, but not accounting for the ~~very~~ large amounts of fresh eggs ordered.

## PANCAKES/WAFFLES

The dietitian approved MENU calls for pancakes to be made according to the approved recipe(see recipes). The Main Line Kitchen(MLK) most often substitutes the pancakes with waffles. The MLK incorrectly states that the waffles are approved by the dietitian, and further justifies waffles are served because of limited kitchen workers and time. Like many substitutions in these days of product unavailability due to COVID(otherwise known as the "COVID Excuse") the dietitian has approved certain items to be used in the extreme event that something is not available. There would be sufficient time to make the pancakes, which is one of the preferred meals(see SURVEYS section) if kitchen workers were tasked to making inmate food correctly and less time was spent on making Staff Trays. According to the Survey results, waffles are one of the least popular meals, and at times still frozen when served, and fall apart in syrup. Waffles also fail in being nutritionally equivalent to pancakes, compare and contrast nutritional information on pancakes and waffles. Additionally, according to the dietitian approved Breakdown of Nutrition pancakes are supposed to be made according to the approved recipe as opposed to the current practice of making pancakes with a pre-made mix(used for Therapeutic diets/Diabetics), compare and contrast nutritional data on Nutritional Breakdown for pancakes and data on premade pancake mix.

The premade mix is used supposedly due to limited availability of inmate kitchen workers.

## FRUIT

The Menus posted in Housing Units differ from what the dietitian approved for fruit as stated in the Nutritional Breakdown of the Menu.

Day	Meal	Menus in Units state:	Nutritional Breakdown of Menu
3	lunch	Seasonal Fruit	Orange
3	dinner	Seasonal Fruit	Banana
6	lunch	Seasonal Fruit	Orange
7	lunch	Apple	Apple
8	dinner	Seasonal Fruit	Orange
9	dinner	Seasonal Fruit	Orange
10	dinner	Seasonal Fruit	Apple
11	dinner	Seasonal Fruit	Orange
13	lunch	Seasonal Fruit	Apple
14	Breakfast	Banana	Banana
15	dinner	Seasonal Fruit	Orange
16	lunch	Seasonal Fruit	Banana
17	dinner	Seasonal Fruit	Orange
18	dinner	Seasonal Fruit	Orange
19	dinner	Seasonal Fruit	Orange
21	lunch	Seasonal Fruit	Banana

Oranges are called for 9 times in a 3 week cycle, Apples 4 times, and Bananas 4 times. The dietitian has factored Oranges into the diet, most likely for added Vitamin C. The kitchen will not serve Oranges to the population claiming that there is a directive from the Superintendent which alters the dietitian approved menus, contrary to Food Services Policy. The original request to the Food Services Director was that there are other types of "Seasonal Fruit". The population continues to express the desire to again experience the "Orange" that is unquestionably approved by the dietitian and is factored nutritionally into the Certified Diet. See Certification Statements of Menus/Diets. If the kitchen continues to violate Food Services Policy and deprive the population of vitamin C rich Oranges, then shouldn't the Nutritional Breakdown be changed and another sources of Vitamin C be added and approved by the dietitian?

ORANGE (fresh medium, 2 5/8") 61.57(kcal), Vit A-RAE(mcg)=14.74, Vit C(mg)=69.69, Folate(mcg)=39.30, Pot(mg)=237.11 APPLE (fresh, medium, 3") 94.64(kcal), Vit A-RAE(mcg)=4.91(mcg), Vit C(mg)=8.37, Folate(mcg)=5.46, Pot(mg)=194.74 BANANA (fresh, 6" to 6 7/8") 89.89(kcal), Vit A-RAE(mcg)=3.23, Vit C(mg)=8.79, Folate(mcg)=20.20 Pot(mg)=361.58

## Washing Therapeutic Trays in Kitchen Dishwasher

According to the Food Services Director, the Therapeutic trays are washed by hand in a multiple stage process involving disinfectant, degreaser, rinse, then run through the dishwasher unit in the kitchen. This dishwasher is similar in size to the ones in housing units. Per the F.S.D. there are about 200 trays (compartmental trays) used for meals including therapeutic, religious, CSU/ADL and the SMU/BAU.

The total, per day (including breakfast/Lunch/Dinner) would be 600 trays. There are 2 different size trays; either six of the smaller trays or four of the larger size trays can be run through the dishwasher at a time. (For the sake of argument we have factored the time involved to wash trays, and have not factored the lids.

600 trays per day at 6 trays per cycle means there would be 100 times per day that a cycle is run. As it takes about 1½ minutes to run a cycle, and about 1½ minutes to load and unload the trays. So:

$$600(\text{trays}) \div 6(\text{trays per cycle}) = 100(\text{runs})$$

$$100(\text{runs}) \times 3 \text{ minutes}(\text{wash/load/unload}) = 300 \text{ minutes or } 5 \text{ hours}$$

If all trays, and lids are being washed in dishwasher as is reported, this dishwasher would be running at least 5 hours a day. It is not.

The greasy, dirty, smelling trays has been a constant complaint, at times getting better for short periods. See Minutes of Meetings with FSD: 2/11(pg 2, ¶1); 6/27(pg 1, ¶8); and, 11/3(pg 1, ¶4). As well as a number of letters of complaint.

It has been suggested and recommended that at least 1 additional dishwasher be installed somewhere in the kitchen and that the therapeutic trays be washed prior to use. There are at least two similar dishwashers from Probation/South Yard not being used. The Committee has been told that there is no room to install new dishwashers in the kitchen?

## SUBSTITUTIONS

The Food Services Committee HAS ALWAYS advocated for Alternatives to the menu, however, not cheap, unhealthy "ultra-processed" foods(see Appendix article) forced as a substitution, or to replace items such as fruit.

Substituting items such as cake for cake, or cookies for cookies, fruits for fruits is encouraged, as long as the substitution is nutritionally equivalent/adequate. For example, the popular breakfast muffins, i.e., banana-walnut, chocolate-chocolate chip, and cranberry muffins, in place of the breakfast cake appears to be equivalent. What is discouraged are "ultra-processed" [forced] substitutions such as the poundcake, over, and over, and over again. The sticking point has become substituting fruit with items other than fruit, or substituting such as potatoes with a tiny 1/2 ounce bag of chips, or vegetables with lettuce(with a scant appearance of shredded carrots/cabbage.) It has been repeatedly asked that "when a substitution is necessary", said substitution need not be a substandard, cheap, unhealthy substitution", such as the breaded, freezer-burnt, greasy, salty, drumsticks. The drumsticks are perhaps the epitome of an example of "ultra-processed" foods.

The Food Service Committee continues to advocate for alternatives to the menu, to no avail. For years the Committee has suggested that an alternative could be sent with most meals, items that are less expensive, less labor intensive, and utilizing sensible donations. For example donated ice cream could be sent, as well as a small or adequate amount of fruit, or the menu item is also sent allowing a choice to each man while satisfying the requirements of the Food Services Policy. As long as the menu item is available there would be no complaint and thus making any grievance concerning inadequacy, or failure to adhere to the menu moot. Obviously there would need to be some coordination needed to find a medium as to the amounts sent to a Unit. This is an area in which the Food Committee could assist the Food Services

Director and the population to make alternatives a success. Though these suggestions have been raised for years, the kitchen has been in stark opposition, resulting in unsatisfactory substitutions being forced on the population. There have been weeks where items such as ultra-processed pound cake, or potato chips have been served with every meal for over 5 days in a row.

#### DONATIONS

The Food Service Committee continues to suggest donations, and again to no avail. A local warehouse who some years ago donated [day old] Entemenns', Thomas English Muffins brands, Bagles, etc., have expressed interest[to staff] of again donating to MCI-Norfolk. In the past, every Friday the warehouse would load pallets on the loading dock waiting for MCI-Norfolk kitchen to pick up the donations. Because a former Food Services Director [who reigned at MCI-Norfolk for over 15 years] continuously reneged on his promise to pick up the donations, the warehouse said enough and refused to deal with this Food Services Director. This was a win-win situation for everyone. The warehouse could make one shot donations, and write the donation off as MCI-Norfolk has a tax ID number; and the population benefited.

Along with substitutions, donations of ice cream, bagles, Entemenns', etc. could be sent as an alternative with most every meal; allowing each man to choose between what is on the menu and the alternative, resulting in the kitchen sending less of the menu item, and saving the kitchen time and resources.

Again the Food Committee stands eager to work with the kitchen on such proposals.



## PRODUCTION SHEETS/CALLBACKS

As a result of callback related complaints to the Food Services Committee(FSC), repeatedly raised at meetings with the Food Services Director(FSD), the FSD suggested that the kitchen send with each meal "Production Sheets" indicating what was included in/with each respective meal(being sent) as well as the serving sizes(see MINUTES section 4/21(pg 2, ¶3). It was agreed that sending Production Sheets with each meal WOULD resolve many callback related complaints. Another solution to the callback problem, is that whenever a callback to the kitchen is made(requesting missing items/meals, correcting mistakes, etc.) that an Incident Report I/R be logged into the IMS(Inmate Management System). The practice of logging callbacks into the IMS was suggested during the 2/11/22 meeting with the FSD by the Camp Chairman. Under Deputy Thibeault this practice was implemented because of overwhelming numbers of complaints and requests for callbacks, and most all callback issues were corrected(see MINUTES, 2/11(pg 2, ¶2). Callbacks remain one of the leading complaints to the Committee.

## INSTANT MASHED POTATOES

Instant Mashed Potatoes remain one of the more unpopular food items(see SURVEY), as well one of the leading sources of waste, (see WASTE). According to the dietitian approved menus and recipes, Mashed Potatoes are supposed to be made according to the recipe (see recipes, D-9), which calls for real potatoes. According to Food Services, the dietitian has approved the use of instant mashed potatoes "when necessary" which the kitchen apparently construes as almost all the time. The recipe also calls for the potatoes to be peeled, which the kitchen often times will not peel them and include the peels in the mashed potato; these are referred to as "dirty potatoes" or "dirty mashed potatoes." Mashed potatoes made properly, or by the recipe ranked high on the Food Survey.

## SUNDAY FOOTBALL MEALS

During the FALL/WINTER 2021-2022 menu cycle, from October thru January 2023, the Main Line Kitchen substituted the dietitian approved menu on Sundays for what was referred to as "Football Meals." Although the approved meal on Sundays, during this period, was usually a chili meal and very unpopular, the change was accepted and the Committee was told by the kitchen that these Football meals were approved by the Commissioner's Office. The complaint to the Committee from the population was that these substitutions were not filling, as the meal was often substituted with 1 piece of pizza, a bag of chips(.5 oz) and plain lettuce(called salad). The Committee was constantly told by the kitchen that they had been given a directive by the Commissioner.

The committee submitted a Public Records Request seeking the Directive from the Commissioner's Office that approved these cheap, inadequate substitutions to the menu for the four months, and subsequently received a copy of the following e-mail to the State Food Services Director(Christopher Gendreau) from then Deputy Commissioner, Thomas Preston.

Substitutions which are filling, nutritional equivalent, and dietitian approved are always welcomed. For example 2 pieces of pizza, a salad(with actual vegetables), fruit, chips . . . could be considered adequate. However, these Football Meals were nothing more than an opportunity for the kitchen to order, from the Inmate Food Account, small amounts of cheap pizza for the inmate population, and(gourmet) better quality pizza for the staff trays. J'accuse!

These Football meals are not being utilized FALL/WINTER 2023, however a pizza meal is served on Week 3 Sunday, and only one piece of pizza is served with a "tossed salad", Dressing, Cornbread, pudding, margarine. The one piece of the pizza is the subject of complaints as not filling. The Nutritional Breakdown of this meal calls for the Pizza to be made according to recipe which calls for hamburger, real mozzarella cheese, and french bread(see French Bread Pizza recipe #C-20). Tossed salad is substituted with a premade salad mix consisting of lettuce and scant traces of shredded carrots and purple cabbage, as opposed to the approved recipe for Tossed Salad(D-12) which calls for green peppers, carrots, celery, and lettuce. And the cornbread is not made according to the dietitian approved recipe(E-2) and is substituted with a premade "Sweet Cornbread" mix which is super high in sodium.

**Silvia, Kate (DOC)**

---

**Subject:** FW: Sunday Menu

**From:** Preston, Thomas J. (DOC) <Thomas.Preston@doc.state.ma.us>  
**Sent:** Wednesday, September 8, 2021 5:29 PM  
**To:** Gendreau, Christopher (DOC) <Christopher.Gendreau@doc.state.ma.us>  
**Subject:** Sunday Menu

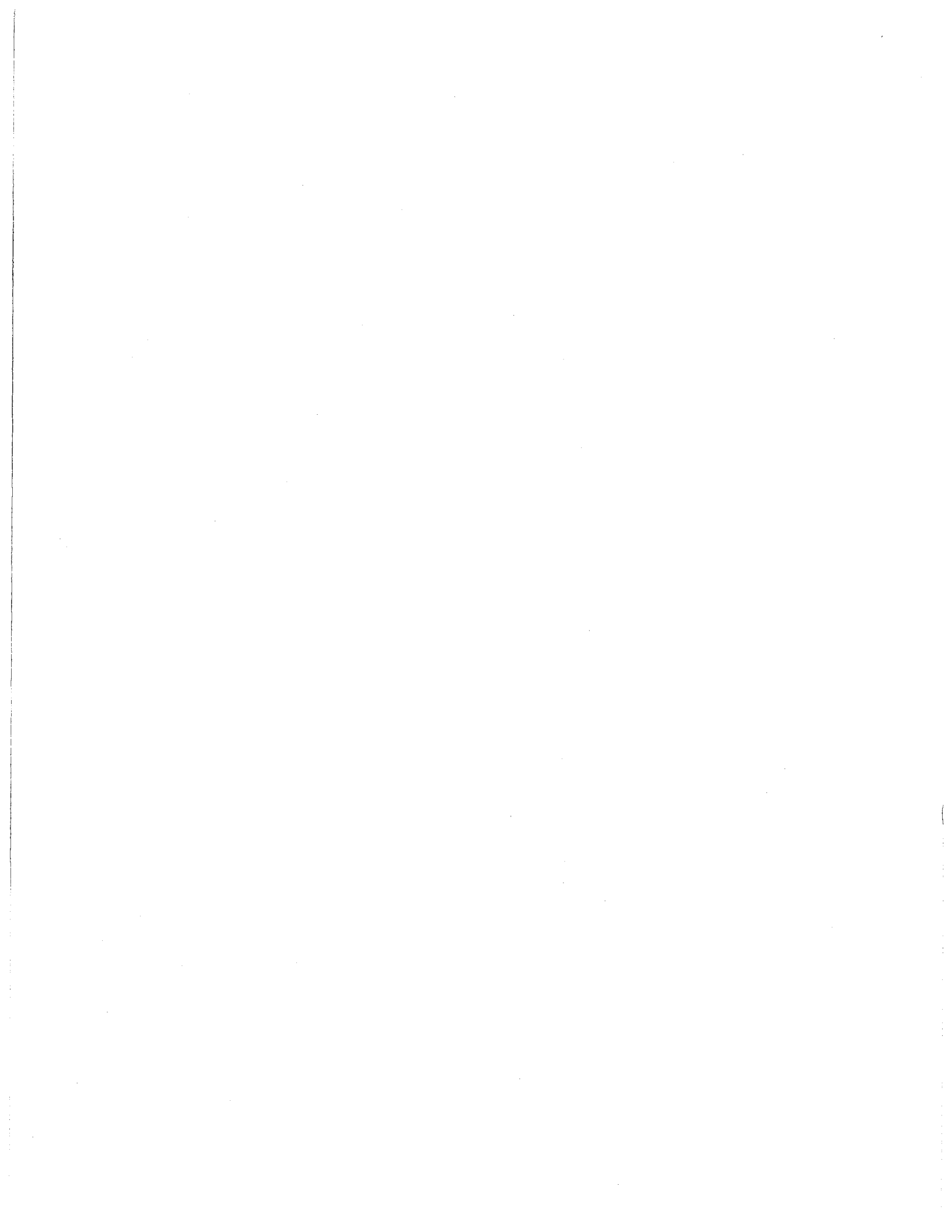
Chris,

We need to move forward with something on the food menu for this Sunday for a football theme type food.

Also the Commissioner wants a notification every week as to what will be served on Sundays going forward.

Thank you

Thomas J. Preston  
Deputy Commissioner of Administration  
Massachusetts Department of Correction  
50 Maple Street, Milford, MA 01757  
Office: 508-422-3328  
Cell: 774-278-4936



### Not Enough Food Being Sent to Units

A continued complaint to the Food Committee is that a sufficient amount of food is not always sent to Housing Units, especially when a popular item/meal is being served. The Food Services Director continues to stress utilizing the Call-Back system. Compounding the shortage issue is the complaints that the Call-Back system more often than not, does not work, see CALL-BACK SYSTEM.

The F.S.D. claims that the kitchen is instructed to send enough food to feed the entire house, plus 5%. In other words, if the House count is 62, enough to feed about 65 people SHOULD be sent regardless of therapeutic/religious meals. This is done in the off chance that someone refuses a therapeutic/religious meal and/or if there is spillage, etc.

### Side Dishes

The dietitian approved menu and Nutritional Breakdown of the menu clearly specifies serving sizes, recipes, etc., see Nutritional Breakdown examples. The biggest issue and complaint is with the vegetables called for on the menu For example:

Week 1, Day 2  
Chicken & White Sauce  
Ziti/Bread  
Broccoli  
Margarine  
Applesauce

Week 3, Day 16  
Chicken Stew  
Rice  
Green Beans  
Bread/Fruit  
Applesauce  
Margarine

Day 2, dietitian approved menu calls for 4 ounces of Chicken Stew with White Sauce, and 1 cup of broccoli.

Day 16 calls for 1 serving(see recipe C-30) and 1 cup green beans.

What is happening is that the kitchen will mix the side dish of vegetables into the stew and instead of receiving the assigned cup of vegetables a man will receive 4 ounces of Chicken & White Sauce/Chicken Stew mixed with the vegetables. This has been an issue/complaint dating back years, done simply to lessen work for the kitchen and to save chicken. A further example of not following recipes and approved menus. There are numerous days this continues to happen(see DEVIATIONS) it happens more frequently when the F.S.D. is not working. Recently the F.S.D. has stated that he will work on this issue(see January 2023 Minutes).

A.D.L.(Assisted Daily Living Unit)  
A/K/A  
C.S.U.(Critical Stabilization Unit)

Issues effecting the elder men in the ADL/CSU are raised at most every meeting, if not complaints, updates on how things are going. Ongoing issues have included: that no coffee was being sent/served; food being "compressed" into the small therapeutic trays instead of the larger therapeutic trays; and repeated issues with special diets. As well food being cold, and the soup is often spilled and/or individual containers crushed when transported (it was suggested that a milk crate be housed in the/a Thermo-bag, be used to hold the soup containers). Another issue is the fruit. Although the dietitian approved menus specify specific fruits, all the kitchen will serve are apples and bananas. Most of the men in the ADL/CSU are older, have periodontal issues and consequently have problems eating apples. It has been suggested by the Committee and men in the ADL/CSU Unit that an alternative to apples be approved, i.e., soft fruits, fruit cups, etc. Though the F.S.D. has stated that there is a standing order "not to send apples to the ADL/CSU", apples are still sent, usually when the F.S.D. is not working. Though food issues have somewhat improved, the situation has been described as an ebb-tide by residents/patients of the ADL/CSU. The F.S.D. has given his assurance to the men in the ADL/CSU personally to check in with them. The visits he has made have been positive.

See following .

## RECIPES

The dietitian certifies that "[t]he menus as written and analyzed meet or exceed the recommended nutrient amounts as specified by the Dietary Reference Intakes(D.R.I.) of the Food and Nutrition Board, National Academy of Sciences, National Research Council, and the American Correctional Association." (see Statement of Nutritional Adequacy) The Nutritional Break-down of each menu specifies which recipes are to be followed. Furthermore, the Food Service Policy(103 DOC 760) states:

760.04 1) INSTITUTIONAL FOOD SERVICES DIRECTORS DUTIES & RESPONSIBILITIES

2. Providing nutritionally adequate meals, properly prepared and attractively served in accordance with the departmental cycle menus and corresponding recipes

760.05 MENU REQUIREMENTS

2. Recording any substitution(s) or addition(s) in food actually served, ensuring that the substitution is in accordance with the approved departmental substitution guidelines.(\*)

\* Currently there are NO "Approved" Substitution Guidelines(an issue currently being litigated, see Braley v. Food Services Director.)

The current FALL/Winter menu calls for the following recipes to be followed:

- |                         |                             |
|-------------------------|-----------------------------|
| -Pancakes(Recipe A-6)   | -Pizza, C-20                |
| -Cornbread,E-2          | -Chicken w/White Sauce      |
| -Coffee Cake, A-1       | -Chicken Cacciatore, C-21   |
| -Spice Cake, A-1        | -Chicken Stew, C-30         |
| -Tossed Salad, D-12     | -Chicken w/ Gravy           |
| -Pasta Salad, D-9       | -Chicken Stir Fry, C-2      |
| -Scrambled Eggs, A-3    | -Chicken and Broccoli, C-43 |
| -Mashed Potatoes, D-2   | -Shaved Beef, C-29          |
| -Cottage Potatoes, D-4  | -Meatloaf, C-8              |
| -Oatmeal, A-4           | -Beef Stir Fry, C-38        |
| -Lentil Soup, B-7       | -Meatballs, C-25            |
| -Minestrone Soup, B-3   | -Beef Taco, C-41            |
| -Vegetable Soup, B-2    | -Sloppy Joe, C-18           |
| -Chicken Rice Soup, B-1 |                             |
| -Salad Dressing, D-20   |                             |

## RECIPES

Additionally, the Nutritional Breakdown calls for specific brands of food to be ordered and used, as well the nutritional data of sometimes specific foods are factored into the daily caloric intake, for example:

- Chicken Patty(Day 3 ), Tyson #5809-0928
- Oatmeal (unenriched)
- Turkey Roast(Carolina # 70092)(FN.1)
- Chicken Franks(Good Source)
- Fish(North Atlantic Brand, Lite-And-Healthy)
- Wheat Flakes(Glister-Mary Lee)
- Sliced Turkey(Carolina(Carolina # 70092)(FN.1)
- [Picnic] Turkey Ham(Carolina #82525)(FN.1)
- Stuffed Shells(Sevioli)

<sup>FN.1</sup>  
Carloina Corporation went out of business years ago?, however the data is still being used and factored into our diet even though the kitchen takes the opportunity to order and use a wide array of turkey products/turkey ham not consistent with that factored into the diet.

A copy of the "Approved Recipes" will be available in the Institution's Library(\*), available through a Public Records Request, see section on Public Records, or see a member of the Food Committee.

- \* An answer to an Informal Grievance about putting recipes, nutritional information, etc back in the Library was answered with an assurance that the Administration is working to have this information put back into the library.



## RECIPES

PANCAKES(A-6). The kitchen simply violates the approved policy recipe for pancakes, and instead substitutes them with waffles. The Nutritional Breakdown for the pancakes calls for 6 ounces of pancakes. To be equivalent in portion size, a little less than 5 waffles would need to be served, but the kitchen only provides 3(waffles)(1.23 ounces each). Even if 4 waffles were served, this would still represent 28%, of a man's daily allowance of sodium, excessive. Nevertheless, instead of following the approved recipe the kitchen purchases a premade mix for pancakes which is loaded with preservatives, high in sodium, and unnecessarily and perilously contains "trans fatty acids"(see LABELS, Pancake/Waffle Mix). Therapeutic diets are not subjected to waffles, however are served the pre-made mix. Following the recipe would eliminate the trans fatty acids, high sodium, preservatives, and would be less costly. This is yet another example of shortcuts taken by the kitchen so inmates can prepare food for staff.

CORN BREAD(E-2)/COFFEE CAKE(A-1)/SPICE CAKE(A-1). The recipe for Corn Bread is also not followed, but instead a premade corn bread mix is used, as well as the Coffee Cake substituted with a premade mix. Although "Spice Cake" is listed on the menu, the Nutritional Breakdown calls for recipe A-1(Coffee), but a pre-made mix for Spice Cake is ordered/used. The premade cake mix is clearly an unhealthy substitution, for example:

The premade cake mix(corn bread) contains, per serving 899.67 mg of sodium, as opposed to a serving made according to the dietitian approved recipe of only 182.96 mg sodium. The premade Coffee Cake Mix contains 671.27 mg of sodium per serving, but the Coffee Cake made according to the dietitian approved recipe contains only 150.72 mg. The Spice Cake Mix contains 678.88 mg of sodium, while the cake made by recipe has only 150.72 mg of sodium.

The kitchen has claimed that the recipes are not followed because of "limited kitchen staff." One kitchen lieutenant stated that

## RECIPES

"No one follows the recipes"(see meeting minutes).

Anyone who remembers having the cake made from scratch, or by the policy approved recipe will contest that the cake was something that was favorably anticipated.

PASTA SALAD(D-9)/TOSSED SALAD(D-12). For the past year the recipes for the Pasta Salad and Tossed Salad have not been followed. In 2023, the kitchen, only because of numerous complaints and grievances, started adding tomatoes. During 2022, duely noted previously, thousands of dollars were spent on tomatoes, the bulk of which were served to staff in staff trays. The tomatoes, called for in the Pasta Salad were replaced with carrots and broccoli, causing complaints/grievances. There needs to be more than hope that in the upcoming year the proper amounts of tomatoes, diced, will find their way into the Pasta Salad, and inmate cuisine.

The recipe for Tossed Salad was also not followed in 2022, and has not been followed into 2023. The recipe(D-12) calls for green peppers, celery, carrots, and lettuce, however, the kitchen instead of following the policy recipe purchases a prepackaged mixture of lettuce with miniscule traces of shreeded purple cabbage, and carrots. Neglecting to use peppers, celery, and carrots deprives the population of any much needed, real nutrition, see ARTICLE

SCRAMBLED EGGS(A-13). Scrambled eggs are specified on the current menu. Instead of following the approved menu and corresponding policy recipe, a product described by the population as "Rubber Eggs" are served. This is a hard boiled egg, with the shell removed, soaked in a brine solution/vinegar(see LABELS). the recipe for scrambled eggs simply calls for egg whites, eggs, and milk. The "HARD COOKED PEELED WHOLE REF IN BRINE PAIL" clearly do not appear on the dietitian approved menu.

MASHED POTATOES(D-2). Mashed potatoes are most often replaced with an instant mashed potato product- very unpopular with the population. When real mashed potatoes are afforded to the population they are mostly grossly unpeeled giving the appearance of

## RECIPES

other than white, often referred to as "Dirty Potatoes." The recipe calls for potatoes to be white, fresh, peeled, and quartered, before being boiled. Instant mashed potatoes remain as one of the biggest complaints to the Committee.

COTTAGE POTATOES(D-4). This recipe, used to involved deep frying 4" slices of potato in "vegetable oil." Some years ago, the F.S.D. disconnected the deep fryers, then after a period had them removed. Later when the menu called for Cottage Potatoes, the potatoes would be cut into small pieces and hastily cooked in ovens with a coating of vegetable oil and seasoning. Now, it is pretty much a crapshoot, when the menu calls for potatoes/baked/Cottage potatoes, it pretty much means whatever is convenient or easy for the kitchen. To quote one kitchen lieutenant "No one follows the recipes."

SOUPS. The soups have been decent and are made mostly according to the recipes.

PIZZA(C-20). The recipe for pizza calls for french bread(Hoagie Roll) and to cut the roll in half, using pizza sauce, 1 ounce of hamburger(per piece), and mozzarella cheese. Instead, for convenience, the kitchen orders a premade pizza, also known as "Cardboard Pizza), and serves only one slice(4" x 6"). The small size of this pizza is another common complaint to the Committee.

CHICKEN STEWS. The biggest complaint about these meals is that the recipe(s) are not followed, the vegetables are mixed, and because the recipes are not followed, everything is consistent with a chicken stew. For example, some recipes call for the vegetables to be served on the side, and the vegetable is more often mixed in, resulting in less chicken and a semblance to stew, while others call for onions, peppers, celery, and the chicken stew recipe is instead followed, somewhat. The F.S.D. recently stated that he has taken note of this issue and there have been some improvements, when he is working.

## RECIPES

MEATBALLS(C-25). Clearly the recipe calls for this item to be made using ground beef, eggs, etc. however, the kitchen has made it a practice of ordering a processed premade product, using the "COVID Excuse" as unavailability of the products. The meatballs(premade) are consistently bad, loaded with preservatives, and sodium. The kitchen used to follow the approved policy recipe, which is factored into the diets, and was one of the better meals.

## WASTE

Each month during 2022 \$1,275.00 was paid to a David Cassidy for "garbage pickup at MCI-Norfolk(see attached). This garbage pickup includes recyclables and 55 gallon barrels of "swill" sold to pig farmers.

For the month of July 2022,for example 216 fifty-five gallon barrels of swill/food waste was removed from MCI-Norfolk; each 55 gallon barrel weighs 300lbs. From 7/5 - 7/29 the total weight of swill removed was 64,200 lbs. This exorbitant amount of waste can be broken down as 1.8 lbs of food waste per inmate, per day (FN.1). As the average person consumes between 3-4 lbs of food per day(FN.2); for every pound of food consumed at MCI-Norfolk about a half a pound of food is thrown to the pigs.

The confounding aspect of food waste at MCI-Norfolk is that some of the biggest sources of waste are food items or substitutions, which by the way are not part of the dietitian approved diet, menus or recipes(FN.3).

### Biggest Sources of Food Waste(in Housing Units)(FN.4)

- Instant Mashed Potatoes(FN.5)
- Soy Meat, Most Anything Containing This Soy Meat(Burgers, Sloppy Joes, Chili, Taco Meat, Meat Sauces, etc)(FN.6)
- Pillow Eggs(Shell Less Eggs Cured in Brine/Preservatives(FN.7)
- Waffles(FN.8)
- Overcooked/Undercooked Meals/Items
- Meals Where the Dietitian Approved Product is not always Ordered, such as Meatballs, tuna,

---

FN 1. The population of MCI-norfolk as of August 8,(2022) was 1,168. See DOC Institutional Fact Cards

FN 2. According to:

FN 3. According to Food Services Policy: Cycle Menus and corresponding recipes SHALL be followed

FN 4. This data was compiled by survey of Unit House Workers who are responsible for dumping food in swill buckets daily

FN 5. Menus which specify "Mashed Potatoes" are to be prepared by recipe # D-2

## WASTE

FN. 6-8 See Appendix Nutritional Labels/Recipes.

### March thru December 2022 Food Waste/Swilt Breakdown

- March 3/2 - 3/30, 66,000 pounds(220 barrels) of swilt/food waste were removed from MCI-Norfolk, this amounted to 1.82 pounds of food waste per inmate, per day; or for every pound of food consumed over a half a pound was fed to the pigs(each day).
- April 4/1 - 4/30, 65,400 pounds(218 barrels) of swilt/food waste were removed from MCI-Norfolk, this amounted to 1.86 pounds of food waste per inmate per day; or for every pound of food consumed over a half a pound was fed to the pigs.
- May 5/1 - 5/31, 68,400 pounds(228 barrels) of swilt/food waste were removed from MCI-Norfolk, this amounted to 1.88 pounds of food waste per inmate, per day; or for every pound of food consumed over a half a pound was fed to the pigs.
- June 6/1 - 6/24, 60,300 pounds(201 barrels) of swilt/food waste were removed from MCI-Norfolk, this amounted to 1.72 pounds of food waste per inmate per day; or for every pound of food consumed over a half a pound was fed to the pigs.
- July 7/5 - 7/29, 64,200 pounds(216 barrels) of swilt/food waste were removed from MCI-Norfolk, this amounted to 1.8 pounds of food waste per inmate per day; or for every pound of food consumed about a half a pound was fed to the pigs.
- August 8/1 - 8/31, 85,200 pounds(284 barrels) of swilt/food waste were removed from MCI-Norfolk, this amounted to 2.3 pounds of food waste per inmate per day; or for every pound of food consumed over half a pound was fed to pigs.
- September 9/1 - 9/30, 70,800 pounds(236 barrels) of swilt/food waste were removed from MCI-Norfolk, this amounted to 2.02 pounds of food waste per inmate per day; or for every pound of food consumed over a half a pound was fed to pigs.
- October 10/3 - 10/28, 63,000 pounds(252 barrels) of swilt/food waste were removed from MCI-Norfolk, this amounted to 1.73 pounds of food waste per inmate per day; or for every pound of food consumed over a half a pound was fed to pigs.
- November 11/2 - 11/30, 75,600 pounds(252 barrels) of swilt/food waste were removed from MCI-Norfolk, this amounted to 2.16 pounds of food waste per inmate per day; or for every pound of food consumed over half a pound was fed to pigs.
- December 12/2 - 12/30, 76200 pounds(254 barrels) of swilt/food waste were removed from MCI-Norfolk, this amounted to 2.10 pounds of food waste per inmate per day; or for every pound of food consumed over a half a pound was fed to pigs.

## WASTE

What is as troubling as the exorbitant amounts of waste generated are the responses the Food Committee has received as to why the amounts of waste are so high. Responses to inquiries have included that these amounts of waste are consistent accross the state at Department of Correction facilities. Which begs review and correction throughout . . . two wrongs don't make a right. Just prior to the Pandemic, the Boston Public School Department hired a consultant due to over whelming complaints about food quality and food waste. By lowering the amounts of waste, monies were saved and reallocated to improve food quality. B.P.S. is now a model for other communities and has some of the best food in the Nation's school system.

Perhaps the biggest source of waste, and least popular food is the soy meat used in meals such as chili, burgers, meat sauces, sloppy joe, American Chop Suey, meatloaf, tacos, etc. Of the 42 lunch and dinner meals 15 include soy meat. If the soy were eliminated and real burger was again used, not only would the amounts of waste decrease, but the food would greatly improve, the least popular meals would once again be acceptable welcomed meals. The cost of the soy meat/soy burgers in comparison to real burgers/ground beef is not a significant difference. See section on Soy Meats.

\* \* \* SEE FOLLOWING RESPONSE TO COMMISSIONER'S OFFICE  
REGARDING WASTE/SWILL \* \* \*

David Cassidy  
42 Ellis Street  
Medway, MA 02053  
508.493.8939

Veronica Notice  
50 Maple Street  
Milford, MA 01757

This bill is for garbage pickup at MCI Norfolk.

DECMCIN2023

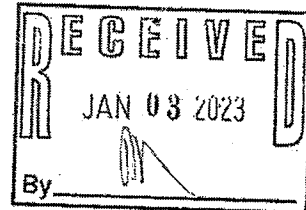
December 2022

\$1,275.00

Total Due

\$1,275.00

David Cassidy







The Commonwealth of Massachusetts  
Executive Office of Public Safety & Security



Department of Correction  
50 Maple Street, Suite 3  
Milford, MA 01757  
Tel: (508) 422-3300  
www.mass.gov/doc

CHARLES D. BAKER  
Governor

CAROL A. MICI  
Commissioner

SHAWN P. JENKINS  
Chief of Staff

KARYN E. POLITO  
Lieutenant Governor

KELLEY J. CORREIRA  
ROBERT P. HIGGINS  
MITZI S. PETERSON  
THOMAS J. PRESTON  
Deputy Commissioners

TERRENCE M. REIDY  
Secretary

NELSON ALVES  
Superintendent

To:  
From: FSD Norfolk  
Date: 19 October 2022  
Re: Swill/Waste MCI Norfolk

Dear Mr.

Your letter to the Commissioner's Office regarding food waste and swill has been referred to me for response. Please allow me to address your concerns in the following:

Swill/Waste is an inevitable part of serving a large population such as the one at MCI Norfolk. Currently, this institution has a population approaching 1200 inmates, and swill counts through September of 2022 have averaged around 225 barrels per month. While this is a large amount of swill, this is not inconsistent with other institutions throughout the Commonwealth despite the numerous factors that require MCI Norfolk to produce more food on a per meal basis than other DOC institutions.

The feeding to individual housing units at Norfolk is a significant factor in excess food production. We are required to prepare an additional amount of food for each housing unit in the event of call backs. Callbacks help to guard the kitchen against accidental spills, falls, or other unforeseen issues that accompany feeding a large population like that of MCI Norfolk, dependent on an aging tunnel system, and temperamental dumbwaiter. Norfolk typically prepares additional food in the amount of 10% to guard against running out. We do not run the risk of running out of a meal as the lead time for many of the meals are hours rather than minutes.

As for some of the items that you claim are the biggest source of waste in the camp: The ground beef meals (i.e., Burger Patties, Sloppy Joe, Shepherd's Pie, Chili Con Carne, Meat Sauce, American Chop Suey) are made with a ground beef product that members of the food committee at MCI



Norfolk, approved, during a sample taste test with State FSD Chris Gendreau several years back. This product is purchased and used in all the DOC facilities across the state. \* on true \*  
*SEE SECTION, SOY MEAT.*

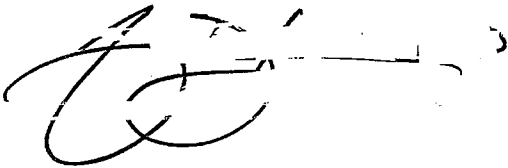
The instant mashed potatoes and meatballs have been approved by the dieticians for use with the DOC Menu. These items are pillars of your many complaints which I have answered time and time again via the Therapeutic Diet Complaint forms, and one-on-one conversations at Staff Access.

The M&K at Norfolk has always purchased Chunk Light Tuna in water, however there is no specified Tuna to be approved by dieticians.

While there are several breakfast items listed in your letter, the truth of the matter is that most often, much of the housing unit does not come down for breakfast due to the early hour. It is not mandatory for inmates to report for breakfast, it is however mandatory that we make enough breakfast food for the entire unit. Scenarios such as this would clearly result in an increase of swill for the breakfast items listed in your letter.

Finally, for some additional perspective: The Bridgewater complex has a population of 1300 inmates. They average approximately 250 barrels of swill per month. The swill numbers are quite comparable one institution to another, and in fact go a long way to prove that our swill numbers accurately reflect the typical waste associated with a kitchen of this size, producing almost 4000 meals a day of which 1000 meals are specialized diets that require callbacks, and additional portions as well.

I trust that this response has satisfied your inquiry.



Food Service Director, MCI Norfolk

CC: Carol Mici – Commissioner, DOC  
Nelson Alves – Superintendent, MCI Norfolk  
Mike McDonald – Dep. Superintendent OPS, MCI Norfolk  
Christopher Gendreau – State Food Service Director



<b>MCI-Norfolk Swill Barrel Tracking</b>	
<b>Month</b>	<b>December 2022</b>
<b>Date</b>	<b>Number of Barrels of Swill</b>
12/2/2022	16
12/5/2022	21
12/7/2022	17
12/9/2022	20
12/12/2022	21
12/14/2022	24
12/16/2022	18
12/19/2022	22
12/21/2022	17
12/23/2022	18
12/26/2022	22
12/28/2022	17
12/30/2022	21
<b>Total Swill</b>	<b>254</b>
<b>Cardboard</b>	
11/1/2022	
11/15/2022	
11/29/2022	
<b>Total Cardboard</b>	
<b>Plastic</b>	
<b>Total Plastic</b>	

254 Barrels at 300 lbs. equals 76,200.00 lbs. of Swill

Bonnie Shurtleff, ASI

CALL-BACK-SYSTEM

The call back system, is when the kitchen is called due to issues with what has been sent to a housing Unit. Complaints to the kitchen are often met with the response, that "you should utilize the call back system." The call back system is proper when an item is mistakenly not sent, or if a tray goes missing, however, it is not intended to correct repeated ongoing issues such as the improper item is sent when ever the menu calls for it, or the wrong day was followed . . . Nevertheless the call back system is an ongoing, unresolved issue at Food Meetings and complaints to the Food Committee.

The attached example is somewhat typical.

TO: Superintendent MCI-Norfolk  
FR: , Chairman,  
DT: January 2, 2022  
RE: Alternative to Food Call-Back

*COOT*

Mr. Alves:

As the Chairman of the Food Services Committee it has been brought to my attention that the call-back system is not functional. Most Unit Officers will not call the kitchen. The Officers who do call the kitchen for call-backs often get into a heated exchange with the kitchen officer. This often results in inmates not eating, or inmates that are on medically prescribed diets being told to eat food and portions that are not medically prescribed.

As a suggestion, inmates with food complaints that can not be resolved with the Unit officer should be allowed at the next movement to address their complaint with the O.I.C.

Thank you for your time in this matter.

*No Response*

Sunday January 2  
Call-Back

Sunday, January 2nd, Day<sup>8</sup> of the 2200 ADA (Lunch) menu, three meals came to [redacted] with incorrect portions. The first [redacted] contained no chicken. The second [redacted] contained a piece of chicken about the size of a quarter. The third [redacted] contained a piece of chicken the size of a half-dollar. The piece of chicken called for was chicken breast, between 3-4 ounces.

The fill-in Housing Officer was notified and asked to call the kitchen for call-back meals with the correct portions. The response from the kitchen was that the inmates should eat from the main line. A shift Commander was requested to document the situation. Kitchen was notified that a shift commander was requested and the kitchen sent 1 meal [redacted], however, this meal contained processed turkey. Again the shift commander was requested. However, due to an Institutional "freeze-up" and yards being closed the shift commander did not make it to [redacted] on the first shift. At shift change the second shift housing officer was made aware of the situation, contacted the shift commander, who came to the Unit at about 6:30 and observed the trays in question and said he would be speaking to the kitchen.

No replacement trays were ever sent.

ONGOING PROBLEMS WITH CALL-BACKS

- Many housing officers refuse to call the kitchen or they say they will and never do (because of the heated exchange and response from the kitchen.)
- The typical response from the kitchen is to tell the inmate to eat from the mainline (whether main line items are part of the inmate's special diet or not).
- Housing officers are so accustomed to the "eat off the line" response that they will most often relay this response to the inmate requesting a call-back.
- POTENTIAL CONFLICT. The kitchen prepares meals for staff, over-time meals, and OTHER. There is a conflict with the housing officer calling and complaining that the kitchen is not doing their job, by requesting a call-back meal, then expecting the kitchen to provide a staff meal.

## FOOD COMPLAINTS

Before filing a grievance it is suggested, as a courtesy to see the Food Services Director at Staff Access Hour.

You can file a grievance about the food. If complaining about food on the Main Line, you need to first file an Informal Complaint or Informal Grievance, and once that is answered, if your issue is not resolved, you can file a Formal Grievance. If your Formal Grievance is denied, you would then proceed with a Grievance Appeal.

If you are complaining about a Therapeutic Diet, you "should"(FN.1) try to address the issue at Staff Access or through a Letter to the Food Services Director. If your complaint is not resolved, or continues you can file a Therapeutic Diet Complaint, which is sent directly to the Superintendent. If your Therapeutic Complaint is denied, you must then appeal the decision to the Associate Deputy Commissioner of Administration at the DOC Headquarters in Milford. (NOTE: This writer has never received a response to an appeal. After a "reasonable amount of time" not receiving an answer, you can consider your appeal denied. Usually 10 business days to 30 days is considered "reasonable".)

Once an appeal has been denied, you have "exhausted your administrative remedies" meaning you can then go ahead and file a civil action. A civil action filed about the ADA Diabetic meals must be filed in conjunction with the Settlement Agreement in the matter of CONNORS V. DUBOIS, see the Legal Advisory Committee(LAC), the Food Committee, or contact Prisoners Legal Services(PLS) for more information.

Letters of Complaint. Letters of complaint can be addressed to the Food Services Director; the Superintendent; the Commissioner's Office; the Associate Deputy Commissioner of Administration; and the State Food Services Director(Christopher Gendreau) at: DOC Headquarters, 50 Maple Street, Suite 3, Milford, MA 01757

You can also write to PLS(Prisoners' Legal Services) who are actively working on food issues. Contact: Attorney Jesse White, 50 Federal Street, 4th Floor, MA 02110



## FOOD COMPLAINTS

FN.1 The C.M.R. on grievances, specifically as it applies to Therapeutic Diet Grievances states that inmates "SHOULD" address their grievance informally . . ."Should" is discretionary language. The law differentiates between MANDATORY and DISCRETIONARY language. That is discretionary language includes words like SHOULD, CAN, MAY, etc. While mandatory language includes words like MUST, WILL, SHALL... The difference, mandatory language means you have to do something, discretionary language means it is up to you. So, You Don Not Have To Address a Diet Grievance/Complaint informally. Though it is encouraged to try the first couple of grievances just to see what happens. If the problem persists, you should save the time of continued informal attempts.

## DIETS/MENUS/RECIPES

The Food Committee is working to have the menus, recipes and the Nutritional Breakdown Worksheets for each meal put back in the Institution's Library Reference section. For years, as policy this information was available upon request until a former Food Services Director arbitrarily had this data removed. When this Food Service Director, who reigned at MCI-Norfolk for over 15 years was asked why he removed the data, his blatant response was that he did not want people to know what was supposed to be in the food.!

Menus, recipes, and the Nutritional Breakdown of meals is available through a Public Records Request, or by asking a member of the Food Services Committee, see also Public Records section. The following diets are available at MCI-Norfolk:

1. "Main Line" or General Population Diet.
2. ADA Diets(American Dietetic Association) usually for diabetics and are prescribed as 1,800, 2,200, or 2,500 calorie diets. These are medically prescribed.
3. Bland Diets, medically prescribed.
4. Pre-Dialysis, medically prescribed.
5. Dialysis, medically prescribed.
6. Gluten Free, medically prescribed.
7. Ground Diet, medically prescribed.
8. Vegan/Vegetarian, religious
9. Kosher, religious.
10. Halal, religious.
11. Allergy related, medically prescribed.
12. A.D.A. Snacks usually prescribed by medical for diabetics or those with health or weight issues. The dietitian approved Worksheets/Menus call for fruit, cereal, and milk; Food Services claims that the dietitian has approved withholding the fruit from this snack.

## DIET/MENUS/RECIPES

Each of the above menus/diets/ has a corresponding 3 week cycle menu, recipes, and Nutritional Breakdown(worksheets). In addition the Therapeutic A.D.A. Diets have a 21 page detail of the portions and weights of food in each(1,800,2,200, and 2,500) diet.

## PUBLIC RECORDS

The Massachusetts Public Records Law (Public Records Law) and its Regulations provide that each person has a right of access to public information. (FN.1) This right of access includes the right to inspect, copy or have a copy of records provided upon payment of a reasonable fee, if any. (FN.2)

The Public Records Law broadly defines "public records" to include "all books, papers, maps, photographs, recorded tapes, financial statements, statistical tabulations, or other documentary materials or data, regardless of physical form or characteristics, made or received by any officer or employee" of any Massachusetts governmental entity. (FN.3)

There are strictly and narrowly construed exemptions and common law privileges to the broad definition of "public records." (FN.4)

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FN.1 G.L.c. 66, §10(a)

FN.2 Id.; 950 C.M.R. 32.07.

FN.3 G.L.c. 4, § 7(26).

FN.4 Id., see also Att'y Gen. v. Assistant Comm'r of the Real Prop. Dep't of Boston, 380 Mass. 623, 625(1980)(the statutory exemptions are to be strictly and narrowly construed).

Public Records Requests can be directed to either the Director of Communications of the D.O.C. 50 Maple Street, Suite 3, Milford, MA 01757, or to the Superintendent depending on your request. For example requests specific to your Institution can be made to the Superintendent, or to the Dir. of Communications, while something not Institution specific would go to the D.O.C.

The Secretary of State, Public Records Division oversees and enforces the Massachusetts Public Records Laws. It is the Public Records Division you contact if filing an appeal of a denial to your request. The Public Records Division publishes "A Guide to the Massachusetts Public Records Laws" and additional educational resources contact Public Records Division at:

Division of Public Records  
Secretary of State  
One Ashburton Place, Room 1719  
Boston, MA 02108

Telephone: (617)727-2832  
Fax: (617)727-5914  
Email: [pre@sec.state.ma.us](mailto:pre@sec.state.ma.us)  
[www.sec.state.ma.us/pre/preidx.htm](http://www.sec.state.ma.us/pre/preidx.htm)

## Deviations to the Menu

The Food Services Committee continues to monitor and document deviations to the menu(s). The Committee is always seeking assistance in this area and looking for point persons to track and document such deviation. See a member of the Norfolk Inmate Council or the Food Committee to help.

Following are examples of types of deviations to the Main Line, Kosher, and the Therapeutic ADA diets.

MCI-Norfolk  
Deviations to the Mainline Diet  
Day 15(8-7) thru Day 21(8-13)  
2022

Day 15, Dinner, rotten bananas sent

Day 16, D, No baked chicken sent, substituted with the salty, breaded greasy outdated chicken drumsticks(not approved by the dietitian.

Day 18, B No scrambled eggs sent, substituted with processed egg patties, which were actually still frozen

Day 21, B No yogurt sent, callback, nothing sent. L: No onions or peppers sent as specified on the menu, call-back, nothing sent. D: No chicken stirfry sent, replaced with chicken stew which was mostly thrown away

MCI-NORFOLK

DEVIATIONS TO THE MAINLINE DIET

Day 8(9-11) thru Day 14(9-17)  
2022

Day 8, No rice Krispies, replaced with "puffed Rice"(FN 1) No  
Coffee Cake, replaced with a processed lemon sugar pound cake  
L: No cornbread sent

Day 9, B No Hard Boiled Eggs, replaced with Puffed Rice(FN.1)  
No banana or substitute sent L: No baked potato INSTANT MASHED...

Day 10, B: Pancakes replaced with Waffles. L: No potato salad,  
replaced with pasta salad(No tomatoes) Not made by recipe which  
FSD agreed after 3-week cycle the recipe would be followed. No  
apple sauce substituted with cookies(premade/donated?)

Day 12 D: INSTANT MASHED POTATOES

Day 13, B: No apple sauce, substituted with lemon pound cake  
loaded with sugar . . . D: Spanish rice replaced with plain  
rice

Day 14, B: No coffee cake substituted with sugary lemon pound  
cake

FN 1. Food Services Committee was informed by Kitchen LT. and  
FSD that puffed rice will no longer be served. FUN FACT: Birds  
at MCI-Norfolk will not even eat the puffed rice product!

MAINLINE  
DEVIATIONS TO THE MAINLINE DIET

MCI-NORFOLK  
DAY 1(9/4) thru DAY 7(9/10)

2022

DAY 1, L: No Corn Bread(replaced with potato chips). D: Mashed Potatoes replaced with rice

Day 2, D:Chicken and Broccoli was replaced with chicken stew. The side of Broccoli was replaced with mixed vegetables. No fruit or substitute sent

Day 5, B: Menu item of "Blueberry cake" was replaced with a pre-made processed, outdated "Lemon cake." (See attached label).

Day 7, B: Wheat Flakes replaced with cheap processed corn flakes from Mexico (with misspellings on nutritional label)



Deviations to the 2200 ADA Therapeutic Medically prescribed Diet  
from 1/16/22 thru 1/22/22

DAY 1(1-16-22) Breakfast(B) No Fortified Juice Sent(FN1); Lunch(L) No Diet Punch, No Black Beans, No [ls/lf] gravy, menu called for ½ cup carrots only 1 cup sent; Dinner(D) No Diet Punch(FN2) No gravy, No pats of margarine sent.

DAY 2(1-17-22) B No juice; L No juice, menu called for 1 cup of potato salad only 1/2 cup sent; D No Juice, No pats

DAY 3(1-18-22) B No Juice; D No juice, menu called for orange instead an apple was sent, a very processed meat patty was sent in place of "Salisbury Steak"?

Day 4(1-19-22) B No Juice D menu called for Chicken Stew, instead Chicken Creole", same as Main Line was served D No Juice, No Pats No Pudding, apple sauce sent, ½ cup green beans sent menu calls for 1½ cups, ½ cup meat sauce sent menu calls for 1 cup

DAY 5(1-20-22) B No bread sent; No pats; L No Juice No soup, 1/2 cup cabbage sent menu calls for 1½ cups D No Juice

DAY 6(1-21-22) B No Juice; L No Juice, an apple replaced the menu item of Orange, No "ls/lf tarter sauce" sent, apple sauce replaced pudding, a breaded fish was sent in place of the unbreaded fish

DAY 7(1-22-22) B No juice, apple sent in place of menu item of orangr; L

FN1 The specified "[8oz] Fortified Bkfst Juice[packet]" has not been sent in weeks and was the topic of "unsuccessful" call-backs. Today the Kosher meals received the Fortified Bkfst packets, even though the kitchen's claim that these are unavailable from the vendor.

FN2 Diet punch packets, different from the vitamin "spiked" brksft drink is not being sent.

OTHER: The chicken being sent to the ADAs as well as the Bland Diets is a preseasoned product of highly salted and peppered chicken pieces, used even when the menu specifies "chicken breast". There have been numerous complaints to from ADA as well as bland Diets, often times too salty to eat.

The new menu for ADAs specifies that the ADA snacks are supposed to receive fruit with their snack, fruit is not being provided.

DEVIATIONS TO THE 2200 ADA THERAPEUTIC DIET  
MCI-Norfolk

Day 15(10-9) thru Day 21(10-15)  
2022

Day 15, L: In Unit 2-2 only 1 of 5 of the ADA trays were sent, kitchen called nothing sent. D: Beef Stew, No Beef in the Stew tray showed to camera in Unit 2-2 @ 4:27. Tiny apples served again.

Day 16, L: Different amounts of processed meatballs in ADA trays, some trays had 4, some had 5, others had 6 meatballs. D: Instant watery mashed potatoes

Day 17, D: No Medium Baked Potato served, instead 2 small boiled potatoes sent, only 2 pats of margarine(calls for 3) orange replaced with tiny apple.

Day 18, B: No banana sent, apples again . . ., L: No Cheese sent for cheese burger, D: Apples sent again

Day 19, B: Wrong juice packs sent, flat pats of margarine(should be tubs)L: Pasta salad(no tomatoes) NO MADE ACCORDING TO RECIPE per agreement with F.S.D.) salad made with carrots, which is a complaint in population. F.S.C. informed population, per agreement with FSD that pasta salad would be made according to recipe. . . See minutes dated: / /22. D: flat margarine pats sent smeared/mushed on apple in cold tray. No juice pats sent.

Day 20, B: Wrong breakfast juice pats sent. Juice pats and pink sugar were covered in margarine pats.L: Dark sliced turkey sent of a processed and fatty quality. Pasta salad not made according to recipe, contained carrots. Only 2 margarine(calls for 3) apples again

Day 21, No onions and peppers for ADA diets, served on Mainline. Orange substituted with apple . . .

DEVIATIONS TO THE MEDICALLY PRESCRIBED  
2200 ADA THERAPEUTIC DIETS

Day 8(10-23) thru Day 14(10-29)

MCI-NORFOLK

Day 8, Lunch: Fatty Dark Meat Turkey. Called for 1½ carrots but was replaced with ½ cup green beans, Jello replaced with pudding. Dinner, called for 3 margarine tubs, only 2 served

Day 9, L: called for 3 margarine, only 2 served, Dinner calls for 3 margarine tubs, only 2 served, Orange replaced with apple

Day 10, D: Calls for 3 margarine tubs only 2 served

Day 11, Wrong breakfast drink sent, calls for Fortified Kosher sent, D: Small chicken leg, only 2 tubs margarine calls for 3

Day 12, L: No Soup Sent, only 2 margarine, calls for 3, D: Jello replaced with apple, Dark Meat(fatty) Turkey White meat served on Mainline(processed). Other therapeutic diets received real white meat turkey, but not ADAs

Day 13 B: Wrong juice supposed to be fortified with multi-vitamins, Kosher packs being sent with only vitamin C & D D: Menu calls for 1½ cups of brussel sprouts only 1 cup sent

Day 14, B: No ADA Cold trays sent, only clam shell. (FN.1) L: 1 cup cauliflower, calls for 1½ cups, D: Very little chicken(FN.2)

FN. 1 Unit 2-2, and other Units, ADA did not receive cereal and yogurt tray. made Officer aware. Never sent. Will write asking that call-backs be logged in I.M.S. as was the practice under Dep. Thibeault Other trays incomplete, Kosher, Bland, etc

FN. 2 Grievance filed. only two small pieces of chicken smaller than a quarter sent. Showed to cameras

FN.1 & FN.2 Please view Cameras

MCI-Norfolk

Deviations

Kosher

9-4-2022 thru 9-10-2022

Sunday, Dinner, Salisbury Steak replaced with Chow Mein  
Monday and Tuesday Meals, Complaint: Trying to stuff everything  
into the cold tray, and bread was not sent on these days  
Wednesday, Dinner, Stuffed Shells was replaced with a sliced  
Turkey meal.

Thursday, Lunch, Pot Roast was replaced with the sliced Turkey  
meal. Dinner: Salisbury Steak was replaced with the sliced  
turkey meal.

\*\*\* Sliced Turkey Meal was served 3 times in a row  
Saturday, Lunch, Stuffed shells meal was replaced with Ravioli

\*\*\* "What happened to the Stuffed Shells."

MCI-Norfolk

Deviations

Kosher

9-18-2022 thru 9-24-2022

Sunday, Breakfast, No Yogurt sent

Monday, Breakfast, No Yogurt sent

Tuesday, Lunch called for "stuffed shells" replaced with ravioli

Tuesday, Breakfast meal was not delivered for William LaPage in Unit 1-3, kitchen called. Officer Rousseau had to call kitchen 5 times, and had to mention that LaPage was requesting the Shift Commander before the kitchen sent meal at 9:35. Filed a informal grievance. LaPage missed morning work

Thursday, Dinner, Stuffed Shells replaced with "Chow Mein"

## Fiscal 2022 DOC Expenditures

The following is taken from the Lifers' Group Inc. annual Report on the Department of Correction's Expenditures and Staffing Levels for the fiscal year 2022 (FN.1).

<u>CATEGORY</u>	<u>AMOUNT</u>	<u>% (FN.2)</u>
Employee Expenses	470,222,847	61.7
Prisoner Health Costs	195,170,925	25.6
Utilities	23,934,671	3.1
Infrastructure	20,074,303	2.6
Prisoner Program Costs	16,138,353	2.1
<u>Prisoner Food Costs</u>	16,002,595	2.1
Other Expenses (FN.3)	13,592,712	1.8
Administrative Expenses	4,086,118	.6
Legislative Earmarks (FN.4)	<u>2,340,000</u>	<u>.4</u>
TOTAL EXPENSES	761, 562, 254	100

---

FN.1 Past reports can be accessed at: [www.realcostofprisons.org/writing](http://www.realcostofprisons.org/writing) or on Facebook @LifersGroupMCINorfolk.

FN.2 The expenditures of funds and calculated percentages of the total amounts spent in Fiscal 2022.

FN.3 Other expenses include: Facility Furnishings, Cleaning Supplies, Security Equipment, Vehicle Maintenance, Captel Phone usage, and IT and Software licensing.

FN.4 Legislative Earmarks are funds paid to cities and towns which host prisons as mandated by the Legislature.

With 61.7% of the DOC budget going to Employee Expenses, i.e., salaries, there is no excuse for violations to governing policies and C.M.R. at cost to the wellbeing of the Inmate Population. Specifically a mere 2.1% of the budget is earmarked to feed inmates and not intended to provide fraudulently allocated from the Inmate Food Account- a free lunch to staff. Additionally, if the menus and dietitian approved recipes are followed, as required by policy, it would eliminate harmful preservatives, sodium, and unhealthy fats...while improving nutrition and the overall quality of food. And, as well realistically decreasing the 25.6% of the budget spent on health care, due in most part to diet related

## Fiscal 2022 DOC Expenditures

ailments such as diabetes, hypertension, heart disease, cancers... Conditions exacerbated by the fact that prison involves a sedentary lifestyle.

GRILLS/OVENS/POTATO PEELER  
Capital Expenditures  
DCAMM

Over the past year, in response to the Committee's complaints about the menu not being followed, i.e., baked potatoes, instant potatoes, scrambled eggs, etc., the Committee on a number of occasions have been told that due to limited workers in the kitchen, and a limited amounts of grills, that the kitchen could not provide scrambled eggs. Additionally, that because of limited oven space baked potatoes (as specified on the menu) could not be served, and the lack of a potato peeler and limited Kitchen Workers; the kitchen was serving the Instant Mashed Potato Product(s). The kitchen stated during meetings that requests had been made to the Capital Purchases Division of DCAMM. The Committee at one point wrote to the Deputy Commissioner of Administration, after months, and month of asking for a status on the matter. It was suggested that a Public Records Request be made directly to DCAMM. The first request was ignored/unanswered, and a second request was made. As well as an additional request to the Director of Communications at the Department of Corrections. The Committee will appeal the denial, and report a status to the Norfolk Inmate Council. The F.S.D. has recently stated that the replacement of the "Fish@" ovens is a project in the works and will entail some major construction.

See Appendix, Letter to Associate Deputy Commissioner, and response from Norfolk F.S.D.



## SOY MEAT

Soy meat is one of the most loathed foods at Norfolk, as well as one of, if not the biggest sources of waste. Meals contaminated with this soy meat, i.e., chili, meat sauces, sloppy joe, hamburger, etc are mostly thrown away and not enjoyed(see Survey results). It is reprehensible to serve such an unpopular item, knowing it is disliked and mostly thrown away.

The kitchen and Administration lead persons to believe the soy meat is enjoyed, and the soy meat was taste tested, and the population "approved" of this item. This is not even half true.

Prior to 2011, MCI-Norfolk served a 'processed meat product' as hamburger and ground beef. This malodorous product tasted so bad that it created a climate issue one of overwhelming complaints, grievances, visits to staff-access, and calls from outside the institution. The institution stopped using the product.

On September 22, 2011, the State Food Services Director Mr. ("Gendreau") held his meeting with the Institutional Food Services Directors at the MCI-Norfolk Main Line Kitchen. On the agenda was to taste test a replacement to the 'processed meat product.' A member of the Food Committee(who currently serves on the Committee) was called to this meeting, and given a hamburger by Mr. Gendreau, and asked to taste it. To this naive and lowly member of the Committee, the burger tasted fine. Said member asked Mr. Gendreau if the Nutritional and Ingredient Labels could be sent to him. A copy was received along with a cover letter from Gendreau, dated September 26, 2011. See attached the sent label which is "fax-stamped"/dated 9/26/11(please note the page was

## SOY MEAT

folded when faxed/copies.) The label provided is clearly for Beef Patty, 4oz. 80/20 lean. This is the hamburger that the member taste tested. But compare to the label for Bulk Ground Beef with Soy Protein, 80/20, which is what is served to the population to date. Clearly this was a typical bait-and-switch, as the ground beef/hamburger product was substituted after the taste testing. To make matters worse, there is a concerted effort to defend this disingenuous slight of hand.

In an October 9th 2012 letter(attached) Mr. Gendreau responded to a Food Committee member's letter of complaint about a change in the hamburger/ground beef, Mr. Gendreau states: the ground beef and ground beef patties currently being served at Norfolk and every other D.O.C. facility were tested last December[sic] by some member of your Food Committee. All inmates involved in the testing were completely satisfied with the products "(see attached). It was at about this time that the burger changed to a soy meat product.

On October 21, 2020, Christopher Gendreau responds to another letter of complaint that " . . . [Y]ou were part of a large group that tested these products in the Norfolk kitchen approximately September 22, 2011, along with five or six Food Services Directors. All agreed, this product met the standards and taste to purchase for the entire D.O.C.(see attached).

The Norfolk Food Services Director stated in a letter dated October 19, 2022 that ". . . the ground beef meals(i.e., burger patties, sloppy joe, shepherds pie, chili con carne, meat sauce, American chop suey) are all made with a 'ground beef product' that members of the Food Committee at MCI-Norfolk, approved,

## SOY MEAT

during a sample taste test with the State Food Services Director Gendreau several years back. This product is purchased and used in all D.O.C. facilities accross the state."(emphasis added, see Norfolk F.S.D. letter, page 58 of this report.) To infer that this 'soy meat product' was taste tested approved is blatantly disingen- uous. A lesson learned the hard way; do not accept gifts, food, or hamburgers from strangers.

As stated and proven, it is obscenely wasteful, as well as unconscionably scandalous for the DOC to purchase, and serve to the population a meat product that is widely disliked, and subsequently mostly thrown away, especially insufficient when considering the price of real hamburger is not that much more expensive, and will be consumed(see SURVEY and WASTE sections).

Perhaps, the Norfolk Food Services Director, who in September of 2021 was tasked with the "Opportunity for purchasing for the Food Services Division statewide" should inquire into the feasibility of purchasing REAL hamburger and real ground beef, in large bulk, as he has also been tasked with securing "multiple bulk item purchases of ground beef, margarine, and rice, that will aid in keeping MCI-Norfolk MLK with food beyond the immediate future keeping costs down over the course of the year."

Clearly the use of this 'soy meat product' is a money thing. See attached report, "MCI-Norfolk Quarterly Report", which includes ...staff and inmate morale reports. Eliminating soy meat would improve both staff and inmate morale.

# New England Food Brokerage, Inc.

## Beef Patty 4 oz., 80/20 lean

### Nutrition Facts

Serving Size: 4 oz

Servings per container: 40

#### Amount per Serving

Calories 220    Calories from Fat 160

#### % Daily Value\*

Total Fat	16 g
Saturated Fat	5 g
Cholesterol	70 mg
Sodium	53 mg
Total Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Protein	22 g

Vitamin A    Vitamin C

Calcium    Iron

\*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

**Ingredients:** Ground Beef

### Contact Information

New England Food Brokerage, Inc.  
784 County Street  
Taunton, MA 02780  
Phone: 508 824-6972

# New England Food Brokerage, Inc.

## Bulk Ground Beef with Soy Protein 80/20

### Nutrition Facts

Serving Size: 4 oz  
 Servings per container 160/box

#### Amount per Serving

Calories 220    Calories from Fat 145

#### % Daily Value\*

Total Fat	16 g
Saturated Fat	5 g
Cholesterol	70 mg
Sodium	53 mg
Total Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Protein	22 g

Vitamin A            Vitamin C  
 Calcium             Iron

\*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9.10    Carbohydrate 3.94    Protein 4.50

### Ingredients:

Lean ground beef, water, textured soy protein

### Contact Information

New England Food Brokerage, Inc.  
 784 county Street  
 Taunton, MA 02780  
 Phone: 508 824-6972



The Commonwealth of Massachusetts  
Executive Office of Public Safety & Security



Deval L. Patrick  
Governor

Department of Correction  
50 Maple Street, Suite 3  
Milford, MA 01757

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Katherine A. Chmiel  
Deputy Commissioners

Mary Elizabeth Heffernan  
Secretary

Paul L. DiPaolo  
Acting Deputy Commissioner

October 9, 2012

M.C.I. Norfolk  
2 Clark Street  
P.O. Box 43  
Norfolk, MA 02056-0043

Dear

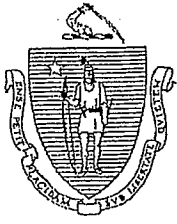
I am in receipt of your letter dated September 27, 2012. In your letter you raise the issue of the Hamburger being served to the inmate population at Norfolk. The Ground Beef and Ground Beef Patties currently being served at Norfolk and every other D.O.C. facility were tested last December by some member of your Food Committee. All inmates involved in the testing were completely satisfied with the products.

Sincerely,

Christopher R. Gendreau  
State - Food Service Director

CRG: imrc

Copy: Gary Roden, Superintendent, M.C.I. Norfolk  
Sean Medeiros, Deputy Superintendent of Operations, M.C.I. Norfolk  
William D. Bates, Food Service Director, M.C.I. Norfolk  
Donald Hall, CO Chef, M.C.I. Norfolk  
David P. DiMeco, Deputy Director of Food Services,  
File 84(A).



CHARLES D. BAKER  
Governor

*The Commonwealth of Massachusetts*  
*Executive Office of Public Safety & Security*

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PAUL J. HENDERSON  
THOMAS J. PRESTON  
Deputy Commissioners

October 21, 2020

M.C.I. Norfolk  
P. O. Box 43  
Norfolk, MA 02056-0043

I am in receipt of your letter dated October 2, 2020. In your letter you have requested the nutritional information on the Beef Patty w/ Soy, which I had sent to you in a previous letter dated September 21, 2020. Your letter also makes reference to the word "new" being written across the nutritional sheet sent to you earlier. The ground beef and patty product are one in the same. The product has not changed since December 11, 2011. Also, you were part of a large group that tested these products in the Norfolk kitchen approximately September 22, 2011, along with five or six Food Service Directors. All agreed, this product met the standards and taste to purchase for the entire DOC. This product continues to be used without any problems at all DOC facilities. The ground beef product is an 80/20 split with soy. This product has been approved by a registered dietitian and can be consumed by all diets. I have attached nutritional sheets for both products. I do not have access to invoices at my office, but can tell you the cost of the bulk ground beef is \$1.54/lb. and the patties are \$1.57/lb. I have also attached prior letters that this issue has been addressed.

Sincerely,

Christopher R. Gendreau  
State-Food Service Director

CRG/imrc

cc: Nelson Alves, Acting Superintendent MCI Norfolk





*The Commonwealth of Massachusetts  
Executive Office of Public Safety & Security*

*Department of Correction  
50 Maple Street, Suite 3  
Milford, MA 01757  
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THOMAS J. PRESTON  
Deputy Commissioners

August 24, 2022

MCI-Norfolk  
P.O. Box 43  
Norfolk, MA. 02056

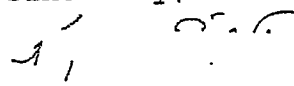
Dear Mr.

This responds to your records request dated August 22, 2022. Your request seeks the following: "A complete unredacted copy of the MCI-Norfolk institutional quarterly report for July - September 2021 and October - December 2021 including completed staff and inmate morale."

Enclosed please find the record responsive to your request.

If you object to this response, you may appeal to the Supervisor of Records in accordance with M.G.L. c. 66, §10(b) and 950 CMR 32.00.

Sincerely,

  
I  
Director of Communications

Enc.

MASSACHUSETTS DEPARTMENT OF CORRECTION

FACILITY NAME MCI-Norfolk

INSTITUTIONAL QUARTERLY REPORT

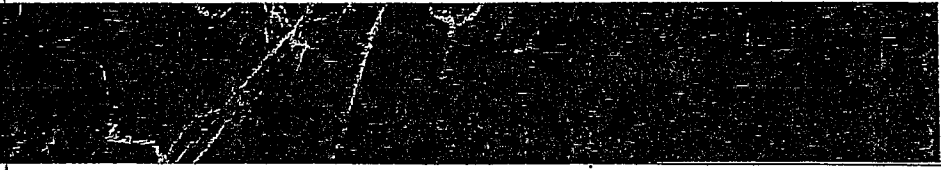

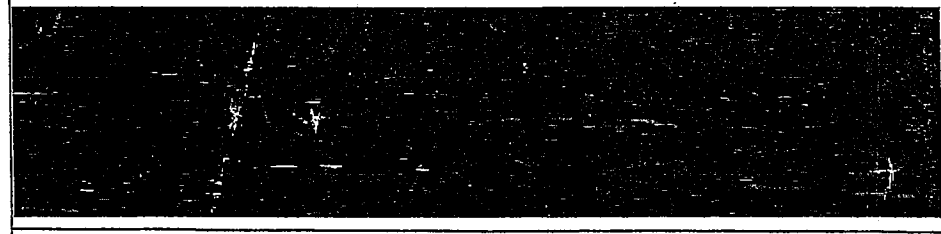
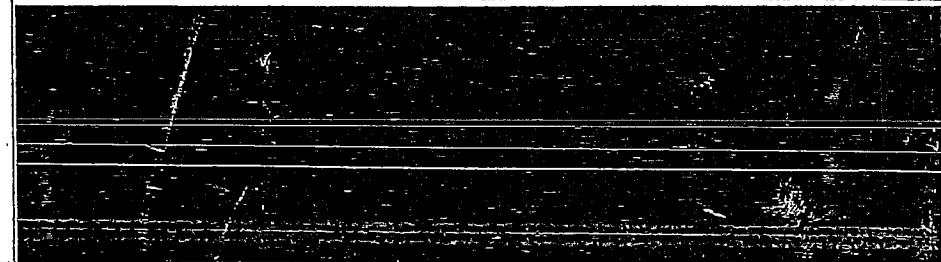
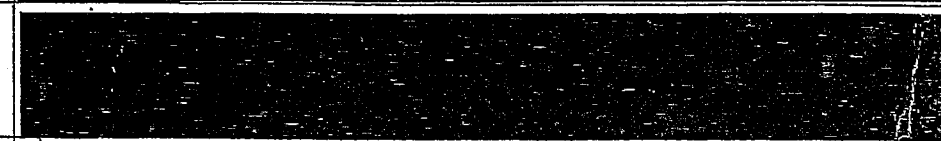
3rd QUARTER July – September 2021

ATTACHMENT A

Effective July 2015

Major Developments and Progress:

Please note major developments and progress in each department or administrative unit during the reporting quarter relating to the strategic plan goals.

<p>Goal:</p> <p>Maintain and enhance prison safety and security for the public, staff and inmates.</p>	<p>July 2021 – Per Commissioner Mici's direction, disposable razors (razor blades and razor handles) are no longer available for purchase by the inmate population. All inmates will now be permitted to purchase an electric razor through canteen. Any inmate who is indigent will be issued an electric razor.</p>
	
	<p>August 2021- The Main Line Kitchen was reorganized by moving warmers/cooler/prep areas to provide more clear line of sight from all areas of the kitchen.</p>
	
	
	
	
	<p>September 2021- Any verbal announcements will be made In Person to inmates who have been identified as Deaf or Hard of Hearing. It will be the responsibility</p>

	of the Unit Officers to provide pertinent information in person to the deaf or hard of hearing inmate.
	Worked with Superintendent's office on continued COVID testing of inmates where our office tracked results, supplied housing risk, unit clearances & re-assignment of inmates based on their test results.
Goal: Effectively prepare inmates for transition into communities to reduce crime and victimization, reduce recidivism and promote reentry	In June 2021, increased CSD volunteer programming, special inmate group meetings in accordance with social distancing and maximum occupancy guidelines for example Project Youth, AA/NA, lifers, group, NIC council, countdown to freedom, path to freedom money smart etc. Utilization of virtual volunteer programming being implemented.

Goal: Collaborate with external stakeholders to achieve mutual goals and objectives	September 2021 – FSD DeLeo has been tasked with Opportunity for purchasing for the Food Services division statewide. FSD DeLeo was able to secure multiple bulk item purchases of Ground Beef, Margarine, and Rice, that will aid in keeping MCI Norfolk MLK with food beyond the immediate future keeping costs down over the length of the fiscal year.
	September 2021- The Plumbing Department assisted Pondville Correctional Center to install their new hot water heater.
	September 2021- The Maintenance Department assisted the Water Plant to assist in the repair of their dehumidifier and the installation of their new air conditioner.
	June 22, 2021, several Native American volunteers went to Pondville to gather saplings to rebuild the Sweat Lodge at MCI-Norfolk. The volunteers were able to gather 30 saplings and bring them to MCI-Norfolk and build a new sweat lodge as well as train inmates. On August 26, 2021, the first Sweat Lodge since COVID was held.
	June 23, 2021, one volunteer came into MCI-N and helped the inmates learn how to bend the saplings and secure them to use for the Sweat Lodge.

	On August 26, 2021, the first Sweat Lodge since COVID was held.
	Reentry Department continues to collaborate with Parole, Probation and other public safety departments to ensure that public safety is top priority when inmates are released to the community.
	PDCU Audit conducted during this quarter.
	Freedom reads was founded by poet and lawyer Reginald Dwayne Betts to transform access to literature in prison. It was when someone slid a great book under his cell door 25 years ago that Dwayne's sense of what was possible for his life changed. From experience, he says freedom can begin with a book.
<p>Goal:</p> <p>Maximize efficiency through process improvements</p>	September 2021- The Main Line Kitchen has been serving the standard menu at somewhere between 90-95%. Few necessary adjustments have been made due to inmate labor and staffing shortage, but on the whole, serving the menu's "as written" has streamlined our operation and limited the number of grievances and informal complaints received by MLK.

<p>Goal:</p> <p>Achieve work force excellence and implement succession planning strategies</p>	Deputy of Reentry participated in the RHU Daily Logs Onsite Training.
	Director of Classification and Director of Treatment participated in the DOC/DOT training in Milford.
	Deputy of Reentry Office continues to train the WPO1 as well as the WPO1 in the Director of Classification office on various work duties to make the Reentry Department more successful.

<p>Goal:</p> <p>Build an agency that promotes an awareness of services to encourage an environment of</p>	July -September 2021- The facility converted the Restrictive Housing Unit Law Library to a Recreation Area for inmates. This recreation area can be utilized for inmates to watch television, etc.
---	--

*Nelson Alves*

**MASSACHUSETTS DEPARTMENT OF CORRECTION**  
**FACILITY NAME MCI Norfolk**  
**INSTITUTIONAL QUARTERLY REPORT**  
**4<sup>th</sup> QUARTER (October 1-December 31, 2021)**  
**ATTACHMENT A**  
 Effective July 2015

**Major Developments and Progress:**

Please note major developments and progress in each department or administrative unit during the reporting quarter relating to the strategic plan goals.

Goal:  Maintain and enhance prison safety and security for the public, staff and inmates.	1. October 2021- Effective Wednesday, October 27, 2021, the facility will began testing visitors for evidence of a COVID-19 infection prior to being allowed entrance. Testing will be required for all visitors, volunteers, vendors, and attorneys.
	2. November 2021- In the event there is a fire response in the Health Services Building requiring evacuation of the 2 <sup>nd</sup> floor Critical Stabilization Unit (CSU), the facility implemented the following procedure to assist inmates in evacuation who may have medical restrictions.  The responding lieutenant will identify the responding staff to retrieve stair chairs to evacuate inmates who are not ambulatory. Primary and secondary egress shall be utilized in accordance with MCI-Norfolk's Procedure for 103 DOC 730 Fire Prevention and Safety Policy. The location of the stair chairs for immediate use are: HSU 2 <sup>nd</sup> floor (CSU), HSU 1 <sup>st</sup> floor (OPD), RHU Secondary stair chair location: OIC building
	3. November 2021- The Maintenance Department completed the removal of concrete and treatment of steel in Vocational Educational office ceiling to ensure safety for all who use the building.
	4. November 2021.- The Maintenance Department installed plexiglass barriers in the Critical Stabilization Unit between each bed to ensure the health and safety for all inmates living in this area.

Goal:	1. November 2021- The Department's Community Sanitation Program (CSP) conducted an inspection of MCI Norfolk on November 9, 10, 18,
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healthy living for all	
	July-September 2021- The facility continues to refurbish the Critical Stabilization Unit, inmate day room. The walls were painted, a new television was installed. A new bookcase is being built was built. New Furniture has been delivered and is pending installation to ensure a more positive/brighter living space for these inmates.
	July-2021- Officer Bobby Gorham was nominated the July 2021 Employee of the Month. Staff recognized Officer Gorham for his good moral character and dedication to the Department of Correction.
	September 2021- On Tuesday, September 14, 2021 from 1pm-4pm, the facility offered a Covid-19 vaccination clinic for any staff member who wanted to get vaccinated through the Department. At this clinic, staff will be given the option of the Pfizer or Johnson & Johnson vaccine. COVID testing for staff continues to be offered as scheduled by The Central Office Health Services Division.

Major Problems:	Proposed Solution
Staff coverage for FMLA leaves, retirements, etc.	Train additional staff to provide back up when necessary.

**Staff morale:**  
 Current assessment of employee morale is  
 excellent \_\_\_\_\_ good  X  poor \_\_\_\_\_

**Inmate morale:**  
 Number of inmate grievances filed 68  
 Current assessment of inmate morale is  
 excellent \_\_\_\_\_ good  X  poor \_\_\_\_\_

Collaborate with external stakeholders to achieve mutual goals and objectives	and 19 <sup>th</sup> 2021. Overall the inspection went well, and the repeat violation numbers continue to steadily decrease.
	2. November 2021- - The facility successfully passed the American Correctional Association (ACA) audit of the facility. Auditors toured the facility, interviewed staff on all three shifts and reviewed 574 standards covering all aspects of the prison operations. The facility achieved 100% compliance with all mandatory standards and as a result will be recommended for re-accreditation at the ACA Congress in January 2022, before a panel.
	3. December 2021- Laurie Anderson, Director Officer of the Ombudsman conducted an assessment of the facility on 12/14/2021. The assessment went well and the Ombudsman found the facility to be in compliance with the established standards.
	4. Reentry Department continue to hold Triage meeting to collaborate with Parole, Probation and other public safety department to ensure that public safety is top priority when inmates are released.
	5. ACA Audit conducted during this quarter.
	6. Native American volunteers have been coming in monthly to participate in the Sweat Lodge. 7. DOT Smith ordered tarps for the Sweat Lodge. 8. Volunteer Ludwig sent in inipi and other sacred items to replace worn items on Sweat Lodge
	9. Reentry Department continues to hold Triage meeting to collaborate with Parole, Probation and other public safety department to ensure that public safety is top priority when inmates are released.

Goal: Maximize efficiency through process improvements	1. October 2021 – A housekeeping plan (task list) was created to ensure the Critical Stabilization Unit officers are able to monitor daily/weekly/monthly cleaning tasks. An addendum was attached to the CSU post orders.
	2. Continuing the locked box implementation at Norfolk to include locked boxes for all Captel phones at MCI-Norfolk.
	3. Classification conducting internal audits to ensure hearings, recommendation outcomes and overrides are completed within respective time frames and logged accurately in IMS. Furthermore, an audit calendar was created to consistently audit/review classification and program recommendations.
	4. Began implementation of a Time Off calendar that tracks planned time off to include Classification and Treatment CPO's and support staff in order to plan coverage during time off to maintain consistent work flow.
	5. Reentry Dept. assigned to CPO's to escort and assist in the computer replacement project at MCI-Norfolk.

	6. Implemented a touch-base meeting 2 x week with Deputy of Reentry Directors and Has to improve on communication and discussion of any current projects.
	7. Reentry Department assigned CPO's to escort and assist in the computer replacement project at MCI-Norfolk
	8. Conducted internal audits to ensure all inmates were being seen for classification hearing at the appropriate intervals.
	9. Conducted internal audit on Program Plans to ensure all inmates recommendation were active with appropriate outcome.
	10. Conducted internal audit to ensure classification PBS overrides were being utilized correctly and given the correct review date based on override used.
	11. Created a yearly internal audit calendar so that all internal audits will be done on a consistent basis to detect and/or prevent any issues that may arise regarding classification reviews and/or program recommendations.

Goal:  Achieve work force excellence and implement succession planning strategies	1. November 2021- The facility renamed the Probation Building to the Special Services Unit (SSU).
	2. November 2021- The Food Service Director continues to have bi-weekly LT meetings to increase communication and collaboration between shifts.
	3. December 2021- The Food Service Direction continues to hold monthly meetings with the Inmate Food Committee to help resolve minor issues before they grow into official grievances. Communication with inmate body has allowed us to get ahead of issues such as product unavailability as a result of shortages and transportation issues.
	4. December 2021- The Food Service Division continues to collaborate with DOC dietician regarding diet menus specific to inmates in the RHU based on medical needs.
	5. Deputy of Reentry attended the Deputy Meeting/Training at Milford.
	6. Entering Phase II of training the Deputy of Reentry's WPO I as well as the Director of Classification's WPO I on respective work duties to make the Reentry Department more successful.

Goal:	1. October 2021- The Maintenance Department successfully assembled and installed the new furniture and bookcases in the Critical Stabilization Unit Solarium.
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Build an agency that promotes awareness services encourage an environment of healthy living for all	2. October 2021- The facility purchased two air purifiers for the Critical Stabilization Unit which will improve the air quality. One has been placed in the main room and the other is in the Solarium.
	3. October 2021- The Wellness Committee held a pizza day fundraiser raising over \$140.00 for staff wellness.
	4. November 2021- The Wellness Committee established a "Snack Locker" for any staff member to utilize in the event they need a snack, drink, etc. while on duty.
	5. Treatment area working on the Implementation of the Freedom Reads Library.
	6. Classification/Treatment working in conjunction with Property, Housing LT, and Treasurer on DOC tablet implementation rollout.
	7. Treatment continuing the implementation of re-opening the CSD for groups/programs in accordance with the social distancing protocols.
	8.
	9. December 2021- The Norfolk Wellness Committee adopted two local families this holiday season. The Norfolk Staff were able to come together to provide Christmas presents to these children and their parents to include warm winter clothes/pajamas, coats, gloves/hats, and toys.
	Goal: Effectively prepare inmate for transition into communities to reduce crime and victimization, reduce recidivism/ promote reentry
	AA/NA classes started again with volunteers continuing.
	Project Youth started meeting again looking forward to having schools come in and in the meantime, virtual learning may be used.
	Norfolk Inmate Council (NIC) continuing to meet.
	UGP began meeting in the CSD again.
	AACC has been meeting again and have met with several State Reps.
	Lifer's Group continuing to meet and have met with several State Reps.
	The Lifer's Education Group continuing to meet.
	Religious groups began meeting more frequently.
Goal: Maintain/ enhance prison safety for the public, staff, inmates	1. Worked with the Superintendent's office on continued COVID testing of inmates where our office tracked results, supplied housing risk, unit clearances & re-assignment of inmates based on their test results.
Goal:	1. Working on Medical Paroles with various Departments to include medical, classification, re-entry staff, inmates and

Effectively prepare inmates to transition into communities and reduce crime and promote reentry Reduce victimization	families, etc. Norfolk has received 5 medical paroles/reconsiderations in this quarter. There is currently one medical parole in process.
	2. Participated/collaborated through IFCC calls to setup inmate with outside services and interventions based on their need when released.
	3. Continue to work with Classification and Treatment offices as they work with inmates to ensure they are provided with the appropriate programming to address their need in preparation for successful release into the community.

<b>Major Incidents:</b> Please refer to the Duty Log for major incidents	<b>Population data:</b> Please refer to institution fact card
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<b>Staff morale:</b> Current assessment of employee morale is excellent _____ good <input checked="" type="checkbox"/> poor _____
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<b>Inmate morale:</b> Number of inmate grievances filed _____ Current assessment of inmate morale is excellent _____ good <input checked="" type="checkbox"/> poor _____
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<b>Major Problems and plans for solving them:</b> Please describe the three (3) most pressing problems and plans for solving them:	
<b>Major problem</b>	<b>Proposed solution</b>
1.	
2.	
3.	
<b>Comments:</b>	

BLANK

INMATE PAY  
MAIN LINE KITCHEN

A Public Records Request was filed pursuant to M.G.L.c. 66, §10 seeking the pay rates for inmate kitchen workers at other Department of Correction Facilities which included, MCI-Norfolk, S.B.C.C., O.C.C.C., and Gardner. It was learned that MCI-Norfolk has the lowest "top pay" of the four facilities at \$4.05 per day. O.C.C.C. has the highest "top pay" slots at \$6.08 per day. Gardner is \$5.04 per day and allows an inmate to be paid for 7 days. As well it is reported that S.B.C.C.(\$5.40 per day) allows inmates to be paid for 7 days of pay, and those interested or needed are paid to work double shifts.

MCI-Norfolk inmate kitchen workers deserve to be paid at least as much as other Institutions. Norfolk has the largest inmate population in the state, and presents many challenges other Institutions do not face, such as having to feed 19 remote housing units, plus the ADL/CSU, and the SMU/BAU, by delivering food to each respective unit via tunnel systems by cart.

See attached Public Records results, and page 58(paragraph 3) of this report.

Norfolk

**JOB DESCRIPTION**

INMATE NAME AND COMMITMENT #: \_\_\_\_\_

JOB TITLE: Kitchen Worker

WORK AREA: Mainline Kitchen

PAY RATE: A = \$2.70 AA = \$4.05

WORKDAYS: As Assigned

WORK HOURS: As Assigned

RESPONSIBLE STAFF: CO Chef and CO Cooks

**JOB DUTIES**

**DAILY:**

- \* Perform cleaning tasks as assigned on a daily basis
- \* Deliver food to units by means of the tunnels
- \* Adhere to all institutional rules and sanitation practices
- \* Wear proper attire and hat
- \* Fill in on other jobs when requested to do so
- \* Prepare meals as instructed by CO Chef and CO Cook

**WEEKLY**

INMATE SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

WORK SUPERVISOR: \_\_\_\_\_

DATE: \_\_\_\_\_

SBC

**SOUZA-BARANOWSKI CORRECTIONAL CENTER  
Inmate Job Description**

**Kitchen Inmate Worker**

**Specific Duties:**

1. Prepares meals, (including isolation and satellite trays as needed), salads, and desserts.
2. Maintains cleanliness in the Kitchen preparation area, including cleaning of all counters, floors, walls, and equipment.
3. Cleans tables, chairs, floors, walls, and windows in the dining area.
4. Cleans and organizes food storage areas.
5. Removes and properly disposes of trash and garbage.
6. Cleans trash/garbage storage areas as needed.
7. Other related Kitchen duties as required.

**Qualifications:**

- Ability to work cooperatively with others.
- Ability to follow directions and complete assignments on schedule.
- Working knowledge of principles of sanitation and cleanliness.
- Must obtain Food Handlers clearance through medical screening prior to employment.

**Rates of Pay:**

\$2.70 to \$5.40 per day, depending on job assignment.

**Hours:**

- Varied shifts.
- Days Off - to be assigned.
- On-Call, as needed.

**Staff Supervision:**

Works under the supervision of a Food Service staff member, or other designated Level 2 correctional staff.

I understand that I am expected to perform the above-mentioned duties as a runner. If I do not perform these duties as required, I can be terminated from the runner assignment.

Inmate Name (Print)	Comm #	Date of Hire
Inmate Signature	Date	
Supervisor's Signature	Date	

0111

Regular Duties: Inmate is assigned to specific areas and duties in the Kitchen Warehouse and are responsible for any or all the following duties:

- Prepare and cook food for complex institutions
- Load and unload trucks
- Maintain cleanliness of the Kitchen Warehouse; sweep, mop and buff floors
- Empty trash
- Maintenance work; painting
- Any and all duties, as assigned or as needed

Refusal to work or properly complete an assignment may result in disciplinary action and loss of job.

Receipt of any Disciplinary Report may be cause for loss of job.

Sunday - Saturday, days off as assigned  
\*On call as needed

Hours: 5:30AM - 12:00PM  
10:30AM - 3:00PM  
12:00PM - 6:00PM  
\*On call, as needed

Pay Rate: Kitchen I \$3.38/day  
Kitchen II \$4.05/day  
Kitchen III \$6.08/day

Staff Supervisor: CO I Cook  
CO II Cook  
CO Head Chef  
Food Services Director

With my signature below, I acknowledge that I have read and understand the requirements of this job assignment.

\_\_\_\_\_  
Inmate Signature Date

\_\_\_\_\_  
Staff Signature Date  
OCCC Minimum Attachment D  
Job Description

Assignment: Central Warehouse

*Grader*

NCCI Kitchen pay scale

Kitchen I = \$1.35 per day

Kitchen II = \$2.03 per day

Kitchen III = \$2.70 per day

Kitchen IV = \$4.05 per day

Kitchen V = \$5.40 per day



*Garden*

NORTH CENTRAL CORRECTION INSTITUTION  
INMATE WORK ASSIGNMENT FORM

INMATE NAME \_\_\_\_\_ COMMITMENT# \_\_\_\_\_

JOB NUMBER: \_\_\_\_\_ PAY SCALE: \_\_\_\_\_

LOCATION: KITCHEN

JOB TITLE: KWRK V

DAYS PER WEEK: 7 HOURS PER DAY: 6 HOURS

JOB DUTIES:

- 1: PREPARE KOSHER RELIGIOUS MEALS ACCORDING TO MENU UNDER
- 2: DIRECTION OF C/O COOK.
- 3: PREPARE BREAKFAST/LUNCH/SUPPER.
- 4: PROPERLY STORE PREPARED FOODS AND BRING TO SERVING LINE.
- 5: CLEAN WORK AREA AND EQUIPMENT AS NEEDED.
- 6: NOTE ANY PROBLEMS WITH FOOD OR EQUIPMENT, NOTIFY C/O COOK.
- 7: MAINTAIN PROPER SANITARY HYGIENE.
- 8: ANY OTHER DUTIES AS ASSIGNED BY C/O STAFF.
- 9:

COMMENTS:

(COMMUNICABLE DISEASE TESTING STATUS FOR KITCHEN WORKERS)

GOOD TIME CREDITS: 7.5 DAYS PER MONTH

THIS JOB DESCRIPTION OUTLINES THE GENERAL DUTIES EXPECTED AND IS NOT INTENDED TO COVER EVERY TASK THAT MAY BE REQUIRED OF YOU. BY SIGNING THIS FORM YOU ACKNOWLEDGE THE ACCEPTANCE OF THIS JOB IS A VOLUNTARY ACT ON YOUR PART AND IN DOING SO YOU ARE AGREEING TO SATISFACTORILY PERFORM THE DUTIES ASSIGNED. FAILURE TO DO SO MAY RESULT IN DISCIPLINARY ACTION AND/OR TERMINATION.

I AGREE TO ACCEPT THE ABOVE NAMED JOB AND PERFORM ALL DUTIES LISTED ABOVE

\_\_\_\_\_  
INMATE SIGNATURE

\_\_\_\_\_  
WORK SUPERVISORS SIGNATURE

DATE \_\_\_\_\_

APPROVED \_\_\_\_\_ DENIED \_\_\_\_\_ BY WORK ASSIGNMENT OFFICER

TODAY'S DATE: \_\_\_\_\_ DATE STARTING: \_\_\_\_\_

## Nutritional Deficit

The Nutritional Breakdown of the Menu factors numerous nutritional data into the diet, including calories(kcal), carbohydrates, vitamins, fats, etc. Though the kitchen claims that the dietitian has "approved" or "substituted" certain items, it is not factored into the Nutritional Breakdown of the diet. For example, it is still factored into the daily calories that each man is to receive 4 packets of white sugar with breakfast, which equates to 43.34 Calories, and 11.70 grams of Carbohydrates. The sugar has been replaced with artificial sweeteners, with 0 calories and 0 carbohydrates. As well the pancake syrup is replaced with a product also with 0 calories and 0 carbohydrates. Though this nutritional deficit is small it adds up. As well, the breakfast drink which is supposed to have 60 calories, and 15 carbohydrates, and has 0 of each. And the DOC Drink(lunch & dinner) is supposed to have 16 calories, 40g of carbohydrates and potassium(100g). The drink usually used has 0(see labels and Nutritional Breakdown). If these changes are being made to the menus, the Nutritional Breakdown, which is certified by the dietitian, should be updated and other sources of Calories/Carbohydrates should be added.

### FOOD COST SUMMARY

MCI-Norfolk January - November 2022 Food Costs  
Per inmate per day/per inmate per meal

Month	AVERAGE COST Per inmate per day	AVERAGE COST Per inmate per meal
January (31) days	\$7.92	\$2.64
February(28)	\$4.89	\$1.63
March(31)	\$5.07	\$1.69
April(30)	\$7.48	\$2.49
May(31)	\$5.94	\$1.98
June(30)	\$7.01	\$2.34
July(31)	\$4.90	\$1.63
August(31)	\$5.82	\$1.94
September(30)	\$6.63	\$2.21
October(31)	\$8.50	\$2.83
November(30)	\$6.38	\$2.13
December(31)		

\* See Food Cost Summary in Appendix

The Committee is working on a number of reports including data on past budgets.

## FOOD SURVEY

In January of 2023, the Food Committee distributed 200 surveys (blank attached) across the population at MCI-Norfolk. The Committee, and the Norfolk Inmate Council went to great lengths to ensure that the surveys reached all demographics. 166 surveys were returned.

It was no great surprise that Chicken Stew, and fake/soy Hamburgers rated the highest of "WORST" foods. Chicken Stew, proper, rated at 64%, but factoring in the other 7 chicken stew type meals, that number increases to 90%, and in a 21 day cycle, these chicken stew meals are served 7 times. 84% listed the fake soy burgers as the WORST (see Fake Burgers; Soy Burgers, hamburgers, and Murder Burgers.) 61% people identified "Soy" as the WORST and 18 people identified "Soy" in the meat sauce as WORST. Additionally, numerous other meals in which soy is used made the WORST list including: Chili; Sloppy Joe; Meatballs; Chili Meat; Taco Meat, Tacos; Shepherd's Pie; and Meatloaf. Of the 28 entries for WORST under Beef foods/items, 24 contain Soy, the remaining 4 entries (5 people) appear to be non-soy based complaints. Removing Soy from the diet and replacing it with real ground beef, and real ground beef hamburgers would eliminate mostly all complaints by the population about most anything listed under Beef, as well as squash complaints about dishes such as American Chop Suey, Pasta, etc (see Pasta). Instant Mashed Potatoes ranked in at 31% and when factoring in "Mashed Potatoes", and "Fake Potatoes" this number rises to 45%. Of the overall listings under Vegetables (122 mentions) all involved not following the dietician approved menus, recipes, and Nutritional Breakdown data. For example, substituting Instant Mashed Potatoes instead of following the approved recipe for mashed potatoes. Concerning real potatoes, not using the recommended type of potato; not peeling the potatoes, nor removing the eyes. As well, correctly following the menus/recipes and actually serving baked potato and Cottage potatoes, instead of sparsely boiled potatoes.

## FOOD SURVEY

Rubber Eggs related entries calculated at 65% of the WORST. Given the amount of complaints to the Committee it is surprising that this number is not higher. The Rubber Eggs are/include "Fake Eggs", "Round Eggs", "Pickled Eggs", "Shell-less Eggs", and "Processed Eggs." There were 11 entries involving eggs under the WORST Breakfast section. All could be eliminated by simply following the dietitian approved menus, recipes, and Nutritional Breakdown of the menus, instead of imposing cheap unhealthy substitutions on the population, which is contrary to Food Services Policy.

Waffles, which are also not on the approved menus/recipes, earned a 26% dissatisfaction status. This substitution (Waffles) contains high amounts of unneeded sodium as compared to pancakes they replace.

It should be noted that the menu has changed 3 times this year, as opposed to twice in past years. After the surveys were passed out, the menu changed for the third time, and items such as Turkey Bacon, Turkey Sausage, Ravioli, and Stuffed Shells may not have received the full recognition, consideration they deserve, as they have been a hit with the population.

Chicken Leg received a 75% rating for favorites. Turkey Sausage/Bacon, 81%, Roast Beef, 63%, Real Beef Hot Dogs, 55%.

It is with hope that some of the WORST items will move to the the favorites (BEST) section, by simply following dietitian approved menus, recipes, and Nutritional Breakdown Worksheets, along with eliminating soy products from the diet.

FOOD SURVEY

2022/2023

WORST

CHICKEN

Chicken Stew(106)  
Chicken Hot Dogs(66)  
Chicken Drum Sticks(43)  
Chicken Bologna(23)  
Chicken Fajita(15)  
Chicken Gumbo(14)  
Chicken Stew w/ 5 names(14)  
Chicken Salad(11)  
Chicken Cacciatore(10)  
Chicken Patty(5)  
Fake Chicken Patty(5)  
Chicken w/ Gravy(4)  
Chicken w/ Broccoli(4)  
Shredded Chicken(4)  
Chicken w/ White Sauce(3)  
Chicken Stir Fry(2)  
Chicken w/ Vegetables(1)  
Stew Full of Flour(1)  
Chicken Soup(1)  
Chicken Thigh[undercooked](1)  
Chicken Ziti(1)  
Chicken Sausage(1)  
Fake Fried Chicken(1)

TURKEY

Turkey Ham(29)  
Turkey[processed](28)  
Turkey Sausage (1)  
Sliced Turkey(1)  
Turkey(1)

BEEF

Fake Burger(101)  
Chili(92)  
Sloppy Joe(73)  
Soy(61)  
Meatloaf[A/K/A BRAKEPADS](34)  
Meatballs(31)  
Soy Burger(20)  
Chili Meat(20)  
Tacos(19)  
Meatballs[soy](19)  
Soy Meat in Sauce(18)  
Taco Meat(16)  
Hamburgers(14)  
Shepherd's Pie(11)  
Meat Sauce(10)  
Meatballs w/ Brown Gravy(6)  
Meatloaf(5)  
Salisbury Steak(5)  
"Murder Burgers"(5)  
Uncooked Burger(2)  
Fake Shaved Beef(2)  
Sometimes Meatloaf(1)  
Condomentless Tacos(1)  
Beef Stew(1)  
Undercooked Roast Beef(1)  
Ziti w/ Meatsauce(1)  
Swedish Meatballs(1)  
Beef Stir Fry(1)

FOOD SURVEY

The Norfolk Inmate Council's Food Services Committee is conducting a survey of the Inmate Population to identify the most popular and least popular foods/meals served. The goal is to reduce the amounts of waste [swill] (FN). By reducing the amounts of waste and thereby cutting costs, a better quality of foods could be purchased. A similar undertaking was done in the Boston Public Schools (pre-pandemic). B. P. S. is now a model for other communities and has some of the best food in the Nation's school system. Think of the quality of food served at the Lemuel Shattuck Hospital. Your input is needed and appreciated.

Please list what you see as the 10 best foods/meals currently served, i.e., (proper sized) Chicken legs, (French bread) pizza, (all beef) Hot Dogs, etc.:

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

Please list what you see as the 10 worst foods/meals currently served, i.e., Soy Meat (Hamburgers, Chili Meat, etc.), "Rubber Eggs", (fake) Instant Mashed Potatoes, Egg Patties, etc.:

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

FOOD SURVEY Cont.

Please list 10 suggestions for the menu.

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

SUGGESTIONS/COMMENTS:

FN. For the months of June, July and August [2022], MCI-Norfolk paid to have 209,700 lbs. of swill (which is sold to pig farms) removed from the Institution. This exorbitant amount of waste can be broken down as 1.94 lbs. of waste per inmate per day. As the average person consumes between 3-4 lbs. of food per day; for every pound of food consumed at MCI-Norfolk over 1/2 a lb. is thrown in the trash, or dumped in the 'swill buckets.'

\*\*\* Survey will be collected \*\*\*



FOOD SURVEY

2022/2023

WORST

FISH

Fish/Baked Fish(64)  
Tuna Salad(54)  
Fish(12)  
Thin Fish Wedges(9)  
Fake Fish(5)  
Watered Down Tuna(3)  
Fish Patty(2)  
Cat Food Tuna(1)

BREAKFAST

Rubber Eggs (87)  
Waffles(43)  
Grits(40)  
Farina(32)  
Oatmeal(22)  
Wheat Flakes(21)  
Puffed Rice(7)  
Pancake Syrup(7)  
Fake Eggs(6)  
Fake Egg Patty(5)  
Round Eggs(4)  
Pickled Eggs(4)  
Bad Cereal(4)  
Omlets(4)  
Shellless Eggs(4)  
Yogurt(3)  
Cereals[fake ones](3)  
Bran Flakes(2)  
French Toast(2)  
Immitation Eggs(2)  
Pancakes(2)

BREAKFAST cont.

Coffee(2)  
Breakfast Sausage(1)  
Breakfast Cake(1)  
Sugar Twin(1)  
Rice Krispies(1)  
Pourage w/ mouse droppings(1)  
Fake Cereal(1)  
Processed Eggs(1)  
Bran/Wheat Flakes(1)  
Premade Pancakes(1)  
Egg Patty(1)  
Eggs Plain(1)  
Egg Patty(1)

PASTA MEALS

Chop Suey(87)  
Pasta(33)  
Pasta Salad w/ carrots/Broccoli(31)  
Pasta Overcooked(3)  
Ziti(3)  
Mac Salad(3)  
Pasta w/ Meat Sauce(1)  
Cold Pasta(1)  
Cold Mushy Pasta Salad(1)  
Stuffed Shells(1)

VEGETABLES

Instant Mashed Potatoes (53)  
Dirty Mashed Potatoes(15)  
Unpeeled Potatoes(13)

FOOD SURVEY

2022/2023

WORST

VEGETABLES cont.

Mashed Potatoes (19)  
Salad(9)  
Vegetables(9)  
Potatoes(6)  
Vegetables Uncooked(6)  
OverCooked Vegetables(5)  
Uncooked Potatoes(4)  
Potato salad(4)  
Raw Potatoes(3)  
Broccoli(3)  
Carrots(3)  
Fake Potatoes(3)  
Peas(2)  
Brussel Sprouts(2)  
Corn(1)  
Broccoli Stems(1)  
Corn[lives tock grade](1)  
Uncooked Grean Beans(1)  
Low Grade Vegetables(1)  
Potato Chips?(1)  
Boiled Potatoes(1)  
Baked Potatoes[not cooked](1)  
Onions/Peppers(1)

FRUIT

Rotten/Frozen Fruit(5)

RICE

Rice(17)  
Over Cooked Rice(4)  
Under Cooked Rice(3)

RICE cont.

Bad Odor Rice(3)  
Dirty Rice(1)  
Bad Rice(1)  
Bleached White Rice(1)  
Stinky Rice(1)  
Unproperly Cooked Rice(1)

OTHER

Pudding(22)  
Powdered Juice(15)  
Pudding/Applesauce/Jello(9)  
Cardboard Pizza(9)  
Lettuce Called Salad(7)  
Jello(6)  
Potato Chips(6)  
All Soups(5)  
Juice(4)  
Chocolate Pudding(3)  
Juice Packets(2)  
Stale Bread(2)  
Gravy(1)  
Corn Bread[zero sugar?](1)  
Fake Wheat Bread(1)  
Beans w/ potatoes(13)  
Fake Koolaid(1)  
All Processed Food(1)  
Pizza(1)  
Fake Pizza(1)  
Vegetable Soup(10)

FOOD SURVEY

2022/2023

BEST

CHICKEN

Chicken Leg(125)  
Chicken Sausage(40)  
Chicken Quarters(28)  
Chicken Patty[real](18)  
Chicken Salad(9)  
Chicken Sandwich(5)  
Chicken Fajitas(5)  
Chicken Stir-Fry(5)  
Chicken Cacciatore(4)  
Chicken Hot Dogs(3)  
Chicken Drumsticks(2)  
Chicken Stew(2)  
Chicken[fried](2)  
Chicken Hot Dogs[long](2)  
Chicken Nuggets[Halal](2)  
Chicken Gumbo(2)  
Chicken w/ White Sauce(1)  
Jam  
Chicken Nuggets(1)  
Chicken Unbreaded(1)  
Chicken Breast(1)  
Chicken Baked(1)  
Chicken Stew w/out Sauce(1)

TURKEY

Turkey Sausage/Bacon(135)  
Turkey[real](60)  
Turkey Sliced(9)  
Turkey Dinner(2)  
Turkey Ham(2)

Turkey Sausage[4ounce?](1)  
Thanksgiving Meal(1)  
Thanksgiving Meal(1)

BEEF

Roast Beef(104)  
Beef Hot Dogs(91)  
Hamburgers[real](55)  
Steak & Cheese(43)  
Beef Stew(33)  
Beef Stir Fry[properly done](23)  
Meatloaf(9)  
Meatballs(7)  
Halal Meatballs(6)  
Polish sausage(4)  
Jamaican Patty(4)  
Taco(3)  
Sloppy Joe(2)  
Any Meat Not Processed(1)  
Cheeseburger(1)  
Hot Dogs(1)  
Beef Patty [Halal](1)  
Meatballs w/ Red Sauce(1)  
Chili(1)

FISH

Tuna w/ Cheese[done properly](45)

FOOD SURVEY

2022/2023

BEST

BREAKFAST

Real Eggs/Scrambled Eggs/  
Hard Boiled Eggs[not in  
solution](110)

Yogurt(45)

French Toast(37)

Scrambled Eggs(25)

Pancakes(23)

Oatmeal(18)

Eggs(11)

Farina(10)

Egg[w/shells](10)

Waffles(9)

Cheese Omlet(8)

Rice Krispies(8)

Whole Milk(7)

Grits(5)

Hard Boiled Eggs in  
Shell(5)

Cereal(4)

Greek Yogurt(3)

Cheerios(3)

Wheat Flakes(3)

Omlets(3)

Fruit Loops(2)

Hard Boiled Eggs(2)

Real Eggs(2)

Cheezy Eggs(1)

Pillow Eggs(1)

Chicken Eggs(1)

Real Waffles(1)

Eggs w/sausage(1)

PASTA MEALS

Pasta w/Meat sauce[done right(20)

Ravolli(19)

Stuffed Shells(18)

Spaghetti(11)

Shells(6)

Ziti(4)

Spaghetti w/ Meat sauce(4)

Pasta Salad(2)

Chop Suey(1)

Pasta Meals(1)

Elbow Pasta(1)

VEGETABLES

Real Mashed Potatoes(37)

Onions/Peppers(30)

Baked Potato(24)

Salad w/Tomatoes(15)

Fresh Salad(8)

Salad(7)

Tossed Salad(6)

Cole Slaw(5)

Brussel Sprouts(4)

Cauliflower(4)

3-Bean Salad(3)

Cabbage(2)

Steamed Vegetables(2)

Cooked Vegetables(2)

Vegetables(2)

Boiled Cabbage(1)

Brocolli[florets](1)

Green Vegetables(1)

FOOD SURVEY

2022/2023

BEST

FRUIT

Oranges(15)  
Bananas(11)  
Tomatoes(11)  
Fruits[other than apples/bananas]  
(7)  
Pineapple(7)  
Apples(2)  
Real fruit(2)

PIZZA

Pizza[2 pieces](93)  
Pizza(15)  
French Bread Pizza(5)  
Not Cardboard(3)  
Pizza[by recipe](2)  
Pizza[3 pieces](1)  
Pizza[w/toppings](1)

OTHER

Cheese(24)  
Donated Cake[good kind](15)  
Soups(11)  
French Bread(6)  
Cookies(5)  
Muffins/Cake(5)  
PB & J(5)  
Apple Pies(4)  
Pound Cake(4)  
Spanish Rice(3)

OTHER cont.

Salsa(2)  
Rice & Chili(2)  
Rice & Black Beans(1)  
Real Juice(1)  
Corn Meal(1)  
Cold Cuts(1)  
Kosher Meats(1)  
Real Sugar(1)  
Coffee Cake(1)  
Rice(1)  
Nonprocessed Food(1)  
Rice & Beans(1)  
Beans(1)

### Closing - Suggestions

2022 was a very challenging year for the Food Committee. 2023 has proven to show some changes, such as adjustment and additions to the menu, and recent assurances from the Food Services Director to adhere to menus and recipes. The Food Committee hopes that these positive changes will be reflected in the 2023 Food Report.

Some simple suggestions would include tasking, with diligent staff oversight, and any needed assistance, workers to cook and prepare inmate food according to the recipes and following the menus. This would include cooking food items from "scratch" when called for in recipes, e.g., pancakes, scrambled eggs, cakes, meatballs, . . . The excuse that there are not enough inmate workers to prepare the food correctly is overtly disingenuous when seeing the attention spent on making staff trays and the amount of staff trays/food prepared multiple times per day.

As it were, conditions surrounding the Main Line Kitchen continue to worsen for the average worker. The M.L.K. was once a desired position, where a worker was paid well, allowed to eat well, and had the opportunity to reside in a Unit(7-2) which was reserved mostly for kitchen workers, these things contributed to a more conscientious and productive workforce. Currently, the M.L.K. claims to be understaffed, there is no kitchen housing Unit, and treatment of workers is sufferable at best. The Food Services Director has pushed for some positive changes, and is responsible for some inmate pay increases, but conditions deteriorate drastically when he is not present.

### Closing - Suggestions

The following suggestions persist: A) Increase inmate pay which abets the goal of not losing good workers to higher paying jobs such as Industries. The kitchen inmates should be some of the highest paid jobs in the Institution; B) a number of cells in a Block such as 7-1 could be designated for kitchen workers, and through attrition these cells could be filled with senior kitchen workers. As 7-1 is all single cells, this would be an incentive (single cell) to want to work in the kitchen and strive to keep the position (a suggestion formerly proposed by the Food Committee). The Committee is also submitting a number of proposals including a daily special meal to be prepared for [inmate] workers for each shift; a breakroom with an air conditioner so inmates can decompress, especially during the summer months; higher pay consistent with other facilities and Industries; and some radios to be installed as a number of different stations.

Prison is designed to break  
everyone's Spirit and to  
destroy one's resolve. To do  
this authorizes attempt  
to exploit every weakness,  
demolish every initiative,  
negate all signs of  
individuality - all with  
the idea of stamping out  
that spark that makes  
each of us human and  
each of us who we are.

- Nelson Mandella

. . . power misused recoils on the user. - Mary Stewart

. . . public welfare is merely the sum of the private  
welfare of each of us. -Albert Camus

To judge the character of a society, one only has to  
look inside their prisons. -Alexis de Tocqueville

The most effective way of attacking vice is to expose it  
. . . to public ridicule. -Morière

Foolproof systems ~~don't~~ take into account the  
ingenuity of fools. - Gene Brown

Anyone who has considerably meditated on man, by profession as  
vocation, is led to feel nostalgia for the primates. - A. Camus

All power is a form of violence exercised over people.  
- Mikhail Bulgakov



# APPENDIX

Norfolk Inmate Council, Food Service Committee  
Food Report, March 2023

APPENDIX

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Motion to Direct the

NIC Food Service Committee

To Author / Produce a Yearly Food Report

This Unit Representative having spoken to the NIC Executive Board brings forth this motion to provide direction and guidelines for the NIC Food Service Committee (FSC) to produce a YEARLY Food Report. It has been learned by this Unit Representative that the last and only extensive Food Report was produced by the NIC Executive prior to the pandemic. The understanding was for the FSC to begin to produce a yearly Food Report patterned after the NIC Executive Board's version. This has not been done and now requires action from this body.

The food only continues to get worse and it is incumbent upon the FSC to attempt to correct this issue.

There is no reason for investigation in that it has been proven that a Food Report can be produced / authored as was done by the NIC Executive Board.

There is no need for exhaustion in that the FSC has had sufficient time to act and produce said report which they have not done. The NIC Executive Board has informed this Unit Representative that a Report has been requested of this Committee FSC multiple times without success.

Therefore this Unit Representative respectfully prays his brother Representatives vote in favor of this motion with the following requirements:

- 1) That the FSC investigate / author and provide to the NIC Executive Board and this Body a yearly food report included in.
- 2) Listing of any discrepancies of purchases between standard menu and purchases. For example : water, sausage, speciality coffee etc.
- 3) Special meal purchases: Cost to Inmate Benefit Fund, amounts purchased as compared to population. Example: large Chicken legs, 1,200 population versus 2000 purchased. *Culinary, Staff trays*
- 4) This report is required to be submitted and reviewed to all 5 members of the NIC Executive Board at least one week prior to submission to the Council Body for compliance with this directive.
- 5) It is further directed that this be incorporated into FSC By Laws to assure this is complied with yearly.
- 6) This report should be submitted to the NIC Executive Board no later than December 8, 2022. If the FSC requires more time then they must come to this Body and request an extension.

*Waste*

However when this report is submitted will be the required date to submit said report yearly.

This Unit Representative Respectfully Prays this Body adopt this instant motion and enforce said requirement.

**INMATE COUNCIL**

Respectfully Submitted,

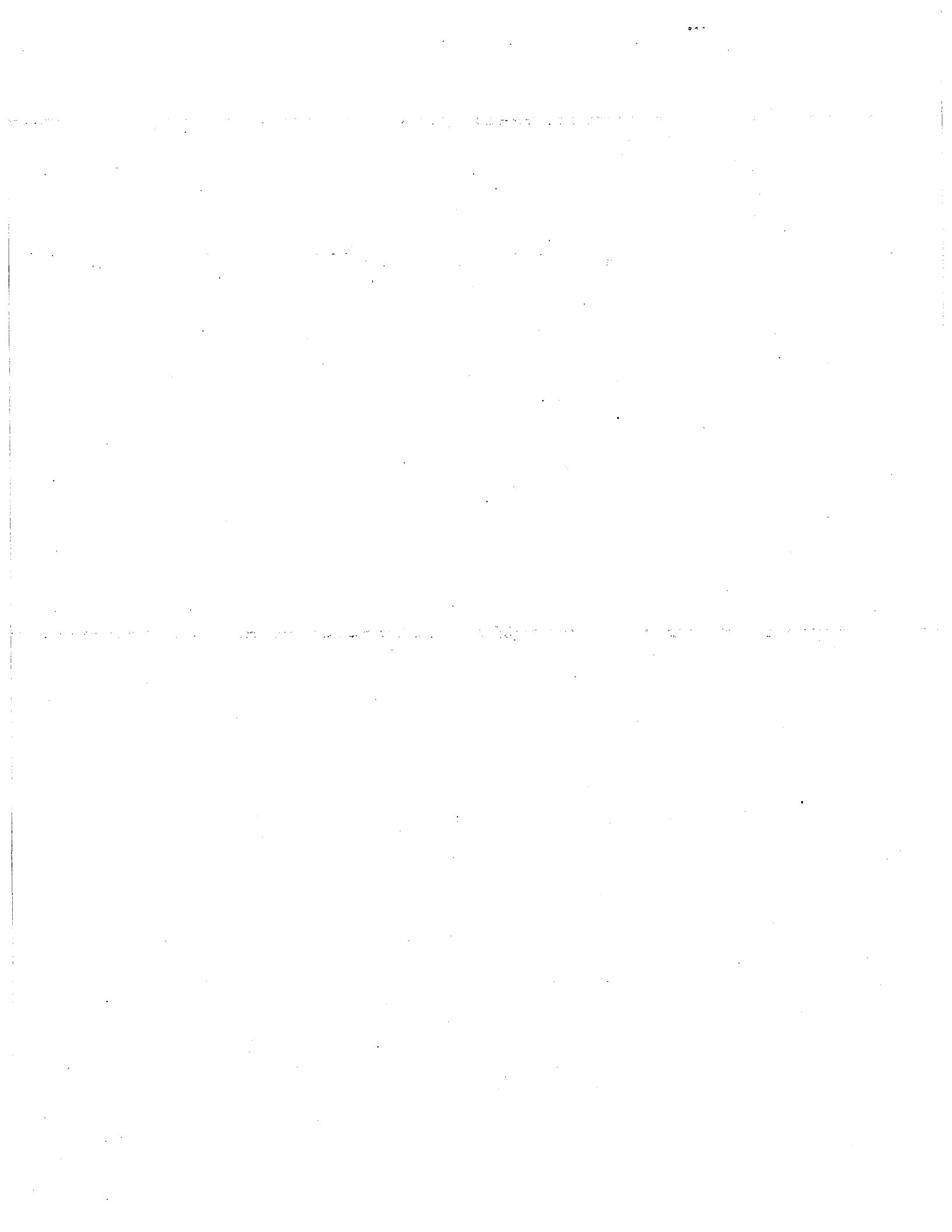
Unit Representative 7-1


cc: file

*Motion Pass: 13 Yea / 2 Nays / 1 abstain*

*Motion # 004-022*

*Date ?*



 <p>Massachusetts Department Of Correction</p> <h1>POLICY</h1>	Effective Date 2/23/2022	Responsible Division Deputy Commissioner, Administration
	Annual Review Date 2/23/2022	
Policy Name  103 DOC 214 EMPLOYEE MEALS	M.G.L. Reference: M.G.L. c. 124, § 1 (c); Executive Office of Administration and Finance 801 CMR 4.03, <i>Rates</i>	
	DOC Policy Reference:	
	ACA/PREA Standards:	
Attachments Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>	Inmate Library Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>	Applicability: Staff
Public Access Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>	Location: Department Central Policy File Each Institution's Policy File	
<p><b>PURPOSE:</b> To establish standards, specifications, and proper procedures for employee meals within the Massachusetts Department of Correction ("Department").</p> <p><b>RESPONSIBLE STAFF FOR IMPLEMENTATION AND MONITORING OF POLICY:</b> Deputy Commissioner, Administration Superintendents Institutional Food Service Director Departmental Food Service Director</p> <p><b>CANCELLATION:</b> 103 DOC 214 cancels all Department policies, procedures, Commissioner's bulletins and rules and regulations regarding employee meals which are inconsistent with this policy.</p> <p><b>SEVERABILITY CLAUSE:</b> If any part of 103 DOC 214 is, for any reason, held to be in excess of the authority of the Commissioner, such decision shall not affect any other part of this policy.</p>		

2.

2.

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## ATTACHMENTS

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**214.01**

**STATE PROVIDED EMPLOYEE MEALS**

- A. Pursuant to the regulations as set forth by the Executive Office of Administration and Finance in 801 CMR 4.03, *Rates*, Department staff are required to purchase meal tickets at a cost of \$1.35 (plus meals tax) prior to the consumption of a state meal, whether from a staff dining room, or main line kitchen. The consumption of any portion of the offered menu, e.g. dessert, beverage, entree, constitutes a meal and, as such, requires the aforementioned reimbursement.
- B. The treasurer of the institution is responsible for the sale of meal tickets, collection of funds, transfer of revenue, and the accounting of unused meal tickets.
- C. The institutional Food Service Director shall ensure that all staff meals served are appropriately compensated with a meal ticket. Said tickets are to be collected and delivered to the treasurer's office on a daily basis.

**214.02**

**CONTRACT FOOD SERVICE EMPLOYEE MEALS**

The same provisions shall be employed as set forth in paragraphs A & B of the previous section for those institutions which have contract food services unless otherwise stipulated in the contractual agreement or as approved by the Director of Administrative Services.

**214.03**

**CULINARY ARTS PROGRAM EMPLOYEE MEALS**

- A. Department staff and guests are required to purchase a culinary meal ticket prior to the consumption of a culinary meal. The cost of a culinary meal shall be established by the Director of Inmate Training and Education. Meals tax shall be calculated on and added to the established price.
- B. An individual designated by the Superintendent shall be responsible for the sale of culinary meal tickets, collection of funds, transfer of revenue, and the accounting of unused culinary meal tickets.
- C. The Culinary Arts Instructor shall ensure that all meals served are appropriately compensated with a culinary meal ticket.

**214.04**

**OVERTIME MEAL REIMBURSEMENT**

- A. Employees who work three (3) or more hours overtime, exclusive of meal times, in addition to their regular hours of employment or employees who work three (3) or more hours, exclusive of meal times on a day other than their regular work day shall be reimbursed for expenses incurred for authorized meals, including tips, in accordance with the respective collective bargaining agreement.
- B. Those individuals who accept a meal ticket for a meal from a staff dining room or consume an overtime meal from the main line kitchen shall forfeit said reimbursement. Individuals that purchase a meal from a Culinary Arts Program shall be eligible for reimbursement in accordance with the respective collective bargaining agreement.
- C. An Employee Reimbursement Form (attachment #1) shall be completed in order to be reimbursed. The Shift Commander or appropriate Supervisor shall sign the completed reimbursement form and submit the form along with validated receipts to Administrative Services within thirty (30) days of the cost incurred. If a receipt is unavailable to be submitted as supporting documentation for the reimbursement, e.g., the overtime meal was purchased from a vending machine, the reason for its unavailability shall be indicated on the Employee Reimbursement Form.
- D. Administrative Services shall process all reimbursement forms through the Human Resources/Cost Management System (HR/CMS) for payment. Reimbursement forms containing discrepancies, not completed properly, or lacking receipts/statement of receipt unavailability shall be returned to the respective employee for corrective action.

**214.05**

**TRAVEL MEAL REIMBURSEMENT**

- 1. Employees on approved travel status and away from home for more than twenty-four (24) hours shall be reimbursed for meals in accordance with the respective collective bargaining agreement.
- 2. Travel meal reimbursements are considered allowances and as such do not require receipts for same. Said reimbursements shall be included with other travel expenses and submitted on an Employee Reimbursement Form (attachment #1) to Administrative Services.



**214.06**

**RESPONSIBLE STAFF**

The Executive Director of Administrative Services, under the direction of the Deputy Commissioner of Administration, shall implement and monitor this policy throughout the Department. The Executive Director of Administrative Services or his/her/their designee shall have access to all institutions and their fiscal records for audit purposes to determine compliance with this policy.

**214.07**

**RETENTION OF ACCOUNTING RECORDS/SOURCE DOCUMENTS**

The Department (facility/institution) copy of all fiscal documents shall be systematically filed to facilitate later retrieval for audit purposes.

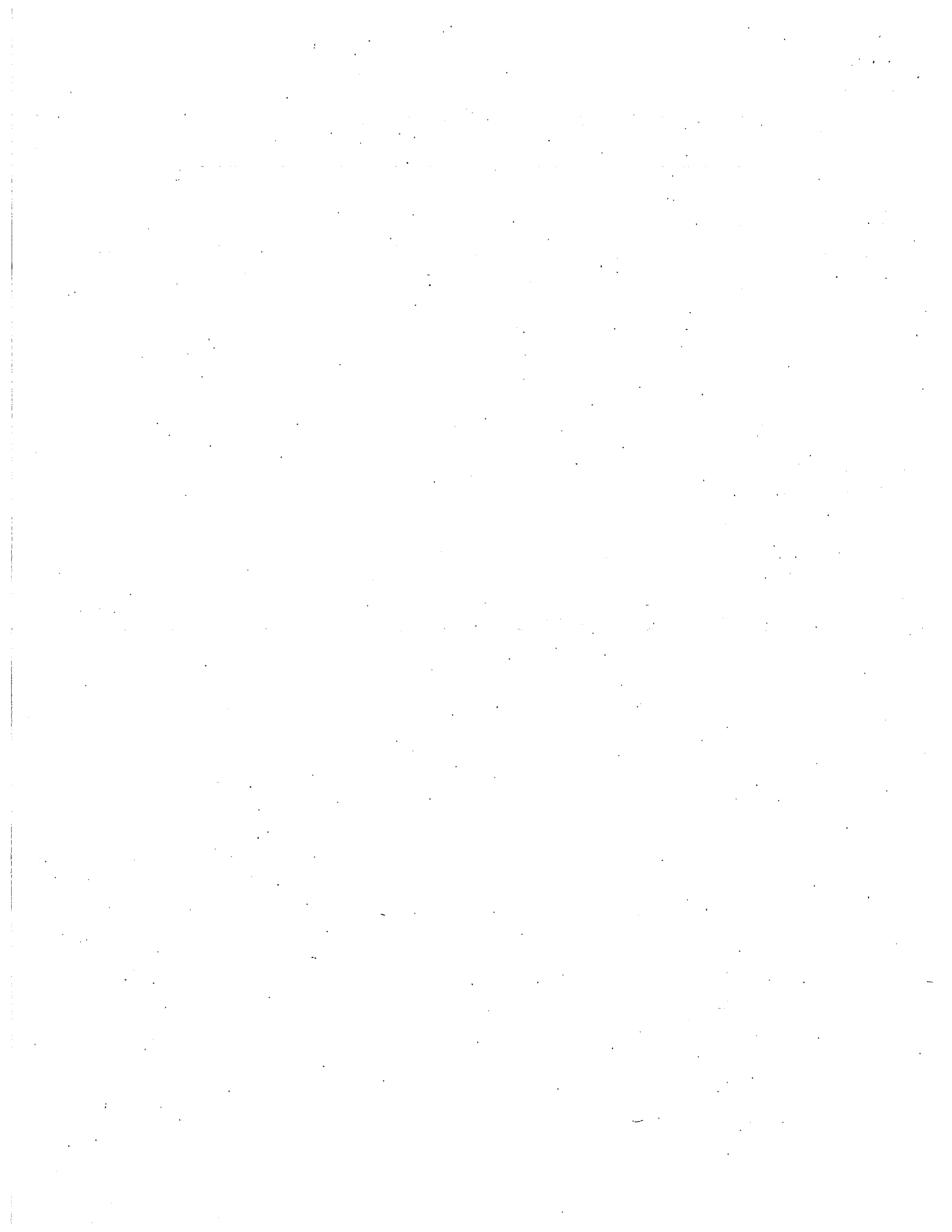


### Employee Reimbursement Form Instructions

This form is automated to calculate the amounts based on the # of miles and the current mileage rate of .45 per mile.

Please complete the following fields:

Institution/Division Name:	Name of your assigned work location.
Employee Name and Address:	Your name and home address.
Employee or Contractor Title:	Your job title.
Employee ID#:	This number can be found on your pay advice to the right of your name.
Bargaining Unit:	Union Bargaining Unit or "M" for Management.
Date:	Date(s) of actual travel.
Description:	Reason for travel must be detailed. If travel destination is not a DOC facility, address must be provided. For Meal Reimbursements: Please identify which meal you are requesting to be reimbursed, (i.e. breakfast, lunch, dinner or snack) and Shift worked (if applicable) Per Policy 103 DOC 214.04 Meal reimbursement request must be submitted within 30 days of the cost incurred.
Total Miles:	Total of miles actually driven.
Shortest Distance Rule:	Miles published on the Matrix OR Total Miles, whichever is shorter. Per Commonwealth guidelines: Reimbursement will be from home to destination or regular assigned site to destination, whichever is less.
Mileage Cost:	Total amount of your Bargaining Unit's agreed reimbursement. (.45) will automatically Calculate based on miles entered on form.
Misc.:	Cost of any fares (i.e. Commuter Rail, Ferry etc.). Please state mode of transportation and destination. Receipts must be attached.
Meals:	Total amount of your Bargaining Unit's agreed reimbursement. If receipts are not attached, written justification must be provided. Signing managers are confirming that the overtime shift is being worked.
Employee's Signature:	Employee MUST sign on the signature line immediately following the Traveler's Certification statement. You are certifying that you are seeking reimbursement using the shortest distance rule. Per Commonwealth guidelines, reimbursement will be from home to destination or regular assigned site to destination, whichever is less. If this rule is not adhered to your reimbursement will be reduced to the allowable amount.
Date:	Date of Employee's signature.
Manager's Approval and Certification:	All Employee Reimbursements Forms must have a Manager's approval verifying overtime shifts, travel dates, destination, and availability of a state car. The Manager is certifying that the travel is authorized, that the shortest distance rule has been followed by the employee, and that the overtime shift referenced for meal reimbursement is being worked.
Date:	Date of Manager's signature.
Name & Title:	Clearly print the Manager's Name and Title.



MINUTES INDEX OF  
ONGOING/UNRESOLVED ISSUES

AS DETAILED IN PAGES 36 - 48

CHICKEN LEGS, See Minutes: 1/6/22(page 1, Paragraph (¶)2); 2/11 (pg. 1, ¶3); 3/16(pg 1,¶2); and 8/17(pg 3,¶4).

DRUMSTICKS, 8/17(pg 3,¶6 and pg 5,¶1); and, 9/28(pg 1,¶5).

ONIONS/PEPPERS, 6/27(pg 4,¶2); 9/28(pg 1,¶4) and pg 2,¶7); and 11/3(pg 1,¶1).

PICKLED EGGS(Cured in Brine), 1/6(pg 1,¶7); 3/16(pg 1,¶6); 8/17 (pg 4, ¶2); and, 9/28(pg 4,¶1).

PANCAKES/WAFFLES, 1/6(pg 1,¶14).

DIFFERENT VARIETY OF FRUIT(SEASONAL FRUIT), 4/21(pg 4,¶1); 6/27 (pg 2,¶7); and, 8/17(pg3 ,¶2).

WASHING THERAPEUTIC/RELIGIOUS TRAYS IN KITCHEN DISHWASHER, 2/11 (pg,¶1); 6/27(pg 1,¶8); and, 11/3(pg 1,¶4).

SUBSTITUTIONS/ALTERNATIVES/DONATIONS, 1/6(pg 2,¶3); 2/11(pg 2,¶3 and 4); 8/17(pg 5, ¶4); and, 9/28(pg 2,¶8).

PRODUCTION SHEETS/CALL BACKS, 2/11(pg 2, ¶2); 4/21(pg 2,¶3); 8/17(pg 3,¶3); 9/28(pg 4,¶4); 11/3(pg 1,¶ 5 and pg 2,¶10).

COMMISSIONER"APPROVED" FOOTBALL MEALS, 9/28(pg 3, ¶7); and 11/3 (pg 3,¶4).

COMPLAINTS ABOUT NOT ENOUGH FOOD BEING SENT TO UNITS, 1/6(pg 1,¶3).

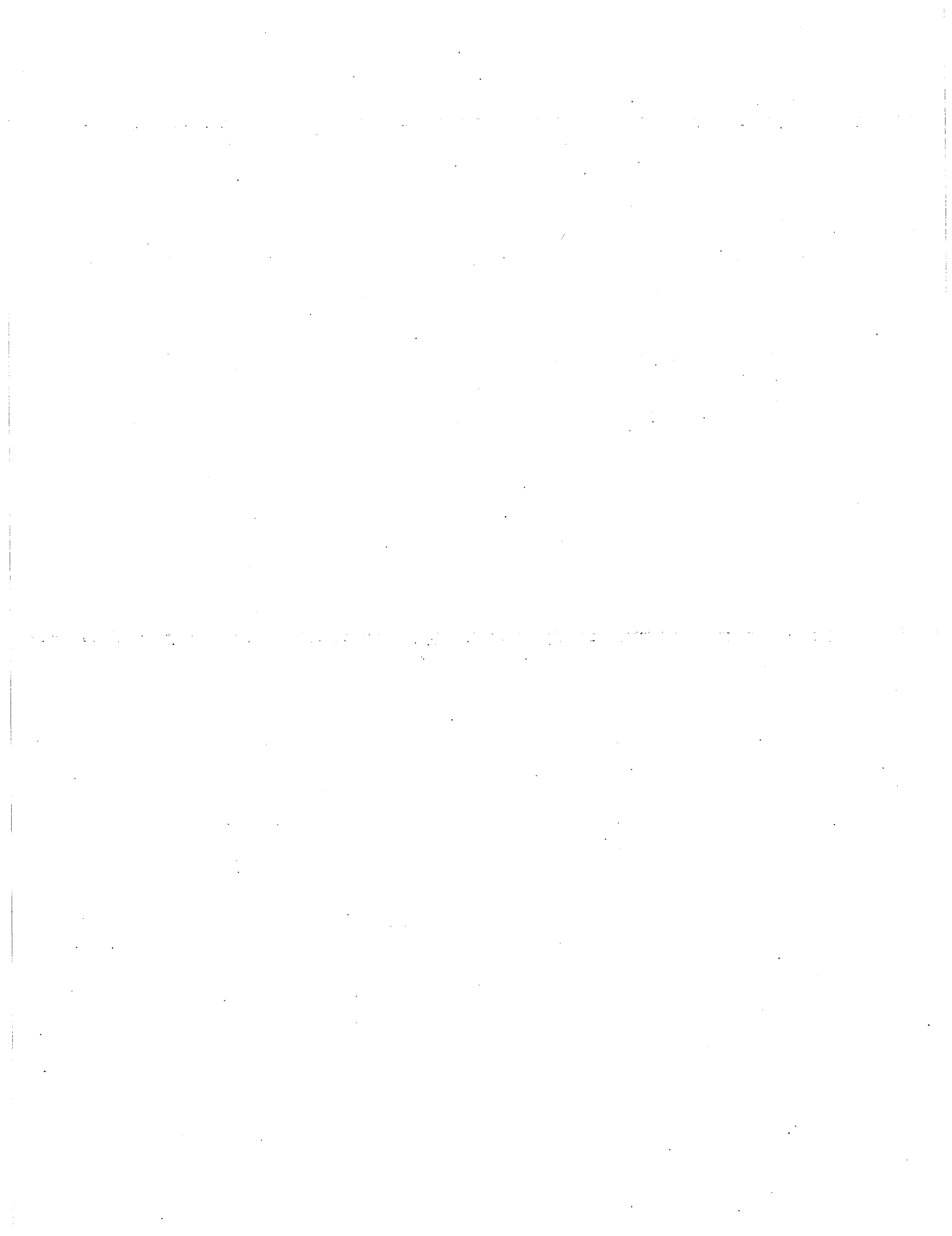
ADL/CSU ISSUES, 1/6(pg 2,¶11); 3/16(pg 2, ¶8); 4/21(pg 3,¶4); and, 6/27(pg 3,¶5).

INSTANT MASHED POTATOES, 1/6(pg 1,¶3); 2/11(pg 1, ¶12); 3/16 (pg 1,¶4); 4/21(pg 1, ¶4); 6/27(pg 1, ¶5); 8/17(pg 2, ¶3); and, 9/28(pg 3, ¶9).

REPLACEMENT POTATO PEELER/GRILLS/FISH® OVENS, 2/11(pg 1,¶13); 3/16 (pg 2, ¶4); 4/21(pg 4,¶3); 6/27(pg 3, ¶3); 8/17(pg 1, ¶3); and, 9/28(pg 3,¶10).

FOLLOWING RECIPES, 4/21(pg1, ¶5); 6/27(pg 5, ¶1); 8/17(pg 3,¶6); 9/28(pg 2, ¶4); and , 11/3(pg 1¶2).

SIDE DISHES, 1/6(pg 1,¶8); 3/16(pg 2, ¶1); and, 6/27(pg 1, ¶6).



ISSUES TO BE BROUGHT UP AT MEETING WITH  
F.S.D. DeLEO

51  
MAIN-LINE

- Chop Suey (need to be sent separately (sauce and pasta) as previously agreed to (Bryant will present)).
- Chicken Leg, size asked about in letter, waiting for Work Sheets to verify the correct size ( ).
- Complaints about not enough food being sent to Unit 4-1 ( ).
- Instant Mashed Potatoes, repeat issue ( ).
- Following recipes, i.e., Beans and rice Recipe # \_\_\_\_\_ ( ).
- Cereal, puffed rice, crappy wheat flakes, corn flakes not even on menu, knock-off Chex. Repeat issue ( ).
- Eggs pickled in brine repeat issue ( ) Bring DOC Legal letter, (Holland).
- Tuna mixed with pasta. Repeat issue. DeLeo agreed in previous meeting to stop ( ).
- Menus not being followed. Meals such as Chicken and White Sauce specify that brocolli is supposed to be served as a side dish, but is being mixed in to the meal with the end result of less being served. Repeat issue ( ).
- Address previous things addressed, i.e., Peck letter, DeLeo letter, etc. ( ).
- Wilty Lettuce (B ).
- Turkey. Outdated turkey sent to Units. Labels will be brought showing the dates and product. FOLLOW-UP What is the correct Turkey, this will be verified once New Work sheets are obtained through Discovery. (Presented by q.r., House-man).
- Steam tables ( ).
- Pancakes, understand situation with a grill being down. Is there an update on when the grill will be here? ( ).
- Baked Potato ( ).
- New Portion Sheets for Houseman posted in Units. Some Units are on the backs of kitchen doors, but are old. ( ).
- Grease traps (smelly) ( ).
- Meatloaf ( ).
- Yogurt (Bryant and )

→ MEATLOAF

ISSUES TO BE RAISED AT MEETING W/ F.S.D  
PAGE 2

- Salisbury Steak, is there a recipe? Is there an approved item?()
- Go over deviations to main-line, e.g., tuna mixed no cheese sent
- g.s. Cookies/chips previously agreed that menu and the substitution would be sent
- boiled potato in stead of cottage potato
- fruit in cakes instead of on line, most would prefer fruit, i.e. pineapple
- sending wrong vegetable than what is on the approved menu
- Rounds are not being done on Units, temp checks of food not being done, quality controll checks(random) are not being done on each Uinit, and Housemen.
- feb. 21st not BBQ sauce sent to Units(call-back?)
- feb. 22nd no yogurt sent to units
- Chicken salad from Dirk

\_\_\_\_\_, ADL/CSU, special diet. Mr. \_\_\_\_\_ is losing the ability to chew and swallow and complained about the preperation of his food. For example, mashed potatoes are being boiled and "crushed with a spoon" as opposed to being mashed according to recipe for mashed potato. . . special care needs to be paid in the preperation to his meal as he has had a number of instances of choking.

\_\_\_\_\_, who is on a bland diet and has serious acid reflux issues, has complained that the chicken often served is the type that comes "preseasoned" with salt and pepper. This is the same chicken Holland complained about being served on the diet meal. Is this preseasoned chicken, which is very, very salty the item approved by the dietitian?

DIETS

Attached are the deviations for Day \_\_\_ thru Day \_\_\_/--/\_\_\_/22 thru \_\_\_/\_\_\_/22. The diet meals have improved considerably over the past couple/few weeks, however this big improvement seems to be mostly Monday thru Friday, and mostly on Breakfast/Lunch. Compliance seems to go awry on the weekends . . .

Diet issues. Meatballs, salisbury steak, oranges, The sliced turkey is enjoyed by all.



Minutes of Food Services Meeting with F.S.D. DeLeo  
February 11, 2022  
Main-Line Kitchen

ATTENDING:

\_\_\_\_\_, Chairman  
\_\_\_\_\_, Secretary  
\_\_\_\_\_, Chairman  
\_\_\_\_\_, Committee Co.

~~Mr.~~ \_\_\_\_\_),

Topics:

Pay raises for Kitchen.

Frank DeLeo said that pay raises were approved, there would be between 12-15 slots at between \$3.00 - \$4.50.

Discussed proposals 4th of July, March(Boiled Dinner). March meal will be submitted at next staff access.

Size of Chicken leg, and amount of BBQ Sauce

Tuna mixed with pasta, these will be served separate in future

Crappy fish. Frank has spoken with the vendor and they will only be serving North Atlantic Brand, and it will be consistent cuts/quality.

Coffee pots. DeLeo will order, \_\_\_\_\_ will check to see which units need

Menu changes.

We can submit suggestions to dietitian Cruz and Gendreau, S.F.S.D. for the winter/fall menu

Yogurt missing on last meal. DeLeo will look into.

Instant mashed potatoes

Diet/Bland Chicken. \_\_\_\_\_ showed DeLeo the seasoned Chicken served to diets. DeLeo will look into.

Diet issues, puffed rice, diet snack(fruit) will look into instant potatoes.

potato peeler, looking into ordering new, as well new Fish oven, and grill

Yogurt 7% of budget.

Bryant doing Public records Request food budget

Dish Washer ?

Wants to update kitchen

Committee Coordinator ..... questioned if we could look at a better quality hot dog/hamburger, DeLeo will bring up at the next meeting with Food services Directors.

Chairman ....., brought up call-backs. It was explained that Deputy Tebeau used to require an Incident Report. DeLeo hopes that this can be corrected before reaching that stage. DeLeo did state that if a shift commander is called about call-backs that he is called at home.

Complaints about substitutions. Spoke about Girl Scout Cookies and if substitutions are made that the menu item in small amounts are sent to the unit, i.e., 62 men 20 pieces of fruit and 42 servings of G.S. Cookies, this might need to be adjusted

..... spoke about donations, and fruit donations. It was explained that this used to be the practice in the past and that Kevin ....., Supply was instrumental and donations stopped because F.S.D. Bates was not consistent in picking up donations and they would not deal with us

MINUTES FROM MEETING W/ F.S.D  
3/16/22

Attending:

Meeting started at about  
1:20 Start, Ended 2:20

Chairman  
1     ✚, Secretary  
    → Camp Chairman  
. 4     , F.S.C., Member  
).     ✚, Houseman Unit 2-1  
    ✚, F.S.C. Member

Frank     ), F.S.D.  
Lt.       
Lt.     ala

Issue #1 Chop Suey. Repeat Issue. Again suggested sending pasta and sauce separate to avoid pasta becoming mush. This was again agreed to.

#2 Chicken legs. Complaints about size, and the use of the salty breaded, greasy drumsticks. F.S.D. stated having problems finding consistent sized chicken legs, and there would be a need to use the unpopular drumsticks. Hall admitted that this was not an approved Dietitian item, and he was receiving positive feedback on this item. Repeat issue.

#3.     addressed complaints in unit 4-1 about not enough food being sent to unit, especially when it is a popular meal.

#4     ad complaints about instant mashed potaoes. Repeat issue

#5     → addressed issue of Puffed rice, Hall admitted that this has been brought to his attention in past meetings and that he said that they would be phased out. As well the issue of corn flakes being ordered and served was addressed. Not on menu. Asked if a better Wheat Flake could be ordered. Hall admitted that this is an ongoing issue and repeat issue. Will look into better wheat flake.

#6     ✚ addressed eggs cured in brine, and that there should not be a supply issue with fresh shelled eggs. Brown expressed that these pickled eggs were not a hit and ended up in slop bucket. Bryant said that if the kitchen wanted to knwo how popular or unpopular an item is that the slop bucket should be viewed. DeLeo said that was being done.

#7     ✚ Addressed the tuna being mixed with pasta.     nd pointed out that this is a repeat issue and that DeLeo agreed to stop mixing the tuna during the last meeting. Again said that this would cease.

Minutes  
3/16/22 meeting w/ F.S.D.

# 8 stated that menus are not being followed and meals such as Chicken with white sauce specifies brocolli is served on side and is not supposed to be mixed in with the meal. DeLeo made note.

#9 -----, addressed wilty lettuce

#10 - addressed the turkey, and that on 3/ /22 packaged sliced turkey was sent to his unity which was bad as well as out-dated. DeLeo explained that food is still good if frozen up to a year past its date IF it stays frozen and is thawed according to serve safe standards. Holland asked why the turkey continued to change all the time and asked if the proper turkey factored into the diet and approved by the dietitian was the Carolina Brand # 9861. DeLeo stated that this is not currently available. Holland askd if a product is not available like the turkey and the chick is it necessary to substitute with a product of lesser quality?

#11 addressed the problems and complaints in units with grease traps. Brown stated that he corrected this problem in the 1 blocks and they were cleaned today. Rock stated that 2-1 trap smells. DeLeo said he would have this addressed. Holland asked if the steam tables could also be looked at as there are complaints that they are not being used due to maintenance issues. 2-2 is leaking

#12 i asked if there was any status on the new grill and complaints about pancakes and waffles/french toast. No status on grill

#13 addressed the issue of following menus and asked why we do not get baked potatoes when the menu specifies it; things then went wonky. Leuitents were edified the difference between baked and boiled potatoes and when boiled all the nutrients leach out.

#14 a addressed the meatloaf patties and that one of the volunteers offered to make it. DeLeo stated that he spoke to the same volunteer and this would happen. Volunteer notified of this conversation. Also, the issue of the Salisbury steak was brought up. Apparently there is a new product that was purchased, if there are complaints about it it will be replaced with meatloaf made from scratch.

#15 addressed issues with J ----- and diets, ----- will speak with ----- and F-----

File  
master copy

OTHER:

Parts of L.G.I. report on Central Benefit Fund shared with DeLeo as he is pressing making kitchen jobs a program and goodtime would be awarded. DeLeo said he was being held up for funding. It was pointed out that over 2.5 million has been sitting in this account for years, and 337,000 in the program account.



TUNA: FSC: expressed that the last time tuna was prepared it was perfect, however the time before it was watery. Expressed that the population was happier that the tuna was not being mixed with ziti/pasta

CORN FLAKES/PUFFED RICE: FSC: expressed that the new rice krispies were preferred over the puffed rice.

FSD: stated that after many complaints he instructed that the excess supply of puffed rice be thrown away.

FSC: pointed out that the diabetic snacks were still receiving puffed rice.

FSD: stated that according to the dietitian "puffed rice" was okay for diabetic snacks as it satisfied the caloric requirement and the needed quick rise in blood levels which is why a snack is prescribed, and it is not always puffed rice.

FSC: Brought up old business of dietitian and diabetic snacks, and that the menu specifies a piece of fruit with snack.

FSD: stated that the dietitian is okay with snack being without fruit as other requirements are satisfied.

FSC: pointed out that confusion with the menus specifying one thing and the dietitian approving something contrary.

FSD: will speak to dietitian about changing this on menu.

POSTING CORRECT PORTION SIZES: FSC: brought up issue from last meeting and that serving portion sizes were going to be posted in units as has been past practice, i.e., which utensils amounted to what serving size, and how much of certain items are supposed to be served.

FSD: asked if it would be helpful to send, with each meal, the "Production Sheet" which specifies the food items being sent and the serving size.

FSC: emphatically agreed and pointed out that this could eliminate many call-back issues and calls to kitchen.

FSC: asked what the proper serving size of yogurt is, and that different units are being served different amounts, i.e., Unit 2-2 because of the amount sent are instructed by C.O. to use the 2oz. "ice cream scoop" and Unit 4-1 are using the 4oz. scoop. Kitchen staff has told some men in Unit 2-2 that if more is needed to have the kitchen called. Officer refuses to call.

FSD: Said he would make sure we would be receiving proper amounts; "let me look into getting you guys the right amount." Correct amount is 8oz. per person.

FSC: asked if the salad "tossed salad" is supposed to contain tomatoes per dietitian?

FSD: said he was not sure and would check?

WHEAT FLAKES: FSC: said that at previous meeting kitchen Lt. Hall said he was looking into a better wheat flake, same wheat flakes. ISSUE TABLED.

TURKEY PRODUCT BEING SERVED:(Mainline)(The approved turkey product was Carolina Brand Turkey. The Committee was informed at a previous meeting that Carolina Brand was no longer available.)

FSC: Asked what the approved brand of turkey is now that Carolina Brand is no longer available.

FSD: Stated that the dietitian approved turkey is approved according to the nutritional facts more than the brand.

FSC: pointed out that the turkey has been good, however the quality has varied in the past

MEATLOAF/SALISBURY STEAK, and the "Meatloaf Bridge." After many complaints about the above, and trials of "new types/qualities" of the above the FSD has agreed that over the next cycle menu period(3 weeks) that both the meatloaf and the salisbury steak would both be made according to the approved Meatloaf recipe (#D-8).

FSC: Pointed out that the meatloaf when made according to the approved recipe has always been a hit with the population and a meal looked forward to (FN. 2).

TORTILLA WRAPS:

FSC: Addressed complaints from the 7-2 block about outdated tortilla wraps and an incident of substitution of wraps with plain bread. FSD: said this should not happen and could have been a problem with shortage of stock. He said that if any substitution was made than the hard taco shells could/should have been sent.

BLAND/CSU DIET ISSUES:

FSC: Reported that though the diet issue with Bland Diet(Unit 2-2) has been okay(bland diet receiving 'seasoned chicken, loaded with pepper and salt), recently seasoned meat was served. Inmate has severe acid reflux and can not eat peppered products.

FSC: thanked FSD for meeting with CSU resident regarding his diet. Resident has reported to FSC that since meeting his diet has been about 95% on point. Resident sent follow up letter to FSD(attached).

\$ \$ \$ for kitchen to be used as a program: FSC during a March meeting provided the FSD with a report identifying potential monies available for the kitchen to use as a program . . . FSC asked if incorporating programming, instructional opportunities into the kitchen was still a vision.

FSD: stated yes.

UNDERCOOKED FOOD:

FSC: Brought to the FSD the issue of undercooked foods. Biggest complaint is the potatoes.



FRUITS: FSC asked if it would be possible to incorporate other fruits into the diet (other than apples and bananas) when the menu specifies "seasonal fruit"; i.e., peach, plums, pears, tomatoes (is a fruit), etc.

FSD: said he had been advised to stick with the two because of issues with homebrew.

FSC: explained that if a plum or peach was served on occasion, people would be less inclined to give it away as it is a novelty and would be more inclined to eat it.

FSD: said that was a good point and said he could start out small by doing it.

FSC: the issue of Girl Scout Cookies completely replacing a days fruit was tabled because Girl Scout Cookies have not been served as of late.

DIABETIC DEVIATIONS: FSC: acknowledged that the instances of deviations from the Dietitian Approved Menus has decreased since the tracking of them. Two recent deviations addressed were the diabetic drink and diabetic meatballs.

FSC: explained that the last three times meatballs were served to diets that they were premade processed as opposed to being made according to the recipe.

FSD: asked if it was a problem with the same product of the main-line being served, or the product.

FSC: explained it was the product. That he was able to eat the ones made according to the recipe, but the premade ones did not agree.

FSC: brought up that the drinks being served to the diets were not correct. That the breakfast calls for the Fortified drink, while the lunch and dinner calls for the Diet Punch. And, the diet punch is only supposed to contain Vitamin C. The drink being served to diets for all three meals is the same containing 100% of both Vitamin C & D, which is too much vitamin D for the day as vitamin D is fat soluble.

FSD: agreed to look into and provide the fortified drink for breakfast, and the correct drink for lunch and dinner.

GRILL/FISH OVEN(s)/POTATO PEELER: FSD: brought up this issue and stated that it has been "kick-started" by the Administration, and the oven has been "ear-marked" by Milford. He explained that the replacement of ovens would entail construction, and he is working on the issue.

(FSC will continue to ask for status on this issue.)

FSD: stated that he had responded to the FSC letter on this issue.

FSC: stated that this response had not been received.

FSD: said he would pull it out before meeting ended.

FSC: will send request for a copy of FSD response.

(FN.3)

Page 5 of 7  
4/21/22 Meeting w/ FSD

GARDEN: FSC: asked if it would be possible to retain some of the spoiled produce to be used for compost.

FSD: said it would not be a problem to have a bucket for this purpose. (FSC will notify garden workers/gym).


FSC: pointed out that in the past some vegetables were sent to the kitchen to be used in sauces. This would happen when there was a vegetable like zucchini, when there was not enough to fairly distribute to every block.

FSD: said he would be open to this.

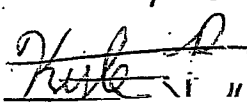

4/21/22 Meeting w/ FSD  
FOOT NOTES

- FN. 1 FSD also mentioned on problems with call-backs that he would again address the issue with Deputy McDonald at their "end of the month meeting", and as well see about having something added to "Post-Orders" about the importance of utilizing call-backs. And a memo?
  
- FN. 2 FSD: asked if salisbury product purchased is unacceptable, would substituting it with the meatloaf(made by the recipe) in it's place be acceptable.  
FSC: Responded yes.
  
- FN. 3 The issue of a/the dishwasher was briefly discussed. This was missed and will be addressed in the next meeting.

DATED: 6/0/2022

 FSD.  
Food Service Director

DATED: 4-28-2022

  
  
irman

*The Commonwealth of Massachusetts  
Executive Office of Public Safety & Security*

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THOMAS J. PRESTON  
Deputy Commissioners

NELSON ALVES  
Superintendent

To: Food Services Committee, NIC

From: FSD

Date: 6 May 2022

Re: Food Committee Meeting - 21 April 2022

The Food Service Director at MCI Norfolk approves the corresponding meeting minutes for the Food Committee Meeting which occurred on April 21, 2022, with the following adjustments:

The fortified breakfast juice which is currently being served as a substitute for the regular Cal-15 fortified juice which has been served in the past has been approved by the dieticians as a replacement going forward. At such a time that we can receive an order of the original Cal-15 product, Food Services will switch back. Until then, we will continue to serve the fortified juice that we have on hand. After meeting with the dieticians regarding this product it was determined that this is a suitable replacement based on DV's and nutritional facts per serving size.


The bran flakes/wheat flakes that are currently being served are an alternate brand from the brand which were previously served. We had received complaints that the bran flakes were "terrible" and a switch has been made. Additionally, the puffed rice cereal which we switched to has been well received and will continue to be served.

Daily portion sheets are still being developed in the MLK and will be instituted as soon as completed.

*when available*

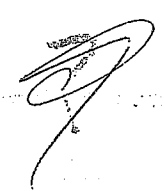
As was reiterated numerous times over the past several meetings, product availability and supply chain issues continue to plague food service operations. We will continue to minimize substitutions to the best of our ability. All substitutions are vetted through the dieticians when possible and made with caloric and nutritional values in mind.

I certify that the attached minutes are an accurate representation of the Food Committee Meeting for April.

 / FSD. 8/10/2022

Frank

Food Service Director - MCI Norfolk.



MINUTES  
MEETING OF 6/27/22 w/ F.S.D.

Norfolk Inmate Council Food Committee  
Attending: \* Chair; D , Secretary; J.  
Member, pro-temp Member.

This meeting started about 1:10 with FSD DeLeo, Lt. Hall, and Lt. Kapala (Lt.s were in and out of meeting). The meeting ended at about 2:25pm.

The issue of cheese being absent from meals.  
FSD: ensured that this should not be an issue going forward as a large shipment of cheese was just received.

Food Services Committee ("FSC") said that the American Chop Suey has been better and there have been less complaints.

Potatoes, potatoes, potatoes . . . FSC explained that one of the biggest complaints are the instant mashed potatoes and the rubber texture. Also, that this item is one of the largest sources of waste.

FSD: said that the instant mashed potatoes are approved by the dietitian.

FSC: pointed out that the Food Services Regulations specify that menus and recipes are to be followed. Also, that the instant mashed potatoes ruin certain meals, such as the Shepherds Pie, as well as other meals. Also asked if when there is not a conflict with ovens, could the population receive baked potatoes. Also asked of the status of the "potato peeler" which we have been told has been on order. The Committee also pointed out that we have been served "dirty potatoes" which are mashed potatoes with the skin left on, and they were actually good. The issue of Instant potatoes being served contrary to Food Services Policy, menus, and approved recipes is an ongoing issue and the source of many complaints.

The issue of vegetables specified on menu but not sent to Units was raised. For example:

- Day 15 (3/13) Ø Broccoli sent with meal
- Day 15 (4/3) Ø Broccoli sent with meal
- Day 21 (4/9) Ø Brussel Sprouts sent with meal
- Day 1 (4/10) Ø peas sent with meal
- Day 15 (4/24) Ø Broccoli sent with meal
- Day 2 (5/2) Ø Broccoli sent with meal
- Day 6 (5/6) Ø Brussel Sprouts sent with meal
- Day 1 (5/22) Ø peas sent with meal
- Day 2 (5/23) Ø Broccoli sent with meal

Lt. Kapala stated that the vegetable is being mixed in due to complaints and if it is served separate people will complain because the meal will be very watery. Example: stated that the chicken with white sauce would be like watery chicken soup?

Lt. Kapala also stated that there was no difference, that people were receiving the same amount.

FSC: pointed out that this was not correct, that the menu/recipe specified a certain amount of each, i.e., certain amount of the

the chicken and white sauce, and a certain amount of the vegetable. Lt. Kapala/FSD stated that the side of vegetable would be served separate.

"Meatloaf Bridge." Because of the many complaints about the low quality of the meatloaf patty and salisbury steak product, the FSC suggested/requested that the menu/recipe be followed and these both be replaced with meatloaf made from scratch, or by the recipe which is one of the favored meal if done correctly. The F.S.D. agreed and asked for three weeks (3 week menu cycle) to make this happen (see 4/21/22, minutes certified by F.S.D.). FSD asked Chairman for another 3 weeks. It was reported that there was a "meatloaf trial run" in the kitchen.

FSC: pointed out that the meatloaf has been made according to the recipe for years without a problem. *usually for diets*

FSD: stated that he was not comfortable sending meatloaf made according to the recipe to the units as there could be an issue with serving it and portioning it. *DAB 7/5*

FSC: pointed out that meatloaf made according to the recipe had been done for years at Norfolk and the Housemen are more than capable of cutting a log(s) of meatloaf into portions.

FSD: did not give a direct answer if or when the meatloaf would be made from the recipe, but stated that he would try serving the salisbury steak (intended for diabetics) in its place.

This is one of the biggest source of complaints and worst meals, both meatloaf patties and salisbury patties.

FSC asked the name of the new Dietitian.

FSD : Eileen Sebastian, was not sure if she is DOC or WellPath, and that she previously worked for the DOC as a dietitian.

FSC: expressed the many complaints about the tuna served the past two times, and that it resembled "cat food".

FSD: stated that that was the product the distributor sent.

FSC: pointed out that the quality of tuna had been improving up until the past two times.

FSC: Wheat: Flakes have been better.

FSC: Pointed out that corn flakes are not on the menus and these have been served on main line and recently diets. Also that during the past meeting, Lt. K. said that they would not be served any longer (see 4/21/22 certified meeting minutes)

During the 4/21/22 meeting it was requested if the FSD could look into ordering/serving fruits different than apples/bananas when the menu specifies seasonal fruit (see 4/21/22 minutes).

FSD: "we will be sticking with apples and bananas."

FSC: Brought up recent complaints about the ongoing issue of greasy dirty diet/therapeutic trays.

FSD: stated that he is waiting on \$10,000, paid for new therapeutic trays.

FSC:(will follow up with letter about inadequate cleaning of the therapeutic trays(ongoing issue)).

Deviations for both ADA and Therapeutic diets(2200).

FSC: Pointed out that a list of deviations are noted, logged and sent to the FSD attention each week for more than 6 months.

FSC: Asked if FSD had been receiving these, as there are repeated violations to both mainlines and ADA diet. FSD took exception to repeated violation being recorded each week. For example: the fortified breakfast drink approved by the dietitian for diabetics has not been served for months. The FSD claims that the dietitian approved a lesser quality product, containing less nutrition and no zinc, "until the [lesser quality product] is used up." As well, the processed meatballs currently being served to diabetics is logged. The Therapeutic Substitution Guidelines specifically state that processed meats are not to be served to diabetics. However, the FSD claims that the dietitian has approved the processed meatballs even though they are contrary to statute. Deviations, and non-adherence to menus was noted by the FSD. FSC; Pointed out that this is an ongoing issue which is not improving.

FSC: Requested a/the response of a letter to the Associate Deputy Commissioner with regards to the status of ovens, grills, potato peeler.

FSD: Acknowledged that the Associate Deputy Commissioner did forward a copy of the letter for his response. FSD claims to have responded.

FSC: Explained that this was brought up at the last meeting of 4/21/22 and the FSC has not yet received a response. FSC made a second request for a response to the letter.

FSD: Explained that the grill(s) were fixed and pancakes could be expected.

FSC: Asked twice if the expectation would be extended to both the general population and therapeutic diets.

Yogurt.

FSD: Asked what the committee thought about flavored yogurt and he had already ordered samples. FSD expressed concerns that the menu specified "plain yogurt".

FSC Chairman: explained that this is an issue that would need to be brought to the committee for a vote.

FSD: in response to a's letter of complaint, and visit to staff access, and concerns raised by the committee, said he would go to the CSU to speak with Mr.

FSC: expressed that his biggest complaints were involving the kitchen's attempts of compacting his meal into a small therapeutic tray, and the need to meet with the FSD for a few minutes each month.



MINUTES 6/27/22

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FSC Chairman: Asked if FSD would see that the larger therapeutic trays were used and if FSD would stop up to speak to Mr. Keown each month.

FSD: Stated yes.

ONIONS/PEPPERS used in sauces, stews, etc.

FSC: Asked if onions and peppers could be sweated as opposed to dumping uncooked raw vegetables into stews and such (recipes call for sweating of vegetables).

FSC: Brought up complaints with Kosher diet in 1-2 and the long wait for the call-back to be delivered causing the man to have to choose between making work call and eating.

FSD: Expressed that this was unacceptable and took note.

FSC: Asked if it would be possible for the Deputy to attend Food Meeting(s), and gave brief history of this being the norm with then Deputy Levesque, and Medeiros.

FSD: Stated that he did not have a problem with that.

FSC: Again expressed the importance of sticking to the menus, recipes, as codified in Food Services Policy and statute.

Lt. Kapala, stated that these recipes have been around for 40 years "since the war." And they did not really apply.

FSC: Pointed out that they should be rewritten or changed, but were still approved by the dietitian.

NOTE: Checking the approved recipes referenced in the CMRs and Food Services Policy. . . Recipes were revised in 2006.

INVOICES FROM INMATE FOOD ACCOUNT.

FSC: Asked FSD if he had received a report/ summary of review of the expenditures from the Inmate Food Account, more specifically purchases that were of question as they were not served to the inmate population, i.e. ice cream, pepperoni, breaded chicken breast, etc., etc. specifically if such foods were being served to staff in staff trays each night from the Mainline kitchen?

FSD: Stated that these foods were not being served to staff.

FSC: Brought up the excessive purchases of Girl Scout Cookies, specifically that they were used as a substitution. It was suggested that if Girl Scout Cookies were being sent, to send half cookies and half fruit or menu item.

NOTE: If half the substitution, i.e., Girl Scout Cookies, or cakes, or chips were sent, and half the menu item were sent, an alternative could be sent with each meal, as long as a man could get the menu item which he is entitled to per law/statute.

FSC: Asked if the 4th of July meal had been approved.

FSD: Said that the Superintendent gave his approval that the 4th of July meal could proceed if the FSD wanted to do the meal.

FSD: Yes

MINUTES 6/27/22

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FSC: Pointed out that an expenditure from the Inmate Food Account included Tomatoes which are not served to the population.

Lt. Kapala, stated that these were served to Vegetarian Diets.

FSC: Pointed out that certain recipes, including Pasta Salad and Tossed Salad called for tomatoes, and asked the FSD to follow the approved recipe and provide tomatoes.

FSD: Appeared to agree.

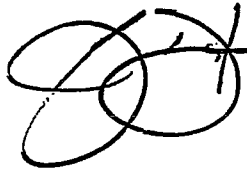
Respectfully submitted,

Secretary Food Committee

Chairman Food Committee

, MCI-Norfolk  
Food Services Director

I agree that the contained meeting minutes are  
an accurate reflection of the meeting which took  
place on 6/27/2022 w/ the attached discrepancies  
(Please see Attached).

 FSD

NORFOLK INMATE COUNCIL'S  
FOOD SERVICE COMMITTEE

MINUTES

8/17/22

MEETING WITH FOOD SERVICES DIRECTOR(FSD)

Attending:

F. DeLeo(FSD), Lt. Hall  
    Chairman)  
    (Secretary)  
    Member)  
    (Member)  
    (Member)

SAUCES:

FSC: Raised the issue of sauces used for pasta. etc.. and complaints of spicy(pepper) sauces. . .

FSD: Explained that there are 3 sauces used, one being tomato paste? and the other two contain basil. None are pepper(ed). Further explained he was able to get a "Papa Ginos" product, however it is no longer available.

FSC: Inquired if the correct/approved product was the "#6 can of pizza sauce."

FSD/Lt. Hall said they would look into other/sauces, i.e., Papa Ginos type . . . .

Diet Trays:

FSC: Raised complaints about cold diet trays and juice packs are wet, and/or the butter(pats) get on juice packs and soak in.

FSD: That the diet cooks have been instructed to wrap bread, and the butter/margarine in Saran Wrap. Will look into issues with juice getting wet.

Discrepancies with 6/22/22 minutes, Potato Peeler, side veggies, juice

FSC: Stated that more attention would be paid to minutes and specific languages.

FSC: On the potato peeler referred back to previous meeting minutes regarding letter to the Associate Commissioner of Administration regarding the peeler, grills, ovens, and FSD previous statements that such orders had been "kick-started" and are in the hands of the Administration. In the interest of moving along FSD stated that he was not in favor of a potato peeler as it causes plumbing problems.

FSC: Is still waiting for a copy of FSD's response to the ADC who referred said letter to the FSD for response. FSC will follow up and request response again in writing.

FSC: Addressed the side dishes of vegetables not sent with certain meals and are specified to be served on side as a certain portion size.

FSD: In his response claims that the "MLK has the ability if deemed necessary or appropriate by the FSD to combine vegetables in with the starch and protein elements of meals on menu days..."

cont. . .

FSC: Will track future deviations from menus on these days and will follow up.

FSC: On the correct Fortified Juice, the Committee did not address this issue as the correct "Breakfast" juice is now being served.

Meatloaf:

FSC: Inquired of the "meatloaf bridge".

FSD: Explained that this coming Saturday, the MLK will prepare and serve the meatloaf according to the dietitian approved recipe.

Potatoes:

FSC: Inquired of the "Brown" colored instant potatoes on 8/12/22 and that while the general population has received real mashed potatoes, the diet meals have not.

FSD: Was unaware of the serving of "brown" instant mashed potatoes and would check. (The "brown" instant mashed potatoes were again served for dinner on the 18th of August (Thursday). FSD stated that the diet trays should have received real mashed potatoes if the mainline received them.

TUNA:

FSC: Again expressed the displeasure and complaints with the tuna, however stated that the last time the population did have tuna that it was phenomenal.

Lt.: Explained that the kitchen had used up the supply of the tuna (causing complaints) and was now using a different type, and was expected to continue.

Wheat Flakes:

FSC: Inquired into the current wheat flakes a/k/a "cardboard flakes, and pointed out that at breakfast (8/17/22) the decent Wheat Flakes were served.

FSD/Lt.: Explained that at times they are unable to procure the "good" wheat flakes and have to settle with the other wheat flakes.

8-Block issues:

FSC: Explained that the 8-1 block has no cups (dark Brown) or bowls

FSD: said he was not aware and would look into matter

FSC: Explained that 8-Block was experiencing problems with their dumbwaiter.

FSD: Called 8-block and was informed that dumbwaiter was now working okay. FSD directed C.O. to call kitchen if they have any future problems and Maintenance would be notified.

FSC: Asked if ice could be sent out to population more often.

FSD: Said he would look into

FSC: Explained call back issues in 8-block.

FSD: Took note.

1-3 Kosher Callback issues:

FSC: Raised call-back issue with kosher meals in unit 1-3, however FSC did not have documentation and will follow-up with letter to FSD

Different Seasonal Fruit:

FSC: Inquired if it would be possible to incorporate different fruit other than apples and bananas when the menu calls for seasonal fruit.

FSD: Not at this time.

Production Sheets:

FSC: Asked of the status of sending "production Sheets" with each meal which identify the foods sent and the portion sizes. This issue was agreed to at the 4/21/22 meeting.

FSD: Stated that this was still being worked on and was waiting for approval. Once approved this would be part of procedure.

Small sized Chicken Legs:

FSC: Asked if the proper approved chicken leg size was 440 calories/44 grams of protein. It was agreed that not all chickens are created equally and with supply issues compounded with issues such as the "Avian Flu" that it is becoming more difficult to find a consistent sized chicken legs.

FSC: Explained that the last time the population received chicken legs that they were very small, at least in the 2-2 and 8-1 units.

FSD: Said he was aware of that incident and had instructed the kitchen to have units served 2 pieces if small.

FSC: Stated that not all units were informed of this.

FSD: Stated that in future that he would instruct MLK to send enough to serve 2 pieces if chicken legs are small.

Greasy, salty, breaded chicken drumsticks:

FSC: Asked if this product was approved by the dietitian and if they were nutritionally equivalent to the approved product.

FSD: Stated that we already know the answer to that question. FSD further stated that these [unapproved] drumsticks were ordered in the case that the MLK was unable to procure chicken legs and that they would be served from "time to time."

Following approved recipes:

FSC: Brought up past issues of following recipes and again used the example of pasta salad (D-9) calling for tomatoes and Mac Salad (D-11) not calling for brocolli and carrots but instead calling for celery and peppers, etc.

FSD: said to give him a menu cycle to correct

#### FISH

FSC: Asked about the quality of fish

FSD: Stated that the fish is approved by the dietitian

#### Pillow pack eggs/egg patties

FSC: Inquired about the "Pillow Packs" of eggs and the egg patties  
Explained that they are "just not the same as the fresh hard boiled  
eggs. This was raised as a result of ongoing complaints from the  
population.

FSD: Stated that we would see "shelled eggs" more often."

FSC: Inquired if the egg patties used to replaced scrambled eggs  
for the general population were a soy product mixed w/ egg?

FSD: Did not think so.

#### Juice Coffee

FSC: Suggested/asked if there was a better quality coffee and  
Juice that could be served for breakfast, something with less of  
a chemical taste.

FSD: Took note.

#### Yogurt

FSC: Brought up that inconsistent amounts of yogurt were being  
sent to units, sometimes 3 containers, an most recently 2 con-  
tainers.

FSD: Stated that he has instructed that 3 containers would be  
sent, however, if less is sent than it is a supply issue, i.e.  
not enough came in. And, that he did not have a problem sending  
3 containers

#### Religious Meals in CSD

FSC: On behalf of Executive Board asked that when there is a "feast"  
in the CSD that would entail sending meals to the CSD, that the  
meals be sent to Unit 2-1(closest to CSD) and that the CSD be  
notified that the meals have been/ are being sent.

FSD: Explained that he is working on this and has spoken to the  
group(s) in question

#### HOT DOGS

FSC: Asked if the better quality hot dog be served and that the  
quality seems to vary.

FSD: Identified the better quality and stated that he will try to  
order these if available.

#### Treatment of Inmate Kitchen Workers

FSC: Addressed a number of complaints.

FSD: Took note

#### ADL/CSU

FSC: Extended thanks from residents of the ADL/CSU on reported  
improvements

Drum Sticks

FSC: Questioned the greasy breaded salty chicken drumsticks being used as a replacement to the approved chicken legs. Lt. stated that they do not hear complaints about this product. FSC stated that complaints are being directed to the FSC[ad nauseam]. FSC questioned if these are nutritionally equivalent to the approved chicken leg. FSD stated that "I think you already know the answer to that question."

8-Block Salad Dressing

FSC: Notified FSD that the 8-Block is not receiving dressing with the "salad."

FSD: Took note, and suggested call-back system

Ice Cream

FSC: Will put forth a proposal for ice cream to be served to the population.

GIRL SCOUT COOKIES

FSC: Suggested that when or if Girl Scout Cookies are served, that they do not SUBSTITUTE the menu item, that half the menu item be sent and half the alternative, i.e., if fruit is on the menu, then half fruit is sent, and half the alternative is sent.

FSC: Also reminded the FSD of the issue raised at a previous meeting of donations. It was further suggested that if donations were incorporated into meals, and half the menu item[as required] was served and half of the alternative[i.e., Girl Scout Cookies, chocolate muffins, donations] that an alternative could be offered at each meal, as long as a suitable menu item was sent. Then there would be no complaints.

\* \* \* END \* \* \*

*The Commonwealth of Massachusetts  
Executive Office of Public Safety & Security*

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NELSON ALVES  
Superintendent

To: W103363, NIC Food Committee Chairperson

From: eo – Food Service Director

Date: August 1, 2022

Re: FSD/FSC Monthly Meeting Minutes

Dear ,

After reading through the meeting minutes from our most recent FSD/FSC meeting located in the Director's office of the MLK (provided to me by the Secretary of the NIC Food Committee), I can certify that these minutes are an accurate representation of topics discussed during the totality of our meeting with the following discrepancies listed below:

- On page 1, FSC Secretary has documented in the minutes that, "...asked about the status of the 'potato peeler' which we have been told has been on order."

At no time has the FSD ever claimed to have ordered or been waiting for delivery of a potato peeler. It was made clear that the FSD would investigate the feasibility of purchasing a potato peeler for the MLK operation. It was determined that issues arose over the last peeler that was part of kitchen equipment. At that time, the issue was closed, and at no time since, has the FSD ever claimed to have purchased a potato peeler.

- On page 1, FSC Secretary has documented in the minutes that, "...the issue of vegetables specified on the menu but no sent to the units was raised. For example:  
Day15 (3/13) No Broccoli Sent with meal



Day15 (4/3) No Broccoli Sent with meal  
Day21 (4/9) No Brussel Sprouts Sent with meal  
Day1 (4/10) No peas sent with meal  
Day15 (4/24) No Broccoli sent with meal  
Day2 (5/2) No Broccoli sent with meal  
Day6 (5/6) No Brussel Sprouts sent with meal  
Day1 (5/22) No peas sent with meal  
Day2 (5/23) No Broccoli sent with meal.”

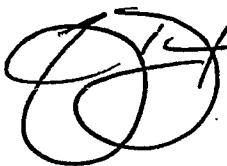
This is an inaccurate representation of the meeting, as vegetables are sent with the meals on these days. MLK has the ability if deemed necessary or appropriate by the FSD to combine vegetables in with the starch and protein elements of meals on menu days such as: Beef Stir Fry (day 15), Chicken Stir Fry (day 21), Beef Stew (day 1), Chicken, Broccoli, Ziti (day 2). Additionally, Brussel Sprouts are not called for on the Standard Menu on day 6.

- On page 3, FSC Secretary has documented in the minutes that, “...the FSD claims that the dietician approved a lesser quality product, containing less nutrition and no zinc, “until the (lesser quality product) is used up...””

At no time during the meeting did the FSD claim to be serving a lesser quality product. This is the opinion of members of the NIC Food Committee, and not an unbiased record of meeting minutes. The FSD presented an alternative Fortified Breakfast Juice to the dieticians for approval, as the previously required item was unavailable for purchase, with significant lead time for new production. The DOC dieticians approved the use of this alternative Fortified Breakfast Juice for all ADA Therapeutic Diets. As such the FSD purchased this product and has served to ADA Therapeutic Diets with the approval of the certified dieticians. The claim/statement that this product is of “lesser quality” is being made by individuals based on personal preference and not from any standing of qualified dietary or nutritional credentials:

These discrepancies notwithstanding, I certify that these minutes are accurate.

— SD – MCI Norfolk

 FSD  
8/1/2022

MINUTES  
MEETING OF F.S.C w/ FSD  
9/28/22

TUNA, inconsistent quality, was better and the brownish/reddish product provokes many complaints.

FSD: we should be done with "that" product and seem to have run through the availability

FSC: raised issue of chicken chunks containing bone shards.

FSD: explained that this was a chicken breast product that the factory had split the breast "too close" resulting in bone splinters, and that the remaining product was returned to supplier for refund.

Lt. questioned if ADA diets even received the chicken with the splinters . . .

FSC: Explained yes, there were complaints/grievances. One from an inmate in Unit 2-2 who had cut his gums on the bones and sorted out the bones attached them to a piece of paper, and showed them to the camera, (as well as blood on his teeth. Inmate noted time on grievance, as well as smiling for camera to show blood.)

FSC: Raised the issue of the margarine pats in diet trays being smushed and all over the apples/fruit and drink pats.

FSD: stated that going forward the ADA trays should "tubs of margarine" (Committee will track).

FSC: Raised complaint that the onions and peppers were undercooked in sauces, etc.; when the recipe calls for them to be sautéed.

FSD: will look into, but opined that it was the sauces, etc., not being cooked long enough, resulting in undercooked onions and peppers.

FSC: Ased about the breadly, greasy, salty, outdated chicken drumsticks (which are not approved by the dietitian.)

FSD: stated that as he continues to explain, the kitchen orders these and has them on hand in case the supplier is unable to provide what is approved.

FSC: Asked about the fish, and that fishcakes were recently served resulting in numerous complaints.

FSD: Claimed that the vendor did not have the correct fish portions in stock, ran out, . . . and would have them in the future.

FSC: asked if there was a better quality coffee available to serve on the main line.

FSD: Will look into.

FSC: asked about potatoes, overcooked, over oiled . . .

FSD: Will look into

9/28/22

FSC meeting w/ FSD

FSC: Brought up complaints about pasta sauce in ADA trays being congealed like gravy or jello.

FSD: Will look into

FSC: Asked if the beef hot dogs could be served instead of chicken

FSD: Will make an effort to get the beef dogs

FSC: Asked if the new menu cycle would start on Nov. 1

FSD: Confirmed Yes.

FSC: Asked if there were any expected changes.

FSD: Stated that he did not believe there were other than some small changes.

FSC: Pointed out that two meetings ago a Lt. opined that the menus were not followed because they(recipes) were "older than the war." and that "no institution followed them."

FSC: Wanted to point out that the recipes were revised in 2022 & 2021

FSC: Raised a complaint that not enough milk was being sent, and asked if more milk could be sent.

FSD: Explained that if there was not enough milk to utilize the call-back system.

FSC: Raised complaint that the trays/pans were being "short changed" and the inserts/pans were "light."

FSD: Explained that this should not happen and if there is not enough food to have the C.O. call the kitchen.

FSC: Raised complaint about the pancake syrup being watery and asked if there was a new syrup being used/purchased., also that not enough cheese was being sent.

FSD: will look into.

FSC: Questioned about cheese replacing onions and peppers on menu, and that it was raised at the last meeting and Chairman was told that onions and peppers would be sent.

Lt. Stated that this was a "deal made with the FSC" that onions and peppers would be switched.

FSC: The two senior members of the FSC concluded that they never made or were aware of any such "deal."

Lt. Asked that the committee go back and vote on the issue at the next food meeting.

FSC: Stated that they were unaware that the menu was negotiable?

FSD: Said that when the menu calls for onions and peppers that they would be served.

FSC: Questioned the donations, specifically the pumpkin/spice cake we have been receiving. Asked if when the menu specified "Fruit" and cake/donation was being sent if a percentage of the menu item could be sent. Gave example of Unit 2-2 being comprised of mostly older men who on a whole would prefer fruit as well as most of the camp being over age 55.

FSC meeting w/ FSD

FSD: Agreed and took note.

FSC: Asked about future donations.

FSD: Explained that there were other donations received and would be being used.

FSC: Raised the issue of oatmeal and asked if raisins could be ordered/used according to the recipe?

FSD: Said he would look into this as he had not reviewed the oatmeal in a while.

FSC: 8 Block issues. The dumbwaiter had been worked on that morning (Eagle Elevator) and that if future issues with dumbwaiter happen, that the C.O. in 8-Block needs to contact Maintenance by I/Report (Not by reporting to kitchen).

FSC: Asked about Cambros.

FSD: Stated that the new Cambros were received and by the end of next week staff would go to each Unit to inspect and replace.

FSC: Offered to assist.

FSC: Relayed to FSD that an inmate receiving a "gluten-free" tray reported that he was thankful that the turkey had changed from the compressed turkey chunks...

FSD: Said that the turkey chunks were purchased because of availability, and that a "good" turkey had been purchased in bulk, enough for the Therapeutic Trays to receive the "good" turkey until December ? ? ?

FSC: Commented on the "Football" meals, and the pizza. Asked if in future if we could receive 2 pieces of pizza. Explained that there were complaints that the meal was not filling.

FSD: Said he would look into this.

FSC: Asked about the status of volunteers.

FSD: Stated that he did not feel comfortable discussing that issue.

FSC: Raised complaint about the Instant Mashed Potatoes [again] and that the potatoes served on the 27th were like soup. FSC asked if the population could expect to see less instant mashed and more real mashed potatoes.

FSD: responded in the affirmative.

FSD: provided his response to the Committee's April letter to the Associate Deputy Commissioner of Administration which the Committee never received questioning the purchase of new/ additional grills/ Fish Ovens . . . Committee will respond to the ADC and again inquire.

FSC meeting w/ FSD

FSC: Raised the issue of Pickled Eggs/Egg Patties and if based on the conversation of Chairman and FSD regarding the issue if we could/would expect the menu to be followed, i.e., when the menu calls for hard boiled eggs that we would receive eggs with shells.

FSD: [Perplexed ?] stated that he understood that this was in motion. LT. Stated that they were "alternating." [?]

FSC: Explained that the population had only received fresh eggs with the shell twice since the July 1, letter to the Commissioner re: eggs.

FSD: Took note  
FSC WILL TRACK.

FSC: Asked if/when the menu stated scrambled eggs if these could be served as opposed to the egg patties.

FSC: Asked if this egg patty product contained soy?

FSD: Stated that he believed that they were all egg,

FSC: Will inquire into nutritional label for the egg patties, i.e., soy, sodium, preservatives, and a letter to the dietician

FSC: Raised Kosher issues and not following the Kosher menu.

FSC Will continue to track deviations. Reported call-back problems with Unit 1-3 and Kosher

FSC: Inquired into status of "Production Sheets" being sent with meals, and procedure being codified as FSD claims is the next step in this process.

FSD: Stated that there is no status

FSC: Raised complaint from inmate in 2-2 who receives "Gluten Free" diet. Questioned if cereal which comes in boxes (gluten free) is supposed to be removed from box and placed in therapeutic tray?

FSD: Explained "No" that if cereal is out of box it is the bulk cereal.

FSC: Spoke to complainant who will speak to FSD further at Staff Access

Chairman

Secretary

10/6/22

Food Services Director.  
MCI-Norfolk

DATE: 1/22

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NELSON ALVES  
*Superintendent*

To: NIC Food Committee

From: FSD MCI Norfolk

Date: 17 October 17, 2022

Re: 28 September 2022 Meeting Minutes

Members of the food committee,

I certify that the contents of the submitted minutes, for the meeting conducted on 28<sup>th</sup> of September 2022 to be an accurate representation of the meeting with the following exceptions:

**Regarding the chicken drumsticks** – “Bready, greasy, salty, outdated drumsticks”, not an accurate representation of the product brought in house for population. This product has been well received by the camp. Such a description of this product is the opinion of those documenting the minutes, and not a representation of the camp. This product is also not “outdated” as suggested in these minutes.

**Regarding the fish being served** – “fishcakes were recently served resulting in numerous complaints”. Fishcakes have never been served in the MLK during my tenure as FSD. Product served was an alternate breaded fish patty because of the dietician approved product being unavailable due to vendor shortages. All steps have been taken to reserve large quantities of the approved product.

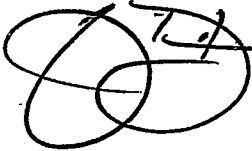
**Regarding the upcoming Fall/Winter 22/23 cycle** – The new menu cycle is set to roll out on November 6<sup>th</sup>, 2022. This date has been set by central office and the State FSD. Some changes have been suggested via Central Office, and to date I am not privy to exactly what these changes entail. More information to be made available following FSD meeting 10/27.

**Regarding the menus/recipes being outdated** – FSD inquired exactly what question was being asked? The FSD's jurisdiction does not include rewriting menus or updating, as it is outside of scope of work. Recipe/menu changes are done by the dietician and state FSD.

**Regarding the syrup** – FSD did respond that the same syrup product is being served, no changes have been made. Any inconsistencies with the product would fall on the manufacturer.

I certify that these meeting minutes (attached) are accurate, to the best of my knowledge.

- Food Service Director, MCI Norfolk

 T.J. FSD  
10-17-22

Norfolk Inmate Council  
Food Services Committee

November 3, 2022

Attending:  
FSD, K.B, D.H.,  
J.R.(J.B. not  
admitted because  
t.b, was mistaken-  
ly on agenda.)

MEETING WITH FOOD SERVICES DIRECTOR  
2:20 to 3:10

#1. The issue of Onions and Peppers, as stated on Menu being sent to Units.

FSD: Stated that this has been addressed and has been corrected on Production Sheets.

#2. The issue of following dietician approved recipes, specifically D-9 and D-11, Pasta Salad and Mac Salad which call for items such as tomatoes and green peppers, celery, etc. Pointed out that on 8/17/22 meeting FSC was told that this would be corrected within a 3-week menu cycle...

FSD: Took note and stated that it would be corrected.

#3. Issue of turkey raised, that inconsistent qualities served, and dark meat (fatty) being served to therapeutic diets.

FSD: Explained that turkey is hard to obtain issues with supply chain, etc., and that he is trying.

#4. Issue raised of greasy diet trays, that this issue was getting better then has been getting worse.

FSD: Stated that he has received a number of complaints through letter and that this is unacceptable, as well as it is being addressed.

#5. FSC: Asked if there was any status on the kitchen sending Production Sheets to Units with the meals to show/verify what is supposed to be sent.

FSD: Stated that there still is no news and it is still being worked on and needs to become part of policy/procedure.

#6. Complaints about following menu(s) specifically as far as specified fruit, that we are being overwhelmed with apples, especially the diet meals.

FSD: Stated that he would look into this.

#7. Brought up the issue of the "fluorescent" yellow pudding causing complaints and being thrown away.

Kitchen Lt.: stated that that product has all been used and the new/old product will be used again.



11/3

#8. Committee raised the issue of Salisbury Steak.  
FSD/Kitchen Lt.: Stated that the Salisbury is not on the new menu which starts Nov. 6

#9. The issue of overcooked and undercooked foods, i.e., Onions and Peppers in stews and sauces, etc., as well as rice potatoes, vegetables.  
FSD: Will look into to it.

#10. FSC: Again brought up the issue of Call-Backs and that this is an ongoing issue that continues to be raised. Some Officers refuse to call the kitchen. There seems to be a disconnect where all the inmate can do is request that the officer call the kitchen.

FSD: Will look into and check with the housing Captain about speaking to staff about the importance of utilizing the call back system.

#11. Committee raised the issue of Sugar Substitute at breakfast and asked if real sugar could again be served. It was pointed out that sugar is sold in the canteen.

FSD: Stated that this is per an order from the Superintendent and that the committee was welcome to pursue the issue at a higher level.

#12. TUNA. FSC tabled this issue and pointed out that the tuna today at lunch was good, but it has been inconsistent; the last time it was watery and the unpopular/bad tuna. Committee will continue to track.

#13. FSC brought up the issue of meatballs and it seems to change between 5 different types/qualities, some okay, some not, Also that the diet meatballs which were made from scratch are now the same as the mainline.

FSD: Said he would look into different qualities/brands and he retrieved the dietician's specifications on the diets which detail carbs, fat, protein...

FSC: Asked if the Halal meatballs would satisfy the dietician's requirements.

FSD: Stated that he would check and did not see a problem.

#14. New Menus will start Nov. 6 and menus would be posted in housing units.

FSC: Asked if the ADA menus could also be posted.

FSD: Said he did not see a problem.

\*\* FSC has a public records request for the mainline menu/portions as well as the ADA Diets \*\*

#15. FSC: Brought up the prospect of cross-training workers and not waiting until a position opened before training. Also offering culinary workers who are trained positions as well as former culinary workers. Also utilizing culinary workers as volunteers.

FSD: Will look into.

#16. FSC asked about the ADA Drinks, the proper breakfast, lunch and dinner, and provided a visual(see attached). According to the approved nutritional information of drinks the breakfast drinks differ from the lunch/dinner in nutrients. The breakfast is like a multivitamin, as the lunch/dinner is a vitamin c and or d drink. It was pointed out that recently the diets have been only getting the kosher drinks for all three meals. And when the correct breakfast drink is in the diets will receive it for all three meals. It was also pointed out that the breakfast drink cost about twice as much as the one approved for lunch/dinner.

FSD: Stated that the approved breakfast drink is in and there is enough that diets should be receiving it. The FSD retrieved a large 3-ring binder with e-mail from the dietician and read an e-mail which stated that the Kosher could be used as a substitution if the proper one was not available.(As the FSD was paging through the binder a mouse sprinted out and assaulted the FSD in the stomach (witnessed) the mouse then escaped to destinations unknown.)

FSC: also pointed out that there have been complaints about the mainline drink, and pointed out that at the last meeting this was raised and the FSD stated that he would look into another drink.

Kitchen Lt. stated that there was a new drink.

FSD: Stated that there is a new drink, however there was a problem with a/the truck from Idaho/Ohio . . .

FSC: Pointed out that the population does like the pink lemonade packets

#17. Following recipes . . . See #2 dupt.

#18. FSC: raised the issue of the ice cream for Labor Day from the Inmate Benefit Account. The date of the ice cream was moved a number of times including the day the Celtics were scheduled to play at Norfolk. The ice cream was never served. There was also a hitch when the Deputy Lotz started to require a special programs form/package to be completed for special meals.

FSD: Will look into if this was in fact ordered and if so what became of it.

\*\*\* FSC will do a Public Records Request of the Inmate Benefit Account for purchase of Ice Cream for these dates \*\*\*

#19. Pizza(Special Football Meals?) FSC expressed the many complaints that one piece of pizza, lettuce, and a 1/2 oz. bag of chips did not cut it as a meal. It was suggested that maybe 2 pieces of pizza, also suggested that a different/better type of pizza was ordered. It was asked /mentioned that the French Bread Pizza Was being ordered, why couldn't that be served?

Kitchen Lt.: Stated that he believes that the French Bread Pizza would be being used  
FCS will flup.

#20 FSC: Stated that at the previous meeting that there was a request by the Committee that the kitchen inquire into a better quality coffee for the population(Breakfast).

FSD: Stated that he has not had an opportunity to make this inquiry.

#22 CAMBROS. FSC asked if there has been any movement with getting the new Cambros out to the Units.

FSD: Stated that this has been sidetracked due to quarantines and the kitchen was going to work with the Housing Captain to figure out the best way to do this.

FSC: Offered to assist.

#23. FSC: relayed complaints about small sized chicken legs being served and mentioned that at a previous meeting it was agreed to that if the chicken legs were inconsistent and some were small that enough would be sent so small legs would be served if needed.

FSD: Will address.

#24. Broken Coffee Pot. FSC: relayed a complaint that the Unit 1-2 Coffee pot was "Broken". It was explained that Maintenance Appliance Repair fixes cords, thermostats, etc. that a work order I/R needs to be submitted by the Housing Officer. Unit 1-2 rep and Unit Reps will be edified.

#25. FSC: Expressed thanks on behalf of the men in the CSU/ADL for the FSD's corrections, and the extra attention, and the attention was appreciated.

FSD: Explained that during the ADL/CSU Quarantine that there was an issue with the meals being served in styrofoam trays resulting in crushed trays and cold foods. FSD further explained that after speaking to the Housing Captain it has been determined that the hard trays(Diet trays) are suitable to use during a quarantine situation.

#26. Thanksgiving/Christmas. FSC: Raised the issue of the holiday meals and rumors about the lack of volunteers that the meals would not be the same.

FSD: Assured the Committee that the meals would be a success. The turkeys were ordered for both holidays(and are being housed at Walpole) and that the stuffing and pies have been received, inmate workers and staff were gearing up for the extra work.

113



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NELSON ALVES  
*Superintendent*

To: FSC Chair  
From: Food Service Director  
Date: 12 December 2022  
Re: November Meeting Minutes

Dear Mr. :

I, Frank DeLeo Food Service Director at MCI Norfolk find the attached minutes to be an accurate representation of the meeting which took place 3 November 2022, in the FSD's office of the MLK.



Food Service Director, MCI Norfolk

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**COFFEE CAKE A-1**

*EACH PORTION: 1 Piece*

*YIELD: 100 Portions (2 Pans)*

**PAN SIZE: 18X26-inch Sheet Pan**

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
Flour, wheat, general purpose, sifted	4 lb 8 oz.	4 1/2 qt		<ol style="list-style-type: none"> <li>Sift together flour, sugar, and baking soda into mixer bowl.</li> <li>Combine salad oil, vinegar and vanilla; add to dry ingredients while mixing at low speed 2 minutes.</li> <li>Gradually add non-fat milk while mixing at low speed 1 minute; scrape down bowl.</li> <li>Mix at medium speed 2 minutes or until ingredients are well blended.</li> <li>Pour about 8 lb 8 oz (3 1/2 qt) batter into each greased pan.</li> <li>Bake about 35 minutes or until done.</li> </ol>
Sugar, granulated	4 lb 12 oz	10 3/4 cups		
Cinnamon	1/1/2 oz			
Baking soda	2 oz	4 2/3 tbsp		
Salad oil	1 lb 14 oz	3 3/4 cups		
Vinegar	5 oz	2/3 cup		
Vanilla	1 1/2 oz	3 tbsp		
Reconstituted Non-Fat Dry Milk	5 lb	2 1/2 qt		

NOTE: 1. In Step 6, if convection oven is used, bake at 325 degrees F. 25 minutes or until done on low fan, open vent.  
 2. Other pan sizes may be used.

**FRENCH TOAST A-2**

*YIELD: 100 Portions*

*EACH PORTION: 3 slices*

**PAN SIZE:**

**TEMPERATURE: 375 degree F. Griddle**

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
Water	3 qts	1 1/2 cups		<ol style="list-style-type: none"> <li>Place water in mixer bowl.</li> <li>Combine milk, and sugar; blend well. Add to water; stir until dissolved.</li> <li>Add eggs to ingredients in mixer bowl. Whip.</li> <li>Dip bread in egg mixture to coat both sides.</li> <li>Place on well-greased griddle; fry on one side until golden brown. Turn; fry on other side until golden brown.</li> <li>Serve immediately.</li> <li>CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>CCP—Hold at 140 F or higher.</li> <li>CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>CCP—Reheat within 2 hours to a product temperature of 165 F or higher for 15 seconds—one time only.</li> <li>Serving method - tongs.</li> </ol>
Milk, 1%	3 cups			
Sugar, granulated	2#	4 oz		
Eggs, whole, slightly beaten	9 lb 6 oz			
Egg whites	9 lb 6 oz			
Bread, dry sliced	300 slices			
Salad oil	1 qt			

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SCRAMBLED EGG MIX A-3

YIELD: 100 Portions

EACH PORTION: 2 oz eggs

PAN SIZE:

TEMPERATURE: Griddle

Ingredients	Weights	Measures	Adjustment	Method
Egg whites	10 lbs			<ol style="list-style-type: none"> <li>1. Mix egg whites, eggs and milk.</li> <li>2. Grill on hot griddle.</li> <li>3. Season to taste.</li> <li>4. CCP—Heat to a product temperature of 165 F or higher for at least 15 seconds.</li> <li>5. CCP—Hold at 140 F or higher.</li> <li>6. CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>7. CCP—Reheat within 2 hours to a product temperature of 165 F or higher—one time only.</li> <li>8. Serving method—slotted spoon.</li> </ol>
Eggs, broken, frozen	10 lbs			
Milk, 1%	24 oz			
Pepper ( optional)	1 tsp			

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OATMEAL APPLESAUCE, BROWN SUGAR & RAISINS A-4

Yield: 100 Portions

EACH PORTION: 1 c

Ingredients	Weights	Measures	Adjustment	Method
oatmeal, cooked	25#			<ol style="list-style-type: none"> <li>1. Prepare cooked oatmeal.</li> <li>2. Add raisins, brown sugar, &amp; applesauce to oatmeal.</li> <li>3. Sprinkle with cinnamon (optional).</li> <li>4. Serve warm.</li> <li>5. Serving method—8 oz ladle.</li> </ol>
raisins	5#			
brown sugar	2 1/2#			
cinnamon	1 tsp			
applesauce	3-#10 cans			



**GRANOLA A-5**

*YIELD: 108 Portions*

*EACH PORTION: 1 each - 1/34*

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
Oatmeal	5 #			1. Blend in mixer. 2. Spread into 1" sheet pan and chill. Cut into 54 pieces. Yield: 2 pans
Dates	8 #			
Raisins	6 # 8 oz			
Honey	4 # 12 oz			
Margarine, melted	2 #			

**PANCAKES A-6**

*YIELD: 100 PORTIONS*

*EACH PORTION: 6 ounces  
TEMPERATURE: griddle*

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
flour	14 1/2 #			1. Combine ingredients. 2. Portion w/ladle onto a well greased griddle, fry on one side until golden. Turn; fry on other side until golden. 3. Serve immediately, w/fresh blueberries. 4. CCP—Heat to a product temperature of 165 F or higher for at least 15 seconds. 5. CCP—Hold at 140 F or higher. 6. CCP—Cool within 4 hours to a product temperature of 40 F or lower. 7. CCP—Reheat within 2 hours to a product temperature of 165 F or higher—one time only. 8. Serving method—tongs or spatula.
egg whites	2 Gal.			
egg whites	1 1/2 Qts.			
baking Powder	12 oz.			
sugar	1# 2 oz.			
egg whites	5 1/2 cups			
eggs, broken	5 1/2 cups			

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**BLENDED FRUIT A-7**

**YIELD: 100 PORTIONS**

**EACH PORTION: 1/4 c.**

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
Water, boiling	3 qts			1. Add sugar to water, stir until dissolved.
Sugar, granulated	5 #			
Cornstarch	1/2 lb			2. Blend cornstarch and cold water to make a smooth paste. Add paste to hot water, stirring constantly; cook 10 minutes or until thick and clear.
Cold water	1 qt			
Margarine	1 lb			3. Add margarine and fruit. Mix and boil.
Fruit, drained	5 lb			
				4. Serve warm.
				5. CCP—Hold at 140 F.
				6. Serving method—2 oz ladle.

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**Blueberry Breakfast CAKE**

**Blueberry Breakfast Cake A-8**

**EACH PORTION: 1 Piece**

**YIELD: 100 Portions (2 Pans)**

**PAK SIZE: 18X26-inch Sheet Pan**

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
Flour, wheat, general purpose, sifted	4 lb 8 oz.	4 1/2 qt		<ol style="list-style-type: none"> <li>Sift together flour, sugar, and baking soda into mixer bowl.</li> <li>Combine salad oil, vinegar and vanilla; add to dry ingredients while mixing at low speed 2 minutes.</li> <li>Gradually add Orange Juice while mixing at low speed 1 minute; scrape down bowl.</li> <li>Mix at medium speed 2 minutes or until ingredients are well blended.</li> <li>Fold in 5# Blueberries</li> <li>Pour about 8 lb 8 oz (3 1/2 qt) batter into each</li> <li>Bake about 35 minutes or until done</li> <li>Bake about 35 minutes or until done.</li> </ol>
Sugar, granulated	4 lb 12 oz	10 3/4 cups		
Cinnamon	1 1/2 oz			
Baking soda	2 oz	4 2/3 tbsp		
Salad oil	1 lb 14 oz	3 3/4 cups		
Vinegar	5 oz	2/3 cup		
Vanilla	1 1/2 oz	3 tbsp		
Blueberries (frozen)	5 lb			

*Banana Breakfast Cak A-9*

*EACH PORTION: 1 piece  
yield: 100 portions (2 pans)*

pan size: 18x26 sheet pan

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
<i>Flour</i>	<i>4lb 8oz</i>	<i>4 1/2 qt</i>		<i>1. Sift together flour, sugar and baking soda into mixing bowl</i>
<i>sugar</i>	<i>4lb 12oz</i>	<i>10 3/4 cups</i>		<i>2. combine salad oil, vinegar and vanilla, add dry ingredients while mixing at low speed</i>
<i>cinnamon</i>	<i>1 1/2 oz</i>			<i>3. gradually add orange juice at low speed</i>
<i>baking soda</i>	<i>2 oz</i>	<i>4 2/3 tbsp</i>		<i>4. add bananas add medium speed for 2 minutes</i>
<i>salad oil</i>	<i>1lb 14 oz</i>	<i>3 3/4 cups</i>		<i>5. Pour into greased sheet pans</i>
<i>vinegar</i>	<i>5 oz</i>	<i>2/3 cup</i>		<i>6. bake for 35 minutes or until done</i>
<i>vanilla</i>	<i>1 1/2 oz</i>	<i>3 tbsp</i>		
<i>orange juice</i>	<i>5 lb</i>	<i>2 1/2 qt</i>		
<i>bananas</i>	<i>10 lb</i>			

A-9 Breakfast Juice ?

*Punch A-10*

*EACH PORTION: 16oz  
YIELD: 13 gallons*

*(Lunch & Dinner only)*

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
<i>to 1 Beverage Base</i>	<i>1 gal</i>			<i>Combine all ingredients</i>
<i>cranberry Juice Concentrate</i>	<i>1 case</i>			<i>Mix well</i>
<i>cold Water</i>	<i>11 gal.</i>			<i>Chill &amp; Serve</i>

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**VEGETABLE SOUP (Low Salt) B-2**

**YIELD: 100 Portions (6 1/4 Gallons)**

**EACH PORTION: 1 Cup**

Ingredients	Weights	Measures	Adjustment	Method
Garlic, powder		4 tsp (4 cloves)		<ol style="list-style-type: none"> <li>Sauté garlic and onions in salad oil or shortening until tender. Set aside for use in Step. 3.</li> <li>Heat stock. Add carrots and celery. Bring to a boil. Cover; reduce heat; simmer 15 minutes.</li> <li>Add sautéed garlic and onions, peppers, potatoes, cabbage, tomatoes, and pepper; bring to a boil; reduce heat; simmer 30 minutes or until vegetables are tender.</li> <li>CCP—Heat until product reaches 165 degrees F. or more for at least 15 seconds.</li> <li>CCP—Hold at 140 degrees F. or higher.</li> <li>CCP—COOL—Product temperature must reach 40 degrees F. or lower within 4 hours.</li> <li>CCP—Reheat to a product temperature of 165 degrees F. or higher for at least 15 seconds within 2 hours—one time only.</li> <li>Serving method—8 oz ladle.</li> </ol>
Onions, fresh, chopped	2 lb	1 1/2 qt		
Salad oil		2 cups		
Low sodium stock, beef.....		4 1/4 gal		
Carrots, fresh, chopped	2 lb	1 1/2 qt		
Celery, fresh, chopped	2 lb	1 1/2 qt		
Cabbage, fresh, chopped	4 lb	3 1/2 qt		
Crushed salt tomatoes, canned, crushed		1 1/2 gal (2-No. 10 cans)		
Pepper, black		2 tsp		

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**MINISTRONE SOUP (Low Salt) B-3**

**YIELD: 100 Portions**

**EACH PORTION: 1 cup (8 ounces)**

Ingredients	Weights	Measures	Adjustment	Method
Garlic, powder	1 tsp			<ol style="list-style-type: none"> <li>Cook Kidney Beans</li> <li>Saute' garlic and onions.</li> <li>Dissolve and add to above.</li> <li>Cook macaroni and add tomato sauce and mixed vegetables</li> <li>CCP—Heat until product reaches 165 degrees F. or more for at least 15 seconds.</li> <li>CCP—Hold at 140 degrees F. or higher.</li> <li>CCP—COOL—Product temperature must reach 40 degrees F. or lower within 4 hours.</li> <li>CCP—Reheat to a product temperature of 165 degrees F. or higher for at least 15 seconds within 2 hours—one time only.</li> <li>Serving method - 8 oz ladle.</li> </ol>
Onions, fresh, chopped	2 #			
Margarine	4 oz			
Low Salt beef base	1 # 8 oz			
Water	5 gal			
Mixed vegetables/frozen	2 #			
Pizza sauce	1 # 10 can			
Elbow macaroni	3 #			
Kidney Beans	8 #			

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**MACARONI AND BEAN SOUP B-4**

**YIELD: 100 Portions (3 Pans)**

**EACH PORTION: 1 Cup (8 ounces)**

Ingredients	Weights	Measures	Adjustment	Method
oil, powder	1 tsp			<ol style="list-style-type: none"> <li>1. Cook kidney beans.</li> <li>2. Sauté onions and garlic.</li> <li>3. Dissolve beef base in water; add to pizza sauce.</li> <li>4. Combine macaroni, beef stock and beans.</li> <li>5. Serve hot.</li> <li>4. CCP—Heat until product reaches 165 degrees F. or more for at least 15 seconds.</li> <li>5. CCP—Hold at 140 degrees F. or higher.</li> <li>6. CCP—COOL—Product temperature must reach 40 degrees F. or lower within 4 hours.</li> <li>7. CCP—Reheat to a product temperature of 165 degrees F., or higher for at least 15 seconds within 2 hours—one time only.</li> <li>8. Serving method—8 oz ladle.</li> </ol>
onions, fresh, chopped	3#			
garine	4 oz			
kidney beans	5 #			
low salt beef base	1 lb, 8 oz			
water	5 gal			
elbow macaroni, cooled	3 #			
tomato sauce	1 # 10 can			

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**BROWN GRAVY B-5**

**YIELD: 100 PORTIONS**

**EACH PORTION: 1/3 CUP**

**PAN SIZE: 18 BY 24-INCH ROASTING PAN**

Ingredients	Weights	Measures	Adjustment	Method
Vegetable oil	3 cups			<ol style="list-style-type: none"> <li>1. Sprinkle flour evenly over oil.</li> <li>2. Cook over low heat on top of range or in 375 degree F. oven 30 minutes until flour is a rich brown color. Stir frequently to avoid over-browning.</li> <li>3. Add roux to stock, stirring constantly. Bring to a boil; reduce heat; simmer 10 minutes or until thickened; stirring constantly.</li> <li>Add pepper.</li> <li>4. CCP—Heat until product reaches 165 degrees F. or more for at least 15 seconds.</li> <li>5. CCP—Hold at 140 degrees F. or higher.</li> <li>6. CCP—COOL—Product temperature must reach 40 degrees F. or lower within 4 hours.</li> <li>7. CCP—Reheat to a product temperature of 165 degrees F. or higher for at least 15 seconds within 2 hours—one time only.</li> <li>8. Serving method—2 oz ladle/heaping.</li> </ol>
Flour, wheat, general purpose, sifted	1 lb 8 oz			
Stock, hot, low sodium beef/chicken base	2 gal			
Pepper, black	1 tbsp			

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**CORN CHOWDER B-6**

**YIELD: 100 PORTIONS**

**SERVING SIZE: 1 cup**

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
celery, fresh, chopped	8 oz			<ol style="list-style-type: none"> <li>1. Sauté celery, onions and peppers w/margarine until tender.</li> <li>2. Add vegetables to potatoes and water, mix and bring to a boil. Reduce heat; simmer 15 min. or until potatoes are tender.</li> <li>3. Add corn and pepper. Bring to a boil. Reduce, cook 5 minutes stirring occasionally.</li> <li>4. Add milk and margarine to mixture. Heat slowly to serving temperature. "Do not boil."</li> <li>5. CCP--Heat until product reaches 165 degrees F. or more for at least 15 seconds.</li> <li>6. CCP--Hold at 140 degrees F. or higher.</li> <li>7. CCP--COOL--Product temperature must reach 40 degrees F. or lower within 4 hours.</li> <li>8. CCP--Reheat to a product temperature of 165 degrees F. or higher for at least 15 seconds within 2 hours--one time only.</li> <li>9. Serving method--8 oz ladle.</li> </ol>
onions, fresh, chopped	1 lb			
peppers, sweet, fresh, chopped	8 oz			
margarine	4 oz			
water		2 gal		
potatoes, white, fresh, diced	5 lb			
corn, frozen		20 lbs		
black pepper		2 tsp		
milk, 1% or nonfat dry (reconstituted)	1 1/2 gal			
margarine	1 lb			

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**LENTIL SOUP B-7**

**YIELD: 100 Portions**

**EACH PORTION: 8 oz - (6 1/4 gal)**

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Method</i>
Dry lentil beans	6#		<ol style="list-style-type: none"> <li>1. Pick over beans. Remove any foreign matter. Wash thoroughly in cold water.</li> <li>2. Cover with cold water. Bring to a boil. Remove from heat. Cover and let stand 1 hr.</li> <li>3. Combine low sodium beef base with water. Add to beans. Bring to a boil. Simmer for 2 hrs. or until beans are tender.</li> </ol>
Cold water		2 gal	
Beef base (low sodium)	52 oz	6 1/2 c	
Water	5 gal		<ol style="list-style-type: none"> <li>4. Combine carrots, onions and pepper to bean mixture. Simmer for 30 minutes.</li> <li>5. Mix flour and water into a paste consistency.</li> <li>6. Combine flour mixture to soup. Cook 10 minutes.</li> <li>7. CCP--Heat until product reaches 165 degrees F. or more for at least 15 seconds.</li> <li>8. CCP--Hold at 140 degrees F. or higher.</li> <li>9. CCP--COOL--Product temperature must reach 40 degrees F. or lower within 4 hours.</li> <li>10. CCP--Reheat to a product temperature of 165 degrees F. or higher for at least 15 seconds within 2 hours--one time only.</li> <li>11. Serving method--8 oz ladle.</li> </ol>
Carrots, fresh, chopped		16 oz	
Onions, fresh, chopped		32 oz	
Black pepper		2 tsp	
All purpose flour		12 oz	
Water		32 oz	

GUIDELINES FOR USE OF CANNED PIZZA SAUCE B-8

Ingredients	Weights	Measures	Adjustment	Method
zr sauce iter	1 #10 can 1 #10 can			<ol style="list-style-type: none"> <li>1. Add one #10 can of water to 1-#10 can of DOC approved pizza sauce for all DOC recipas calling for pizza sauce.,</li> <li>2. CCP--Heat until product reaches 165 degrees F. or more for at least 15 seconds.</li> <li>3. CCP--Hold at 140 degrees F. or higher.</li> <li>4. CCP--COOL--Product temperature must reach 40 degrees F. or lower within 4 hours.</li> <li>5. CCP--Reheat to a product temperature of 165 degrees F. or higher for at least 15 seconds within 2 hours--one time only.</li> <li>6. Serving method--Weigh first serving onto solid serving spoon to determine appropriate volume and spoon onto pizza--rechecking portion weight periodically.</li> </ol>

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BEEF & RICE C-1

YIELD: 100 PORTIONS

EACH PORTION: 1 1/2 cups Rice, 1 cup Beans

Ingredients	Weights	Measures	Adjustment	Method
Rice, long grain	18 lb			1. Combine rice, water and saled oil; bring to a boil.
Water, cold	4 gal			
Salad oil	1.5 oz			2. Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
Onions, fresh, chopped	3 lb			3. Saute onions for about 1 to 2 minutes or until lightly browned.
Beans, kidney, dried-cooked	25 #			4. Combine onions with cooked kidney beans, pepper and garlic.
Pepper, black	1 1/2 tsp			
Pepper, red ground	1 1/2 tsp			
Garlic powder	2 oz			
				5. Simmer 20 minutes.
				6. Serve with hot rice.
				7. CCP--Heat until product temperature reaches 165 F or higher for at least 15 seconds.
				8. CCP--Hold at 140 F or higher.
				9. CCP--Cool within 4 hours to a product temperature of 40 F or lower.
				10. CCP--Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds--one time only.
				11. Serving method--12 oz ladle or 2-6 oz spoodles for rice. 8 oz spoodle or 2--#8.scoops for beans.

NOTE: Refer to recipe C-3, step 1 for instructions to cook dry beans.  
NOTE: Rice & beans may be served separate.

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CHICKEN W/VEGETABLES C-2

YIELD: 100 Portions

EACH PORTION: 1 Cup

TEMPERATURE: 400 degrees F; Tilling fry pan

Ingredients	Weights	Measures	Adjustment	Method
carrots, fresh, cut in 1/2 inch diagonal slices	5 lbs.			<ol style="list-style-type: none"> <li>1. Wash and trim vegetables.</li> <li>2. Steam chicken in stock until cooked.</li> <li>3. Saute vegetables in oil until tender.</li> <li>4. Combine chicken and vegetables.</li> <li>5. CCP--Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>6. CCP--Hold at 140 F or higher.</li> <li>7. CCP--Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>8. CCP--Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds--one time only.</li> <li>9. Serving method--1-8 oz spoodle or 1-8 oz ladle.</li> </ol>
chicken, fresh, cut in 1/2 inch diagonal slices	5 lbs.			
broccoli, fresh, cut in 1 inch strips (cut strips in half widthwise)	5 lbs.			
cooked diced chicken - white meat	28 #			
peppers, fresh, sweet, cut in 1 inch wide strips (cut strips in half widthwise)	3 lbs.			
onions, fresh cut in 8 wedges	16 oz			
water, boiling	3 cups			
cream and Gravy base, chicken, LS	3/4 oz			
pepper, black	3/4 tsp			

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CHILI WITH BEANS C-3

YIELD: 100 Portions

EACH PORTION: 2 Cups

TEMPERATURE:

Ingredients	Weights	Measures	Adjustment	Method
Dried Beans	20#			<ol style="list-style-type: none"> <li>1. Pick over and wash beans thoroughly. Cover with water; boil 2 minutes; turn off heat. Cover; let set 1 hour. Bring beans to a boil. If necessary, add more water to cover beans. Simmer 1 1/2 hours until tender. DO NOT DRAIN. Set aside for use in Step 4.</li> <li>2. After browning, rinse beef twice w/ hot water to remove excess fat.</li> <li>3. Add garlic, onions, cumin, chill powder, paprika, red pepper.</li> <li>4. Drain beans; reserve bean liquid. Add pizza sauce and reserved bean liquid and hot water to beef mixture; stir. Bring to a simmer; cook 1 hour. DO NOT BOIL.</li> <li>5. CCP--Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>6. CCP--Hold at 140 F or higher.</li> <li>7. CCP--Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>8. CCP--Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds--one time only.</li> <li>9. Serving method--2-8 oz ladles or spoodles.</li> </ol>
Water, boiling				
Beef, pattie mix, bulk or beef ground	24#			
Cumin (optional)	2 1/2 oz			
Chili Powder	11 oz			
Paprika, ground	2 1/2 oz			
Pepper, red, ground	1/2 oz			
Garlic, powder	3 oz			
Onions, fresh, chopped	6 1/2#			
Pizza sauce	1 1/2-#10 cans			
Water	1 1/2-#10 cans			
Reserved bean liquid and hot water				



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CHICKEN & VEGETABLES W/TOMATO SAUCE C-4				8 OUNCE
YIELD: 100 Portions				TEMPERATURE: 325 degree oven
PAN SIZE: 3 PANS				Method
Ingredients	Weights	Measures	Adjustment	Method
onions, fresh, chopped	4 lb			<ol style="list-style-type: none"> <li>1. Sauté onions and peppers until tender.</li> <li>2. Add soup base, water, bay leaves, pizza sauce, thyme, basil, oregano and garlic to onion-pepper mixture. Simmer 1 1/2 hours. Set aside for use in Step 5.</li> <li>3. Place chicken into pans. Pour an equal quantity of sauce over chicken in each pan.</li> <li>4. Cover; bake an additional hour or until done (180 degree F. Remove bay leaves.</li> <li>5. Serve over pasta.</li> <li>6. CCP—Heat until product temperature reaches 165 degree F or higher for at least 15 seconds.</li> <li>7. CCP—Hold at 140 F or higher.</li> <li>8. CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>9. CCP—Reheat within 2 hours to a product temperature of 165 degree F or higher for at least 15 seconds—one time only.</li> <li>10. Serving method—1-8 oz ladle or spoon.</li> </ol>
peppers, sweet, fresh, chopped	2 lb, 11 oz			
Pizza Sauce	3 #10 cans			
thyme	3 #10 cans			
cup base/chicken, salt free	6 1/4 oz			
thyme, boiling	1 1/2 gal			
bay leaves, whole	6 leaves			
thyme, ground	1 tsp			
basil, crushed	2 tsp			
oregano, crushed	1 tsp			
salt, powder	1 tsp			
chicken, white meat, cooked	25 lb			

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CHICKEN SALAD C-5				
YIELD: 100 Portions			EACH PORTION: 1/2 CUP	
Ingredients	Weights	Measures	Adjustment	Method
Chicken/white meat/cooked	25 #			<ol style="list-style-type: none"> <li>1. Cut into 1/2 to 1 inch pieces. Cover; place in refrigerator to chill.</li> <li>2. Add celery and onions to chicken, mix thoroughly.</li> <li>3. Add low fat mayo and pepper; mix lightly but thoroughly. Cover; refrigerate until ready to serve. CCP—Keep chilled at 40 degrees F. Serving method—1-#8 scoop.</li> </ol>
Celery, fresh, chopped	2 lbs, 4 oz			
Onions, fresh, chopped	1 1/2 cups			
Low Fat mayo	3 qt			
Pepper, black	1 tsp			

REVISION DATE: 10/20/2021

**MOCK LASAGNE C-6**

YIELD: 100 Portions  
PAN SIZE: 5 PANS

EACH PORTION: 1 Piece (9 oz)

Ingredients	Weight	Measure	Adjustment	Method
Onions, fresh, chopped	4 lbs			<ol style="list-style-type: none"> <li>Saute Onions</li> <li>Add pepper, oregano, thyme, red pepper, garlic, and basil; continue to cook 5 minutes longer.</li> <li>Add sauce and water. Blend well; simmer 1 hr.</li> <li>Combine sauce and cheese mixture and noodles.</li> <li>Bake 10 to 15 minutes.</li> <li>CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>CCP—Hold at 140 F or higher.</li> <li>CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.</li> </ol> Serve with spatula or spoon.
pepper, black	1 tbsp			
oregano, crushed	3/4 cup			
thyme, ground	1 tbsp			
pepper, red, ground	1 tbsp			
flour, powder	1 1/4 tsp			
oil, sweet, crushed	2.20 tbsp			
tomato Sauce	1 1/2 #10 cans			
water	1 1/2 #10 cans			
CLING:				
cheese, cottage, low fat	11 lb			<ol style="list-style-type: none"> <li>Saute Onions</li> <li>Add pepper, oregano, thyme, red pepper, garlic, and basil; continue to cook 5 minutes longer.</li> <li>Add sauce and water. Blend well; simmer 1 hr.</li> <li>Combine sauce and cheese mixture and noodles.</li> <li>Bake 10 to 15 minutes.</li> <li>CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>CCP—Hold at 140 F or higher.</li> <li>CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.</li> </ol> Serve with spatula or spoon.
cheese, mozzarella, low fat	4 lb			
noodles, lasagna, uncooked	18 lb			

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**CHICKEN MACARONI CASSEROLE C-7**

YIELD: 75 Portions  
PAN SIZE: 4 PANS

EACH PORTION: 1 1/2 CUPS  
TEMPERATURE: 350 degrees

Ingredients	Weight	Measure	Adjustment	Method
Spaghetti, broken into 4 inch pieces	7 1/2 lbs			<ol style="list-style-type: none"> <li>Stir spaghetti into boiling water. Stir frequently. Cook about 15 minutes. Drain and set aside for use in Step 6.</li> <li>Saute onions in margarine until tender. Add mushrooms, combine thoroughly.</li> <li>Combine flour and roux base. Add to sauteed vegetables. Stir until well mixed.</li> <li>Gradually add water, stir constant. Cook 10 minutes or until smooth and thickened.</li> <li>Add milk gradually to vegetable-sauce mixture, stirring constantly. Simmer 10 minutes.</li> <li>Add spaghetti, chicken and pepper. Combine thoroughly.</li> <li>Pour about 1 1/2 gal mixture into each pan.</li> <li>Sprinkle 1 cup cheese over mixture in each pan.</li> <li>Bake 30 minutes or until cheese is bubbling and melted.</li> <li>CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>CCP—Hold at 140 F or higher.</li> <li>CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.</li> <li>Serving method—1-12 oz ladle or 2-6 oz ladles or 2-6 oz spoons.</li> </ol>
Water, boiling	4 1/2 gal			
Onions, fresh, chopped	12 oz			
Margarine, melted	8 oz			
Flour, wheat, general purpose, sifted	2 lb, 2 oz			
Soup, low sodium chicken base	1 lb 7 oz			
Water, boiling	2 1/2 gal			
Milk, 1%	6 qts			
Chicken, white meat, cooked	25 lbs			
Pepper, black	1 1/2 tsp			
Low Fat shredded cheese	1 1/2 lbs			

MEATLOAF C-3				REVISION DATE: 10/20/2021
YIELD: 100 Portions (2 Pans)		EACH PORTION: 1 - 5 oz slice		
PAN SIZE: 18 by 24 inch Roasting Pan		TEMPERATURE: 325 degrees F. Oven		
Ingredients	Weight	Measures	Adjustment	Method
onions, fresh, chopped	4#			<ol style="list-style-type: none"> <li>Sauté onions and celery in salad oil until tender. Set aside for use in Step 3.</li> <li>Combine beef and bread crumbs. Mix until blended.</li> <li>Add sautéed onions, and celery, pepper and garlic. Mix well.</li> <li>Use 8 lbs of beef mixture to form four loaves.</li> <li>Place in roasting pans.</li> <li>Bake approximately 1 1/2 hours or until center reaches 165 degrees. Skim off excess fat and liquid during cooking period.</li> <li>Cut each loaf into 25-30 oz slices.</li> <li>CCP-Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>CCP-Hold at 140 F or higher.</li> <li>CCP-Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>CCP-Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds-one time only.</li> <li>Serving method-Divide each loaf into 25 equal 5 oz portions and serve with spatula.</li> </ol>
celery, fresh, chopped	2#			
lard oil	1/4 cup			
oil, ground, thawed	30#			
pepper, black	2 lbs			
rice, powder	1 oz			
bread crumbs, dry, coarse, ground	2 lbs			

NOTE: 30# of raw, ground beef will yield approximately 24# of cooked.

SPAGHETTI SAUCE C-9				REVISION DATE: 10/20/2021
YIELD: 100 Portions		EACH PORTION: 1 CUP		
Ingredients	Weight	Measures	Adjustment	Method
Onions, fresh, chopped	3#			<ol style="list-style-type: none"> <li>Sauté onions and garlic for three (3) minutes.</li> <li>Add pepper, oregano, thyme, basil, and bay leaves. Mix well.</li> <li>Add pizza sauce and water as necessary.</li> <li>Cook over low heat about one (1) hour, stirring frequently to prevent sauce from sticking. Add more water if sauce is too thick.</li> <li>Brown beef, drain twice with hot water after cooking to remove excess fat. Combine all ingredients.</li> <li>CCP-Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>CCP-Hold at 140 F or higher.</li> <li>CCP-Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>CCP-Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds-one time only.</li> </ol>
Garlic, powder	4 oz			
Pepper, black	2 tsp			
Oregano, ground	1 oz			
Thyme, ground	1 tsp			
Basil, ground (optional)	1 oz			
Bay Leaves, whole	3			
Pizza Sauce	4 1/2 -#10 cans			
Water	2# 10 cans			
Ground beef	37 1/2 lbs.			

TUNA SALAD C-10		REVISION DATE: 10/20/2021
YIELD: 100 Portions	EACH PORTION: 1 Sandwich 4 oz	1/2 CUP

Ingredients	Weight	Measures	Adjustment	Method
1/2 lb, canned chunk light tuna, fresh, chopped	24 lb			1. Drain, rinse, and flake tuna. 2. Combine tuna, onions, celery, fresh lemon juice, and salad dressing. Mix together lightly. Refrigerate until ready to use. 3. CCP--Keep chilled at 40 degrees F. 4. Serving method--1-#8 scoop.
1/2 lb, fresh, chopped celery, fresh, chopped	3 lb			
	3 lb			
yonisales, low fat	6 lb	3 cts		

AMERICAN CHOP SUEY C-11		REVISION DATE: 10/20/2021
YIELD: 100 Portions (2 Pans)	EACH PORTION: 1 1/2 cup	
Pan Size: 18 X 24-inch Roasting Pan	TEMPERATURE: 350 degree Oven	

Ingredients	Weight	Measures	Adjustment	Method
Onions, fresh, chopped	1 lb 6 oz	1 qt		1. Saute onions, peppers, and garlic in salad oil for 10 minutes, or until tender.
Peppers, sweet, fresh, chopped	1 lb 8 oz	4 1/2 cups		
Garlic, powder		2 tbsp (6 cloves)		
Salad Oil	2 c	2 cups		2. Add pizza sauce, water, salt, pepper, and sugar. Simmer 10 to 15 minutes or until thickened. Stir as necessary. Set aside for use in Step 5.
Pizza Sauce	1 1/2 - #10 cans			
Water	1 1/2 - #10 cans			3. Brown beef and rinse twice to remove excess fat. Set aside for use in Step 5.
Pepper, black		2 tbsp		
Sugar, granulated	6 oz	3/4 cup		4. Add macaroni to water; bring to a boil, stirring occasionally. Boil 20 minutes; drain well.
Beef, ground, thawed	25 lb			
Macaroni, elbow	20 lb	1 1/4 gal		
Water, boiling		3 gal		
				5. Combine beef, tomato sauce, and macaroni. Mix well.
				6. Pour an equal quantity macaroni mixture into each pan.
				7. Bake 30 minutes or until bubbling.
				8. CCP--Heat until product temperature reaches 165 F or higher for at least 15 seconds.
				9. CCP--Hold at 140 F or higher.
				10. CCP--Cool within 4 hours to a product temperature of 40 F or lower.
				11. CCP--Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds--one time only.
				12. Serving method--1-12 oz ladle or 2-6 oz ladles or 2-6 oz spoons.

REVISION DATE: 10/20/2021				
BAKED ZITI C-12				
YIELD: 100 Portions		EACH PORTION: 1 1/2 c.		
PAN SIZE:		TEMPERATURE: 325 degrees F oven		
Ingredients	Weights	Measures	Adjustment	Method
				1. Cook pasta
	18#			2. Blend pizza sauce with water.
ziti sauce	1 1/2 #10 cans			3. Blend pasta with pizza sauce.
for	1 1/2 #10 cans			4. Top with cheese.
ziti cheese, made with skim milk	15#			5. Bake at 325 degree F for 35 minutes. Use 2" deep bake pans.
				6. CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds.
				7. CCP—Hold at 140 F or higher.
				8. CCP—Cool within 4 hours to a product temperature of 40 F or lower.
				9. CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.
				10. Serving method—1—12 oz ladle or 2—6 oz ladles or 2—6 oz spoons.

REVISION DATE: 10/20/2021				
BEEF & VEGETABLES W/TOMATO SAUCE C-13				
YIELD: 100 Portions		8 Ounce		
PAN SIZE: 3 PANS		TEMPERATURE: 325 degree oven		
Ingredients	Weights	Measures	Adjustment	Method
Onions, fresh, chopped	4 lb			1. Sauté onions and peppers until tender.
Peppers, sweet, fresh, chopped	2 lb 11 oz			2. Add soup base, water, bay leaves, pizza sauce, pepper and garlic to onion-pepper mixture. Simmer 1 1/2 hours. Set aside for use in Step 5.
Pizza Sauce	3 #10 cans			3. Dredge beef in mixture of flour and pepper; shake off excess.
Water	3 #10 cans			4. Brown beef in vegetable oil until browned; Place into pans. Pour an equal quantity of sauce over beef in each pan.
Soup base/base, salt free	6 1/4 oz			5. Cover; bake an additional hour or until done (160 degree F).
Water, boiling	1 1/2 gal			6. Serve over pasta.
Black pepper	2 tsp			7. CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds.
Garlic, powder	2 oz			8. CCP—Hold at 140 F or higher.
				9. CCP—Cool within 4 hours to a product temperature of 40 F or lower.
Beef, diced	25 lb			10. CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.
Vegetable oil	1 c			11. Serving method—1—8 oz ladle or spoon.
Flour, wheat, general purpose sifted	3 lb 9 oz			
Pepper, black	1/2 oz			

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TOMATO RICE & BEEF CASSEROLE C-14

YIELD: 75 Portions

PAN SIZE: 2 PANS

EACH PORTION: 1 1/2 cups

TEMPERATURE: 350 degrees F oven

Ingredients	Weight	Measure	Adjustment	Method
Sauce	3 - #10 cans			1. Combine sauce, water and pepper. Heat to boiling; reduce heat; simmer 10 minutes.
Water, black	3 - #10 cans			
	2 1/2 tsp			2. Add rice to water; cook until tender.
	12 lb			
Butter, boiling	3 gal			3. Brown beef; rinse twice with hot water to remove fat. Arrange 1/3 of cooked beef in each lightly greased pan alternating layers of rice, sauce, beef and cheese.
Ground beef	25 lbs			
Hard cheese (i.e. skim mozzarella, ground or shredded)	9 lbs			4. Sprinkle 2 tbsp paprika over rice mixture in each pan.
	1 1/2 oz			

TE: 25# of raw ground beef will yield approximately 20# of cooked.

REVISION DATE: 10/20/2021

PROCEDURE FOR COOKING VEAL CUBES C-15

Ingredients	Weight	Measure	Adjustment	Method
Veal cubes				1. Substitute an equal amount of veal cubes for beef cubes.
				2. Veal contains substantially less fat than beef; therefore, veal must be cooked approximately three times longer than beef to achieve desired tenderness.
				3. CCP—Hold at 140 degrees F, or higher.
				4. CCP—Cooling—Product temperature must reach 40 degrees F or lower within four hours or less.
				5. CCP—Reheating—Reheat to a product temperature of 165 degrees or higher for at least 15 seconds within two hours—one time only.

BEEF STEW C-16				
YIELD: 100 Portions		EACH PORTION: 10 oz		
Ingredients	Weights	Measures	Adjustment	Method
flour, all purpose, sifted	8 oz.	2 cups		<ol style="list-style-type: none"> <li>1. Dredge beef in mixture of flour, salt, pepper, and garlic; shake off excess.</li> <li>2. Brown beef in hot shortening or salad oil in steam-jacketed kettle or stock pot.</li> <li>3. Add water, tomatoes, thyme, and bay leaves to meat. Cover; simmer 2 hours.</li> <li>4. Add carrots to beef mixture. Cover; simmer 15 min.</li> <li>5. Add celery, onions, and potatoes. Stir to mix. Cover; simmer 20 minutes or until vegetables are tender.</li> <li>6. Remove bay leaves. Thicken gravy, if desired. Combine flour and water. Add to stew while stirring. Cook 5 minutes or until thickened.</li> <li>7. CCP--Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>8. CCP--Hold at 140 F or higher.</li> <li>9. CCP--Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>10. CCP--Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds--one time only.</li> <li>11. Serving method--1 heaping 8 oz ladle.</li> </ol>
pepper, black	1/2 oz.	2 tsp		
flour, powder	1/2 oz.	1/23 tbsp		
vegetable oil	1 lb	2 cups		
fat, hot		2 1/2 gal		
added salt tomatoes, canned, crushed	6 lb 6 oz	3 qt (1-No. 10 can)		
meat, ground		1 tbsp		
leaves, whole				
rots, 1/2 inch ring, frozen	20 lb			
ions, fresh, cut in quarters	3 lb	2 1/2 qt		
atoes, white, fresh, peeled, cut in 1 to 1/2 inch pieces	10 lb	7 1/2 qt		
starch, sifted	1 lb 2 oz	4 1/2 cups		

1. In step 1, 30 lb beef, pot roast, diced in 1 to 1 1/2 pieces may be used. Trim beef to remove excess fat and gristle.  
 2. In Step 4, 9 lb 12 oz fresh carrots A.P. will yield 8 lb carrot rings.  
 3. In Step 5, 5 lb 8 oz fresh carrots A.P. will yield 4 lb celery cut into 1 inch pieces and 3 lb 5 oz dry onions A.P. will yield 3 lb onions cut in quarters.  
 4. In Step 5, 6 oz (2 cups) dehydrated onions may be used. See Recipe No. A-11.  
 5. In Step 5, 12 lb 5 oz fresh whole potatoes A.P. will yield 10 lb potatoes cut into 1 to 1 1/2 inch pieces.  
 6. In Steps 2 through 6, 2 roasting pans (18X24 inches) on top of range, a 350 degree oven or a tilting fry pan may be used to brown and cook meat and vegetable mixture.

BEEF w/GRAVY (REVISED) C-17				
YIELD: 100 portions		EACH PORTION: 8 oz		
Ingredients	Weights	Measures	Adjustment	Method
Stew beef, cubed	30 lb			<ol style="list-style-type: none"> <li>1. Dredge stew beef in seasoned flour mixture.</li> <li>2. Take dredged beef and brown with oil, onions, and garlic powder in steam kettle.</li> <li>3. Remove - drain off excess fat.</li> <li>4. Combine water, stew beef, low sodium beef base, catsup and black pepper.</li> <li>5. Boil - 1 hour.</li> <li>6. Mix 16 oz of cornstarch in 1 qt of cold water.</li> <li>7. Thicken to consistency with cornstarch solution.</li> <li>8. CCP--Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>9. CCP--Hold at 140 F or higher.</li> <li>10. CCP--Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>11. CCP--Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds--one time only.</li> <li>12. Serving method--4-8 oz ladle or spoonful.</li> </ol>
Flour, all purpose	2 lbs			
Black pepper	1 lbs			
Vegetable oil	1 qt			
Onions, fresh, diced	4 lbs			
Garlic powder	2 oz			
Hot water	3 gals.			
Beef base, low sodium	12 oz			
Catsup	16 oz			
Black pepper	2 lbs			
Cornstarch	16 oz			
Water, cold	1 qt			

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**BARBECUED BEEF SANDWICH (SLOPPY JOB) C-18**

YIELD: 100 Portions

EACH PORTION: 1 Cup plus 1 Sandwich Bun

Ingredients	Weight	Measures	Adjustment	Method
Beef, ground, thawed	40 lb			<ol style="list-style-type: none"> <li>1. Cook beef in its own fat until beef loses its pink color, stirring to break apart. Drain or skim off excess fat. Rinse meat after cooking to remove fat.</li> <li>2. Combine pizza sauce &amp; water. Mix well.</li> <li>3. Combine onions, pizza sauce, mustard, brown sugar, vinegar, and water; add to beef. Stir to mix well.</li> <li>4. Cover; simmer 45 minutes; stir occasionally to prevent burning.</li> <li>5. Place 2/3 cup (1/2 to 6 scoop) mixture on bottom half bun. Top with second half.</li> <li>6. Serve hot.</li> <li>7. CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>8. CCP—Hold at 140 F or higher.</li> <li>9. CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>10. CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.</li> <li>11. Serving method—1-8 oz ladle or spoon.</li> </ol>
Onions, fresh, chopped	3 lb 10 oz			
Pizza sauce	1 1/2 #10 can			
Mustard	3 #10 can			
Onions, prepared	2 1/2 cups			
Mustard, brown	3 oz			
Vinegar	2 1/2 cups			
Water	2 1/2 cups as needed			
Swiss buns		100 each		
<p>IE: In Step 3, mixture may be cooked in 350 degree F. oven until thoroughly heated. 40# of raw beef will yield approximately 32# of cooked.</p>				

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**CHICKEN FAJITA C-19**

YIELD: 100 Portions

EACH PORTION: 1/2 cup meat mixture, 1/2 cup veg. Mixture

Ingredients	Weight	Measures	Adjustment	Method
Chicken, white, diced, cooked	25 lb			<ol style="list-style-type: none"> <li>1. Combine all ingredients. Saute at low temp. for 10 minutes. Remove from heat. Place into steam table pan.</li> <li>2. Wash and trim vegetables. Saute until tender. Place into steam table pan.</li> <li>3. Place fajita shells into steam table pan. Warm slightly on steam table.</li> <li>4. Place 4 oz. of meat mixture and 4 oz. of vegetable mixture on plate with 1 tortilla shell.</li> <li>5. CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>6. CCP—Hold at 140 F or higher.</li> <li>7. CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>8. CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.</li> <li>9. Serving method—Meat mixture—1-#8 scoop or 1-4 oz spoon. Vegetable mixture—1-#8 scoop or 1-4 oz spoon.</li> </ol>
Garlic, powder	2 oz			
Pepper, red ground	1/2 oz			
Cumin	1/2 oz			
1/3 chicken stock		3 cups		
AP flour		1 cup		
Black, Pepper		1 tsp		
Peppers, fresh, sweet, cut into 1" wide strips	25 lb			
Onions, fresh, green cut into 1" wide strips	25 lb			
Margarine		6 oz		
(2) Flour tortilla, 6"	200			



FRENCH BREAD PIZZA C-20

YIELD: 1 SERVING

Ingredients	Weights	Measures	Adjustment	Method
1 whole roll		1 roll		1. Cut the hoagie roll in half.
1/2 cup pizza sauce guidelines B-6	3 oz			2. Ladle pizza sauce over each portion of bread.
1 slice mozzarella cheese (sliced)	2 oz			3. Place 1 oz. of cheese over sauce on each portion of bread.
				4. Place 1 oz of cooked ground beef on each portion. Use heaping tablespoon.
				5. Bake at 350 degrees for 10-15 minutes, or until desired results.

TE: Approximately 20 lbs. of raw beef will yield 100 portions of cooked.

Use DDC guidelines for cooking ground beef.

CREOLE CHICKEN C-21

YIELD: 100 portions

EACH PORTION: 1 cup

Ingredients	Weights	Measures	Adjustment	Method
White chicken meat/cooked	28#	1/2" pieces		1. Boil for 20 minutes. 2. Drain, cool. 3. Cut into 1/2" pieces.
<b>CREOLE SAUCE</b>				
Onions, fresh, chopped	2 lbs.			1. Sauté all vegetables together for 10 minutes in steam kettle.
Peppers, fresh, chopped	2 lbs.			
Celery, fresh, chopped	2 lbs.			
Summer squash	2 lbs.			
Vegetable oil	16 oz			
Pizza sauce	1 # 10 can			2. Combine pizza sauce, water, black pepper, granulated sugar & worcestershire sauce. Add to vegetable mixture.
Water	1 1/2 #10 can	1 lbs		
Black pepper				
Granulated sugar	2 oz			3. Mix flour & water into a paste consistency. 4. Combine flour mixture to sauce - cook to thicken (approx. 5 min.) - stir constantly.
Worcestershire sauce	1 oz			
Flour (all purpose)	6 oz			5. CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds. 6. CCP—Hold at 140 F or higher. 7. CCP—Cool within 4 hours to a product temperature of 40 F or lower. 8. CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only. 9. Serving method—8 oz ladle or spoon.
Water	8 oz			

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CHICKEN W/CRAVY C-22				
YIELD: 100 portions		EACH PORTION: 1		1/2 CUP
Ingredients	Weights	Measures	Adjustment	Method
onion, white onion, cooked	25 lb			<ol style="list-style-type: none"> <li>1. Combine 3 3/4 qts (1 1/2 mls) to 3 gal. chicken stock. (Do not boil). Simmer.</li> <li>2. Mix 16 oz. of cornstarch in 1 qt. of cold water.</li> <li>3. Combine pepper, onions, celery and peppers to remainder of stock. Bring to boil.</li> <li>4. Combine ingredients to step 3.</li> <li>5. Thicken to consistency with cornstarch solution.</li> <li>6. CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>7. CCP—Hold at 140 F or higher.</li> <li>8. CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>9. CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.</li> <li>10. Serving method—1-6 oz.ladle or spoon.</li> </ol>
1 percent stock base, low sodium	3 3/4 qts	16 oz		
cornstarch	3 gal	16 oz		
water		1 qt		
pepper		2 lbs		
onion, fresh, diced	3 lbs			
celery, fresh, diced	5 lbs			
pepper, fresh, diced	1 lb			

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HONEY BAKED CHICKEN C-23				
YIELD: 1 Gallon/100 Portions		EACH PORTION: 1 PIECE		TEMP. 350 degree F. oven
Ingredients	Weights	Measures	Adjustment	Method
granulated sugar	38	5 3/4 cups		<ol style="list-style-type: none"> <li>1. Combine granulated sugar, honey, water, salt.</li> <li>2. Bring to a boil.</li> <li>3. Mix cornstarch mixture and water together.</li> <li>4. Combine cornstarch mixture to other ingredients.</li> <li>5. Simmer for 10 minutes or until desired consistency. Remove from heat.</li> <li>6. Dredge each piece of chicken in mixture. Drain excess.</li> <li>7. Place chicken on baking pan. Cook at 350 degrees F. until done.</li> <li>8. CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>9. CCP—Hold at 140 F or higher.</li> <li>10. CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>11. CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.</li> <li>12. Serving method—longs.</li> </ol>
Honey	38 - 3 oz.	4 1/2 cups		
Water		64 oz		
Salt		1/4 tsp		
Cornstarch		4 oz		
Cold water		12 oz.		
Chicken breast w/bone	100 pc.			

NOTE: Glaze will continue to thicken upon cooling. Adjust cornstarch mixture, if needed, one 8.5 oz breast will yield 4 oz portion.

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BEEF w/VEGETABLES C-24				EACH PORTION: 8 oz
YIELD: 100 Portions				TEMPERATURE: 400 degrees F, Thru fry pan
Ingredient	Weight	Measure	Adjustment	Method
ole, fresh, cut in 1/2 inch diagonal slices	5 lbs.			1. Wash and trim vegetables.
pepper, fresh, cut in 1/2 inch diagonal slices	6 lbs.			2. Grill beef until cooked.
zucchini, fresh, cut in 1 inch strips	6 lbs.			3. Grill vegetables until tender.
meat	30 lbs.			4. Add beef to vegetables.
pepper, fresh, sweet, cut in 1 inch wide strips (cut strips in half widthwise)	4 lbs.			5. CCP--Heat until product temperature reaches 165 F or higher for at least 15 seconds.
onion, fresh cut in 8 wedges	4 lbs.			6. CCP--Hold at 140 F or higher.
				7. CCP--Cool within 4 hours to a product temperature of 40 F or lower.
				8. CCP--Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds--one time only.
				9. Serving method--8 oz plate.
garlic, boiling	3 cups			
tomato and Grey's base, beef	3/4 oz			
pepper, black	3/4 tsp			

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MEATBALL SUB C-25				EACH PORTION: 6-1/2 oz Meatballs
YIELD: 100 Portions/3 meatballs				
Ingredient	Weight	Measure	Adjustment	Method
Ground beef	25 lbs			1. Sauté onions in oil until tender.
Onions, fresh, chopped	5 lbs			2. Combine all ingredients in mixing bowl. Mix on low speed until thoroughly blended.
Salted oil	2 cups			3. Form meatballs using a #24 scoop.
Bread crumbs	3 lbs			4. Place on sheet pans. Bake in 350 degree F. oven for approximately 20 min. or until done.
Whole eggs	1 qt			5. Place three meatballs into #7 grinder roll.
1% milk	1 qt			6. Top with 1 oz. of tomato sauce and serve hot.
Garlic powder	1 oz.			7. CCP--Heat until product temperature reaches 165 degrees F. or higher for at least 15 seconds.
Chopped dry parsley	1 cup			8. CCP--Hold for at least 15 seconds.
Oregano, ground	2 tbsp			9. CCP--Cool within 4 hours to a product temperature of 40 degrees F. or lower.
Basil	2 tbsp			10. CCP--Reheat within 2 hours to a product temperature of 165 degrees F. or higher for at least 15 seconds--one time only.
Black pepper	2 tsp			11. Serving method--longs, spoon.

TOMATO SAUCE  
Follow recipe \_\_\_\_\_ & omit ground beef.

REVISION DATE: 10/20/2021

CHEESE RAVIOLI C-26				
YIELD: 100 PORTIONS EACH			EACH PORTION: 8 each	
4-8" Hotel Pans			Cooking Temperature: 350 degree oven	
Ingredient	Weight	Measures	Adjustment	Method
28 sauce		3 cans		<ol style="list-style-type: none"> <li>1. Place approximately 2 qts of finished tomato sauce into each 8" hotel pan.</li> <li>2. Place 10 lbs of frozen ravioli into each pan.</li> <li>3. Cover ravioli with equal parts of remaining tomato sauce.</li> <li>4. Cover and bake at 350 degrees F. for approximately 45 minutes or until ravioli reaches desired degree of doneness.</li> <li>5. Place on serving line and serve hot.</li> <li>6. CCP--Hold at 140 degrees F. or higher.</li> <li>7. Cool within 4 hours to a product temperature of 40 degrees F. or less.</li> <li>8. Serving method--spoon or spoodle.</li> </ol>
Ice		6 cans		
Oil		40 lbs		

TE: Do not boil ravioli before putting into sauce.  
Place ravioli into pan while frozen for best results.

REVISION DATE: 10/20/2021

BBQ Sauce C-28				
YIELD: 100 PORTIONS EACH			EACH PORTION: 2 oz	
PAN SIZE:			TEMPERATURE:	
Ingredient	Weight	Measures	Adjustment	Method

BBQ Sauce  
Ketchup  
Pizza Sauce  
Water  
Vinegar  
Brown Sugar  
Mustard  
Garlic Powder

7#  
4#10 cans  
2#10 cans  
1 Qt  
2#  
1/2 Gal  
1/2 Cup

3. Make sauce, mix Ketchup, Pizza Sauce, Water, Vinegar, Brown Sugar, Mustard, Garlic Powder simmer 1 hour.  
4. Combine all ingredients  
5. Place into serving pans.  
6. Hold at 145 degrees F. or higher.

REVISION DATE: 10/20/2021

SHAVED BEEF C-29				EACH PORTION: 1/2 CUP MEAT, 1/2 CUP PEPPERS
YIELD: 100 PORTIONS EACH		PAN SIZE		
Ingredients	Weight	Measurer	Adjustment	Method
Shaved Beef		35#		1. Grill Shaved Beef, add Garlic to Beef, saute vegetables until tender, mix with Beef.
Garlic Powder		1/4 Cup		
Peppers cut into 1" wide strips		25 Lbs		
Onions cut into 1" wide strips		25 Lbs		
Vegetable Oil		8 oz		

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CHICKEN STEW C-30				EACH PORTION: 10 oz
YIELD: 100 Portions		PAN SIZE		
Ingredients	Weight	Measurer	Adjustment	Method
Chicken Tenderloins, skinned	30 lbs			1. Dredge chicken in mixture of flour, salt, pepper, and garlic; shake off excess.
Flour, wheat, general purpose, sifted	8 oz.	2 cups		2. Brown chicken in hot shortening or salad oil in steam-jacketed kettle or stock pot.
Pepper, black	1/2 oz.	2 tbsps		3. Add water, tomatoes, thyme, and bay leaves to meat. Cover; simmer 2 hours.
Garlic, powder	1/2 oz.	1 2/3 tbsps		4. Add carrots to chicken mixture. Cover; simmer 15 min.
Vegetable oil	1 lb	2 cups		5. Add celery, onions, and potatoes. Stir to mix. Cover; simmer 20 minutes or until vegetables are tender.
Chicken Base		3 cups		6. Thicken gravy, if desired.
Water, hot		2 1/2 qt		Combine flour and water. Add to stew while stirring. Cook 5 minutes or until thickened.
No added salt tomatoes, canned, crushed	6 lb 6 oz	3 qt (1-No. 10 can)		7. CCP--Heat until product temperature reaches 165 F or higher for at least 15 seconds.
Thyme, ground		1 tbsps		8. CCP--Hold at 140 F or higher.
Carrots, 1/2 inch rings, frozen	20 lb			9. CCP--Cool within 4 hours to a product temperature of 40 F or lower.
Onions, fresh, cut in quarters	3 lb	2 1/2 qt		10. CCP--Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds--one time only.
Potatoes, white, fresh, peeled, cut in 1 to 1 1/2 inch pieces	10 lb	7 1/2 qt		11. Serving method--1 heaping 8 oz ladle.
Cornstarch, sifted	1 lb 2 oz	4 1/2 cups		

Note: 1. In step 1, 30 lb chicken, white meat diced in 1 to 1 1/2 pieces may be used.

2. In Step 4, 8 lb, 12 oz fresh carrots A.P. will yield 8 lb carrot rings.

3. In Step 5, 8 lb 8 oz fresh carrots A.P. will yield 4 lb celery cut into 1 inch pieces and 3 lb 8 oz dry onions A.P. will yield 3 lb onions cut in quarters.

4. In Step 5, 6 oz (2 cups) dehydrated onions may be used. See Recipe No. A-11.

5. In Step 5, 12 lb 5 oz fresh white potatoes A.P. will yield 10 lb potatoes cut into 1 to 1 1/2 inch pieces.

6. In Steps 2 through 6, 2 roasting pans (18x24 inches) on top of range, at 350 degree oven or a grilling fry pan may be used to brown and cook chicken and vegetable mixture.

REVISION DATE: 10/20/2021

YIELD: 100 PORTIONS

RED BEANS WITH RICE C-31

EACH PORTION: 1 1/2 cups Rice, 1 cup Beans

Ingredients	Weights	Measures	Adjustment	Method
rice, long grain	18 lb			<ol style="list-style-type: none"> <li>1. Combine rice, water and salad oil; bring to a boil.</li> <li>2. Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.</li> <li>3. Sauté onions for about 1 to 2 minutes or until lightly browned.</li> <li>4. Combine onions with cooked kidney beans, pepper and garlic.</li> <li>5. Simmer 20 minutes.</li> <li>6. Serve with hot rice.</li> <li>7. CCP--Heat until product temperature reaches 165 F. or higher for at least 15 seconds.               <ol style="list-style-type: none"> <li>1. CCP - Hold at 140 F or higher</li> <li>2. CCP--Cool within 4 hours to a product temperature of 40 F or lower.</li> </ol> </li> <li>10. CCP--Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds--one time only.</li> <li>11. Serving method--12 oz ladle or 2-6 oz spoons for rice. 8 oz spoons or 2-88 scoops for beans.</li> </ol>
water, cold	4 gal			
oil	1.5 oz			
onions, fresh, chopped	3 lb			
beans, kidney, dried-cooked	25 #			
pepper, black	1 1/2 tsp			
pepper, red ground	1 1/2 tsp			
garlic powder	2 oz			
<p>NOTE: Refer to recipe C-3, step 1 for instructions to cook dry beans.            NOTE: Rice &amp; beans may be served separate.</p>				

REVISION DATE: 10/20/2021

YIELD: 96 Portions (3 Pans)

PAN SIZE: 18 by 24 Inch Roasting Pan

Ingredients

SHEPHERD'S PIE C-32

EACH PORTION: 2 1/3 Cups/1 each

TEMPERATURE: 350 degrees F, Oven

Ingredients	Weights	Measures	Adjustment	Method
Onions, fresh, chopped	3 #			<ol style="list-style-type: none"> <li>1. Sauté onions and peppers in salad oil until tender. Set aside for use in Step 3.</li> <li>2. Brown Beef. Rinse two times with hot water to remove excess fat.</li> <li>3. Add sautéed onions, and peppers, pepper and garlic. Mix well.</li> <li>4. Place 8 lbs of cooked beef mixture in each pan.</li> <li>5. Spread 2 qt corn on top of beef mixture in each pan.</li> <li>6. Prepare mashed potatoes. Spread 5 1/2 qts. mashed potatoes over beef mixture and corn in each pan.</li> <li>7. Bake 20 minutes or until potatoes are evenly browned.</li> <li>8. Cut 4 by 6.</li> <li>7. CCP--Heat until product temperature reaches 165 F or higher for at least 15 seconds.               <ol style="list-style-type: none"> <li>1. CCP - Hold at 140 F or higher</li> <li>2. CCP--Cool within 4 hours to a product temperature of 40 F or lower.</li> </ol> </li> <li>10. CCP--Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds--one time only.</li> <li>11. Serving method--Divide each pan into 32 equal portions and serve with spoon or spoons or spatula.</li> </ol>
Peppers, sweet, fresh, chopped	2 #			
Salad oil	1 cup			
Beef, ground, thawed	30 #			
Pepper, black	2 lbs			
Garlic, powder	1 oz			
Corn, whole kernel, frozen, thawed	20 #			
Potatoes, mashed	35 #			
Prepared without fat				
<p>NOTE: 30# of raw ground beef will yield approximately 24# of cooked.</p>				
<p>NOTE: Prepare mashed potatoes using recipe D-2.</p>				

REVISION DATE: 10/20/2021

Beef & Beans C-33				EACH PORTION: 1 1/2 cups
YIELD: 100 PORTIONS				
Ingredients	Weight	Measures	Adjustment	Method
Beans, Dried		25#		<ol style="list-style-type: none"> <li>Follow recipe D-17 Guidelines for cooking Dried Kidney Beans.</li> <li>Saute onions until lightly brown.</li> <li>Brown beef, rinse twice with hot water to remove excess fat.</li> <li>Combine all ingredients</li> <li>Serve hot.</li> <li>CCP-Heat until product temperature reached 165 F or higher for at least 15 seconds.</li> <li>CCP-Hold at 140 F or higher.</li> <li>CCP- Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>CCP-Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds - one time only.</li> <li>Serving method - 1 heaping 8 oz ladle</li> </ol>
Onions		3 lb.		
Beef, Ground, Thawed		25 Lbs		
Pepper, Black		1 1/2 tsp.		
Pepper, Red		1 1/2 tsp.		
Oil Powder		2 oz.		

REVISION DATE: 10/20/2021

MACARONI & CHEESE C-34				EACH PORTION: 16 OZ.
Yield: 100 portions				Cooking temperature: 475 degree oven
Ingredients	Weight	Measures	Adjustment	Method
Cheese Sauce Base	6.5 lbs.			<ol style="list-style-type: none"> <li>Reconstitute 9 gallons of non-fat dry milk following instructions on label.</li> <li>Slowly stir in powder cheese sauce base - Whisk until powder is dispersed.</li> <li>Bring to a simmer stirring constantly.</li> <li>Cook Elbow Macaroni in unsalted boiling water until barely tender. Do not over cook.</li> <li>Drain Macaroni</li> <li>Stir in sauce, place mixture into pans</li> <li>Bake at 475 degrees F for approximately 20 minutes or until top is brown.</li> <li>CCP - Heat until product temp. reaches 165 degrees F or higher for at least 15 seconds</li> <li>CCP - Hold at 145 degrees F or higher</li> <li>CCP- Cool within 4 hours to a product temperature of 40 degrees or lower</li> <li>CCP- Reheat within 2 hours to a product temp of 165 degrees F or higher for at least 15 seconds One Time Only!</li> </ol>
Non-Fat Dry Milk (Reconstituted)	9 gals			
Elbow Macaroni	17 lbs.			

NOTES: Adjust thickness of sauce by adding additional reconstituted dry milk. May be baked in oven or served directly from kettle.

REVISION DATE: 10/20/2021

**SWEET & SOUR CHICKEN - C35**

YIELD: 100 portions

EACH PORTION: 1 EACH

Ingredients	Weight	Measures	Adjustment	Method
Chicken Leg Quarters	100 pcs.			1. Bake chicken legs. Set aside for use in step #5.
Soy Sauce	1 lb	2 3/4 cups		
Garlic, Brown	10 oz	2 cups		2. Dissolve brown sugar, cornstarch and ginger in water.
Garlic, Cream	1 oz	1/4 cup		
Garlic, Ground		1 1/4 gal		3. Add soy sauce and vinegar. Cook at medium heat until sauce thickens. Stir frequently.
Vinegar		1 qt		
Soy Sauce		1 1/2 qt		4. Blend pineapple with sauce. Bring to a boil.
Pineapple, Canned, Crushed	13 lbs 10 oz	1 1/2 gal (2 #10 cans)		
				5. Pour 1 gal sauce over well-browned chicken in each pan.
				6. Bake 1 1/2 hours in 350 degree oven until meat is tender. Baste occasionally with the sauce.

**Grilled Vegetable Pocket - C-36-F**

EACH PORTION: 8 OZ

REVISION DATE: 10/20/2021

YIELD: 100 portions

Ingredients	Weight	Measures	Adjustment	Method
Green Peppers, Fresh, Diced	25 lbs			1. Wash and cut all vegetables into uniform sizes.
Onions, Fresh, Sliced	25 lbs			
Celery, Fresh, Diced	25 lbs			2. Sauté vegetables with vegetable oil until tender but crisp.
Tomatoes, Fresh, Diced	25 lbs			
Yellow Squash, Fresh, Diced	20 lbs			3. Mix all ingredients.
Green Squash, Fresh, Diced	20 lbs			
Mushrooms (canned)	1 #10 can.			
Vegetable Oil	2 cups			
Black Pepper to taste				

NOTE: Cooking times on each fresh vegetable will vary slightly. Do not overcook.



**YD: 100 portions**

Ingredients	Weight	Measures	Adjustment	Method
Processed Bran	6 1/2 lbs			Add to final product and adjust to desired consistency by adding water. Follow manufacturers instructions on packaging.

Do not decrease the amount of this source in recipe to adjust for consistency.

**BEEF STIR FRY - C-38**

**YIELD: 100 Portions**

**EACH PORTION: 8 oz**

**TEMPERATURE: 400 degrees F; Tilting fry pan**

Ingredients	Weight	Measures	Adjustment	Method
Carrots, fresh, cut in 1/2 inch diagonal slices	5 lbs.			1. Wash and trim vegetables.
Celery, fresh, cut in 1/2 inch diagonal slices	6 lbs.			2. Grill beef until cooked.
Cabbage, fresh, cut in 1 inch strips (cut strips in half widthwise)	6 lbs.			3. Grill vegetables until tender.
Shaved Steak	30 lbs.			4. Add beef to vegetables.
Peppers, fresh, sweet, cut in 1 inch wide strips (cut strips in half widthwise)	4 lbs.			5. CCP--Heat until product temperature reaches 165 F or higher for at least 15 seconds.
Onions, fresh cut in 8 wedges	4 lbs.			6. CCP--Hold at 140 F or higher.
				7. CCP--Cool within 4 hours to a product temperature of 40 F or lower.
				8. CCP--Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds--one time only.
Water, boiling	3 cups			9. Serving method--8 oz each.
Soup and Gravy base, beef	3/4 oz			
Pepper, black	3/4 tsp			

REVISION DATE: 10/20/2021

TURKEY WGRAVY C-39				
YIELD: 100 portions		EACH PORTION: 8 OZ		
Ingredients	Weight	Measures	Adjustment	Method
dry white meat, cooked	25 lb			<ol style="list-style-type: none"> <li>1. Combine 3 3/4 qt (1% milk) to 3 gal. Turkey stock. (Do not boil.) Simmer.</li> <li>2. Mix 16 oz. of cornstarch in 1 qt. of cold water.</li> <li>3. Combine pepper, onions, celery and peppers to remainder of stock. Bring to boil.</li> <li>4. Combine ingredients to step 3.</li> <li>5. Thicken to consistency with cornstarch solution.</li> <li>6. CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>7. CCP—Hold at 140 F or higher.</li> <li>8. CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>9. CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.</li> <li>10. Serving method—1-6 oz. ladle or spoon.</li> </ol>
1 percent sodium caseinate, low sodium	3 3/4 qt	16 oz		
cornstarch	3 gal	16 oz		
water		1 qt		
black pepper		2 lbs		
onions, fresh, diced	3 lbs			
celery, fresh, diced	5 lbs			
peppers, fresh, diced	1 lb			

REVISION DATE: 10/20/2021

TURKEY STEW C-40				
YIELD: 100 Portions		EACH PORTION: 10 oz		
Ingredients	Weight	Measures	Adjustment	Method
Turkey A885 tenders, thawed	30 lbs			<ol style="list-style-type: none"> <li>1. Dredge turkey in mixture of flour, salt, pepper, and garlic shake off excess.</li> <li>2. Brown turkey in hot shortening or salad oil in steam-jacketed kettle or stock pot.</li> <li>3. Add water, tomatoes, thyme, and bay leaves to meat. Cover; simmer 2 hours.</li> <li>4. Add carrots to turkey mixture. Cover; simmer 15 min.</li> <li>5. Add celery, onions, and potatoes. Stir to mix. Cover; simmer 20 minutes or until vegetables are tender.</li> <li>6. Thicken gravy, if desired. Combine flour and water. Add to stew while stirring. Cook 5 minutes or until thickened.</li> <li>7. CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>8. CCP—Hold at 140 F or higher.</li> <li>9. CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>10. CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.</li> <li>11. Serving method—1 heaping 8 oz. ladle.</li> </ol>
Flour, wheat, general purpose, sifted	8 oz	2 cups		
Pepper, black	1/2 oz	2 tsp		
Garlic, powder	1/2 oz	1 2/3 tsp		
Vegetable oil	1 lb	2 cups		
Chicken Base		3 cups		
Water, hot		2 1/2 gal		
No added salt tomatoes, canned, crushed	6 to 6 oz	3 qt (1-No. 10 can)		
Thyme, ground		1 tsp		
Carrots, 1/2 inch rings, frozen	20 lb			
Onions, fresh, cut in quarters	3 lb	2 1/2 qt		
Potatoes, white, fresh, peeled, cut in 1 to 1 1/2 inch pieces	10 lb	7 1/2 qt		
Cornstarch, sifted	1 lb 2 oz	4 1/2 cups		

Notes:

1. In step 1, 30 lb chicken, white meat diced in 1 to 1 1/2 pieces may be used.
2. In Step 4, 8 lb, 12 oz fresh carrots A.P. will yield 8 lb carrot rings.
3. In Step 5, 5 lb 8 oz fresh carrots A.P. will yield 4 lb celery cut into 1 inch pieces and 3 lb 5 oz dry onions A.P. will yield 3 lb onions cut in quarters.
4. In Step 5, 6 oz (2 cups) dehydrated onions may be used. See Recipe No. A-11.
5. In Step 5, 12 lb 6 oz fresh white potatoes A.P. will yield 10 lb potatoes cut into 1 to 1 1/2 inch pieces.
6. In Steps 2 through 6, 2 roasting pans (18X24 inches) on top of range, a 250 degree oven or a tilting fry pan may be used to brown and cook chicken and vegetable mixture.

REVISION DATE: 10/20/2021

Soft BEEF Taco C-11				
YIELD: 100 Portions		Each Portion 2 1/4 oz. Or 1 cup		
Ingredients	Weights	Measures	Adjustment	Method
1, ground lb, powder	25 lb 2 oz			1. Combine all ingredients. Sauté at low temp. for 10 minutes. Remove from heat and place into steam pan.
Seasoning chicken stock flour K. Pepper	1/2 oz	3 cups 1 cup 1 tsp		3. Place fajita shells into steam table pan. Warm slightly on steam table. 4. Place 8 oz. of mixture on plate with 1 tortilla shell.
garfna		6 oz		5. CCP-Heat until product temperature reaches 165 F or higher for at least 15 seconds. 6. CCP-Hold at 140 F or higher.
four tortilla, 6"	200			7. CCP-Cool within 4 hours to a product temperature of 40 F or lower. 8. CCP-Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds-one time only. 9. Serving method-Meat mixture-1-#8 scoop of 1-4 oz spoonful. Vegtable mixture-1-#8 scoop or 1-4 oz spoonful.

REVISION DATE: 10/20/2021

CHICKEN W/WHITE SAUCE C-12				
YIELD: 100 PORTIONS/EACH PAN SIZE:		EACH PORTION: 1/2 CUP TEMPERATURE:		
Ingredients	Weights	Measures	Adjustment	Method
Chicken, white meat, cooked	25 lbs			1. Combine 3 3/4 qts (1 1/2 milk) to 3 gal chicken stock. (Do not boil) Simmer.
Milk, 1 percent	3 3/4 qts	16 oz		2. Mix 16 oz of cornstarch in 1 qt of cold water.
Chicken base, low sodium				3. Combine pepper, onions, celery and peppers to remainder of stock. Bring to boil.
Water	3 Gal	16 oz		4. Combine ingredients to step 3.
Cornstarch		1 qt		5. Thicken to consistency with cornstarch solution.
Cold Water		2 lbs		6. CCP-Heat until product temperature reaches 165 F or higher for at least 15 seconds.
Black Pepper	3 lbs			7. CCP-Hold at 140 F or higher.
Onions, fresh, diced	5 lbs			8. CCP-Cool within 4 hours to a product temperature of 40 F or lower.
Celery, fresh, diced	1 lb			9. CCP-Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds-one time only.
Peppers, fresh, diced				10. Serving method-1-6 oz ladle or spoonful.

REVISION DATE: 10/20/2021

BEEF AND BROCCOLI		C-43	
YIELD: 100 Portions		EACH PORTION: 10 oz	
Ingredients	Weights	Measures	Adjustment
Beef, diced, thawed	30 lb		
Flour, wheat, general purpose, sifted	8 oz	2 cups	
Pepper, black	1/2 oz	2 tbsp	
Onion, powder	1/2 oz	1 2/3 tbsp	
Vegetable oil	1 lb	2 cups	
Water, hot	2 1/2 gal		
Tomatoes, canned, crushed	6 lb 6 oz	3 qt (1-No. 10 can)	
Onion, ground		1 tbsp	
Bay leaves, whole			
Carrots, 1/2 inch rings, frozen	20 lb		
Onions, fresh, cut in quarters	3 lb	2 1/2 qt	
Broccoli	10 lb	7 1/2 qt	
1/2 inch pieces			
Starch, sifted	1 lb 2 oz	4 1/2 cups	

Method:

- Dredge beef in mixture of flour, salt, pepper, and garlic; shake off excess.
- Brown beef in hot shortening or salad oil in steam-jacketed kettle or stock pot.
- Add water, tomatoes, thyme, and bay leaves to meat. Cover; simmer 2 hours.
- Add carrots to beef mixture. Cover; simmer 15 min.
- Add celery, onions, and broccoli. Stir to mix. Cover; simmer 20 minutes or until vegetables are tender.
- Remove bay leaves. Thicken gravy, if desired. Combine flour and water. Add to stew while stirring. Cook 5 minutes or until thickened.
- CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds.
- CCP—Hold at 140 F or higher.
- CCP—Cool within 4 hours to a product temperature of 40 F or lower.
- CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.
- Serving method—1 heaping 8 oz ladle.

Notes:

- In Step 1, 30 lb beef, pot roast, diced in 1 to 1 1/2 pieces may be used. Trim beef to remove excess fat and gristle.
- In Step 4, 8 lb, 12 oz fresh carrots A.P. will yield 8 lb carrot rings.
- In Step 5, 5 lb 8 oz fresh carrots A.P. will yield 4 lb celery cut into 1 inch pieces and 3 lb 5 oz dry onions A.P. will yield 3 lb onions cut in quarters.
- In Step 5, 6 oz (2 cups) dehydrated onions may be used. See Recipe No. A-11.
- In Step F, 12 lbs 5 oz fresh Broccoli

6. In Steps 2 through 6, 2 roasting pans (18X24 inches) on top of range, a 350 degree oven or a tilting fry pan may be used to brown and cook meat and vegetable mixture.

CHICKEN GUMBO C-44

YIELD: 100 Portions

EACH PORTION: 1 Cup

TEMPERATURE: 400 degrees F; Tilting fry pan

REVISION DATE: 10/7/2005

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OVEN BROWNED POTATOES D-1

YIELD: 100 Portions  
PAN SIZE: 3 PANS

EACH PORTION: 1 cup  
TEMPERATURE: 400 degrees F oven

Ingredients	Weights	Measures	Adjustment	Method
Potatoes, white, fresh eyed, cut in wedges (1 1/2 by 1 1/2 by 1 inch)	50 # unpeeled			
Pepper, black	1tbsp			
Lightly coat pan with vegetable oil to keep from sucking.				

- Place an equal quantity of potatoes in each pan.
- Sprinkle with pepper and paprika.
- Bake 45 minutes or until browned and tender. Turn potatoes once during cooking period.
- CCP—Heat until product reaches 165 degrees F. or more for at least 15 seconds.
- CCP—Hold at 140 degrees F. or higher.
- CCP—Cool—Product temperature must reach 40 degrees F. or lower within 4 hours.
- CCP—Reheat to a product temperature of 165 degrees F. or higher for at least 15 seconds within 2 hours—one time only.
- Serving method—approximately 4 wedges by spoon or tongs.

REVISION DATE: 10/7/2005

MASHED POTATOES D-2

YIELD: 100 PORTIONS

EACH PORTION: 1 CUP

Ingredients	Weights	Measures	Adjustment	Method
potatoes, white, fresh, peeled, quartered	35 #			<ol style="list-style-type: none"> <li>Cover potatoes with water; bring to a boil; reduce heat; simmer 25 minutes or until tender.</li> <li>Drain well.</li> <li>Beat potatoes in mixer bowl at low speed until broken into smaller pieces.</li> <li>Beat at high speed 3 to 5 minutes or until smooth.</li> <li>Heat milk to a simmer; blend into potatoes at low speed. Beat at high speed 2 minutes or until light and fluffy.</li> <li>CCP—Heat until product reaches 165 degrees F. or more for at least 15 seconds.</li> <li>CCP—Hold at 140 degrees F. or higher.</li> <li>CCP—Cool—Product temperature must reach 40 degrees F. or lower within 4 hours.</li> <li>CCP—Reheat to a product temperature of 165 degrees F. or higher for at least 15 seconds within 2 hours—one time only.</li> <li>Serving method—#4 scoop.</li> </ol>
milk, 1%	3 qts			

REVISION DATE: 10/7/2005

POTATO SALAD D-3

YIELD: 100 Portions

EACH PORTION: 1 cup

Ingredients	Weights	Measures	Adjustment	Method
Potatoes, white, fresh, diced	36 lbs			<ol style="list-style-type: none"> <li>Trim, wash and prepare vegetables.</li> <li>Cover potatoes with water; bring to a boil and cover. Cook until tender.</li> <li>Drain well. Cook slightly.</li> <li>Combine onions, pepper, and vinegar. Add to potatoes. Cover; refrigerate 1 hour.</li> <li>Combine celery and Mayo; add to potato mixture.</li> <li>Mix lightly but thoroughly to coat potatoes with salad dressing mixture.</li> <li>Cover; refrigerate until ready to serve.</li> <li>CCP—Hold at 40 F or lower.</li> <li>Serving method—#4 scoop.</li> </ol>
Water				
Onions, fresh, chopped	2 lb			
Pepper, black	2 tsp			
Vinegar				
Celery, fresh, chopped	4 lb			
Low Fat Mayo	2 lb			

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**COTTAGE POTATOES D-4**

**YIELD: 100 PORTIONS**

**EACH PORTION: 1 CUP**

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
potatoes, white, sliced in 4 inch slices	60 #			<ol style="list-style-type: none"> <li>1. Fry potatoes in vegetable oil.</li> <li>2. Pat with paper to remove excess oil.</li> <li>3. CCP—Hold at 140 F or higher.</li> <li>4. Serving method—#4 scoop.</li> </ol>
salad oil	6 #			

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**STEAMED RICE D-5**

**YIELD: 100 Portions**

**EACH PORTION: 1 cup**

**PAN SIZE:**

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
Rice, long grain	18 lbs			<ol style="list-style-type: none"> <li>1. Combine rice and water ; bring to a boil. Stir occasionally.</li> <li>2. Cover tightly, simmer 20 to 25 minutes. DO NOT STIR.</li> <li>3. Remove from heat, transfer to shallow serving pans. Cover. Keep hot until ready to serve.</li> <li>4. CCP—Heat until product reaches 165 degrees F or more for at least 15 seconds.</li> <li>5. Hold at 140 degrees F. or higher.</li> <li>6. CCP—Cool—Product temperature must reach 40 degrees F. or lower within 4 hours.</li> <li>7. CCP—Reheat to a product temperature of 165 degrees F or higher for at least 15 seconds within 2 hours—one time only.</li> <li>8. Serving method—#4 scoop or 8 oz spoodle.</li> </ol>
Water, cold	4 gal			

**BAKED BEANS D-6**

**YIELD: 50 PORTIONS**

**EACH PORTION: 1 CUP**

**TEMPERATURE: 350 degree F. oven**

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
dry beans, dry	8 #			<ol style="list-style-type: none"> <li>1. Pick over beans and wash thoroughly.</li> <li>2. Cover beans with water; bring to a boil. Boil 2 minutes; turn off heat. Let soak 1 hour.</li> <li>3. Bring beans to a boil; cover with more water if necessary. Simmer 1 1/2 hours or until beans are tender.</li> <li>4. Combine brown sugar, mustard flour, molasses and vinegar. Add to beans and mix thoroughly.</li> <li>5. Pour mixture into pan. Bake 3 to 4 hours.</li> <li>6. CCP--Heat until product reaches 165 degrees F or more for at least 15 seconds.</li> <li>7. Hold at 140 degrees F. or higher.</li> <li>8. CCP--Cool--Product temperature must reach 40 degrees F. or lower within 4 hours.</li> <li>9. CCP--Reheat to a product temperature of 165 degrees F or higher for at least 15 seconds within 2 hours--one time only.</li> <li>10. Serving method-- 8 oz ladle or spoodle.</li> </ol>
water, cold/hot	2 1/2 gal			
mustard, brown	2 3/4 cups			
mustard flour	5 tbs			
molasses	2 cups			
vinegar	1/4 cup			

**DIET BAKED BEANS D-6-A**

**YIELD: 6 Cups**

**EACH PORTION: AS INDICATED**

**TEMPERATURE: 325 degree F. oven**

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
Kidney beans, dry	1#			<ol style="list-style-type: none"> <li>1. Pick over beans and wash thoroughly.</li> <li>2. Cover beans with water; bring to a boil. Boil 2 minutes; turn off heat. Let soak 1 hour.</li> <li>3. Bring beans to a boil, cover with more water if necessary. Simmer 1 1/2 hours or until beans are tender.</li> <li>4. Sauté onions in oil until soft but not brown.</li> <li>5. Mix together all ingredients.</li> <li>6. Pour mixture into pan. Bake uncovered 3 to 4 hours or until beans are rather dry.</li> <li>7. Serving method--Measure each portion with measuring cup per required amount.</li> <li>8. CCP--Heat until product reaches 165 degrees F or more for at least 15 seconds.</li> <li>9. Hold at 140 degrees F. or higher.</li> <li>10. CCP--Cool--Product temperature must reach 40 degrees F. or lower within 4 hours.</li> <li>11. CCP--Reheat to a product temperature of 165 degrees F or higher for at least 15 seconds within 2 hours--one time only.</li> <li>12. Serving method-- 8 oz ladle or spoodle.</li> </ol>
Water, cold/hot	as necessary.			
Sugar, brown, sugar twin substitute	3/4 cup			
Mustard, prepared	2 tbs			
Tomato paste	6 oz			
Chopped onions	1 cup			
Liquid vegetable oil	1 tbs			

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**GARLIC BREAD D-7**

**YIELD: 96 Portions**

**EACH PORTION: 1 pc.**

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
Vegetable oil	1 pint			<ol style="list-style-type: none"> <li>1. Stir garlic powder into oil.</li> <li>2. Split each roll in half lengthwise.</li> <li>3. Brush mixture over bread.</li> <li>4. Bake in 400 degree oven until lightly browned.</li> <li>5. Serving method—longs.</li> <li>6. Serving method—longs.</li> </ol>
Garlic powder		2 tbsp.		
Bagel roll	4 dz.	1/2 each		

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**MARINATED BEAN SALAD D-8**

**YIELD: 100 Portions**

**EACH PORTION: 1 Cup**

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
Beans, kidney, dried and prepared	15#			<ol style="list-style-type: none"> <li>1. Combine beans and onions. Set aside for Step 3.</li> <li>2. Combine sugar, vinegar, salad oil, and pepper; whip or shake thoroughly.</li> <li>3. Add dressing; blend well.</li> <li>4. Cover, refrigerate at least 6 hours until flavors are well blended. Keep refrigerated until ready to serve.</li> <li>5. CCP—Keep chilled at 40 degrees F.</li> <li>6. Serving method— 8 oz perforated spoodle.</li> </ol>
Beans, green, frozen	30#			
Onions, fresh, chopped	1 lb 4 oz			
Sugar, granulated	2 lb			
Pepper, black	2 tsp			
Low fat Italian salad dressing	1 gal			



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PASTA SALAD D-9

YIELD: 100 Portions

EACH PORTION: 1 CUP

Ingredients	Weights	Measures	Adjustment	Method
Water	3 1/2 gal			<ol style="list-style-type: none"> <li>1. Trim, wash and prepare salad vegetables.</li> <li>2. Bring water to boil.</li> <li>3. Slowly add macaroni while stirring constantly, until water boils again. Cook 15 about 15 minutes or until tender; stir occasionally. Do not overcook.</li> <li>4. Drain. Rinse with cold water; drain thoroughly. Place in refrigerator to chill for use in Step 6.</li> <li>5. Combine all ingredients. Toss lightly.</li> <li>6. Garnish with paprika.</li> <li>7. Cover, refrigerator until ready to serve.</li> <li>8. CCP—Keep chilled at 40 degrees F.</li> <li>9. Serving method—#4 scoop.</li> </ol>
Macaroni	7 #			
Tomatoes	5 #			
Celery, fresh, chopped	2 # 5 oz			
Onions, fresh, chopped	1 # 6 oz			
S/LF Italian Dressing	1 1/2 pts.			
Pepper, black	2 tsp.			
Paprika, ground	1/2 oz.			

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COLESLAW D-11

YIELD: 100 Portions

EACH PORTION: 1 c

Ingredients	Weights	Measures	Adjustment	Method
Cabbage, fresh, finely shredded	20 #			<ol style="list-style-type: none"> <li>1. Trim, wash and prepare cabbage as directed on Recipe No. M-G-1.</li> <li>2. Chill cabbage in covered container until crisp.</li> <li>3. Combine diet Mayo, sugar and vinegar.</li> <li>4. Add to cabbage; mix well.</li> <li>5. Cover; refrigerate until ready to serve. Just before serving; sprinkle lightly with paprika to garnish.</li> <li>6. CCP—Keep chilled at 40 degrees F.</li> <li>7. Serving method—#4 scoop.</li> </ol>
Mayonnaise, low fat	1/2 gal			
Sugar, granulated	12 oz			
Vinegar	1/2 c			
Paprika, ground (optional)	1/2 oz			

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**TOSSED SALAD D-12**

*YIELD: 100 Portions*

*EACH PORTION: 1 Cup*

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
carrots, fresh, sliced 1/4 inch	3 #			<ol style="list-style-type: none"> <li>1. Trim, wash, and prepare salad vegetables as directed on Recipe No. M-G-1.</li> <li>2. Combine carrots, celery and peppers. Tear or cut prepared lettuce into bite size pieces; mix with other vegetables; toss lightly.</li> <li>3. Cover; refrigerate until ready to serve.</li> <li>4. CCP—Keep chilled at 40 degrees F.</li> <li>5. Serving method—Using tongs place salad into 8 oz bowl loosely packed.</li> </ol>
celery, fresh, diced, 1/4 inch	5 #			
peppers, sweet, fresh, diced 1/4 inch	3 #			
lettuce, fresh	12 #			

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**CARROT SALAD D-13**

*YIELD: 100 Portions*

*EACH PORTION: 1 c*

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
raisins	10 #			<ol style="list-style-type: none"> <li>1. Trim, wash and prepare salad vegetables.</li> <li>2. Combine carrots and celery.</li> <li>3. Combine water and low fat Mayo.</li> <li>4. Add to vegetables; toss together lightly.</li> <li>5. CCP—Chill and hold at 40 F or lower.</li> <li>6. CCP— Keep chilled at 40 degrees F.</li> <li>7. Serving method— #4 scoop.</li> </ol>
carrots, fresh, shredded	15 #			
celery, fresh, diced, 1/4 inch	5 #			
water, warm	1 1/4 cup			
low fat Mayo	3 qts			

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**SEASONAL SQUASH D-14**

**YIELD: 50 Portions (3 pans)      EACH PORTION: 1 CUP**  
**PAN SIZE: 18X24 in. roasting pan      TEMP: 350 D. F. Oven**

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Adjustment</i>	<i>Method</i>
squash, fresh		29 lbs		1. Cut squash in half, remove seeds. Cut into 4 1/2 oz pieces. 2. Place squash in pans. 3. Sprinkle with pepper, and brown sugar. Cover pans. 4. Bake 45 minutes; remove covers, bake 15 minutes longer or until tender and lightly browned. 5. Serving method— 8 oz spoodle.
pepper, black		1 tsp		
sugar, brown	8 oz	1 1/3 cups		

- NOTE: 1. Step 1, 32 lb 8 oz fresh Hubbard squash A.P. will yield 29 lb squash. Any variety of fall/winter squash may be used.  
 2. Other sizes and types of pans may be used. See recipe Card A-25.

**VARIATION**

**BAKED ACORN SQUASH:** In Step 1, use 40 lb. acorn squash A.P. Cut in half, remove seeds. Step 2. Place squash, open side up, on sheet pans (18X26-inch). Omit Steps 3 and 4. Combine 1 tbsp. ground cinnamon, 1 lb (2 3/4 cups) brown sugar, 1 lb 8 oz (3 cups) melted margarine and 1 cup water; mix well. Place about 2 tsp. mixture in cavity of each squash half. Add 3 cups water to each pan. Bake 400 degrees F. 40 minutes or until tender.

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**STIR FRIED CABBAGE D-15**

**EACH PORTION: 1 Cup**  
**YIELD: 100 Portions**

<i>Ingredients</i>	<i>Measures</i>	<i>Method</i>
Fresh cabbage, shredded	45 lb	1. Sauté cabbage in vegetable oil until tender. Drain off excess oil and serve. 2. Serving method—8 oz spoodle.
Vegetable oil	1 1/2 cups	

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RICE WITH BLACK BEANS D-16

YIELD: 100 Portions

EACH PORTION: 1 CUP

Ingredients	Weights	Measures	Method
ce	10 lbs		<ol style="list-style-type: none"> <li>Cover rice with chicken stock. Cook until done.</li> <li>Place onions; peppers, picante sauce, and garlic into kettle and simmer 20 min. or until vegetables are tender.</li> <li>Stir in cooked black beans.</li> <li>Stir in rice.</li> <li>Place in hotel pans and serve at 165 degrees F.</li> <li>CCP—Heat until product reaches 165 degrees F or more for at least 15 seconds.</li> <li>Hold at 140 degrees F. or higher.</li> <li>CCP—Cool—Product temperature must reach 40 degrees F. or lower within 4 hours.</li> <li>CCP—Reheat to a product temperature of 165 degrees F or higher for at least 15 seconds within 2 hours—one time only.</li> <li>Serving method—#4 scoop or 8 oz spoodle.</li> </ol>
w sodium chicken stock	2 gal		
onions, chopped, fresh	5 lbs		
reen peppers	5 lbs		
icante sauce		2 gal	
arlic powder		1 tsp	
ack beans, dry, cooked	7 LBS.		

NOTE: Use recipe C-3, step 1 to prepare black beans.

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APPLESAUCE CAKE E-1

YIELD: 100 Portions

PAN SIZE: 2 PANS

Ingredients	Weights	Measures	Method
our, wheat, general purpose, sifted	3 lb 4 oz		<ol style="list-style-type: none"> <li>Sift together flour, baking powder, baking soda, cinnamon, cloves, salt, and sugar into mixer bowl.</li> <li>Add raisins, applesauce, and margarine to dry ingredients. Beat at low speed 1 minute, then at medium speed 2 minutes. Scrape down bowl.</li> <li>Add eggs slowly to mixture while beating at low speed. Scrape down bowl. Beat at medium speed 3 minutes.</li> <li>Pour 1 gal (about 7 lbs) batter into each greased and floured pan.</li> <li>Bake 35 to 40 minutes or until done.</li> <li>Cool</li> </ol>
aking powder	1 1/2 oz		
aking soda	3/4 oz		
innamon, ground	1/2 oz		
loves, ground	1/4 oz		
alt	1/4 oz		
ugar, granulated	2 lb 12 oz		
aisins, washed, drained	1 lb 8 oz		
pplesauce, canned	1/2 # 10 can		
argarine	1 lb 8 oz		
ggs, broken	6#		
gg whites	3 #		

CORNBREAD E-2

YIELD: 108 Portions  
PAN SIZE: 2 sheet pans

Ingredients	Weights	Measures	Method
Corn Meal	4#		<ol style="list-style-type: none"> <li>Mix corn meal, flour, sugar and baking powder.</li> <li>Add eggs, salt, vanilla, milk and oil. Mix well.</li> <li>Pour 1/2 mixture into 2 sheet pans.</li> <li>Bake for 40 minutes or until done.</li> </ol>
Flour	8#		
Sugar	5#		
Baking Powder	1/4#		
Egg Whites			
Eggs, broken	1 1/2#		
Salt	2 tsp		
Vanilla	1/2 c		
Milk, 1 %	1 gal		
Oil	1/2 gal		

HERMITS E-3

YIELD: 100 Portions  
PAN SIZE: 4 PANS

Ingredients	Weights	Measures	Method
Sugar, granulated	2 lb 12 oz		<ol style="list-style-type: none"> <li>Blend sugar, margarine, baking soda, eggs, nutmeg, and cinnamon in mixer bowl at low speed 1 to 2 minutes or until well blended. Scrape down bowl.</li> </ol>
Margarine	1 lb 6 oz		
Baking soda	3 1/4 tsp		<ol style="list-style-type: none"> <li>Add molasses, water, and raisins; mix at medium speed until blended.</li> </ol>
Eggs, whole	14 oz		
Nutmeg, ground	2 tbsp		<ol style="list-style-type: none"> <li>Add flour gradually; mix at low speed only until ingredients are combined.</li> </ol>
Cinnamon, ground	2 tbsp		
Molasses	1 1/2 cup		<ol style="list-style-type: none"> <li>Divide dough into 12 pieces weighing about 1 lb each; form into strips about 24 inches long. Place 3 strips on each lightly greased pan. Press strips down until each is 3 inches wide.</li> </ol>
Water	1 cup		
Raisins, washed, drained	2 lb		<ol style="list-style-type: none"> <li>Bake about 18 minutes or until done.</li> </ol>
Flour, general purpose	4 lb 4 oz		
			<ol style="list-style-type: none"> <li>Loosen baked strips from pans while still warm; cut each strip into 16 bars.</li> </ol>

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OATMEAL/RAISIN COOKIE E-4

YIELD: 100 Portions

PAN SIZE: 6 PANS

Ingredients	Weights	Measures	Method
flour, general purpose, sifted	2 lb		<ol style="list-style-type: none"> <li>Sift together flour, baking soda, and baking powder; set aside for use in Step 2.</li> <li>Place eggs, water, vanilla, margarine and sugars in mixer bowl. Beat at low speed 1 to 2 minutes or until well blended. Add dry ingredients; mix at low speed 2 to 3 minutes or until smooth.</li> <li>Add rolled oats and raisins; mix only until blended.</li> <li>Drop about 1 tbsp (1 oz) dough in rows, 5 by 7, on lightly greased pans.</li> <li>Bake 10 to 15 minutes or until lightly browned.</li> <li>Loosen cookies from pans while still warm.</li> </ol>
baking soda	2 1/4 tsp		
baking powder	1 1/4 oz		
eggs, whole	12 oz		
Water	1/2 cup		
vanilla	2 tbsp		
margarine	2 lb		
sugar, granulated	1 lb 8 oz		
sugar, brown	2 lb		
cereal, rolled oats	2 lb 8 oz		
raisins	5 #		

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BREAD PUDDING E-5

YIELD: 100 Portions

PAN SIZE: 6 PANS

Ingredients	Weights	Measures	Method
bread, day old, 1/2 inch cubes	4 lb		<ol style="list-style-type: none"> <li>Place about 4 1/2 qt bread in each greased pan. Pour margarine over bread cubes, toss lightly. Toast in oven until light brown.</li> <li>Add raisins, sugar, nutmeg, and vanilla to eggs and egg whites. Blend thoroughly.</li> <li>Combine milk with egg mixture. Pour 1 gal over bread cubes in each pan. Add about 3 cups raisins to each pan.</li> <li>Bake 1 hour or until firm. After baking 15 minutes, stir to distribute raisins.</li> <li>Cover; refrigerate until ready to serve.</li> <li>Cut 4 by 8.</li> <li>CCP—Hold at 40 F or lower.</li> <li>Serving method—Cut each pan into 16 pieces. Serve with spatula or spoon.</li> </ol>
margarine	1 lb		
raisins	10 #		
eggs whites, slightly beaten	3 #		
eggs, whole, slightly beaten	6 #		
sugar, granulated	2 lb 12 oz		
nutmeg, ground	1 tbsp		
vanilla	1/4 cup		
milk, 1%	2 1/2 gal		
raisins, washed, drained	3 lb		

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DATE SQUARES E-6

YIELD: 100 PORTIONS

PAN SIZE: 18 BY 26-INCH SHEET PAN

Ingredients	Weights	Measures	Method
Eggs, whole	2 #		1. Place ingredients into mixer bowl in order listed. Beat at low speed 1 to 2 minutes or until thoroughly blended. Scrape down bowl once during mixing.
Margarine	3 1/2 cups		
Molasses	2 cups		
Flour, wheat, general purpose, sifted	4 lbs		
Sugar, granulated	4 1/2 cups		2. Divide dough into 12 pieces, about 1 lb each; form into strips about 24 inches long on lightly greased pans, 3 strips per pan. Press strips down until each is about 2 inches wide.
Salt	1 2/3 tbsp		
Baking soda	2 1/3 tbsp		
Cinnamon, ground	1/4 cup		
Spice, ground	2 tbsp		3. Bake 15 minutes or until done.
Dates, washed	2 qt		
			4. Loosen baked strips from pans while still warm; cut each strip into 16 bars.

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SUGAR COOKIES E-7

YIELD: 100 PORTIONS

Ingredients	Weights	Measures	Method
Eggs, whole	1 #		1. Place ingredients in mixing bowl in order listed. Beat low speed 1 to 2 minutes.
Egg, whites	1 #		
Vegetable Oil	1/2 #		2. Place 2 ounces of cookie dough on sheet pan.
Margarine	3 #		
Sugar	3 # 20 oz		3. Press down cookie until it is approximately 3 inches wide.
Flour, sifted	5 #		
Salt	1 #		4. Bake about 20 min. or until cookie is done.
Baking Soda	1 tbsp		
Sugar, granulated	1 #		

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APPLE CRISP E-9

YIELD: 100 Portions

PAN SIZE: 2 PANS

Ingredients	Weights	Measures	Method
Apples, canned, sliced, drained	3 # 10 can		<ol style="list-style-type: none"> <li>1. Arrange 4, 1/2 qt apples in each pan.</li> <li>2. Combine sugar, starch and cinnamon; sprinkle about 3 1/2 cups mixture over apples in each pan. Stir lightly to moisten sugar-starch mixture.</li> <li>3. Combine brown sugar, flour, baking powder, baking soda and margarine. Blend to form a crumbly mixture. Sprinkle about 2 1/2 qts of mixture evenly over apples in each pan.</li> <li>4. Bake 40 minutes or until top is lightly browned.</li> <li>5. Cut into 6 by 9 pieces. Serve with serving spoon or spatula.</li> </ol>
Sugar, granulated	2lb 12 oz		
Cornstarch	4 oz		
Cinnamon, ground	3/4 oz		
Sugar, brown	3 lb		
Flour, wheat, general purpose, sifted	2 lb		
Baking powder	1 1/2 tsp		
Baking soda	1 1/2 tsp		
Margarine, softened	2 lbs		

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BANANA CAKE E-10

YIELD: 100 Portions-2 Pans

Pan Size: 18X26 cake pan

Temperature: 400 degrees F. oven

Ingredients	Weights	Measures	Method
Sugar	4 lbs		<p>Cream together for 5 minutes. Add to mixture and cream 5 more minutes.</p> <p>Add to mixture and mix for two minutes or until well blended. Add to mixture and blend well for 3-6 minutes.</p> <p>Cook at 400 degrees F. for approximately 15 minutes or until done.</p> <p>CCP--Keep chilled at 40 degrees F.</p>
Vegetable shortening	2 lbs		
Eggs	3 lbs		
Cake flour	6 lbs		
Baking powder		2 oz	
Baking soda		2 oz	
Bananas/very ripe	5 lbs		



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HONEY CRISP BAR E-11

YIELD: 96 Portions

EACH PORTION: 1/48

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Method</i>
honey		2 cups	1. Melt margarine and honey together until thoroughly blended. 2. Mix in cereal. 3. Spread evenly into two sheet pans. 4. Chill for one hour or until firm. 5. Cut into 48 pieces and serve.
margarine		3 oz	
crisp rice cereal	3 lbs.		

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FRUITED JELL-O MIX E-12

YIELD: 100 Portions

EACH PORTION: 1/2 CUP

<i>Ingredients</i>	<i>Weights</i>	<i>Measures</i>	<i>Method</i>
Jell-O	4 gal	4 sheet pans-2" deep	1. Prepare Jell-O with fruit 1 day ahead. Cut into 2" squares. 2. Prepare whipped topping according to instructions on package. 3. Fold Jell-O and whipped cream together. 4. CCP Hold at 40 degrees F. or below. 5. Serving method-#8 scoop.
fruit cocktail		1 #10 can	
non-dairy whipped topping	1-#8 oz		

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EASY CHOCOLATE CAKE E-13

EACH PORTION: 1 Piece

YIELD: 100 Portions (2 Pans)

PAN SIZE: 18X26-inch Sheet Pan

Ingredients	Weights	Measures	Method
Flour, wheat, general purpose, sifted	4 lb 8 oz.	4 1/2 qt	<ol style="list-style-type: none"> <li>1. Sift together flour, sugar, cocoa, baking soda, and salt into mixer bowl.</li> <li>2. Combine salad oil, vinegar and vanilla; add to dry ingredients, while mixing at low speed 2 minutes.</li> <li>3. Gradually add water while mixing at low speed 1 minute; scrape down bowl.</li> <li>4. Mix at medium speed 2 minutes or until ingredients are well blended.</li> <li>5. Pour about 8 lb 8 oz (3 1/2 qt) batter into each greased pan.</li> <li>6. Bake about 35 minutes or until done.</li> <li>7. Cool; dust with 1 cup of 6X confectioner's sugar. Cut into 54 pieces.</li> </ol>
Sugar, granulated	4 lb 12 oz	10 3/4 cups	
Cocoa	10 oz	3 1/4 cups	
Baking soda	2 oz	4 2/3 tbsp	
Salt	1 oz	1 2/3 tbsp	
Salad oil	1 lb 14 oz	3 3/4 cups	
Vinegar	5 oz	2/3 cup	
Vanilla	1 1/2 oz	3 tbsp	
Water	5 lb	2 1/2 qt	

- NOTE: 1. In Step 6, if convection oven is used, bake at 325 degrees F, 25 minutes or until done on low fan, open vent.  
 2. Other pan sizes may be used. See Recipe No. G-G-4.

REVISION DATE: 2/1/2006

MEATLESS CHILI WITH BEANS R-1

YIELD: 10 Portions  
PAN SIZE:

EACH PORTION: 2 Cups  
TEMPERATURE:

Ingredients	Weights	Measures	Adjustment	Method
Cooked beans	4 cups			<ol style="list-style-type: none"> <li>1. Set aside 4 cups of cooked beans as prepared in recipe C-3.</li> <li>2. Combine the remainder of the ingredients and simmer approximately one hour. Do not boil.</li> <li>3. CCP—Heat until product reaches 165 degrees F or higher for at least 15 seconds.</li> <li>4. CCP—Hold at 140 degrees F or higher.</li> <li>5. CCP—Cool within 4 hours to a product temperature of 40 degrees F or lower.</li> <li>6. CCP—Reheat within 2 hours to a product temperature of 165 degrees F or higher for at least 15 seconds—one time only.</li> <li>7. Serving method—2–8 oz ladles or spoons.</li> </ol>
Meat substitute	2 lbs 4 oz			
Cumin	1 tbs			
Chili powder	1 tsp			
Paprika, ground	1 tbs			
Pepper, red, ground	1 tsp			
Garlic powder or minced	1 tbs			
Onions, fresh, chopped	10 oz			
Pizza sauce	4.5 cups			
Water—adjust as needed	4.5 cups			

REVISION DATE: 2/1/2006

VEGETABLE SOUP (LOW SALT) R-2

YIELD: 10 PORTIONS (10 CUPS)

EACH PORTION: 1 Cup

Ingredients	Weights	Measures	Adjustment	Method
Garlic, powder	1 tsp, (1 clove)			<ol style="list-style-type: none"> <li>Sauté garlic and onions. Set aside 3 oz from recipe B-2 for use in step 3.</li> <li>Heat stock. Add carrots and celery. Bring to a boil. Cover, reduce heat; simmer 15 minutes.</li> <li>Add sautéed garlic and onions, peppers, potatoes, cabbage, tomatoes, and pepper; bring to a boil; reduce heat; simmer 30 minutes or until vegetables are tender.</li> <li>CCP—Heat until product reaches 165 degrees F. or more for at least 15 seconds.</li> <li>CCP—Hold at 140 degrees F. or higher.</li> <li>CCP—COOL—Product temperature must reach 40 degrees F or lower within 4 hours.</li> <li>CCP—Reheat to a product temperature of 165 degrees F or higher for at least 15 seconds within 2 hours—one time only.</li> <li>Serving method—8 oz ladle.</li> </ol>
Onions, fresh, chopped	3 oz			
Salad oil	1 tbs			
Low sodium stock, vegetable	8 cups			
Carrots, fresh, chopped	3.5 oz			
Celery, fresh, chopped	3.5 oz			
Cabbage, fresh, chopped	8 oz			
No added salt tomatoes, canned, crushed	2 cups			
Pepper, black	To taste			

NOTE: Variation—Vegetable Rice Soup—Add 1/2 cup of rice.

REVISION DATE: 2/1/2006

MEATLESS CHICKEN MACARONI CASSEROLE R-3

YIELD: 10 PORTIONS  
PAN SIZE:

EACH PORTION: 1.5 Cups  
TEMPERATURE: 350 degrees

Ingredients	Weights	Measures	Adjustment	Method
Spaghetti, broken into four-inch pieces	1 lb			<ol style="list-style-type: none"> <li>Stir spaghetti into boiling water. Stir frequently. Cook about 15 min. Drain; set aside for use in Step 6.</li> <li>Sauté onions in margarine until tender.</li> <li>Combine flour and soup base. Add to sautéed vegetables. Stir until well mixed.</li> <li>Gradually add water, stir constantly. Cook 10 min. or until smooth and thickened.</li> <li>Add milk gradually to vegetable-sauce mixture, stirring constantly. Simmer 10 min.</li> <li>Add spaghetti, wheat protein and pepper. Combine thoroughly.</li> <li>Pour about 1.5 gallons of mixture into each pan.</li> <li>Sprinkle over mixture in each pan.</li> <li>Bake 30 minutes or until cheese is bubbling and melted.</li> <li>CCP—Heat until product temperature reaches 165 degrees or higher for at least 15 seconds.</li> <li>CCP—Hold at 140 F or higher.</li> <li>CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.</li> <li>Serving method—1—12 oz ladle or 2—6 oz ladles or 2—6 oz spoodles.</li> </ol>
Water, boiling	as needed			
Onions, fresh, chopped	1/4 cup			
Margarine, melted	1 tbs			
Flour, wheat, general purpose, sifted	5 oz			
Low sodium vegetable base	4 oz			
Water, boiling	5 cups			
Milk, 1%	3.5 cups			
Wheat protein	3 lbs, 4 oz			
Pepper, black	to taste			
Low fat shredded cheese	4 oz			

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REVISION DATE: 2/1/2006

MEATLESS CHICKEN FAJITA R-4

YIELD: 10 PORTIONS  
EACH PORTION: 1/2 cup meat mixture, 1/2 cup veg. Mixture

Ingredients	Weights	Measures	Adjustment	Method
Wheat protein meat substitute	2.5 lbs			<ol style="list-style-type: none"> <li>1. Combine all ingredients. Sauté at low temp. for 10 minutes. Remove from heat. Place into steam table pan.</li> <li>2. Wash and trim vegetables. Sauté until tender. Place into steam table pan.</li> <li>3. Place fajita shells into steam table pan. Warm slightly on steam table.</li> <li>4. Place 4 oz of meat mixture and 4 oz of vegetable mixture on plate with 1 tortilla shell.</li> <li>5. CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>6. CCP—Hold at 140 F or higher.</li> <li>7. CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>8. CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.</li> <li>9. Serving method—meat mixture—1—#8 scoop or 1—4 oz spoodle. Vegetable mixture—#8 scoop or 1—4 oz spoodle.</li> </ol>
Garlic, powder	1 oz			
Pepper, red, ground	1 pinch			
Cumin	1 pinch			
LS vegetable stock	2.4 oz			
AP flour	1 oz			
Black, pepper	1 pinch			
Peppers, fresh, sweet, cut into 1" wide strips	2 lbs			
Onions, fresh, green, cut into 1" wide strips	2 lbs			
Margarine	2 lbs			
Flour tortilla, 6"	10			

REVISION DATE: 2/1/2006

MEATLESS CHICKEN W/VEGETABLES R-5

YIELD: 10 PORTIONS  
EACH PORTION: 1 CUP

TEMPERATURE: 400 degrees F; Tilling fry p.

Ingredients	Weights	Measures	Adjustment	Method
Carrots, fresh, cut in 1/2 inch diagonal slices	8 oz			<ol style="list-style-type: none"> <li>1. Wash and trim vegetables.</li> <li>2. Sauté vegetables in oil until tender.</li> <li>3. Combine meat substitute and vegetables and vegetable stock</li> <li>4. CCP—Heat until product temp. reaches 165 F or higher for at least 15 seconds.</li> <li>5. CCP—Hold at 140 F or higher.</li> <li>6. CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>7. CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.</li> <li>8. Serving method—1—8 oz spoodle or 1—8 oz ladle.</li> </ol>
Celery, fresh, cut in 1/2 inch diagonal slices	8 oz			
Cabbage, fresh, cut in 1 inch strips (cut strips in half width-wise)	8 oz			
Wheat protein meat substitute	2.8 lbs			
Peppers, fresh, sweet, cut in 1 inch wide strips (cut in strips in half width-wise)	8 oz			
Onions, fresh, cut in 8 wedges	5 oz			
Oil	2 oz			
Water, boiling	1/2 cup			
Soup and gravy base, vegetable, LS	1 oz			
Pepper, black	1 pinch			

REVISION DATE: 2/1/2006

**VEGETABLE GRAVY R-6**

YIELD: 10 PORTIONS      EACH PORTION: 1/3 CUP  
PAN SIZE: 18 BY 24-INCH ROASTING PAN

Ingredients	Weights	Measures	Adjustment	Method
Vegetable oil		3 oz		<ol style="list-style-type: none"> <li>1. Sprinkle flour evenly over oil.</li> <li>2. Cook over low heat on top of range or in 375 degree F. oven 30 minutes until flour is a rich, brown color. Stir frequently to avoid over-browning.</li> <li>2b. Combine vegetable base and water to make stock.</li> <li>3. Add roux to stock, stirring constantly.</li> <li>4. Add pepper.</li> <li>5. CCP--Heat until product reaches 165 degrees F. or more for at least 15 seconds.</li> <li>6. CCP--Hold at 140 degrees F. or higher.</li> <li>7. CCP--COOL--Product temperature must reach 40 degrees F. or lower within 4 hours.</li> <li>8. CCP--Reheat to a product temperature of 165 degrees F. or higher for at least 15 seconds within 2 hours--one time only.</li> <li>9. Serving method--2 oz ladle/heaping.</li> </ol>
Flour, wheat, general purpose, sifted		3 oz		
Pepper, black		To taste		
Vegetable base		1 1/2 oz		
Water		3 cups		

REVISION DATE: 2/1/2006

**VEGETABLE STEW R-7**

YIELD: 10 PORTIONS      EACH PORTION: 10 OZ

Ingredients	Weights	Measures	Adjustment	Method
Pepper, black	1 pinch			<ol style="list-style-type: none"> <li>1. Trim, cut, wash vegetables. Simmer w/pepper, garlic, oil, thyme, bay leaves until vegetables are tender.</li> <li>2. Re-constitute &amp; set aside for use in step 3.</li> <li>3. Remove bay leaves; thicken with cornstarch. Add re-constituted wheat protein.</li> <li>4. CCP--Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>5. CCP--Hold at 140 F or higher.</li> <li>6. CCP--Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>7. CCP--Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds--one time only.</li> <li>8. Serving method--1 heaping 8 oz ladle w/pepper, garlic, oil, thyme, bay leaves until vegetables are tender.</li> <li>2. Re-constitute &amp; set aside for use in step 3.</li> <li>3. Remove bay leaves; thicken with cornstarch. Add re-constituted wheat protein.</li> <li>4. CCP--Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>5. CCP--Hold at 140 F or higher.</li> <li>6. CCP--Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>7. CCP--Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds--one time only.</li> <li>8. Serving method--1 heaping 8 oz ladle.</li> </ol>
Garlic, powder	1 pinch			
Vegetable oil	1 1/2 oz			
Water, hot	1 quart			
No added salt tomatoes, canned, crushed	1 1/2 cups			
Thyme, ground	1 pinch			
Bay leaves, whole	2			
Carrots, 1/2 inch rings, frozen	2 lbs			
Onions, fresh, cut in quarters	5 oz			
Potatoes, white, fresh, peeled, cut into 1 1/2 inch pieces	1 lb			
Cornstarch, sifted--adjust as needed	1 1/2 oz			
Wheat protein	3 lbs			
Garlic, powder	1 pinch			
Vegetable oil	1 1/2 oz			
Water, hot	1 quart			
No added salt tomatoes, canned, crushed	1 1/2 cups			
Thyme, ground	1 pinch			
Bay leaves, whole	2			
Carrots, 1/2 inch rings, frozen	2 lbs			
Onions, fresh, cut in quarters	5 oz			
Potatoes, white, fresh, peeled, cut into 1 1/2 inch pieces	1 lb			
Cornstarch, sifted--adjust as needed	1 1/2 oz			
Wheat protein	3 lbs			

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REVISION DATE: 2/1/2006

CHICKEN-LESS SALAD R-8	
YIELD: 10 PORTIONS	EACH PORTION: 4 oz

Ingredients	Weights	Measures	Adjustment	Method
Wheat protein		2 1/2 lbs		1. Add celery and onions to wheat protein; mix thoroughly. 2. Add low-fat mayonnaise and pepper; mix lightly but thoroughly. Cover; refrigerate until ready to serve. 3. CCP--Keep chilled at 40 degrees F. Serving method--1--#8 scoop.
Celery, fresh, chopped		3 1/2 oz		
Onions, fresh, chopped		1 1/2 oz		
Low-fat mayonnaise		1 1/4 cups		
Pepper, black		To taste		

REVISION DATE: 2/1/2006

MEATLESS CHICKEN CREOLE R-8	
YIELD: 10 PORTIONS	EACH PORTION: 8 oz.

Ingredients	Weights	Measures	Adjustment	Method
Wheat protein or meat substitute	2 lbs 12 oz			1. Sauté all vegetables together for 10 minutes in steam kettle. 2. Combine pizza sauce, water, black pepper, granulated sugar and Worcestershire sauce. Add to vegetable mixture. 3. Mix flour and water into a paste consistency. 4. Combine flour mixture to sauce-cook to thicken (approx. 5 min.)-Stir constantly. 5. CCP--Heat until product temperature reaches 165 F or higher for at least 15 seconds. 6. CCP--Hold at 140 F. or higher. 7. CCP--Cool within 4 hours to a product temperature of 40 F or lower. 8. CCP--Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds--one time only. 9. Serving method--meat mixture--1--#8 scoop or 1--4 oz spoodle.
<b>CREOLE SAUCE</b>				
Onions, fresh, chopped	4 oz			
Peppers, fresh, chopped	4 oz			
Celery, fresh, chopped	4 oz			
Summer squash	4 oz			
Vegetable oil	2 oz			
Pizza sauce	2 cups			
Water--adjust as needed	1 cup			
Black pepper	1 pinch			
Granulated sugar	1 pinch			
Worcestershire sauce	1 tsp			
Flour (all purpose)--adjust as needed	1 oz			
Water--adjust as needed	1 oz			

REVISION DATE: 2/1/2006

**BARBECUED VEGETABLE SANDWICH (SLOPPY JOE) R-10**

YIELD: 10 PORTIONS

EACH PORTION: 4 oz

EACH PORTION: 1 Cup plus 1 sandwich bun

Ingredients	Weights	Measures	Adjustment	Method
Wheat protein meatballs	3 1/4 lbs			<ol style="list-style-type: none"> <li>1. Heat vegetable balls to 165 degrees F. and break apart. Set aside for use in step 3.</li> <li>2. Combine pizza sauce and water. Mix well.</li> <li>3. Combine onions, pizza sauce, mustard, brown sugar, and water; add to veg. mixture. Stir to mix well.</li> <li>4. Cover; simmer 45 minutes; stir occasionally to prevent burning.</li> <li>5. Place 2/3 cup (1 no. 6 scoop) mixture on bottom of half bun. Top with second half.</li> <li>6. Serve hot.</li> <li>7. CCP—Heat until product temperature reaches 165 F or higher for at least 15 seconds.</li> <li>8. CCP—Hold at 140 F or higher.</li> <li>9. CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>10. CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.</li> <li>11. Serving method—1–8 oz ladle or spoodle.</li> </ol>
Onions, fresh, chopped	14 oz			
Pizza sauce	2 cups			
Water	2 cups			
Mustard, prepared	2 oz			
Sugar, brown	1 tsp			
Vinegar	2 oz			
Water	2 oz			
Sandwich buns	10			
NOTE: In Step 3, mixture may be cooked in 350 degree F. oven until thoroughly heated.				

REVISION DATE: 2/1/2006

**FRENCH BREAD PIZZA R-11**

YIELD: 10 SERVINGS

Ingredients	Weights	Measures	Adjustment	Method
Hoagie roll		10 rolls		<ol style="list-style-type: none"> <li>1. Cut the hoagie roll in half.</li> <li>2. Ladle pizza sauce over each portion of bread.</li> <li>3. Place 1 oz of cheese over sauce on each portion of bread.</li> <li>4. Place 1/2 oz of veg. Meatball ground on each half.</li> <li>5. Bake at 350 degrees for 10-15 min., or until desired results.</li> </ol>
Pizza sauce/per pizza sauce guidelines B-8		3 3/4 cups		
Part skim mozzarella cheese (sliced)		1 1/4 lbs		
Vegetable Meatball, ground		10 oz		

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REVISION DATE: 2/1/2006

MEATLESS CHICKEN & VEGETABLES W/TOMATO SAUCE R-12

YIELD: 10 PORTIONS  
EACH PORTION: 8 OZ

TEMPERATURE: 325 degree oven

Ingredients	Weights	Measures	Adjustment	Method
Onions, fresh, chopped	7 oz			<ol style="list-style-type: none"> <li>1. Sauté onions, peppers and vegetable oil until tender.</li> <li>2. Add vegetable stock, water, bay leaves, pizza sauce, thyme, basil, oregano and garlic to onion-pepper mixture. Simmer 1/2 hour. Set aside for use in Step 5.</li> <li>3. Bake wheat meat substitute until brown. Pour an equal quantity of sauce over meat substitute in each pan.</li> <li>4. Cover, bake for approx. one hour or until done (180 F). Remove bay leaves.</li> <li>5. Serve over pasta.</li> <li>6. CCP-Heat until product temperature reaches 185 F or higher for at least 15 seconds.</li> <li>7. CCP-Hold at 140 F or higher.</li> <li>8. CCP-Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>9. CCP-Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.</li> <li>10. Serving method—1-8 oz ladle or spoodle.</li> </ol>
Peppers, sweet, fresh, chopped	5 oz			
Vegetable oil	1 tbs			
Pizza sauce	4 cups			
Water—adjust as needed	3 cups			
Wheat protein meat substitute	2.5 lbs			
Vegetable stock	1 1/2 qts			
Bay leaves, whole	2			
Thyme, ground	1 pinch			
Basil, crushed	1 pinch			
Oregano, crushed	1 pinch			
Garlic, powder	1 pinch			
Flour, wheat, general purpose sifted	5.6 oz			
Pepper, black	1 pinch			

REVISION DATE: 2/1/2006

MEATLESS SPAGHETTI SAUCE R-13

YIELD: 10 PORTIONS  
EACH PORTION: 12 oz

Ingredients	Weights	Measures	Adjustment	Method
				<p>Following recipe no. C-9, remove needed number of portions after completion of step 4 and before step 5 is completed.</p>



VEGETABLE CHOP SUEY R-14

REVISION DATE: 2/1/2006

YIELD: 10 PORTIONS

EACH PORTION: 1 1/2 CUPS

TEMPERATURE: 350 degree oven

Ingredients	Weights	Measures	Adjustment	Method
Onions, fresh, chopped	3 oz			<ol style="list-style-type: none"> <li>1. Sauté onions, peppers, and garlic in salad oil for 3 minutes, or until tender.</li> <li>2. Add pizza sauce, water, salt, pepper, and sugar. Simmer 10 to 15 minutes or until thickened. Stir as necessary. Set aside for use in step 5.</li> <li>3. Brown wheat protein. Set aside for use in step 5.</li> <li>4. Add macaroni to water; bring to a boil, stirring occasionally. Boil 20 minutes; drain well.</li> <li>5. Combine wheat protein, tomato sauce, and macaroni. Mix well.</li> <li>6. Pour an equal quantity of macaroni mixture into each pan.</li> <li>7. Bake 30 minutes or until bubbling.</li> <li>8. CCP—Heat until product temperature reaches 165 F or higher or at least 15 seconds.</li> <li>9. CCP—Hold at 140 F or higher.</li> <li>10. CCP—Cool within 4 hours to a product temperature of 40 F or lower.</li> <li>11. CCP—Reheat within 2 hours to a product temperature of 165 F or higher for at least 15 seconds—one time only.</li> <li>12. Serving method—1—12 oz ladle or 2—6 oz ladles or 2—6 oz spoodles.</li> </ol>
Peppers, sweet, fresh, chopped	3 oz			
Garlic, powder	to taste			
Salad oil	2 tbsp			
Pizza sauce	2 cups			
Water	2 cups			
Pepper, black	1 pinch			
Sugar, granulated	1 pinch			
Wheat protein	2.5 lbs			
Macaroni, elbow	2 lbs			
Water, boiling	1 gallon			

200

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**SPARE TIME®**



1792NHL01 21

Fully Cooked

**Chicken Drumstick Fritters**

**INGREDIENTS:** Chicken drumsticks, water, whole wheat flour enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, contains 2% or less of the following: extracts of paprika and turmeric, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), malic acid, modified corn starch, modified wheat starch, chicken type flour (brown sugar, yeast extract, onion powder, malic acid, canola oil, corn powder, garlic powder, citric acid, spices, salt, vegetable stock (yeast, onion, celery), natural flavor, natural powder, salt, sodium phosphate, spices (including celery seed), wheat gluten, whole grain yellow corn flour, breading salt in vegetable oil.

**CONTAINS: WHEAT.**

**PREPARATION:** Appliances vary, adjust accordingly.  
**CONVECTION OVEN:** Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25 - 45 minutes.  
**CONVENTIONAL OVEN:** Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35 - 60 minutes.



KEEP FROZEN

NET WT 20 LBS

LL#11723298  
 DISTRIBUTED BY:  
 TSD SALES AND DISTRIBUTION  
 SPRINGDALE, ARKANSAS 72765-2020 U.S.A.  
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**666010**  
 16660100861

**Nutrition Facts**

Amount per serving  
 About 69 servings per container  
 Serving size 3 oz (84g)

**Calories 200**

	% Daily Value*
<b>Total Fat</b> 12g	15%
<b>Saturated Fat</b> 2.5g	13%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 6g	2%
<b>Dietary Fiber</b> 0g	0%
<b>Total Sugars</b> 0g	
<b>Includes 0g Added Sugars</b>	0%
<b>Protein</b> 17g	34%
<b>Vit. D</b> 0mcg	0%
<b>Calcium</b> 13mg	2%
<b>Iron</b> 1mg	8%
<b>Potas.</b> 280mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**SPARE TIME®**

**Fully Cooked Chicken Drumstick Fritters**





# TURKEY 8:1 6.5" ARTIFICIAL CASING COOKED FROZEN VACUUM-PACK STEAME

PATUXENT FARMS

2/5 LB

Manufacturer: PATUXENT FARMS

# 6370043

\$23.44 / CS

Manufacturer Product #: 415861

## Nutritional Facts

80 Servings Per Container

Serving Size (57g)

Amount Per Serving

Calories 120

	% Daily Value *
Total Fat 9g	13%
Saturated Fat 3g	16%
Trans Fat g	
Cholesterol 35mg	12%
Sodium 630mg	26%
Total Carbohydrate 4g	1%
Dietary Fiber g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin A	0%
Vitamin C	4%
Calcium	4%
Iron	2%

## Supplemental Facts

% Daily Value \*

None Specified at this time

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.

## Ingredients, Allergens & Nutritional Information

IMPORTANT: Product information, including ingredients, allergens and nutritional information, is provided by manufacturers/suppliers, and includes information from the Global Data Synchronization Network (GDSN) and other third party sources such as the United States Department of Agriculture. We know that allergen information is important to many customers, so we are providing product information from the manufacturers/suppliers for the FDAs top allergens (<https://www.fda.gov/food/food-labeling-nutrition/food-allergies>), along with other select ingredients. This information may not cover potential cross-contact risks or alternate forms of the allergen(s). Product formulations are subject to change and nutritional values can vary due to production, seasonal and other changes. Please always review the ingredients, allergens, nutrition information and other product information on the product packaging delivered to your location. US Foods does not assume any legal liability and makes no warranty or guaranty, express or implied, regarding the completeness or accuracy of this information. Product images are provided for reference only and may not reflect current packaging.

## Nutritional Claims

- This product has child nutrition certification

\* Emergency Hot Dog if Chicken is UNAVAILABLE.



New England Food

Product Specification Silver Lake Baked Chicken & Beef Meatball – 1oz Size Meatball

Product Code # SLBCB01030 Case Code- Julian Date Year (DDDY) Time (HH:MM:SS) Count (xxxx)

Pack size- 6-5# (30lb Net) Box 50 Cases Per Pallet 10 Break/5 Rows

Description- Silver Lake Baked Chicken & Beef Meatball

Product Specification: Fully Baked Silver Lake IQF Chicken & Beef Italian Style Meatball

Raw Material Specification:

- Chicken-Mechanically Separated Chicken
- Beef 50% Chemical Lean ±2%
- Non-meat Raw Materials- All are U.S.D.A. Inspected

Allergens: Eggs, Milk, Soy, Wheat

Grind: 5/8"-3/4" First Grind and 1/8" Final Grind with Bone Collection System

Organoleptic Qualities: Acceptable Taste and Color within Normal Expectations for this Type of Product

Bacteria Levels: Within normal Range for GMPs

Shelf Life: 12 Months at 0°F

Label Specifications: Label Contains all Information Required by U.S.D.A.

Container Specification: 44# ECT Corrugated Glued and Taped Brown Box Printed Label

Case Dimensions- 15 5/8 x 12 x 12 5/16 Case

Cube- 1.33

Shipping Container Specification: 50 Cases per Pallet-5 Rows of 10 Cases- Shrink Wrapped

INGREDIENTS:

Mechanically Separated Chicken, Water, Beef, Breadcrumbs (unbleached wheat flour, salt, yeast), Textured Soy Flour, Seasoning (granulated garlic and onion, salt, spice, parsley flakes, natural favor, dextrose), Soy Protein Concentrate, Egg Whites, Romano Cheese (pasteurized sheep's milk, salt, rennet), Soybean Lecithin Oil.

Nutrition Facts	
Serving size	3-1oz Meatballs(85g)
Amount per serving	
<b>Calories</b>	<b>170</b>
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 260mg	11%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 2mg	10%
Potassium 204mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used by general nutrition advice.



# TURKEY .5 OZ ITALIAN COOKED FROZEN

# MEATBALL #2

BUTTERBALL

2/5 LB

Manufacturer: BUTTERBALL LLC

# 8554404

\$31.86 / CS

Manufacturer Product #: 2265582907

## Nutritional Facts

53 Servings Per Container

Serving Size (55gr)

Amount Per Serving

Calories 0

	% Daily Value *
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 580mg	24%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	10%

## Supplemental Facts

	% Daily Value *
Vitamin D 0 mcg	0%
Folic Acid 0 mcg	0%
Phosphorus 0 mg	0%
Polyunsaturated Fat 0 g	0%
Monosaturated Fat 0 g	0%
Soluble Fiber 0 g	0%
Insoluble Fiber 0 g	0%
Potassium 0 mg	0%
Riboflavin 0 mg	0%
Zinc 0 mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients, Allergens & Nutritional Information

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## Nutritional Claims

This product is trans fat free

## Product Description

### Additional Description

Good Source of Calcium

### Ingredients

ENRICHED BLEACHED FLOUR BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, YELLOW CORN FLOUR YELLOW CORN FLOUR, NIACIN, IRON [FERROUS SULFATE], THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, DEXTROSE, GELATINIZED YELLOW CORN FLOUR, LEAVENING BAKING SODA, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, SOYBEAN OIL, RICE FLOUR, BUTTERMILK, WHEY, CONTAINS 2 OR LESS OF EACH OF THE FOLLOWING: SALT, CALCIUM CARBONATE, CELLULOSE GUM.

### Product Information

Class: 22 - GROCERY, DRY

Category: 163 - BAKERY MIXES & INGREDIENTS, SHELF STABLE

Group: 1388 - MIX, PANCAKE & WAFFLE

### Manufacturer Information

GILSTER-MARY LEE CORP

Manufacturer Product #: 71923-65125

## Preparation & Cooking

### Preparations and Cooking Instructions

50 lb mix 7.5 gals + 5 cups water (70 F to 75 F) 1. Pour total amount of water into mixing bowl (You may adjust water to obtain type of product desired.) 2. Add total amount of mix. 3. Mix using wire whip attachment on low speed until batter is blended and fairly smooth (approximately 1 minute) 4. Stop Mixer Scrape Bowl. 5. Mix on low speed until batter is smooth (approximately 1 minute) DO NOT OVER MIX 6. Deposit batter on preheated griddle set at 375 F 7. Grill 1 to 1 1/2 minutes on each side or until puffed and edges begin to dry. TURN ONLY ONCE

### Handling Instructions

DRY

### Serving Suggestions:

1/2 Cup

## Shipping Information

105

Physical Attributes			
Gross Weight:	51 LB	Length:	27 IN
Net Weight:	50 LB	Cube:	1.406 CF
Height:	5 IN	Catch Weight:	No
Width:	18 IN		

Storage Information	
USF Storage:	DRY FOOD
Min. Temperature:	32 FA
Max. Temperature:	95 FA

## Nutritional Facts

Serving Size gr (57gr)  
Servings Per Container 398

Amount Per Serving	Calories from Fat
Calories 200	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 730mg	32%
Total Carbohydrate 41g	15%
Dietary Fiber .5g	4%
Sugars 7g	
Protein 4g	
Vitamin A	%
Vitamin C	%
Calcium	10%
Iron	10%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

## Supplemental Facts

	% Daily Value*
Vitamin D 0mcg	0%
Polyunsaturated Fat .5g	
Monosaturated Fat 1g	
Potassium 110mg	2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

105.

DOC PROD 4-2-21000008

008

# New England Food Brokerage, Inc.

## Beef Patty 4 oz., 80/20 lean

Nutrition Facts  
Serving Size: 4 oz  
Servings per container: 40

Amount per Serving  
Calories 220    Calories from Fat 160

% Daily Value\*

Total Fat	16 g
Saturated Fat	5 g
Cholesterol	70 mg
Sodium	53 mg
Total Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Protein	22 g

Vitamin A    Vitamin C  
Calcium    Iron

\*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:

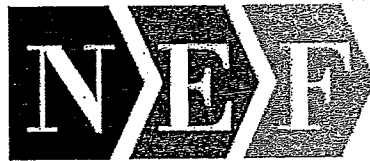
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram			

Ingredients: Ground Beef

### Contact Information

New England Food Brokerage, Inc.  
784 County Street  
Taunton, MA 02780  
Phone: 508 824-6972





**New England Food**

**NEF Item # 110004**

**PRODUCT BRAND:** New England Food Brokerage

**PRODUCT NAME:** Beef Patty 4 OZ.

**PRODUCT DESCRIPTION:** Ground beef Patty with Soy

**RAW MATERIAL SOURCE:** Beef, water, textured soy flour

**SHAPE:** Round

**PATTY SIZE:** 4 OZ

**THICKNESS:** 1/2 Inch

**PACKED:** 10 lb./case, 40 Patties / case

**NET WEIGHT:** 10 lb./case.

**GROSS WEIGHT:** 10.66 lb.

**CASE DIMENSIONS:** Width: 10 7/8 in Length: 14 in Height: 3 7/8 in

**CUBE:** 0.34 cubic feet

**PALLET:** 100 cases/ pallets

**PACKAGING AND LABELING REQUIREMENTS:**

- **Primary unit container:** Product is packed in a food grade plastic bag.
- **Secondary shipper /carton:** Product is packaged in a recycled box with a label bearing: packed for, GS-I bar code, product packed name, product code, net weight, pack date, keep frozen, USDA establishment number.

**SHELF LIFE:** 6 months from the pack date. Must keep frozen.

**ORIGINATION:** Product of the U.S.A., USDA Establishment Number: 11126

**QUALITY ASSURANCE STANDARDS:** All Balter meat products meet USDA regulatory (USDA Inspected) and food safety standards. Documentation meets Balter internal HACCP program requirements.

# New England Food Brokerage, Inc.

## Bulk Ground Beef with Soy Protein 80/20

### Nutrition Facts

Serving Size: 4 oz  
 Servings per container 160/box

#### Amount per Serving

Calories 220    Calories from Fat 145

#### % Daily Value\*

Total Fat	16 g
Saturated Fat	5 g
Cholesterol	70 mg
Sodium	53 mg
Total Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Protein	22 g

Vitamin A      Vitamin C  
 Calcium      Iron

\*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9.10    Carbohydrate 3.94    Protein 4.50

### Ingredients:

Lean ground beef, water, textured soy protein

018

### Contact Information

New England Food Brokerage, Inc.  
 784 county Street  
 Taunton, MA 02780  
 Phone: 508 824-6972



# HARD COOKED PEELED WHOLE REF IN BRINE PAIL

PAPETTIS / TABLE READY 10 LB  
# 7404146 \$18.78 / CS

Manufacturer: MICHAEL FOODS INC  
Manufacturer Product #: 46025-62105-00

## Nutritional Facts

90 Servings Per Container

Serving Size (50gr)

Amount Per Serving

Calories 80

	% Daily Value *
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat .0g	
Cholesterol 185mg	62%
Sodium 60mg	3%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

## Supplemental Facts

	% Daily Value *
Vitamin D 1 mcg	6%
Potassium 63 mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients, Allergens & Nutritional Information

IMPORTANT: Product information, including ingredients, allergens and nutritional information, is provided by manufacturers/suppliers and includes information from the Global Data Synchronization Network (GDSN) and other third party sources such as the United States Department of Agriculture. We know that allergen information is important to many customers, so we are providing product information from the manufacturers/suppliers for the FDA's top allergens (<https://www.fda.gov/food/food-labeling-nutrition/food-allergies>), along with other select ingredients. This information may not cover potential cross-contact risks or alternate forms of the allergen(s). Product formulations are subject to change and nutritional values can vary due to production, seasonal and other changes. Please always review the ingredients, allergens, nutrition information and other product information on the product packaging delivered to your location. US Foods does not assume any legal liability and makes no warranty or guaranty, express or implied, regarding the completeness or accuracy of this information. Product images are provided for reference only and may not reflect current packaging.

## Marketing Claims

This product is kosher



# HARD COOKED PEELED WHOLE REF DRY PILLOW PACK

GLENVIEW FARMS

12/1 DZ

Manufacturer: GLENVIEW FARMS

# 827428

\$28.14 / CS

Manufacturer Product #: 080451

## Nutritional Facts

Servings Per Container

Serving Size (45g)

Amount Per Serving

Calories 70

	% Daily Value *
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 55mg	2%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%

Protein 6g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 6%

## Supplemental Facts

	% Daily Value *
Vitamin D 1 mcg	6%
Potassium 57 mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients, Allergens & Nutritional Information

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## Nutritional Claims

- This product has no sugar added
- This product is trans fat free

## Marketing Claims

- This product is kosher

# ONGOING Opportunity Buys.

## Egg, Patty, Irregular

### Product Details:

Item Number: 49019  
 Pack Size: 23 lb. bulk  
 Serving Per Case: 184  
 Net Weight: 23 lbs.

Kosher: No  
 Meal Contribution:  
 Class: Ongoing Opportunity Buys  
 Shelf Life: 12 Months  
 Temperature Class: Frozen  
 Cook State: Fully Cooked  
 GTIN-12 UPC:  
 GTIN-14:

Sales Price Per: NA  
 Case Price: NA

### Ingredients:

may contain the following ingredients: Whole eggs, egg whites, egg yolks, soybean oil, natural and artificial flavors, modified food starch, milk, salt, dicalcium phosphate, xanthan gum, guar gum, dried cream cheese product (cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), nonfat dry milk and sodium phosphate). Contains 2% or less of the following: Sodium bicarbonate, pea hull fiber, dextrose, citric acid, pepper, corn syrup solids, color (includes annatto and beta carotene), dextrose, EDTA.

### Allergen Statement:

Egg, Soy, Milk

### Benefits and Suggested Use:

Chopped Fully Cooked Egg Pieces are a great way to start the day. Fully cooked, just heat and eat. OR boil & chop to portion as scrambled eggs!

111.



## Nutrition Facts

This is a representation of the nutritional label. The nutritional label on the product may vary.

Serving Size 2 oz.

Amount Per Serving

**Calories 95**

% Daily Value \*

Total Fat 7g 11%

Saturated Fat 2g 10%

Trans Fat 0

Cholesterol 137mg 46%

Sodium 172mg 7%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Total Sugars 1g

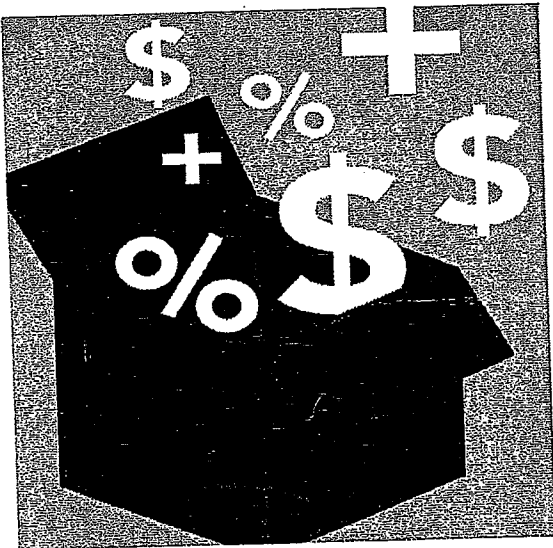
Incl. Added Sugars -

Protein 6g -

Vitamin D 30%  
 Calcium 105%  
 Iron 1%  
 Potassium -

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Opportunity Buys. <sup>\$\$\$</sup>



## Egg, Patty, Scrambled, Half Moon, 1 oz.

### Product Details:

Item Number: 620306  
 Pack Size: 400/1 oz.  
 Serving Per Case: 400  
 Net Weight: 25 lbs.  
 Pallet Count: 70  
 Case Price: \$  
 Price Per Lb: \$0.00  
 Country of Origin:

Kosher: No  
 Meal Contribution:  
 Class: Opportunity Buy  
 Shelf Life:  
 Temperature Class: Frozen  
 Cook State: Fully Cooked  
 GTIN-12 UPC:  
 GTIN-14:

### Ingredients:

Whole Eggs, Water, Soybean Oil, Modified Food Starch, Whey Solids, Salt, Nonfat Dried Milk, Citric Acid

### Allergen Statement:

Milk, Egg

### Benefits and Suggested Use:

## Nutrition Facts

This is a representation of the nutritional label. The nutritional label on the product may vary.

Serving Size 1 oz

Amount Per Serving  
**Calories 158**

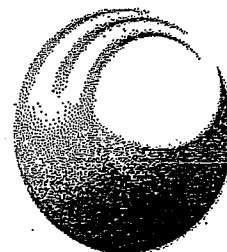
	% Daily Value *
Total Fat 11.78 gm	15.0%
Saturated Fat 3 gm	15.0%
Trans Fat .12 gm	
Cholesterol 270 mg	90.0%
Sodium 353.2 mg	15.0%
Total Carbohydrate 2.7 gm	1.0%
Dietary Fiber 0	—
Total Sugars 1.18 gm	—
Incl. Added Sugars 0	—
Protein 9.35 gm	—
Vitamin D 1.47 mcg	7.0%
Calcium 50.9 mg	4.0%
Iron 1.28 mg	7.0%
Potassium 129.4 mg	3.0%

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Bulk Drink Mix - CALCIUM FORTI-BOOST

## SPECIFICATIONS

**Flavors:** Grape, Punch, Lemon & Orange  
**Pack Size:** 144/2oz per case  
**Case Yield:** 11,520 - 8 oz servings  
**Pallet:** 54 cases per pallet  
**Net Wt. in Lbs:** 18 lbs  
**Kosher (Y/N):** YES



GLOBALFOODSINC

PERCENT OF DAILY VALUES (DV) ARE BASED ON A 2,000 CALORIE DIET.

**INGREDIENTS:** Maltodextrin, Malic Acid, Natural and Artificial Flavors, Tricalcium Phosphate, Ascorbic Acid, Aspartame, Zinc Oxide Vitamin D2. Contains one of more of the following FD&C Red No. 40, FD&C Yellow No. 5, FD&C Blue No. 1.

\*\*\* CORRECT ADA THERAPEUTIC BREAKFAST DRINK \*\*\*

## Nutrition Facts

Serving Size 8 fl oz.  
Servings Per Container

Amount Per Serving

Calories 0      Calories from Fat 0

% Daily Value\*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Potassium	0mg	0%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	

Protein 0g

Vitamin A 0%	• Vitamin C 100%
Calcium 4%	• Iron 0%
Vitamin D 25%	• Zinc 40%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

# Always Available.



## Drink Mix, Bulk, Punch

### Product Details:

Item Number: 603543  
 Pack Size: 150/2 oz. pouch  
 Serving Per Case: 12,000  
 Net Weight: 18.75 lbs.

Kosher: Yes  
 Meal Contribution:  
 Class: Always Available  
 Shelf Life: 1 year  
 Temperature Class: Dry  
 Cook State: NA  
 GTIN-12 UPC:  
 GTIN-14:

Sales Price Per: NA  
 Case Price: NA

### Ingredients:

Dextrose, Malic or Citric Acid, Aspartame\*, Natural and Artificial Flavor, Acesulfame K, Potassium Citrate. Contains one or more of the following: Caramel Color, FD&C Red #40, Yellow #5, Yellow #6, and Blue #1.

### Allergen Statement:

Made in a facility that also produces Eggs, Wheat and Soy

## Nutrition Facts

This is a representation of the nutritional label. The nutritional label on the product may vary.

Serving Size 8 oz.

Amount Per Serving

**Calories 2**

% Daily Value \*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 0.6g 1%

Dietary Fiber 0g 0%

Total Sugars 0.3g

Incl. Added Sugars -

Protein 0g -

Vitamin D -

Calcium -

Iron 0%

Potassium -

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\* \* \* What is being, most often, and incorrectly served to ADA Therapeutic Diet for Breakfast \*\*\*

### National Food Group

Email: info@nationalfoodgroup.com . Direct: 800.886.6866

Fax: 248.669.3000

46820 Magellan Dr., Suite A, Novi, MI 48377-2454

www.nationalfoodgroup.com . Call Toll Free: 800.886.6866



3

**Additional Description**

TOP O' THE MORNING! USE THIS MAPLE FLAVORED PANCAKE OR WAFFLE SYRUP WITH HILLTOP HEARTH PANCAKES, WAFFLES OR FRENCH TOAST. PACKED IN INDIVIDUAL SINGLE SERVICE CUPS IT IS PERFECT FOR DIPPING AT THE TABLE OR TO-GO ORDERS. SHEFLIFE2020

**Ingredients**

Water, Sorbitol, Cellulose Gum, Natural and Artificial Maple Flavor, Salt, Aspartame, Citric Acid, Potassium Sorbate and Sodium Benzoate (Preservatives), Phenylketonurics: Contains Phenylalanine

**Product Information**

Class: 22 - GROCERY, DRY

Category: 325 - HONEY, JAM, PEANUT BUTTER & SYRUP, PORTION CONTROL

Group: 1916 - SYRUP, MAPLE & PANCAKE, SINGLE SERVICE

**Manufacturer Information**

MONARCH

Manufacturer Product #: 353995

**Nutritional Facts**

Serving Size g (28g)	
Servings Per Container 1	
Amount Per Serving	Calories from Fat 0
Calories 25	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	

**Preparation & Cooking**

**Preparations and Cooking Instructions**

READY TO USE

**Handling Instructions**

STORE IN A COOL, DRY PLACE.

**Serving Suggestions:**

**SUGAR FREE SYRUP IDEAL FOR BREAKFAST FOODS.**

**Shipping Information**

Physical Attributes			
Gross Weight:	7.09 LB	Length:	11.25 IN
Net Weight:	6.25 LB	Cube:	.367 CF
Height:	6.25 IN	Catch Weight:	No
Width:	9.03 IN		

Storage Information	
USF Storage:	DRY FOOD
Min. Temperature:	33 FA
Max. Temperature:	90 FA



**New England Food**  
**Pancake Syrup Lite**

**Formula :** 982216

**Packaging:** 4/1 gal jugs

**Ingredient Statement:** Filtered Water, High Fructose Corn Syrup, Cellulose Gum, Salt, Artificial Flavor, Potassium Sorbate, Sodium Benzoate, Caramel Color, Sodium Acid Sulfate, Acesulfame-K

Made in a facility that process Soy

**Nutritional Data**

Per serving 1 oz

Nutrient	Amount per Serving		% Daily Value
Calories	15	Calories from Fat	0
Total Fat	0 g		0 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	60 mg		3 %
Potassium	5 mg		0 %
Total Carbohydrate	4 g		1 %
Dietary Fiber	0 g		0 %
Sugars	4 g		
Added Sugars	0 g		
Protein	0 g		0 %
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	0 %
Vitamin D	0 %	Vitamin E	0 %
Vitamin K	0 %	Thiamin	0 %
Riboflavin	0 %	Niacin	0 %
Vitamin B6	0 %	Folate	0 %
Vitamin B12	0 %	Biotin	0 %
Phosphorus	0 %	Zinc	0 %

**Microbiological Standards:** Passes all applicable FDA Requirements

**Recommended Shelf Life:** 6-12 months, depending on storage conditions



# HOMESTYLE 1.23 OZ COOKED FROZEN

EGGO  
# 5152902

144/1.23 OZ  
\$17.16 / CS

Manufacturer: KELLOGG SALES COMPANY

Manufacturer Product #: 3800014690

## Nutritional Facts

72 Servings Per Container **2**

Serving Size **(70gr)**

Amount Per Serving  
**Calories**

	% Daily Value *
Total Fat	0%
Saturated Fat 1g	5%
Trans Fat 0	
Cholesterol, 0mg	0%
Sodium 330mg	14%
Total Carbohydrate	0%
Dietary Fiber	0%
Total Sugars	
Includes 4g Added Sugars	8%
Protein 4g	
Vitamin A	20%
Vitamin C	0%
Calcium	20%
Iron	20%

## Supplemental Facts

	% Daily Value *
Folic Acid 85 mcg	20%
Potassium 40 mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients, Allergens & Nutritional Information

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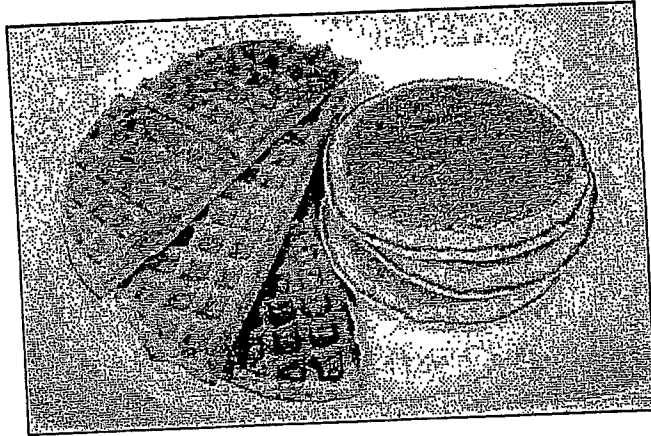


New England Food

### CMC Pancake & Waffle - Item Codes

25 lb - 00981

50 lb - 00916



**INGREDIENTS:** Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Dextrose, Sugar, Shortening (Palm Oil with Citric Acid added as a preservative), Salt, Leavening (Sodium Bicarbonate, Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Acid Pyrophosphate), Wheat Protein Isolate (Wheat Gluten, Lactic Acid, Sulfite), Cellulose Gum, Sunflower Lecithin, Oat Fiber, Tocopheryl Acetate.

**CONTAINS:** Wheat Ingredients

### One Hundred Gram Report

NUTRIENT	VALUES
Calories (kcal)	362.58
Calories from fat (kcal)	36.12
Total Fat (g)	4.01
Saturated Fat (g)	1.76
Trans Fatty Acid (g)	0.03
Cholesterol (mg)	0
Sodium (mg)	1084.66
Total Carbohydrates (g)	74.48
Dietary Fiber (g)	2.21
Sugars (g)	10.44
Protein (g)	7.16
Vitamin A (IU)	4.67
Vitamin C (mg)	0.08
Calcium (mg)	220.14
Iron (mg)	4.09
Water (g)	10.87

WELLSLEY  
FARMS

SLICES  
...

**BUTTER : MARBLE**  
Pound Cake : Pound Cake

100%  
MONEY BACK  
GUARANTEE

NET WT 32 OZ (2 LB) 907g



**Nutrition Facts**

10 servings per container  
Serving size **2 slices (90g)**

	Butter		Marble	
<b>Calories</b>	<b>350</b>		<b>350</b>	
	% Daily Value		% Daily Value	
<b>Total Fat</b>	14g	<b>18%</b>	15g	<b>19%</b>
Saturated Fat	5g	<b>25%</b>	4.5g	<b>23%</b>
Trans Fat	0g		0g	
<b>Cholesterol</b>	60mg	<b>20%</b>	60mg	<b>20%</b>
<b>Sodium</b>	350mg	<b>15%</b>	370mg	<b>16%</b>
<b>Total Carb.</b>	50g	<b>18%</b>	49g	<b>18%</b>
Dietary Fiber	0g	<b>0%</b>	0g	<b>0%</b>
Total Sugars	29g		29g	
Inc. Added Sugars	28g	<b>60%</b>	27g	<b>50%</b>
<b>Protein</b>	4g		4g	
Vitamin D	0mcg	<b>0%</b>	0mcg	<b>0%</b>
Calcium	22mg	<b>2%</b>	28mg	<b>2%</b>
Iron	0mg	<b>0%</b>	1mg	<b>6%</b>
Potassium	65mg	<b>2%</b>	90mg	<b>2%</b>

INGREDIENTS: BUTTER POUND CAKE: SUGAR, BLEACHED WHEAT FLOUR, WATER, EGGS, SOYBEAN OIL, PALM OIL, BUTTER (MILK), CANOLA OIL AND HYDROGENATED COTTONSEED OIL, MODIFIED FOOD STARCH, EMULSIFIERS (HYDRATED MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, POLYSORBATE 60, PHOSPHORIC ACID, WITH SODIUM PROPIONATE AND SODIUM BENZOATE AS PRESERVATIVES), DEXTROSE, NONFAT DRY MILK, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), DAIRY WHEY (MILK), NATURAL FLAVOR, XANTHAN GUM, GUAR GUM, TURMERIC AND ANNATTO ADDED FOR COLOR, ENZYME. MARBLE POUND CAKE: SUGAR, BLEACHED WHEAT FLOUR, WATER, EGGS, SOYBEAN OIL, PALM OIL, BUTTER (MILK), CANOLA OIL AND HYDROGENATED COTTONSEED OIL, MODIFIED FOOD STARCH, EMULSIFIERS (HYDRATED MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, POLYSORBATE 60, PHOSPHORIC ACID, WITH SODIUM PROPIONATE AND SODIUM BENZOATE AS PRESERVATIVES), DAIRY WHEY (MILK), DEXTROSE, COCOA POWDER (TREATED WITH ALKALI), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, NONFAT DRY MILK, NATURAL FLAVOR, BUTTERMILK SOLIDS, CARAMEL COLOR, XANTHAN GUM, GUAR GUM, ENZYME, TURMERIC AND ANNATTO ADDED FOR COLOR. CONTAINS: WHEAT, EGG, MILK.

BJ # 091980

Distributed by:  
BJ's Wholesale Club  
25 Research Drive  
Westborough, MA 01581  
Questions? 1-800-934-1204



Made in USA  
MAY CONTAIN SOY, PECANS, WALNUTS



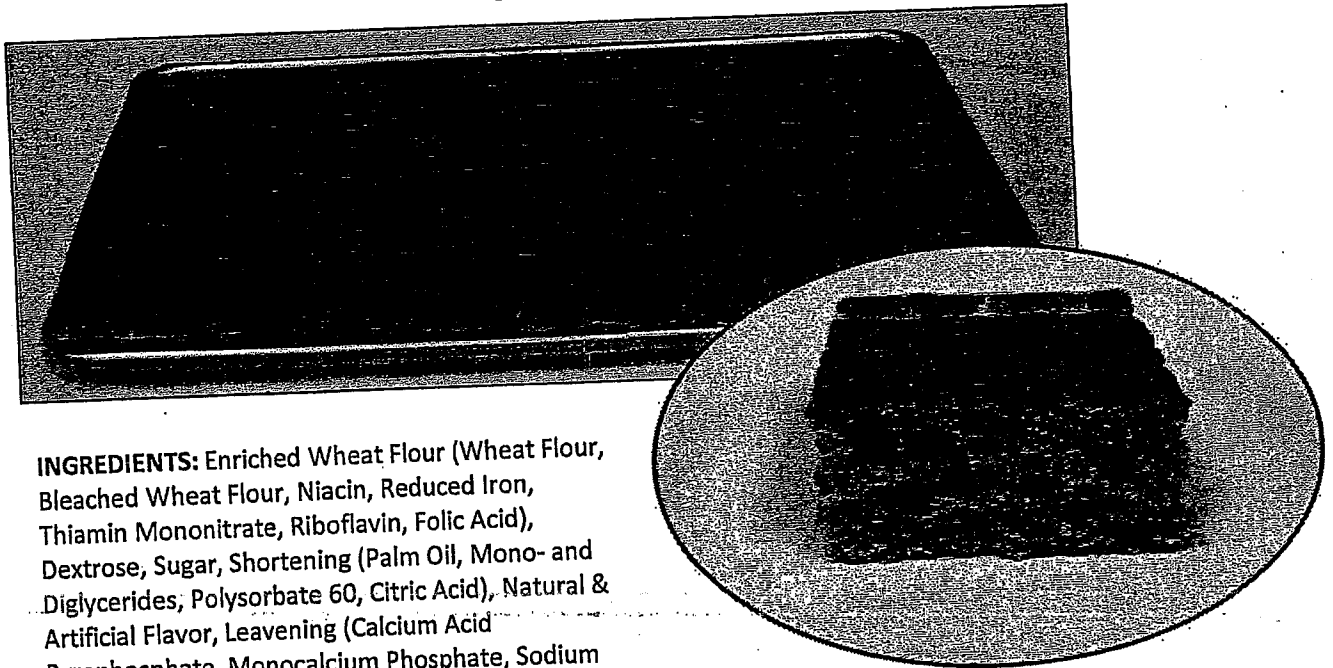
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## CMC Spice Cake - Item Codes

25 lb - 00985

50 lb - 00920



**INGREDIENTS:** Enriched Wheat Flour (Wheat Flour, Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Dextrose, Sugar, Shortening (Palm Oil, Mono- and Diglycerides, Polysorbate 60, Citric Acid), Natural & Artificial Flavor, Leavening (Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate), Salt, Wheat Protein Isolate (Wheat Gluten, Phosphate, Lactic Acid, Sulfite), Pregelatinized Wheat Starch, Oat Fiber, Sunflower Lecithin, Tocopheryl Acetate.

**CONTAINS:** Wheat, Milk Ingredients

### One Hundred Gram Report

NUTRIENT	VALUES
Calories (kcal)	370.66
Calories from fat (kcal)	38.48
Total Fat (g)	4.28
Saturated Fat (g)	2.05
Trans Fatty Acid (g)	0.05
Cholesterol (mg)	0.14
Sodium (mg)	678.88
Total Carbohydrates (g)	79.35
Dietary Fiber (g)	1.47
Sugars (g)	39.93
Protein (g)	4.28
Vitamin A (IU)	7.15
Vitamin C (mg)	0.27
Calcium (mg)	270.43
Iron (mg)	2.94
Water (g)	9.15

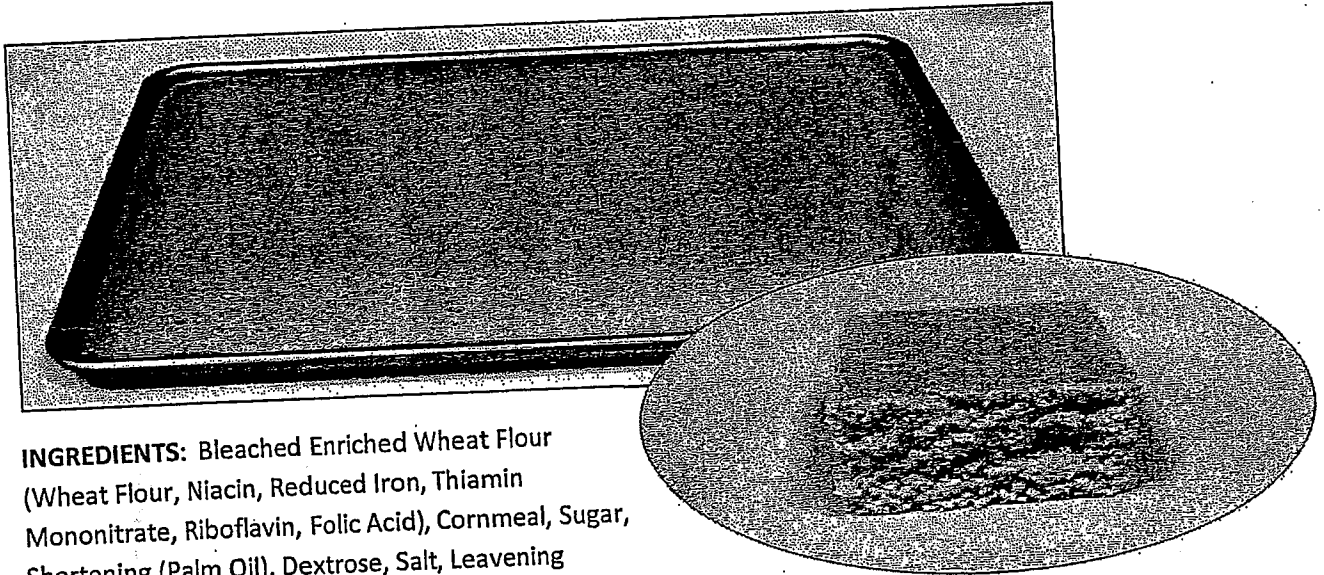


New England Food

### CMC Sweet Cornbread - Item Codes

25 lb - 00983

50 lb - 00918



**INGREDIENTS:** Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cornmeal, Sugar, Shortening (Palm Oil), Dextrose, Salt, Leavening (Sodium Bicarbonate, Calcium Acid Pyrophosphate, Monocalcium Phosphate, Anhydrous), Wheat Protein Isolate, Oat Fiber, Sunflower Lecithin, FD&C Yellow 5.

**CONTAINS:** Wheat Ingredients

### One Hundred Gram Report

NUTRIENT	VALUES
Calories (kcal)	369.05
Calories from fat (kcal)	38.54
Total Fat (g)	4.28
Saturated Fat (g)	1.95
Trans Fatty Acid (g)	0.04
Cholesterol (mg)	0.01
Sodium (mg)	899.67
Total Carbohydrates (g)	76.21
Dietary Fiber (g)	1.92
Sugars (g)	19.81
Protein (g)	5.99
Vitamin A (IU)	3.17
Vitamin C (mg)	0.05
Calcium (mg)	251.58
Iron (mg)	3.72
Water (g)	10.27

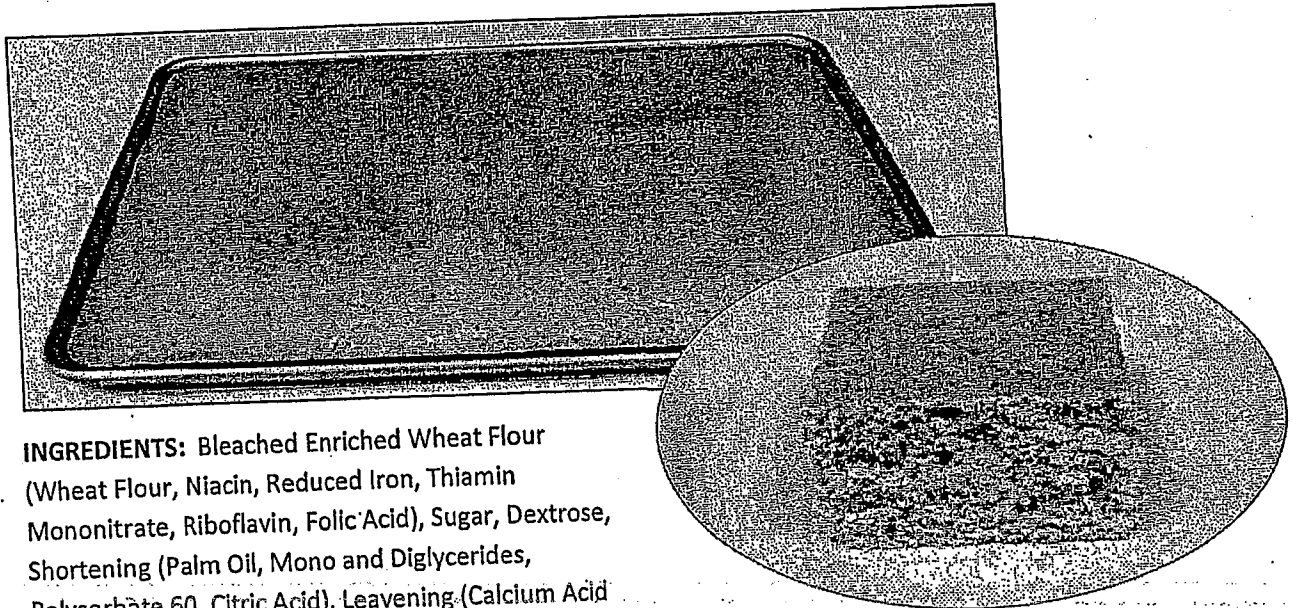


New England Food

### CMC Coffee Cake - Item Codes

25 lb - 00991

50 lb - 00927



**INGREDIENTS:** Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Shortening (Palm Oil, Mono and Diglycerides, Polysorbate 60, Citric Acid), Leavening (Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate), Salt, Wheat Protein Isolate, Pregelatinized Corn Starch, Yellow #5, Natural And Artificial Flavor, Oat Fiber, Sunflower Lecithin.

**CONTAINS:** Wheat Ingredients

### One Hundred Gram Report

NUTRIENT	VALUES
Calories (kcal)	370.57
Calories from fat (kcal)	38.31
Total Fat (g)	4.26
Saturated Fat (g)	2.00
Trans Fatty Acid (g)	0.05
Cholesterol (mg)	0.02
Sodium (mg)	671.27
Total Carbohydrates (g)	78.21
Dietary Fiber (g)	1.65
Sugars (g)	31.91
Protein (g)	5.01
Vitamin A (IU)	4.11
Vitamin C (mg)	0.14
Calcium (mg)	269.89
Iron (mg)	3.53
	9.74



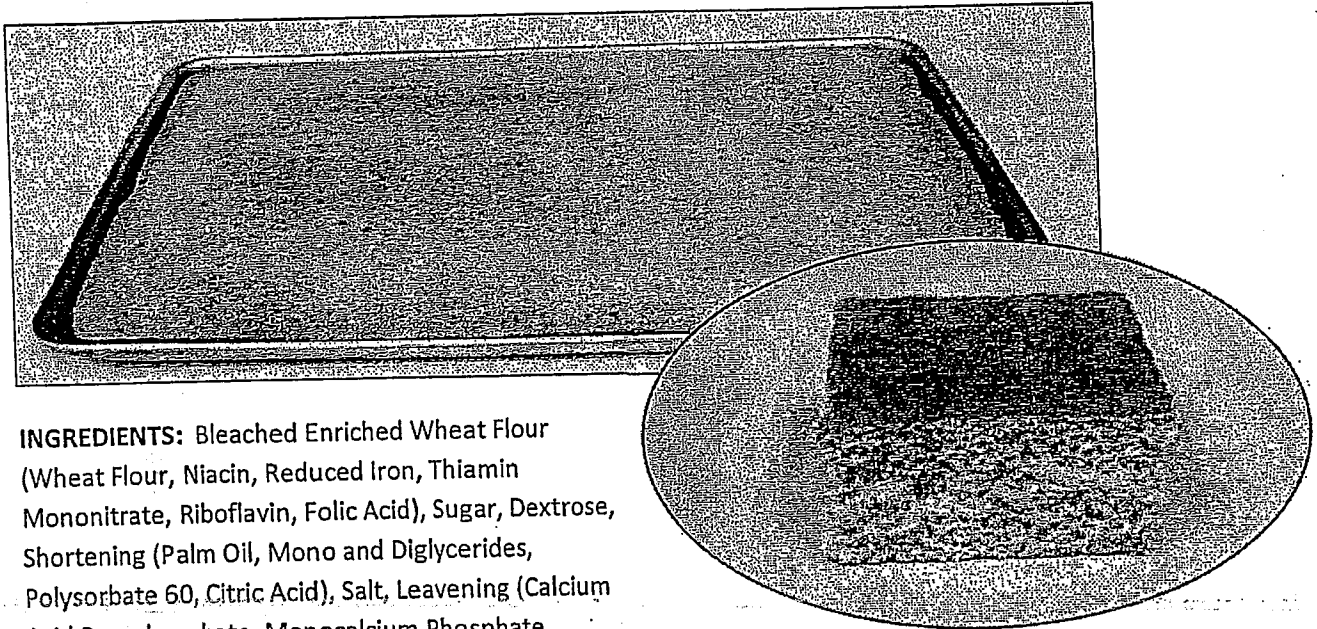


New England Food

**CMC White Cake - Item Codes**

25 lb - 00987

50 lb - 00922



**INGREDIENTS:** Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Shortening (Palm Oil, Mono and Diglycerides, Polysorbate 60, Citric Acid), Salt, Leavening (Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate), Wheat Protein Isolate, Natural and Artificial Flavor, Oat Fiber, Wheat Starch, Sunflower Lecithin.

**CONTAINS:** Wheat Ingredients

**One Hundred Gram Report**

NUTRIENT	VALUES
Calories (kcal)	368.79
Calories from fat (kcal)	37.59
Total Fat (g)	4.18
Saturated Fat (g)	1.99
Trans Fatty Acid (g)	0.05
Cholesterol (mg)	0.03
Sodium (mg)	866.69
Total Carbohydrates (g)	78.72
Dietary Fiber (g)	1.35
Sugars (g)	39.63
Protein (g)	4.21
Vitamin A (IU)	2.97
Vitamin C (mg)	0.07
Calcium (mg)	270.60
Iron (mg)	3.29
Water (g)	9.56



# CHEESE 6" FRENCH BREAD CHILD-NUTRITION TFF FROZEN

TONY'S  
# 1587310

60/5.2 OZ  
\$56.07 / CS

Manufacturer: SCHWANS FOOD SERVICE INC  
Manufacturer Product #: 78356

## Nutritional Facts

60 Servings Per Container

Serving Size (140gr)

Amount Per Serving

Calories 290

	% Daily Value *
Total Fat 11g	14%
Saturated Fat 4g	21%
Trans Fat g	
Cholesterol 20mg	7%
Sodium 440mg	19%
Total Carbohydrate 33g	12%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin A	0%
Vitamin C	0%
Calcium	30%
Iron	15%

## Supplemental Facts

	% Daily Value *
Vitamin D 0 mcg	0%
Potassium 420 mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients, Allergens & Nutritional Information

IMPORTANT: Product information, including ingredients, allergens and nutritional information, is provided by manufacturers/suppliers and includes information from the Global Data Synchronization Network (GDSN) and other third party sources such as the United States Department of Agriculture. We know that allergen information is important to many customers, so we are providing product information from the manufacturers/suppliers for the FDA's top allergens (<https://www.fda.gov/food/food-labeling-nutrition/food-allergens>), along with other select ingredients. This information may not cover potential cross-contact risks or alternate forms of the allergen(s). Product formulations are subject to change and nutritional values can vary due to production, seasonal and other changes. Please always review the ingredients, allergens, nutrition information and other product information on the product packaging delivered to your location. US Foods does not assume any legal liability and makes no warranty or guaranty, express or implied, regarding the completeness or accuracy of this information. Product images are provided for reference only and may not reflect current packaging.

Following are substitutions used prior to 2022...  
as an example of the unhealthy substitutions  
being imposed on the inmate population

Valley™



3883140021457

6 6 10/33 8

Valley

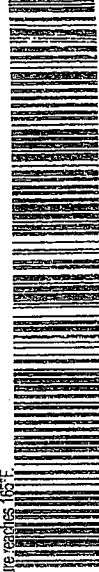
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1461N

# FULLY COOKED, HOT & SPICY WHOLE GRAIN CHICKEN PATTIE FRITTERS

**INGREDIENTS:** Ground chicken, chicken skin, gluten free, textured vegetable protein product (soy protein concentrate, zinc oxide, riboflavin, iron, sulfur, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), niacin (B3), and cyanocobalamin (B12)), isolated soy protein, magnesium oxide, zinc oxide, riboflavin, iron, sulfur, niacin, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, and niacin. salt, sodium phosphates, spices, whole eggs, leavenings. **BLENDED WITH:** Whole wheat flour, water, enriched bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, zinc, and wheat flour), modified wheat and corn starch, spices, sugar, xanthan powder, garlic powder, wheat gluten, autolyzed yeast, sodium phosphates, extractives of paprika, natural and artificial flavors (contains milk), maltodextrin, sesame oil, sodium inosinate and disodium guanylate, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), lactase, lactic acid, dextrose, mono and diglycerides, non-fat milk, dextrin, xanthan, yeast, whey. **Breading set in vegetable oil.**  
**CONTAINS: EGG, MILK, SOY, WHEAT.**

**PREPARATION:** Appliances vary, adjust accordingly to ensure that internal temperature reaches 165°F.  
**CONVECTION OVEN:** 7-9 minutes at 375°F from frozen.  
**CONVENTIONAL OVEN:** 10-12 minutes at 400°F from frozen.



(P) 3083140021457 (10) 1461NHL0121 (21) 00028818

NET WT. 20.25 LBS

LL#1072407

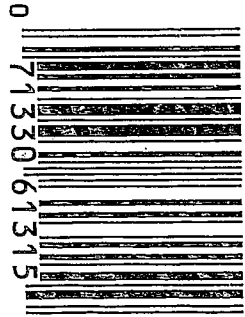
KEEP FROZEN

DISTRIBUTED BY: TSD SALES & DISTRIBUTION, SPRINGDALE, AR 72765-2020 U.S.A.



**INGREDIENTS:** ENRICHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID, WATER, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP (YEAST, WHEAT GLUTEN, SALT, SOYBEAN OIL, MONO- AND DIGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), CARAMEL COLOR, CALCIUM SULFATE, DATEM, FERRUS SULFATE, TRICALCIUM PHOSPHATE, SOY LECTHIN, CITRIC ACID, POTASSIUM IODATE, SOY FLOUR, R12-283

HORSBAM, PA 19044  
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www.reihofers.com



0 71350 613115 4

**INGREDIENTS:** LIQUID SOYBEAN OIL, PARTIALLY HYDROGENATED SOYBEAN OIL, WATER, SALT, SOY LECTHIN, VEGETABLE MONO AND DIGLYCERIDES, POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED, CONTAINS: SOY

KEEP REFRIGERATED

**Nutrition Facts**  
Serving Size 1 Tbsp. (14g)  
Servings Per Container 32

Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value*	
Total Fat	11g
Saturated Fat	2.5g
Trans Fat	2.5g
Cholesterol	0mg
Sodium	105mg
Total Carbohydrate	0g
Protein	0g
Vitamin A	10%

\* Percent Daily Values are based on a diet of 2,000 calories a day.

Not a significant source of dietary fiber, sugars, vitamin C, calcium and iron.

DISTRIBUTED BY PERFORMANCE FOOD GROUP  
RICHMOND, VA 23238  
© PARVEE 65250



8 06795 00246 1

**Nutrition Facts**  
Serving Size 2 Slices (44g)  
Servings Per Container 14

Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Polyunsaturated Fat	0.5g
Monounsaturated Fat	0g
Cholesterol	0mg
Sodium	230mg
Total Carbohydrate	21g
Dietary Fiber	1g
Sugars	2g
Protein	4g
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 15%	
Thiamin 25% • Riboflavin 10%	
Niacin 15% • Folic Acid 15%	

\* Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs:

Total Fat	Less than 65g
Sat Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Potassium	3,500mg
Total Carbohydrate	300g
Dietary Fiber	25g
Total Fat	30g



NET WT 16 OZ (1 LB) 454g  
MARGARINE

REORDER # 157451

\*\*\*\*\* CORRECT APPROVED FISH \*\*\*\*\*



North Atlantic Fish Co. Inc.  
88 Commercial Street  
Gloucester, MA 01930  
Tel: (978) 283-4121  
Fax: (978) 283-5948  
Email: marlacovitz.nafco@verizon.net

Packer of North Atlantic, Better Buy & Courageous Captains Brands

## North Atlantic Brand "Lite & Healthy" 4 oz. Whitefish Portions

Offering the same delicious flavor as our regular breaded products with less fat, sodium and carbohydrates.

Product Information: Packed: 1/10 lb.

Case Dimensions: 13.5 x 9.5 x 6.375

Case cube: .473

Cooking Instructions: Preheat oven to 400 F, Place on greased sheet and heat for 12 minutes on each side.

Nutrition Facts: (Per serving size of 113g)

Calories	150 ✓	Sodium	200mg
Fat Calories	25	Total Carbohydrate	3g ✓
Total Fat	3g ✓	Dietary Fiber	0g ✓
Saturated Fat	0g ✓	Sugar	0g ✓
		Protein	25g ✓

DOC FISH SQUARE (NORTH ATLANTIC)

NEW FISH

\*\*\*\* CHEAPER, LESS HEALTHY, SUBSTITUTE, UNAPPROVED \*\*\*\*



### Oven Ready Minced Whitefish Portions 4oz

Nutrition Facts	
About 100 servings per container	
Serving size (113g)	
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 390mg	17%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 147mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications:					
Code	SCC	Units/Case	Unit Size/Measure	Servings/Case	
		1	25 lb..	100 +/- 5	
Brand		IFDA Category		IFDA Class	
North Atlantic		Seafood		Seafood/Frozen	
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition	
26.5 Lb.	25 Lb	U.S.A.	Not Kosher	no	
Shipping Information					
Length	Width	Depth	Tie x High	Shelf Life	Storage Temp From/To
20"	9.875"	10.125"	10*5	730 days	-15° F / -10° F
Cube	1.1572				

**Ingredients:**  
 Ingredients: Fish (Mince Pollock), Enriched Wheat Flour (Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Corn Starch, Water, Yellow Corn Flour, Wheat Flour, Bleached Wheat Flour, Salt, Sugar, Canola Oil, Dextrose, Yeast, Soybean Oil, Spice Extractives, Calcium Propionate (Preservatives).  
 CONTAINS: FISH, WHEAT, SOY.

**Handling Suggestion:**  
 Instructions for Preparation and Cooking: Conventional Oven: Bake at 425°F, For 18-22 Minutes. Convection Oven: Bake 400°F for 12-14 Minutes. Note Adjust cooking time depending upon products natural thickness and appliance characteristics. Internal product temperature must reach 150°F

**Benefits:**  
 Portion control, easy preparation



200 Commerce Drive, Braintree MA 02184 TEL# 617-464-3366 FAX# 617-464-3377  
[www.ChannelFish.com](http://www.ChannelFish.com)



AKA "veal",  
KKA chicken steak

### Product Specification Silver Lake Baked Dinner Loaf 4oz

Product Code # SLDL040 Case Code- Julian Date Year (DDYY) Time (HH:MM:SS) Count (XXXX)

Pack size- 3-10# (30lb Net) Box 50 Cases Per Pallet 10 Break/5 Rows

Description- Baked Dinner Loaf 4oz

Product Specification: Fully Cooked IQF Dinner Loaf

**Raw Material Specification:**

- Chicken-Mechanically Separated Chicken
- Beef 50% Chemical Lean  $\pm 2\%$
- Non-meat Raw Materials- All are U.S.D.A. Inspected

Allergens: Soy

Grind: 5/8"-3/4" First Grind and 1/8" Final Grind with Bone Collection System

Organoleptic Qualities: Acceptable Taste and Color within Normal Expectations for this Type of Product

Bacteria Levels: Within normal Range for GMPs

Shelf Life: 12 Months at 0°F

Label Specifications: Label Contains all Information Required by U.S.D.A.

Container Specification: 44# ECT Corrugated Glued and Taped Brown Box Printed Label  
 Case Dimensions- 15 5/8 x 12 x 12 5/16  
 Case Cube- 1.33

Shipping Container Specification: 50 Cases per Pallet-5 Rows of 10 Cases- Shrink Wrapped

### INGREDIENTS:

Mechanically Separated Chicken, Water, Textured Soy Flour, Seasoning (tomato powder, salt, dehydrated onion and garlic, hydrolyzed corn protein, sodium phosphates, sugar, caramel color, dehydrated bell pepper, spices (including celery seed), Beef, Soy Protein Concentrate, Worcestershire Sauce (distilled white vinegar, water, molasses, high fructose corn syrup, salt, caramel color, sugar, artificial favor), Soybean Lecithin Oil.

Nutrition Facts	
Serving size 1-4oz Patty(113g)	
Amount per serving	
<b>Calories</b>	<b>190</b>
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 940mg	23%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 132mg	10%
Iron 3mg	15%
Potassium 460mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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CURED Turkey Day



### 22655 83002 - Cured Turkey 10 lb (Stick)

Cured Turkey Log

Brand: Butterball

SERVE TO INMATES  
"LOOKS LIKE burnt skin"

#### Nutrition Facts

Serving Size (100g)

##### Amount Per Serving

Calories 212      Calories from Fat 129

		% Daily Value*
Total Fat	14 g	22%
Saturated Fat	4.5 g	23%
Trans Fat	0 g	
Cholesterol	72 mg	24%
Sodium	939 mg	39%
Total Carbohydrate	5.2 g	2%
Dietary Fiber	g	0%
Sugars	g	
Protein	14 g	

Vitamin A 0%      •      Vitamin C 0%  
 Calcium 12%      •      iron 1%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbs.		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Nutritional Claims: Gluten Free, No MSG, Zero Trans Fat, Not Kosher

#### Ingredients

Mechanically Separated Turkey, Water, Turkey, Modified Food Starch, Contains 2% Or Less Salt, Potassium Lactate, Dextrose, Brown Sugar, Sodium Phosphate, Smoke Flavoring, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite.

#### Product Specifications

GTIN	90022655830026	Case Net Weight	20 LB
Item UPC	022655830020	Case L,W,H	18.36 IN, 9.88 IN, 5.50 IN
Pack/Unit Size	2/10 lbs.	Cube	0.58 CF
Shelf Life	Comment: Frozen, 0 degrees below. Frozen: 275 Days.	Tie x High	10 x 10
Case Gross Weight	21 LB	Kosher Status	No

#### Other Information

For additional information contact: Butterball Foodservice One Butterball Lane Garner, NC 27529  
866-613-2251 foodservice@butterball.com



PACKED FOR:  
NEW ENGLAND FOOD BROKERAGE, INC.  
784 COUNTY STREET  
TAUNTON, MA 02780



**BEEF PATTY MIX**

with chicken

INGREDIENTS: BEEF, CHICKEN

NET WT.

40 LB

PACKED 08/12/11



**KEEP REFRIGERATED**

PACKED FOR:  
NEW ENGLAND FOOD BROKERAGE, INC.  
784 COUNTY STREET  
TAUNTON, MA 02780



**BEEF PATTY 4 OZ**

with chicken

INGREDIENTS: BEEF, CHICKEN



Food Cost Summary

MCI Norfolk January - November 2022 Food Costs

Month	Food Costs	Avg Pop	Days	Average Cost per Inmate Per Day	Average Cost Per Inmate Per Meal	Monthly Culinary Cost
January	\$ 276,839.11	1,128	31	\$ 7.92	\$ 2.64	\$ 3,411.68
February	\$ 153,034.10	1,117	28	\$ 4.89	\$ 1.63	\$ 2,607.51
March	\$ 177,830.86	1,132	31	\$ 5.07	\$ 1.69	\$ 5,362.20
April	\$ 258,132.72	1,150	30	\$ 7.48	\$ 2.49	\$ 3,481.77
May	\$ 215,133.63	1,168	31	\$ 5.94	\$ 1.98	\$ 4,564.10
June	\$ 246,978.02	1,174	30	\$ 7.01	\$ 2.34	\$ 3,769.78
July	\$ 178,286.92	1,173	31	\$ 4.90	\$ 1.63	\$ 3,232.56
August	\$ 212,018.86	1,176	31	\$ 5.82	\$ 1.94	\$ 3,053.44
September	\$ 235,361.69	1,183	30	\$ 6.63	\$ 2.21	\$ 1,479.39
October	\$ 310,956.38	1,180	31	\$ 8.50	\$ 2.83	\$ 2,885.54
November	\$ 224,607.75	1,173	30	\$ 6.38	\$ 2.13	\$ 3,555.61

The above figures do not include any Opportunity Buys purchases

**Commonwealth of Massachusetts- Department of Correction**

**ADA Menu**

9/9/2021

Fall/Winter 2021-22

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>Sunday (Day 1)</b>	Unsweetened Juice Pancakes Diet Syrup Mararine Coffee Sugar Substitute 1% Milk	Sliced Turkey LS/LF Gravy Rice Carrots Black Beans Mararine Diet Jello Diet Punch	Beef Patty w/ LF Beef Gravy Mashed Potatoes Peas Mararine Diet Pudding Diet Punch
<b>Monday (Day 2)</b>	Unsweetened Juice Oatmeal Toast Mararine Coffee Sugar Substitute 1% Milk	Tuna Salad Three Bean Salad Pasta Salad Hamburger Roll Diet Pudding Diet Punch	Chicken Breast Ziti Broccoli Mararine Unsweetened Applesauce Diet Punch
<b>Tuesday (Day3)</b>	Unsweetened Juice Scrambled Eggs wg Toast Mararine Coffee Sugar Substitute 1% Milk Banana	LS Lentil Soup Fish on a Bun Carrots Diet Mayo Mararine Orange Diet Punch	Roast Beef Baked Potato Cauliflower wg Bread Mararine Banana Diet Punch
<b>Wednesday (Day 4)</b>	Unsweetened Juice Wheat Flakes Coffee Sugar Substitute 1% Milk Banana	Chicken Stew Rice Black Beans Mararine Unsweetened Pineapple Diet Punch	Pasta w/ Meat Sauce Green Beans Mararine Diet Vanilla Pudding Diet Punch
<b>Thursday (Day 5)</b>	Unsweetened Juice Oatmeal Toast Mararine Coffee Sugar Substitute 1% Milk	LS Minestrone Soup Hamburger on Bun Carrots Mararine Unsweetened Applesauce Diet Punch	Sliced Turkey Breast w/ LFLS Gravy Mashed Potato Corn wg Bread Mararine Diet Jello Diet Punch
<b>Friday (Day 6)</b>	Unsweetened Juice Pancakes Diet Syrup Mararine Coffee Sugar Substitute 1% Milk	Chicken Salad w/g Bread Carrots Peas Mararine Orange Diet Punch	Baked Fish Rice Broccoli Mararine Diet Pudding Diet Punch
<b>Saturday (Day 7)</b>	Unsweetened Juice Hard Boiled Eggs Grits Mararine Coffee Sugar Substitute 1% Milk Orange	American Chop Suey Green Beans wg Bread Mararine Apple Diet Punch	Baked Chicken Leg Baked Potato Butternut Squash wg Bread Mararine Diet Jello Diet Punch

*Menu subject to change without notice.  
All items with \* represent optional condiments*

**Commonwealth of Massachusetts- Department of Correction**

**ADA Menu**

9/9/2021

Fall/Winter 2021-22

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>Sunday (Day 8)</b>	Unsweetened Juice Oatmeal wg Toast Mararine Coffee Sugar Substitute 1% Milk	Sliced Turkey LS/LF Gravy Rice Carrots Black Beans Maraire Diet Jello Diet Punch	Meatballs w/ Sauce Hot Dog Roll Peas & Carrots Maraire Seasonal Fruit Diet Punch
<b>Monday (Day 9)</b>	<b>BREAKFAST</b> Unsweetened Juice Scrambled Eggs w/g Toast Maraire Coffee Sugar Substitute 1% Milk Banana	<b>LUNCH</b> Baked Fish Green Beans Corn Diet Mayo Maraire Diet Pudding Diet Punch	<b>DINNER</b> Baked Chicken Breast Rice Broccoli Maraire Seasonal Fruit Diet Punch
<b>Tuesday (Day 10)</b>	<b>BREAKFAST</b> Unsweetened Juice Pancakes Diet Syrup Maraire Coffee Sugar Substitute 1% Milk	<b>LUNCH</b> Baked Turkey Breast Black Beans Rice Spinach Maraire Diet Pudding Diet Punch	<b>DINNER</b> Spaghetti Meat Sauce Green Beans Maraire Seasonal Fruit Diet Punch
<b>Wednesday (Day 11)</b>	<b>BREAKFAST</b> Unsweetened Juice Wheat Flakes Banana Coffee Sugar Substitute 1% Milk	<b>LUNCH</b> LS Lentil Soup Beef Patty on Bun Peas & Carrots Maraire Diet Pudding Diet Punch	<b>DINNER</b> Baked Chicken Leg Rice Butternut Squash WG Bread Maraire Seasonal Fruit Diet Punch
<b>Thursday (Day 12)</b>	<b>BREAKFAST</b> Unsweetened Juice Oatmeal wg Toast Maraire Coffee Sugar Substitute 1% Milk	<b>LUNCH</b> Vegetable Soup Sloppy Joe Hamburger Roll Green Beans Maraire Diet Pudding Diet Punch	<b>DINNER</b> Sliced Turkey with L.F. & L.S. Gravy Mashed Potatoes Corn wg Bread Margarine Diet Jell-O Diet Punch
<b>Friday (Day 13)</b>	<b>BREAKFAST</b> Unsweetened Juice Farina Toast Maraire Coffee Sugar Substitute 1% Milk Banana	<b>LUNCH</b> Chicken Salad wg Bread Corn Green Beans Maraire Seasonal Fruit Diet Punch	<b>DINNER</b> Baked Fish Peas Oven Brownd Potatoes Diet Mayo Maraire Pineapple Diet Punch
<b>Saturday (Day 14)</b>	<b>BREAKFAST</b> Unsweetened Juice Hard Boiled Eggs Grits Maraire Coffee Sugar Substitute 1% Milk Banana	<b>LUNCH</b> Pasta Meat Sauce Green Beans Maraire Diet Pudding Diet Punch	<b>DINNER</b> Baked Chicken Breast LS/LF Gravy Rice Broccoli w/g Bread Maraire Diet Jell-O Diet Punch

Menu subject to change without notice  
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**Commonwealth of Massachusetts- Department of Correction**

**ADA Menu**

**Fall/Winter 2021-22**

**9/9/2021**

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>Sunday (Day 15)</b>	Unsweetened Juice Oatmeal w/g Toast Mararine Coffee Sugar Substitute 1% Milk	Sliced Turkey Breast Roast LS/LF Gravy Rice Carrots Black Beans Mararine Diet Jello Diet Punch	Beef Patty LF/LS Gravy Mashed Potatoes Spinach wg Bread Mararine Diet Pudding Diet Punch
<b>Monday (Day 16)</b>	<b>BREAKFAST</b> Unsweetened Juice Pancakes Diet Syrup Mararine Coffee Sugar Substitute 1% Milk	<b>LUNCH</b> Meatballs Tomato Sauce Peas & Carrots Mararine Hot Dog Roll Seasonal Fruit Diet Punch	<b>DINNER</b> Chicken Stew Rice Green Beans Mararine Unsweetened Applesauce Diet Punch
<b>Tuesday (Day 17)</b>	<b>BREAKFAST</b> Unsweetened Juice Wheat Flakes Coffee Sugar Substitute 1% Milk Banana	<b>LUNCH</b> American Chop Suey Spinach wg Bread Mararine Apple Diet Punch	<b>DINNER</b> Baked Fish Mashed Potatoes Carrots Hamburger Roll Diet Mayo Mararine Orange Diet Punch
<b>Wednesday (Day 18)</b>	<b>BREAKFAST</b> Unsweetened Juice Scrambled Eggs wg Toast Mararine Coffee Sugar Substitute 1% Milk Banana	<b>LUNCH</b> Chicken Salad w/g Bread Corn Green Beans Mararine Diet Pudding Diet Punch	<b>DINNER</b> Sliced Turkey Breast Roast LF/LS Gravy Broccoli Red Beans w/g Bread Mararine Seasonal Fruit Diet Punch
<b>Thursday (Day 19)</b>	<b>BREAKFAST</b> Unsweetened Juice Pancakes Diet Syrup Mararine Coffee Sugar Substitute 1% Milk	<b>LUNCH</b> Chicken Rice Soup Tuna Salad Potato Salad Cole Slaw w/g Bread Apple Diet Punch	<b>DINNER</b> Chicken Fajita Peppers and Onions Flour Tortilla Carrots Black Beans Mararine Orange Diet Punch
<b>Friday (Day 20)</b>	<b>BREAKFAST</b> Unsweetened Juice Grits w/g Toast Mararine Coffee Sugar Substitute 1% Milk	<b>LUNCH</b> Baked Fish w/ Hamburger Roll Red Beans Spinach Diet Mayo Mararine Diet Jell-O Diet Punch	<b>DINNER</b> Pasta Meat Sauce Green Beans Mararine Unsweetened Applesauce Diet Punch
<b>Saturday (Day 21)</b>	<b>BREAKFAST</b> Unsweetened Juice Hard Boiled Eggs Grits Mararine Coffee Sugar Substitute 1% Milk Orange	<b>LUNCH</b> Beef Patty Rice Peppers & Onions w/g Bread Carrots Mararine Orange Diet Punch	<b>DINNER</b> Baked Chicken Leg Oven Browned Potatoes Butternut Squash Mararine Diet Pudding Diet Punch

Menu subject to change without notice

**Commonwealth of Massachusetts- Department of Correction**

**Standard Menu**

10/21/21

Spring/Summer 2022

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
Sunday (Day 1)	Unsweetened Juice Pancakes Syrup Margarine Coffee Sugar Milk	Chili Carne with Beans Rice Corn Bread Margarine Jello Punch	Beef Stew Mashed Potatoes Peas w/Bread Margarine Seasonal Fruit Punch
Monday (Day 2)	Unsweetened Juice Oatmeal Coffee Cake Coffee Sugar Milk	Tossed Salad Tuna Salad Sandwich w/Cheese w/Bread Potato Salad Pudding Punch	Chicken, Broccoli & Ziti Broccoli w/Bread Margarine Seasonal Fruit Punch
Tuesday (Day 3)	Unsweetened Juice Scrambled Eggs wg Toast Margarine Coffee Sugar Milk	Lite & Healthy Baked Fish Baked Potato Spinach Margarine Ketchup* Pudding Punch	Salisbury Steak w/Gravy Mashed Potato Corn w/Bread Margarine Seasonal Fruit Punch
Wednesday (Day 4)	Unsweetened Juice Coffeecake Wheat Flakes Coffee/Sugar Milk Plain Yogurt	Chicken Creole Corn Bread Margarine Rice w/Black Beans Seasonal Fruit Punch	Pasta & Meat Sauce Green Beans wg Bread Margarine Pudding Punch
Thursday (Day 5)	Unsweetened Juice Grits Blueberry Breakfast Cake Coffee Margarine Sugar Milk	Minestrone Soup Cheeseburger w/Roll Stir Fry Cabbage Ketchup*/Margarine Baked Potato Applesauce Punch	Swedish Meatballs w/ Gravy Mashed Potato Peas wg Bread Margarine Seasonal Fruit Punch
Friday (Day 6)	Breakfast Juice Pancakes w/ Syrup Margarine Coffee Sugar Milk	Chicken Hot Dogs w/Bun Mustard* Baked Beans Cole Slaw Seasonal Fruit Punch	Lite & Healthy Baked Fish Spanish Rice Broccoli wg Bread Margarine Pudding Punch
Saturday (Day 7)	Unsweetened Juice Wheat Flakes Applesauce Breakfast Cake Coffee Sugar Milk Plain Yogurt	American Chop Suey Cauliflower w/g Bread Margarine Seasonal Fruit Punch	Meatloaf w/ Gravy Mashed Potatoes Butternut Squash Bread Margarine Pudding Punch

*Menu subject to change without notice.*

*All items with \* represent optional condiments*

**Commonwealth of Massachusetts- Department of Correction**  
**Standard Menu**

Spring/Summer 2022

10/21/21

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
Sunday (Day 8)	Unsweetened Juice Rice Krispies Coffee Breakfast Cake Margarine Coffee Sugar Milk	Chili Carne w/Beans Rice Cornbread Margarine Pudding Punch	Meatball Sub Tomato Sauce. w/Ziti Peas Hoagie Roll Seasonal Fruit Punch
Monday (Day 9)	Unsweetened Juice Hard Boiled Eggs Banana Cinnamon Breakfast Cake Margarine Coffee Sugar Milk	Lite & Healthy Baked Fish Baked Potato Mixed Vegetables Hamburger Roll Margarine Pineapple Punch Ketchup*	Chicken Gumbo Rice Black Beans Cornbread Margarine Seasonal Fruit Punch
Tuesday (Day 10)	Unsweetened Juice Pancakes Syrup Margarine Coffee Sugar Milk	Tossed Salad Tuna Salad w/Cheese Hamburger Roll Potato Salad Applesauce Punch	Spaghetti Meat Sauce Green Beans wg Bread Margarine Seasonal Fruit Punch
Wednesday (Day 11)	Unsweetened Juice Wheat Flakes Coffee Cake Coffee Sugar Milk Plain Yogurt	Cheese Burger w/Bun Peas & Carrots Ketchup* Cottage Potato Pudding Punch	BBQ Chicken Leg Rice Spinach wg Bread Margarine Seasonal Fruit Punch
Thursday (Day 12)	Unsweetened Juice Oatmeal Banana Breakfast Cake Margarine Coffee Sugar Milk	Sloppy Joe Hamburger Bun Cottage Potato Green Beans Pudding Punch Ketchup*	Sliced Turkey with L.F.&L.S. Gravy Mashed Potatoès Corn wg Bread Margarine Jello Punch
Friday (Day 13)	Unsweetened Juice Grits Coffee Cake Margarine Coffee Sugar Milk	Chicken Hot Dogs Baked Beans Stir Fry Cabbage Mustard* Hot Dog Buns Seasonal Fruit Punch	Lite & Healthy Baked Fish Spanish Rice Brussel Sprouts wg Bread Margarine Ketchup* Applesauce Punch
Saturday (Day 14)	Unsweetened Juice Wheat Flakes Coffee Cake Coffee/Sugar Milk Plain Yogurt	Ziti w/ Meat Sauce Cauliflower wg Bread Margarine Pudding Punch	Chicken Fajitas Rice Black Beans/Salsa Peppers & Onions Seasonal Fruit Punch

Menu subject to change without notice

All items with \* represent optional condiments



**Commonwealth of Massachusetts- Department of Correction**  
**Standard Menu**

Spring/Summer 2022

10/21/21

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
Sunday (Day 15)	Unsweetened Juice Oatmeal Breakfast Coffee Cake Margarine Coffee Sugar Milk	Tossed Salad Chicken Salad Hoagie Roll Three Bean Salad Pudding Punch	Beef Stir Fry Rice Broccoli w/Bread Margarine Seasonal Fruit Punch
Monday (Day 16)	Unsweetened Juice Pancakes Syrup Margarine Coffee Sugar Milk	Lentil Soup Meatball Sub w/Tomato Sauce Peas & Carrots Grinder Roll Seasonal Fruit Punch	BBQ Chicken Leg Mashed Potato Butternut Squash wg Bread Margarine Applesauce Punch
Tuesday (Day 17)	Unsweetened Juice Wheat Flakes Blueberry Breakfast Cake Margarine Coffee/Sugar Milk Plain Yogurt	American Chop Suey Green Beans wg Bread Margarine Pudding Punch	Lite & Healthy Baked Fish Baked Potato Spinach Hamburger Roll Margarine Seasonal Fruit Punch
Wednesday (Day 18)	Unsweetened Juice Scrambled Eggs wg Toast Margarine Coffee Sugar Milk	Cheeseburger Hamburger Roll Cottage Potato Corn Ketchup* Pudding Punch	Soft Shell Beef Tacos *w/ Salsa Rice & Black Beans Mixed Vegetables Seasonal Fruit Punch
Thursday (Day 19)	Unsweetened Juice Pancakes Syrup Margarine Coffee Sugar Milk	Tossed Salad Tuna Salad w/Cheese Pasta Salad Cole Slaw Hamburger Roll Pudding Punch	Shepherds Pie w/Bread Margarine Carrots Jello Punch
Friday (Day 20)	Unsweetened Juice Grits Applesauce Breakfast Cake Margarine Coffee Sugar Milk	Turkey & Cheese Sandwich w/Bread Mayonnaise * Pasta Salad Three Bean Salad Pudding Punch	Spaghetti Meat Sauce Cauliflower wg Bread Margarine Seasonal Fruit Punch
Saturday (Day 21)	Unsweetened Juice Wheat Flakes Coffee Cake Coffee Sugar Milk Plain Yogurt	Beef Patty w/ Peppers & Onions w/Bread Mashed Potatoes Broccoli Ketchup* Seasonal Fruit Punch	Chicken Stir Fry Rice Brussel Sprouts w/Bread Margarine Chocolate Cake Punch

Menu subject to change without notice

All items with \* represent optional condiments

Commonwealth of Massachusetts - Department of Correction

Standard Menu

10/26/22

Fall/Winter 2023

	BREAKFAST	LUNCH	DINNER
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
Sunday (Day 1)	Unsweetened Juice Pancakes Syrup Margarine Coffee Sugar Milk	Chili Carne Spanish Rice Combread Margarine Jell-O Punch	Meatloaf w/ Gravy Mashed Potato Peas w/ Bread Margarine Pudding Punch
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
Monday (Day 2)	Unsweetened Juice French Toast w/ Syrup Margarine Coffee Sugar Milk Yogurt	Tuna Salad & Cheese Sandwich Tossed Salad w/ Dressing Pasta Salad Hoagie Roll Pudding Punch	Chicken w/White Sauce Ziti Broccoli Applesauce w/ Bread Margarine Punch
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
Tuesday Day 3	Unsweetened Juice Scrambled Eggs T.Bacon Toast w/ Margarine Coffee Sugar Milk	Lentil Soup Chicken Sandwich w/ Hamburger Roll Cottage Potato w/Margarine Carrots BBQ Sauce* Seasonal Fruit Punch	Steak&Cheese Baked Potato Cauliflower Hoagie Roll Margarine Seasonal Fruit Punch
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
Wednesday (Day 4)	Unsweetened Juice Spice Breakfast Cake w/ Margarine Wheat Flakes Coffee Sugar Milk Banana	Chicken Sausages w/ Peppers & Onions Brown Rice Hoagie Roll Brussell Sprouts Pineapple Punch	Pasta & Meat Sauce Green Beans w/ Bread Margarine Vanilla Pudding Punch
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
Thursday (Day 5)	Unsweetened Juice Oatmeal Toast w/ Margarine Coffee Milk Sugar Yogurt	Minestrone Soup Hamburger w/Roll Carrots Ketchup* Cottage Fries Applesauce Cake Punch	Sliced Turkey w/ Gravy Mashed Potato Corn w/ Bread Margarine Jello Punch
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
Friday (Day 6)	Unsweetened Juice Pancakes w/ Syrup T. Sausages Margarine Coffee Sugar Milk	Chicken Hot Dogs w/Bun Mustard* Baked Beans Stir Fry Cabbage Seasonal Fruit Punch	Baked Fish Rice Broccoli w/ Bread Margarine Pudding Punch
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
Saturday (Day 7)	Unsweetened Juice Omelet Coffee Cake Margarine Coffee Sugar Milk Orange	Cheese Ravioli Green Beans w/ Bread Margarine Apple Punch	Chicken Gumbo Rice w/ Black Beans Combread Margarine Jello Punch

Menu subject to change without notice.  
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**Commonwealth of Massachusetts- Department of Correction**

	<i>Fall/ Winter 2023</i>	<i>Standard Menu</i>	<i>10/26/22</i>
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	Unsweetened Juice	Beef Stir Fry	Minestrone Soup
Sunday	Oatmeal	Rice	Meatball Sub
(Day 8)	w/ Toast	Cornbread	w/ Tomato Sauce
	Margarine	Margarine	Peas&Carrots
	Coffee	Pudding	Hoagie Roll
	Sugar	Punch	Seasonal Fruit
	Milk		Punch
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	Unsweetened Juice	Tuna Salad w/ Cheese	Chicken&Broccoli
Monday	Scrambled Eggs	Hoagie Roll	Rice
(Day 9)	T. Bacon	Pasta Salad	Cornbread
	Toast w/ Margarine	Tossed Salad	Margarine
	Coffee	w/ Dressing	Seasonal Fruit
	Sugar	Jello	Punch
	Milk	Punch	
	Banana		
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	Unsweetened Juice	Beef Tacos	Spaghetti
Tuesday	Pancakes	Soft Tortilla Shells	Meat Sauce
(Day 10)	Syrup	Salsa	Green Beans
	Margarine	Rice W/ Black Beans	w/ Bread
	Coffee	Corn	Margarine
	Sugar	Pudding	Seasonal Fruit
	Milk	Punch	Punch
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	Unsweetened Juice	Lentil Soup	Chicken Stir Fry
Wednesday	Wheat Flakes	Beef Patty w/Bun	Rice
(Day 11)	Blueberry Breakfast Cake	Peas & Carrots	Broccoli
	Coffee	Ketchup*	w/ Bread
	Sugar	Cottage Fries	Margarine
	Milk	Pudding	Seasonal Fruit
		Punch	Punch
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	Unsweetened Juice	Vegetable Soup	Sliced Turkey with
Thursday	Oatmeal	Sloppy Joe	L.F.&L.S. Gravy
(Day 12)	T.Sausages	w/ Rice	Mashed Potatoes
	Toast w/ Margarine	Green Beans	Butternut Squash
	Coffee	Hamburger Roll	w/ Bread
	Sugar	Pudding	Margarine
	Milk	Punch	Jello
	Yogurt		Punch
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	Unsweetened Juice	Chicken Hot Dogs	Baked Fish Portion
Friday	Farina Wheat	Baked Beans	Oven Browned Potatoes
(Day 13)	Applesauce Breakfast Cake	Stir Fry Cabbage	Peas
	Margarine	Mustard*	w/ Bread
	Coffee	Hot Dog Buns	Margarine
	Sugar	Seasonal Fruit	Ketchup*
	Milk	Punch	Pineapple
			Punch
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	Unsweetened Juice	Ziti w/ Meat Sauce	Chicken w/ Gravy
Saturday	Omelet	Cauliflower	Rice
(Day 14)	Coffee Cake	w/ Bread	Spinach
	Coffee	Margarine	Cornbread
	Sugar	Pudding	Jello
	Milk	Punch	Punch
	Banana		

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**Commonwealth of Massachusetts - Department of Correction**

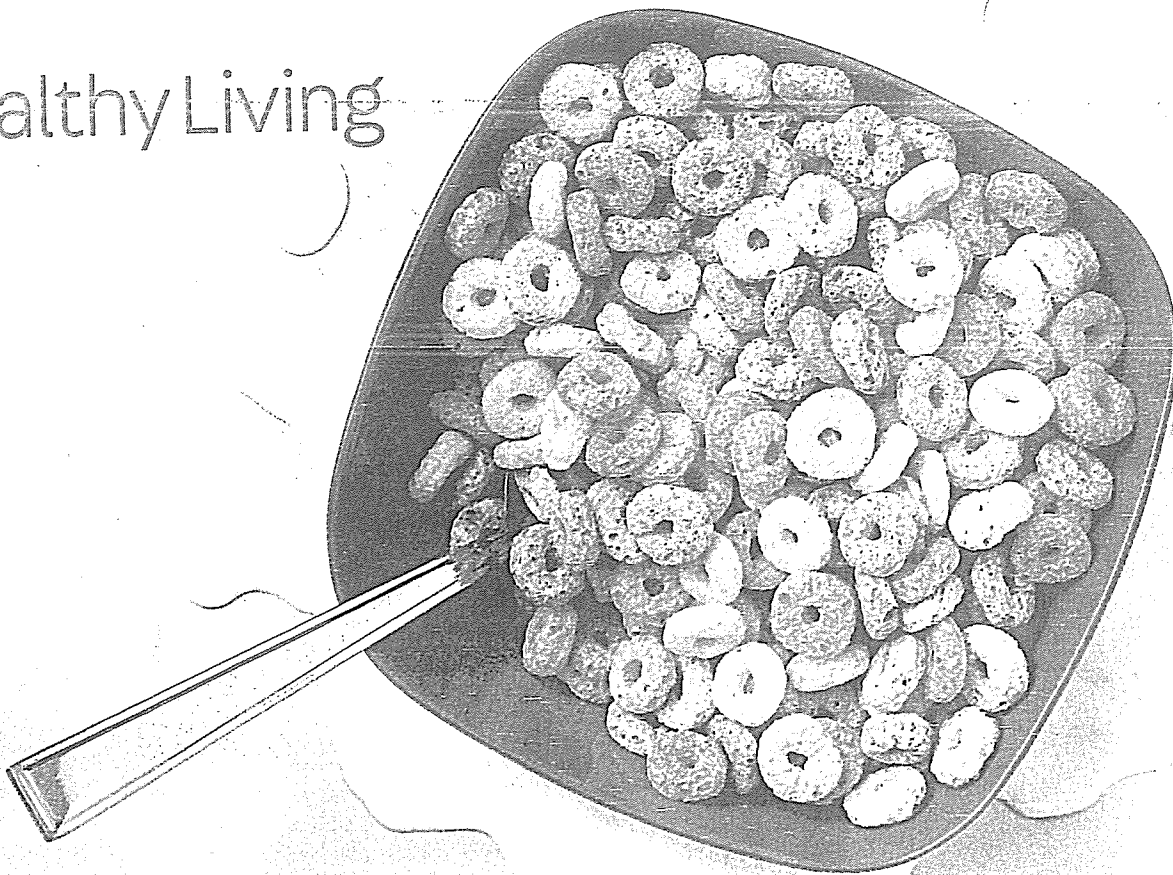
10/26/22

**Fall/Winter 2023**

**Standard Menu**

**DINNER**

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	Unsweetened Juice	Pizza	Beef Patty
<b>Sunday</b>	Oatmeal	Tossed Salad	Mashed Potatoes
<b>(Day 15)</b>	Banana Breakfast Cake	w/ Dressing	L.S. Gravy
	Margarine	Cornbread	Corn
	Coffee	Margarine	w/ Bread
	Sugar	Pudding	Margarine
	Milk	Punch	Seasonal Fruit
	Yogurt		Punch
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	Unsweetened Juice	Lentil Soup	Chicken Stew
<b>Monday</b>	Pancakes w/ Syrup	Meatball Sub w/Tomato Sauce	Rice
<b>(Day 16)</b>	T. Sausages	Peas & Carrots	Green Beans
	Margarine	Hoagie Roll	w/ Bread
	Coffee	Seasonal Fruit	Margarine
	Sugar	Punch	Applesauce
	Milk		Punch
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	Unsweetened Juice	Stuffed Shells	Baked Fish
<b>Tuesday</b>	Wheat Flakes	Spinach	Mashed Potatoes
<b>(Day 17)</b>	Apple Breakfast Cake	w/ Bread	Carrots
	Margarine	Margarine	Hamburger Roll
	Coffee	Pudding	Margarine
	Sugar	Punch	Seasonal Fruit
	Milk		Punch
	Banana		
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	Unsweetened Juice	Sloppy Joe	Turkey Ham Steak
<b>Wednesday</b>	Scrambled Eggs	Hamburger Roll	Broccoli
<b>(Day 18)</b>	T. Bacon	Rice	Baked Beans
	Toast w/ Margarine	Corn	w/ Bread
	Coffee	Margarine	Margarine
	Sugar	*Ketchup	Seasonal Fruit
	Milk	Pudding	Punch
		Punch	
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	Unsweetened Juice	Chicken Rice Soup	Chicken Fajita w/Peppers & Onions
<b>Thursday</b>	Pancakes	Tuna Salad	Flour Tortilla
<b>(Day 19)</b>	Syrup	Tossed Salad w/ Dressing	Rice w/ Black Beans
	Margarine	Coleslaw	Carrots
	Coffee	Wheat Bread	Seasonal Fruit
	Sugar	Apple	Punch
	Milk	Punch	
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	Unsweetened Juice	Baked Fish	Spaghetti
<b>Friday</b>	Grits	Baked Beans	Meat Sauce
<b>(Day 20)</b>	w/ Toast	Hamburger Roll	Green Beans
	Margarine	Spinach	w/ Bread
	Coffee	*Ketchup	Margarine
	Sugar	Pudding	Fruited Cake
	Milk	Punch	Punch
	Yogurt		
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	Unsweetened Juice	Beef Patty w/ Peppers&Onions	Chicken Cacciatore
<b>Saturday</b>	Omelet	w/ Bread	Ziti
<b>(Day 21)</b>	Spice Cake	Margarine	Butternut Squash
	Margarine	Rice	w/ Bread
	Coffee	Carrots	Margarine
	Sugar	*Ketchup	Pudding
	Milk	Seasonal Fruit	Punch
	Orange	Punch	



## NUTRITION

### Eating Ultra-Processed Foods May Increase Risk of Dementia

BY SARI HARRAR

A large study published last summer in *Neurology* reported a link between consuming ultra-processed foods—such as soft drinks, potato chips and other salty snacks, deep-fried or packaged meats, bottled condiments, prepackaged sweets and breads, and flavored breakfast cereals—and a higher risk for dementia and Alzheimer’s disease. For every 10 percent increase in ultra-processed foods consumed, the risk for Alzheimer’s rose 14 percent; for dementia overall, it increased 25 percent, according to the study.

Researchers from Tianjin Medical University in China tracked the diet and health of 72,803 women and men from the United Kingdom, ages 55 and older, for a decade. Participants were divided into four groups based on

how much ultra-processed food they ate. None had dementia at the start of the study, but nearly 43 percent more people in the highest group of ultra-processed food intake developed dementia than in the lowest group.

Those in the lowest group consumed an average of 225 grams of ultra-processed foods per day—by weight, approximately 9 percent of their total food consumption—while subjects in the highest group took in an average of 814 grams, or 28 percent of their daily diet. (For reference, one serving of pizza weighs about 150 grams.)

The study authors estimated that a 50-gram replacement of an ultra-processed food each day with a healthier, less-processed food—eating half an apple, a bowl of bran flakes, or a serving of corn instead of a chocolate bar, for instance—was associated with

a 3 percent lower risk of dementia.

These results join others that show an association between ultra-processed foods and negative health effects such as obesity, high blood pressure, high cholesterol, cancer, heart disease, stroke, and earlier death. Scientists don’t know exactly why such foods are bad for the brain but believe they may increase blood pressure and contribute to buildup of atherosclerotic plaque in arteries, says Linda Hershey, MD, PhD, FAAN, a retired professor of neurology at the University of Oklahoma College of Medicine. The Tianjin researchers suggested these foods might increase inflammation, which could fuel growth of tau protein tangles—a hallmark of Alzheimer’s disease.

“It’s impossible to derive cause and effect from observational studies,”

SKODNELL/ISTOCKPHOTO

says David Seres, MD, professor of medicine at the Institute for Human Nutrition at Columbia University in New York City. "But this study is potentially important. It's probably not a bad idea to avoid processed foods and eat those that look like they did when they came out of the ground or off the hoof as much as possible."

Ultra-processed foods tend to be higher in added sugar, saturated fat, and salt, and lower in protein and fiber, than fresh or minimally processed foods. About 57 percent of the calories in the average American diet come from ultra-processed foods, according to a 2022 study published in the *American Journal of Clinical Nutrition*.

"The vitamins, minerals, phytochemicals, and healthy fats in fruit, vegetables, whole grains, legumes, nuts, and other foods work together in a healthy diet," says nutrition researcher Maura Walker, PhD, assistant professor of health sciences at Boston University and co-author of an editorial published with the *Neurology* study. She advises people to eat more fresh fruits and vegetables, frozen produce without added sugar or sauce, and even canned produce if it is low in sodium and sugar.

You can also improve your diet by checking the nutrition panel on food packages. Foods with 5 percent or less of the daily value for sugar are considered low in sugar. Buy packaged breads and cereals only if the first ingredient listed is a whole grain.

Limit consumption of sweetened, diet, and prepackaged coffee or tea drinks, says Dr. Walker. (The American Heart Association recommends no more than 6 to 9 teaspoons of added sugar per day, from all sources.) Soft drinks and bottled juices can be unhealthy whether they contain added sugar or artificial sweetener. A 2017 Boston University study published in *Stroke* found that drinking artificially sweetened soft drinks was associated with an increased risk of stroke and dementia. The researchers noted that people who drank more artificially sweetened soft drinks were also more likely to have diabetes, which raises dementia risk.

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## How to Swap Out Ultra-Processed Foods



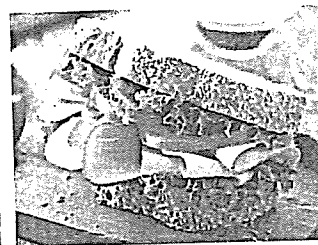
### Breakfast

Buy cereals low in added sugar (read the labels), and eat fruit salad as a side instead of bacon or sausage.



### Beverages

Drink unsweetened coffee or tea or plain or sparkling water (add a squeeze or slice of citrus fruit) instead of soda, premade tea, and fruit drinks.

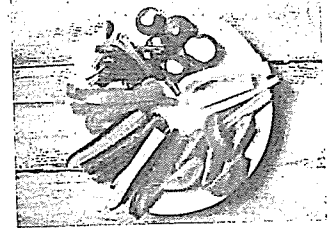


### Lunch Meat

Choose slices of lean pork, beef, or skinless chicken or turkey instead of deli meat.

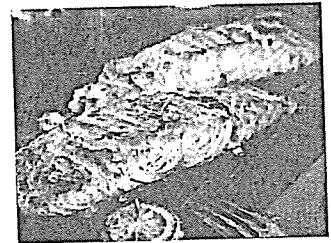
### More Online

For alternatives to meals that contain ultra-processed foods, visit [BrainandLife.org/UltraProcessedSwaps](http://BrainandLife.org/UltraProcessedSwaps) for recipes developed by chef and Natural Gourmet Institute graduate Linda Monastra.



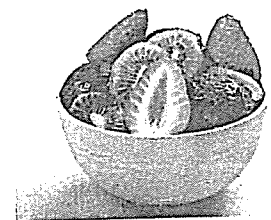
### Snacks

Munch on raw vegetables or air-popped popcorn seasoned with herbs instead of chips, crackers, and other salty foods.



### Dinner

Grill, bake, or pan-sear fish or roast chicken instead of heating up prepackaged fish sticks or chicken nuggets. Make a salad or steam vegetables without sauce or cheese, or cook brown rice, bulgur, or barley instead of french fries, instant noodles, and packaged macaroni and cheese.



### Dessert

Enjoy a bowl of berries, fruit salad, or an apple, banana, orange, peach, or other whole fruit instead of ice cream, cookies, candy, and packaged cake or other sweets.

BREAKFAST: ALVAREZ/ISTOCKPHOTO; BEVERAGES: URBAZON/ISTOCKPHOTO; SANDWICHES: MPESARIS/ISTOCKPHOTO; SNACKS: LORA-SUYAGINA/ISTOCKPHOTO; DINNER: NSP/PHOTOSTUDIO/ISTOCKPHOTO; DESSERT: JULSON JUNQUEIRA/ISTOCKPHOTO



**FEATURED TUFTS  
EXPERT**



Alice H. Lichtenstein, DSc, is Stanley N. Gershoff Professor at the Friedman School, senior scientist on the Cardiovascular Nutrition Team at the Human Nutrition Research Center on Aging, and executive editor of *Tufts Health & Nutrition Letter*. She was recently selected to deliver the Kritchevsky Lecture for the American Heart Association Lifestyle Council and the Atwater Lecture for the American Society for Nutrition. See her comments on healthy eating while travelling on page 1.

**HAVE A QUESTION  
FOR TUFTS EXPERTS?**

Send your question for possible publication to: Tufts University Health & Nutrition Letter, PO Box 5656, Norwalk, CT 06856-5656. Or send your question to: tuftsnutritionletter@gmail.com

Sorry, because of the volume of questions, we cannot respond to each inquiry individually.

If you have a condition that may need medical attention, or personal questions related to our articles, please consult your physician.

**IN COMING  
ISSUES ...**

- ▶ Packing **LUNCH**
- ▶ What's your **HEART DISEASE RISK?**
- ▶ A little **ACTIVITY** goes a long way

**ASK TUFTS EXPERTS**

*Getting enough Fruits and Veggies . . . Iceberg vs. Romaine*

**Q** I want to eat five cups of fruits and vegetables a day, but I have trouble eating a whole cup at one sitting. What can I do? Are those fruit and vegetable pills I see advertised a good solution?

**A** Alice H. Lichtenstein, DSc, Stanley N. Gershoff Professor of Nutrition Science and Policy at the Friedman School and executive editor of *Tufts Health & Nutrition Letter*, answers: "This is really three questions in one! First, the quantity of fruits and vegetables you need to eat depends on your age, sex, height, weight, and level of physical activity. Although often repeated, the general advice to consume five servings of fruits and vegetables a day is not a scientific recommendation. It is recommended that most adults consume two-and-a-half to four cup-equivalents of vegetables and one-and-a-half to two cup-equivalents of fruit a day. A 'cup-equivalent' of vegetables is, in general, one cup of raw or cooked vegetables or vegetable juice, or two cups of raw leafy salad greens. One cup of fruit or 100% fruit juice, or one-half cup of dried fruit can be considered as a cup-equivalent of fruit. A small apple, a medium grapefruit, and a large banana are other examples of "cup-equivalents" of fruit.

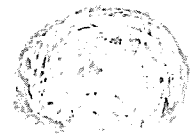
It is likely you actually do eat the equivalent of a whole cup of fruits or vegetables at one sitting. Small portions of different foods add up, so the serving can be made up of more than one type. For example, you may slice half a banana on your morning cereal and have a small glass of orange juice—that's one serving total. A green salad for lunch is likely one-and-a-half or two servings, but lettuce and tomato on a sandwich along with a handful of baby carrots or red pepper slices and a crisp apple is also two. Dinner might start with a salad or a cup of vegetable soup. Add chopped veggies to casseroles, stir-fries, and pasta dishes, or spoon a generous topping of prepared salsa or diced mango, tomato, and red onion over your fish or chicken and add a half a cup of a vegetable on the side and you're right around five servings.

Products that claim to pack all the nutrition of fruits and vegetables into a little pill are too good to be true. They lack the hydrating water,

most of the fiber, and many of the other compounds naturally present in food. It is unclear whether all the other nutrients are retained after the processing necessary to make the pills. Additionally, if you aren't eating a diet rich in fruits and vegetables, you are likely eating less desirable foods, such as those that are highly processed, made with refined sugars and starches, and high in salt. There is no evidence that you can substitute these pills for the real thing.

**Q** I've heard that romaine lettuce is more nutritious than iceberg because it is darker in color. Does the same hold true for red versus pink canned salmon?

**A** Judith C. Thalheimer, RD, ALDN, managing editor of *Tufts Health & Nutrition Letter*, answers: "Dark leafy greens do have more of some nutrients and phytochemicals than lighter greens like iceberg lettuce, but most lettuce greens are at least 95 percent water,



*Iceberg lettuce has nutritional value, although darker greens have a bit more. The same can be said for pink versus red salmon, although for different reasons.*

so none of them provide a huge dose of nutrients. Nevertheless, they are all healthy choices. Iceberg has a satisfying crunch and mild taste that appeals to individuals who find other types of leafy greens bitter. It provides fluid, fiber, and small amounts of folate, vitamins A and K, and potassium, among other nutrients, with very few calories (10 per cup of shredded lettuce). If you are concerned about your nutrient intake, consider mixing iceberg lettuce with romaine, arugula, spring greens, or, better yet, spinach or kale, which are more nutrient-dense.

"Leafy greens get their color from chlorophyll, a pigment used to absorb energy from the sun. Salmon gets its color from its diet. Wild salmon get a reddish-orange compound called astaxanthin from eating krill and shrimp. (Farmed salmon are often fed astaxanthin supplements so consumers get a familiar-colored fish.) That said, pink and red canned salmon are actually two different species, both typically caught in the Pacific Ocean. Humpback salmon are pink, and sockeye salmon are darker in color. Sockeye (red) salmon (which is generally more expensive and has a stronger flavor and denser texture) is a bit richer in heart-healthy omega-3 fatty acids, but both species are good choices. Canned salmon is convenient, versatile, tasty, and nutritious, no matter what color you choose."



*Five servings of fruits and vegetables a day is a common goal, although it's not an official recommendation.*

Image © Richard Clark | Getty Images

Image © Peter Dazley | Getty Images

## 103 CMR: DEPARTMENT OF CORRECTION

## 103 CMR 761.00: ACCESS TO THERAPEUTIC DIETS AND MEDICAL CARE

## Section

- 761.01: Purpose
- 761.02: Cancellation
- 761.03: Applicability
- 761.04: Access to Regulation
- 761.05: Definitions
- 761.06: Therapeutic Diet Preparation
- 761.07: Access to Therapeutic Diets and Medical Care
- 761.08: Procedures Upon Transfers
- 761.09: Complaint Procedure for Access to Therapeutic Diets
- 761.10: Compliance Procedures
- 761.11: Training and Staff Development
- 761.12: Responsible Staff
- 761.13: Annual Review
- 761.14: Severability

761.01: Purpose

The purpose of 103 CMR 761.00 is to establish consistent guidelines and procedures for ensuring access to therapeutic diets and appropriate medical care for all inmates who require such diets.

761.02: Cancellation

103 CMR 761.00 cancels all previous Department of Correction (Department) policy statements, bulletins, directives, orders, notices, rules and regulations regarding access to therapeutic diets which are inconsistent with 103 CMR 761.00.

761.03: Applicability

103 CMR 761.00 applies to all inmates and Department employees.

761.04: Access to Regulation

103 CMR 761.00 shall be maintained in the Department's Central Policy File, in each superintendent's Central Policy File and in each inmate library. Copies of 103 CMR 761.00 shall be accessible to all Department employees and inmates. This includes Bridgewater State Hospital and it is understood that the term "inmate" as used in 103 CMR 761.00 shall be replaced with patient, where applicable.

761.05: Definitions

Assistant Deputy Commissioner of Clinical Services. The chief executive officer of the Department's Health Services Division.

Business day. Monday through Friday, exclusive of state or federal holidays.

Commissioner. The chief executive officer of the Department of Correction.

Complaint. A written complaint by an inmate submitted to the superintendent in accordance with 103 CMR 761.00.

Contractual Medical Provider. Any provider of medical, dental, mental health treatment who is not an employee of the Department and who provides services through a contractual agreement.

Department. Department of Correction.



## 103 CMR: DEPARTMENT OF CORRECTION

Deputy Commissioner of the Administrative Services Division. The executive staff person whose duties include, but are not limited to the management of the Department's Food Services Division.

Dietician. A registered dietician employed by the Contractual Medical Provider, or if no contractual medical provider, by the Department.

Food Service. All kitchen personnel employed by the Department, equipment and area where food is stored, prepared and/or consumed.

Food Service Manager/Supervisor. That person designated by the superintendent whose duties include, but are not limited to, the daily management of the food service operation within the institution.

Health Services Administrator. The individual designated by the Contractual Medical Provider, or if no contractual medical provider, by the Department, to oversee and manage one or more institutional Health Services units and associated treatment areas.

Health Services Unit. The health care units located in any Department institution.

Institution. Any correctional facility operated by the Department.

Program Medical Director. Contractual Medical Provider staff member responsible for clinical supervision Contractual Medical Provider staff.

R.D.A. Recommended daily allowance regarding meal nutrition as prescribed by the National Academy of Sciences.

Superintendent. The chief administrative officer of a correctional institution.

Therapeutic Diet. A diet prescribed by a physician or dentist employed by the Contractual Medical Provider, or if no contractual medical provider, by the Department.

761.06: Therapeutic Diet Preparation

Each superintendent shall develop written procedures regarding the preparation and provision of therapeutic diets, which shall be consistent with 103 CMR 761.00.

- (1) All therapeutic diets shall be consistent with national standards developed by the American Dietetic Association.
- (2) Menus for the types of therapeutic diets required shall be developed by the dietitians. These menus should conform as closely as possible to the Department's cycle menu, consistent with 103 CMR 761.06(1).
- (3) Food Services Departments at each institution shall follow the therapeutic menus developed by the dietician when preparing all therapeutic diet orders. Any substitutions made in the therapeutic meals shall be documented and be in accordance with the substitution guidelines approved by the dietitians for therapeutic diets. Copies of all therapeutic diet menus shall be retained by the institution for the dietician's review.
- (4) Therapeutic diets menus shall be reviewed by the dietitians at least every six months or whenever there is a substantial change in the Department's cycle menus.

761.07: Access to Therapeutic Diets and Medical Care

- (1) Therapeutic diets shall be available to all inmates upon the written prescription of a physician or dentist employed by the Department or by its Contractual Medical Provider.

## 103 CMR: DEPARTMENT OF CORRECTION

## 761.07: continued

- (2) Health Services Unit staff promptly shall transmit a Diet Order Form to the Food Services manager/supervisor, providing notification of the inmate's therapeutic dietary needs, the type of diet, the duration and, if applicable, any special dietary or preparation instructions. Health Services Unit staff shall also enter the information into the Inmate Management System (IMS) Medical Orders screen, thus generating an electronic notification to food services staff. The food services manager/supervisor shall view the IMS Notifications screen on a daily basis in order to identify new and changed diet orders. The IMS Medical Issues report may also be utilized to identify inmates with therapeutic diet orders.
- (3) The on-site Food Service manager/supervisor shall ensure that the appropriate therapeutic diet is provided to the inmate and that the meal is of comparable palatability to regular meals. The Department's Food Services staff shall weigh or measure meal portions if required by the type of therapeutic diet.
- (4) Upon presentation of his or her identification card, an inmate in general population shall be given the appropriate therapeutic diet. The inmate shall sign a diet roster upon receipt of the diet meal.
- (5) Therapeutic diet orders shall be reviewed at least every 120 days by a physician or dentist employed by the Department or its contractual medical provider and shall not be altered or discontinued unless by order of these medical providers. Any changes to the order shall be entered in the IMS Medical Orders screen.
- (6) Reasonable variances from institutional rules shall be authorized, in accordance with institutional procedures, when necessary to ensure that prisoners on therapeutic diets have access to these diets and to health care for their dietary and/or medical needs. Such variances shall include, but shall not be limited to, accommodations necessary to ensure that inmates with diabetes are permitted sufficient time in which to monitor their blood sugar levels, to receive insulin, and to receive appropriate meals on a timely basis.
- (7) Requests for medical attention shall be assessed and processed in accordance with guidelines established by the National Commission on Correctional Health Care and according to American Correctional Association standards and Department guidelines.
- (8) Physician orders for consultations with specialized care providers shall be reviewed for authorization by the Program Medical Director of the Contractual Medical Provider within seven days of the order, and, if not denied, arrangements for the consultation shall be made within seven days of the Medical Director's review and the consultation shall occur within a reasonable time.
- (9) Prescribed specialized equipment shall be reviewed for authorization by the medical director of the contract medical provider within seven days of the medical order. If the order is not denied and further testing is not required, the equipment shall be ordered within seven days of the medical director's review. The equipment shall be provided to the inmate within a reasonable time.
- (10) Correction officers and other staff shall not interfere with medical orders.

761.08: Procedures Upon Transfers

- (1) Therapeutic diets shall be automatically continued when an inmate is transferred to a different facility, unless the receiving facility's physician determines otherwise.
- (2) An Intrasystem Transfer Form which specifies the type of therapeutic diet and medications required, shall be forwarded to the receiving Health Services Unit upon an inmate's transfer. The Health Services administrator shall promptly notify the Food Service manager/supervisor of the transferred inmate's dietary requirements by transmitting a Diet Order Form to the Food Service manager/supervisor. Health Services Unit staff shall also enter the information into the IMS Medical Orders screen, thus generating an electronic notification to food services staff. The food services manager/supervisor shall view the IMS Notifications screen on a daily basis in order to identify new and changed diet orders.

## 103 CMR: DEPARTMENT OF CORRECTION

761.08: continued

(3) Each superintendent shall develop written procedures to ensure that therapeutic diets and prescribed medications are continued if an inmate is placed in segregation, on awaiting action status, on alternate feeding status, or during institutional lockdowns, except when access to the inmate for the provision of diet and medications is precluded due to emergency circumstances. In situations where an emergency has been declared every effort shall be made to address the critical needs of an inmate as related to the provision of therapeutic diets and prescribed medications.

761.09: Complaint Procedure for Access to Therapeutic Diets

(1) Informal Processing of Inmate Complaints.

(a) Each institution shall develop informal measures for resolving inmate complaints whereby inmates are encouraged to communicate their problem to the staff person responsible in the particular area of the problem, their counselor or case manager, the appropriate Department head or other institutional and medical provider staff. Staff awareness as to the need for prompt attention and response to these complaints will minimize the use of formal complaint procedures.

(b) No disciplinary action shall be taken against an inmate as a result of communication of a complaint, unless the complaint is knowingly false or misleading or the inmate's conduct otherwise gives rise to a disciplinary infraction.

(2) Formal Processing of Inmate Complaints.

(a) After all efforts to resolve a complaint through informal resolution have been exhausted, and the inmate is dissatisfied with the informal resolution of the issue, the inmate may file a formal complaint directed to the superintendent's office.

(b) The superintendent or his designee shall respond to the complaint within five business days.

(c) An inmate dissatisfied with the superintendent's decision may appeal, within ten days of receipt of such decision, to the Deputy Commissioner of the Administrative Services Division, or his/her designee, who may take such action as deemed appropriate, including a referral of the matter to an outside consultant with specialized knowledge of the issues involved in providing access to therapeutic diets.

(d) If the issue involves a medical complaint, the inmate may file a medical grievance with the medical provider.

761.10: Compliance Procedures

(1) The Food Service Division shall maintain daily records of inmate compliance with a diet. A copy of all compliance records shall be given to the dietitians on a monthly basis.

(2) When an inmate fails to take a diet meal for seven out of 21 meals, the Food Service director may notify the Health Services administrator who shall arrange for the inmate to be seen by a member of the medical staff, within a reasonable time, for consultation and counseling.

(3) Should an inmate continue to refuse to take the diet meal, the Food Service director may notify the Health Services administrator who shall make arrangements for the inmate to be seen by a dietician, within a reasonable time, for consultation and counseling.

(4) If an inmate continues to refuse diet meals which comply with 103 CMR 761.06(1) after the above steps are taken or attempted, the Food Service director will notify the Health Services administrator, who shall make arrangements for the inmate to sign a Refusal of Treatment Form. In the event that the inmate refuses to sign this form, two Department or Contractual Medical Provider staff members, at least one of whom shall be a medical professional, shall sign the form as witnesses to the inmate's refusal.

(5) An inmate shall resume a therapeutic diet upon request, if still medically required by contacting the Health Services administrator who shall follow the procedures for access to special diets.



## 103 CMR: DEPARTMENT OF CORRECTION

761.10: continued

(6) Inmates shall not be subject to disciplinary proceedings solely for non-compliance with therapeutic meals. However, inmates on therapeutic diets shall be subject to disciplinary proceedings, similar to all other inmates, for giving away any portion of their meals to other inmates. Any staff member that observes an inmate giving a diet meal to another inmate shall document this incident via an incident report. This incident report shall be forwarded to the institution Food Service director who shall forward the incident report to the medical provider's dietician for the institution.

761.11: Training and Staff Development

- (1) In-service training of Food Service staff and correctional staff shall promote awareness of the importance of compliance with prescribed dietary and medical regimens.
- (2) Basic training shall focus on developing staff sensitivity to the importance of therapeutic diets and unimpeded access to medical care.
- (3) In-service training shall include a specialized program for food service staff designed to promote awareness of the importance of compliance with prescribed dietary and medical regimens.

761.12: Responsible Staff

- (1) The Deputy Commissioner of the Administrative Services Division or his/her designee shall implement 103 CMR 761.00 as it relates to food services.
- (2) The Assistant Deputy Commissioner of Health Services or his/her designee shall implement 103 CMR 761.00 as it relates to health services.
- (3) Each superintendent shall implement this policy and develop any and all necessary institutional procedures and policies.

761.13: Annual Review

103 CMR 761.00 shall be reviewed annually by the Commissioner or a designee.

761.14: Severability

If an article, section, subsection, sentence, clause or phrase of 103 CMR 761.00 is for any reason held to be unconstitutional, contrary to statute, in excess of the authority of the Commissioner, or otherwise inoperative, such decision shall not affect the validity of any other article, section, subsection, clause or phrase of 103 CMR 761.00.

REGULATORY AUTHORITY

103 CMR 761.00: M.G.L. c. 124, §§ 1(c), (i) and (q).



MCI NORFOLK QUARTERLY DIET AUDIT

INMATES NAME \_\_\_\_\_

DATE \_\_\_\_\_

UNIT \_\_\_\_\_

1. What type of diet are you receiving  
\_\_\_\_\_

2. How long have you been receiving your diet?  
\_\_\_\_\_

3. Are you satisfied with your diet?  
\_\_\_\_\_

4. What do you feel that the MLK can improve on?  
\_\_\_\_\_

5. What was the date you last met with the Dietician?  
\_\_\_\_\_

6. What do you like most about your diet?  
\_\_\_\_\_

7. What do you like least about your diet?  
\_\_\_\_\_

8. On a scale from one to ten, ten being the best, how do you rate the MLK?

Circle one:      1          2          3          4          5          6          7          8  
9          10

9. Are your diet trays clean when you receive them?  
\_\_\_\_\_

10. In your Unit, are diets called first for chow?  
\_\_\_\_\_

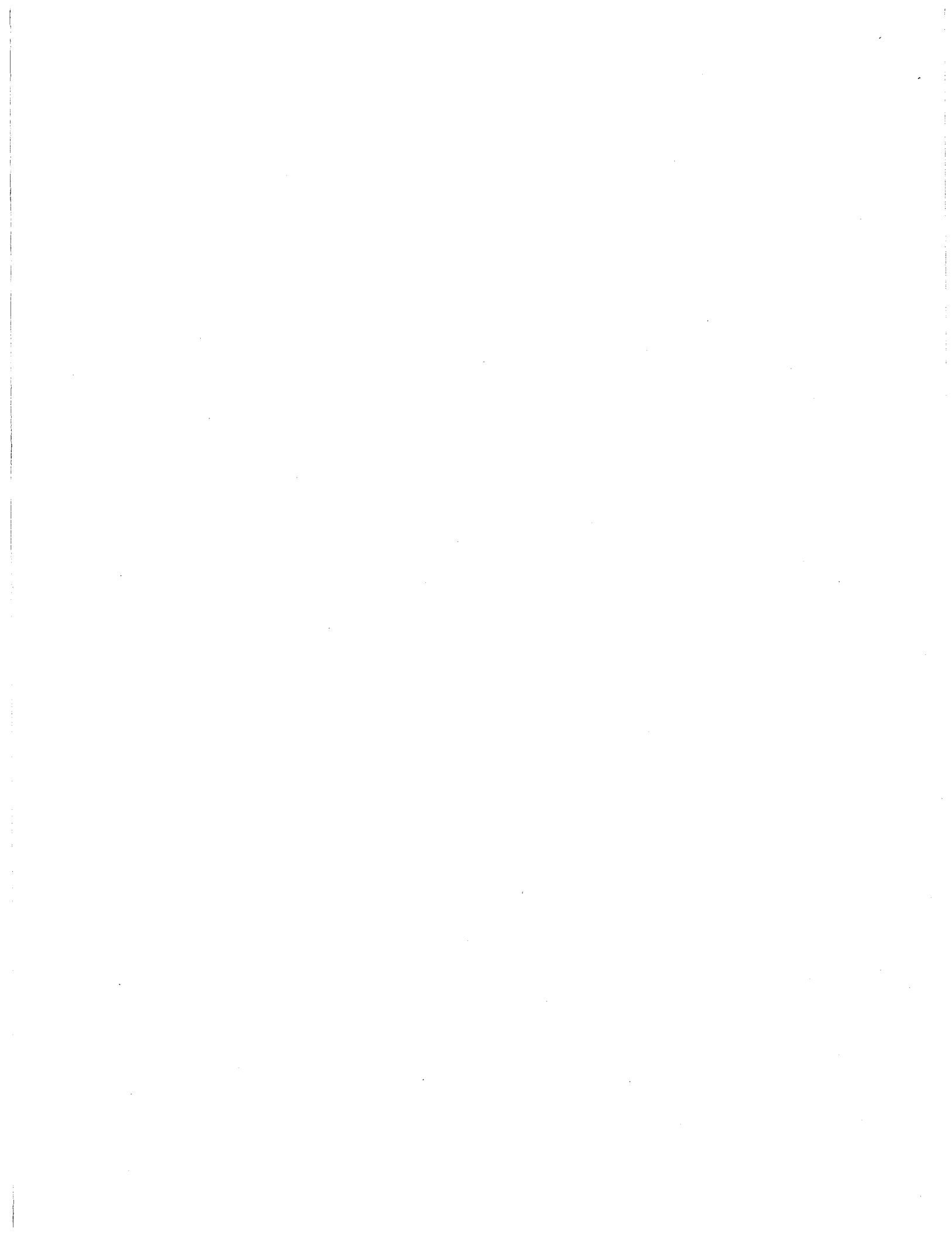
\_\_\_\_\_  
Staff Conducting Audit Signature

\_\_\_\_\_  
Date

Cc; File

- Deputy of Operations
- Deputy of Classification and Treatment
- Director of Classification
- Dietician
- Clinical Administrator

143(A)





# Nutrition Specialties

Dorothea M. Rourke, M.S., R.D.  
50 Maple Street, Suite 3  
Milford, MA 01757

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## STATEMENT OF NUTRITIONAL ADEQUACY

The attached menus for the Fall/Winter, 2023 cycle were reviewed by Dorothea M. Rourke, for the Massachusetts Department of Correction to be served as the Female/Framingham menu. They have been analyzed and nutritionally approved by me using the Food Processor SQL (version 11.11) Nutrition Analysis System from ESHA Research, Salem, Oregon. The menus, as written and analyzed, meet or exceed the recommended nutrient amounts as specified by the Dietary Reference Intakes (D.R.I.) of the Food and Nutrition Board, National Academy of Sciences, National Research Council, and the American Correctional Association.

The D.R.I.s specify the recommended amounts of energy, protein and various vitamins and minerals for specific age and sex groups. The allowances are designed to maintain good nutrition in healthy persons. The age group chosen as the standard reference for the facility was "U.S. Female, ages 31 – 50 years." The daily nutrient intake value is averaged over a seven day period to allow for differences in nutrient utilization by the body. All averages have been shown to constructively meet the D.R.I. for all major nutrients in this group.

The daily average calorie count is approximately 2275 calories.

*Dorothea M. Rourke, MS, RD*

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Dorothea M. Rourke, M.S., R.D.  
Registration Number: R-562760  
Massachusetts License Number: 967  
DATE: November 18, 2022

# Nutrition Specialties

Dorothea M. Rourke, M.S., R.D.  
50 Maple Street, Suite 3  
Milford, MA 01757

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## STATEMENT OF NUTRITIONAL ADEQUACY

The attached menus for the Fall/Winter, 2023 cycle were reviewed by Dorothea M. Rourke, for the Massachusetts Department of Correction to be served as the Alternate/Vegetarian menu. They have been analyzed and nutritionally approved by me using the Food Processor SQL (version 11.11) Nutrition Analysis System from ESHA Research, Salem, Oregon. The menus, as written and analyzed, meet or exceed the recommended nutrient amounts as specified by the Dietary Reference Intakes (D.R.I.) of the Food and Nutrition Board, National Academy of Sciences, National Research Council, and the American Correctional Association.

The D.R.I.s specify the recommended amounts of energy, protein and various vitamins and minerals for specific age and sex groups. The allowances are designed to maintain good nutrition in healthy persons. The age group chosen as the standard reference for the facility was "U.S. Male, ages 31 – 50 years." The daily nutrient intake value is averaged over a seven day period to allow for differences in nutrient utilization by the body. All averages have been shown to constructively meet the D.R.I. for all major nutrients in this group.

The daily average calorie count is approximately 2525 calories.

Dorothea M. Rourke, MS, RD

Dorothea M. Rourke, M.S., R.D.  
Registration Number: R-562760  
Massachusetts License Number: 967  
DATE: November 18, 2022

# Nutrition Specialties

Dorothea M. Rourke, M.S., R.D.  
50 Maple Street, Suite 3  
Milford, MA 01757

---

## STATEMENT OF NUTRITIONAL ADEQUACY

The attached menus for the Fall/Winter, 2023 cycle were reviewed by Dorothea M. Rourke, for the Massachusetts Department of Correction to be served as the Vegan menu. They have been analyzed and nutritionally approved by me using the Food Processor SQL (version 11.11) Nutrition Analysis System from ESHA Research, Salem, Oregon. The menus, as written and analyzed, meet or exceed the recommended nutrient amounts as specified by the Dietary Reference Intakes (D.R.I.) of the Food and Nutrition Board, National Academy of Sciences, National Research Council, and the American Correctional Association.

The D.R.I.s specify the recommended amounts of energy, protein and various vitamins and minerals for specific age and sex groups. The allowances are designed to maintain good nutrition in healthy persons. The age group chosen as the standard reference for the facility was "U.S. Male, ages 31 – 50 years." The daily nutrient intake value is averaged over a seven day period to allow for differences in nutrient utilization by the body. All averages have been shown to constructively meet the D.R.I. for all major nutrients in this group.

The daily average calorie count is approximately 2625 calories.

Dorothea M. Rourke, M.S., R.D.

Dorothea M. Rourke, M.S., R.D.  
Registration Number: R-562760  
Massachusetts License Number: 967  
DATE: November 18, 2022

# Nutrition Specialties

Dorothea M. Rourke, M.S., R.D.  
50 Maple Street, Suite 3  
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## STATEMENT OF NUTRITIONAL ADEQUACY

The attached menus for the Fall/Winter, 2023 cycle were reviewed by Dorothea M. Rourke, for the Massachusetts Department of Correction to be served as the Halal menu. They have been analyzed and nutritionally approved by me using the Food Processor SQL (version 11.11) Nutrition Analysis System from ESHA Research, Salem, Oregon. The menus, as written and analyzed, meet or exceed the recommended nutrient amounts as specified by the Dietary Reference Intakes (D.R.I.) of the Food and Nutrition Board, National Academy of Sciences, National Research Council, and the American Correctional Association.

The D.R.I.s specify the recommended amounts of energy, protein and various vitamins and minerals for specific age and sex groups. The allowances are designed to maintain good nutrition in healthy persons. The age group chosen as the standard reference for the facility was "U.S. Male, ages 31 – 50 years." The daily nutrient intake value is averaged over a seven day period to allow for differences in nutrient utilization by the body. All averages have been shown to constructively meet the D.R.I. for all major nutrients in this group.

The daily average calorie count is approximately 2625 calories.

Dorothea M. Rourke, MS RDN

Dorothea M. Rourke, M.S., R.D.  
Registration Number: R-562760  
Massachusetts License Number: 967  
DATE: November 18, 2022



# DOC Menu: Day 1, Sunday

Bar Graph

Nutrients	Per Serving	0	20	40	60	80	100 - RDA/AI	120
<b>Basic Components</b>								
Calories (kcal)	2910.61							
Protein (g)	123.27							
Carbohydrates (g)	386.24							
Total Dietary Fiber (g)	38.34							
Fat (g)	97.04							
Saturated Fat (g)	16.72							
Mono Fat (g)	20.97							
Poly Fat (g)	34.01							
Trans Fatty Acid (g)	0.16							
Cholesterol (mg)	271.89							
<b>Vitamins</b>								
Vitamin A - RAE (mcg)	913.62							
Vitamin B1 - Thiamin (mg)	1.65							
Vitamin B2 - Riboflavin (mg)	1.90							
Vitamin B3 - Niacin (mg)	10.68							
Vitamin C (mg)	378.42							
Vitamin D - mcg (mcg)	9.23							
Vitamin E - Alpha-Toco (mg)	11.51							
Folate (mcg)	599.44							
Vitamin K (mcg)	97.21							
<b>Minerals</b>								
Calcium (mg)	1458.93							
Iron (mg)	15.25							
Magnesium (mg)	282.56							
Phosphorus (mg)	1143.77							
Potassium (mg)	3167.27							
Sodium (mg)	2457.10							
Amino Acids								
Phenylalanine (g)	2.84							
<b>Other Nutrients</b>								
Caffeine (mg)	94.72							

# DOC Menu: Day 1, Sunday

Spreadsheet cont.

Item Name	Vit B3 (mg)	Vit C (mg)	Vit D-mcg (mcg)	Vit E-a-Toco (mg)	Folate (mcg)	Vit K (mcg)	Calc (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pot (mg)	Sod (mg)	Caff (mg)	Phe (g)
DOC Menu: Day 1, Sunday	10.68	378.42	9.23	11.51	599.44	97.21	1458.93	15.25	282.56	1143.77	3167.27	2457.10	94.72	2.84
coffee, brewed, with tap water	0.45	0	0	0.02	4.74	0.24	4.74	0.02	7.10	7.10	116.03	4.74	94.72	0.01
milk, 1%, with vitamins A & D	0.45	0	5.86	0.05	24.40	0.49	10.00	0.15	53.68	463.60	732.00	214.72	0	0.80
DOC FRUIT DRINK		240.00									24.00	0		
Sugar, white, granulated, pkl	0	0	0	0	0	0	0.11	0.01	0	0	0.22	0.11	0	0
magnanne	0.01	0.04	1.57	7.69	0.43	42.18	6.80	0.01	0.85	5.53	11.48	295.12	0	
DOC Breakfast Juice		90.00									100.00	0		
PANCAKES A-6	0.02	0.34	0.94	0.12	6.02	0.04	302.60	0.68	2.72	25.15	150.69	335.03	0	0.15
DOC SYRUP		0					0	0				89.84		
CHILI CARNE C-45	1.11	19.36	0	3.28	353.90	11.00	231.77	6.47	110.82	321.06	1009.27	544.96	0	1.10
SPANISH RICE D-21	1.14	0.43	0	0.10	43.80	0.66	10.01	0.97	10.07	34.73	46.01	1.63	0	0.11
CORNBREAD E-2	0.64	0	0.54	0.14	8.89	0.10	122.23	0.95	25.91	85.15	182.96	170.34	0	0.20
DOC JELLO		0					0				58.64	117.29		
MEATLOAF C-8	0.44	0.65	0	0.05	8.74	0.57	18.52	1.23	4.26	15.43	35.54	101.61	0	0.05
BROWN GRAVY B-5	0.00	0	0	0.00	0.01	0.07	2.61	0.04	0.57	0.07	9.85	1.53	0	0.00
MASHED POTATO D-2	2.09	11.76	0.32	0.02	14.12	3.45	50.40	0.49	31.38	62.75	514.56	23.61	0	0.12
peas, green, boiled, from frozen, drained	2.37	15.84	0	0.05	94.40	38.40	38.40	2.43	35.20	123.20	176.00	115.20	0	0.30
DOC WHEAT BREAD (Boyee Fassetts)	2.00	0			40.00		40.00	1.80				230.00		
DOC PUDDING (Instant w/water)							20.74					211.37		
Total	10.68	378.42	9.23	11.51	599.44	97.21	1458.93	15.25	282.56	1143.77	3167.27	2457.10	94.72	2.84
% Recommendation	66.77	420.46	61.52	76.75	149.86	81.00	145.89	190.63	67.28	163.40	93.15	81.90		

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# DOC Menu: Day 1, Sunday

Spreadsheet

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Carb (g)	TotFib (g)	Fat (g)	SatFat (g)	MonoFat (g)	PolyFat (g)	TransFat (g)	Chol (mg)	Vit A-RAE (mcg)	Vit B1 (mg)	Vit B2 (mg)	
DOC Menu: Day 1, Sunday	1 Serving		2910.61	123.27	386.24	38.34	97.04	16.72	20.97	34.01	0.16	271.39	913.62	1.65	1.90	
coffee, brewed, with tap water	1 Cup		2.37	0.28	0	0	0.05	0.00	0.04	0.00	0	0	0	0	0.03	0.18
milk, 1%, with vitamins A & D	2 Cup		204.96	16.45	24.35	0	4.73	3.09	1.35	0.17	0.14	24.40	283.85	0.10	0.90	
DOC FRUIT DRINK	4 Cup		16.00	0	4.00		0									
Sugar, white, granulated, pkt	4 Each		43.34	0	11.20	0	0	0	0	0	0	0	0	0	0	0.00
margarine	1.5 Ounce-w...		246.22	0.07	0.35	0	27.66	5.47	10.30	11.03		0.43	348.27	0.00	0.01	
DOC Breakfast Juice	1 Serving		60.00	0	15.00											
DOC PANCAKES A-6	6 Ounce-w...		387.21	12.36	50.51	1.73	14.35	2.58	3.05	7.25	0.00	46.75	18.94	0.01	0.11	
DOC SYRUP	2 Fluid ounce		59.90	0	15.97	0	0	0				0	0	0		
CHILI CARNE C-45	2 Cup		545.30	45.59	67.59	21.32	11.39	1.15	0.39	0.80	0	91.33	63.38	0.41	0.17	
SPANISH RICE D-21	1 Cup		134.04	2.12	22.23	0.44	3.68	0.53	0.77	1.94	0	0	0.94	0.12	0.01	
CORNBREAD E-2	1 Serving		427.83	8.00	57.82	2.14	17.86	2.83	3.94	9.67	0.01	24.34	30.04	0.07	0.16	
DOC JELLO	0.5 Cup		9.38	0	0		0									
MEATLOAF C-8	4 Ounce-w...		166.58	20.92	8.00	0.55	5.16	0.14	0.15	0.36	0	82.88	0.03	0.07	0.03	
BROWN GRAVY B-5	2 Fluid ounce		65.73	0.56	4.70	0.14	4.81	0.63	0.94	2.52	0	0	0	0.01	0.00	0.00
MASHED POTATO D-2	1 Cup		143.79	3.69	33.03	2.82	0.47	0.23	0.00	0.07	0	1.26	0.16	0.15	0.03	
peas, green, boiled, from frozen, drained	1 Cup		124.80	8.24	22.82	7.20	0.43	0.08	0.04	0.21	0	0	168.00	0.45	0.16	
DOC WHEAT BREAD (Bourea Fassetts)	2 Piece		120.00	4.00	22.00	2.00	1.50	0								
DOC PUDDING (instant w/water)	0.5 Cup		148.15	0.99	26.67	0	4.94									
Total	1 Serving		2910.61	123.27	386.24	38.34	97.04	16.72	20.97	34.01	0.16	271.39	913.62	1.65	1.90	
% Recommendation			116.42	112.06	117.76	109.55	107.83	66.88	63.55	122.34		77.54	101.51	137.30	145.89	

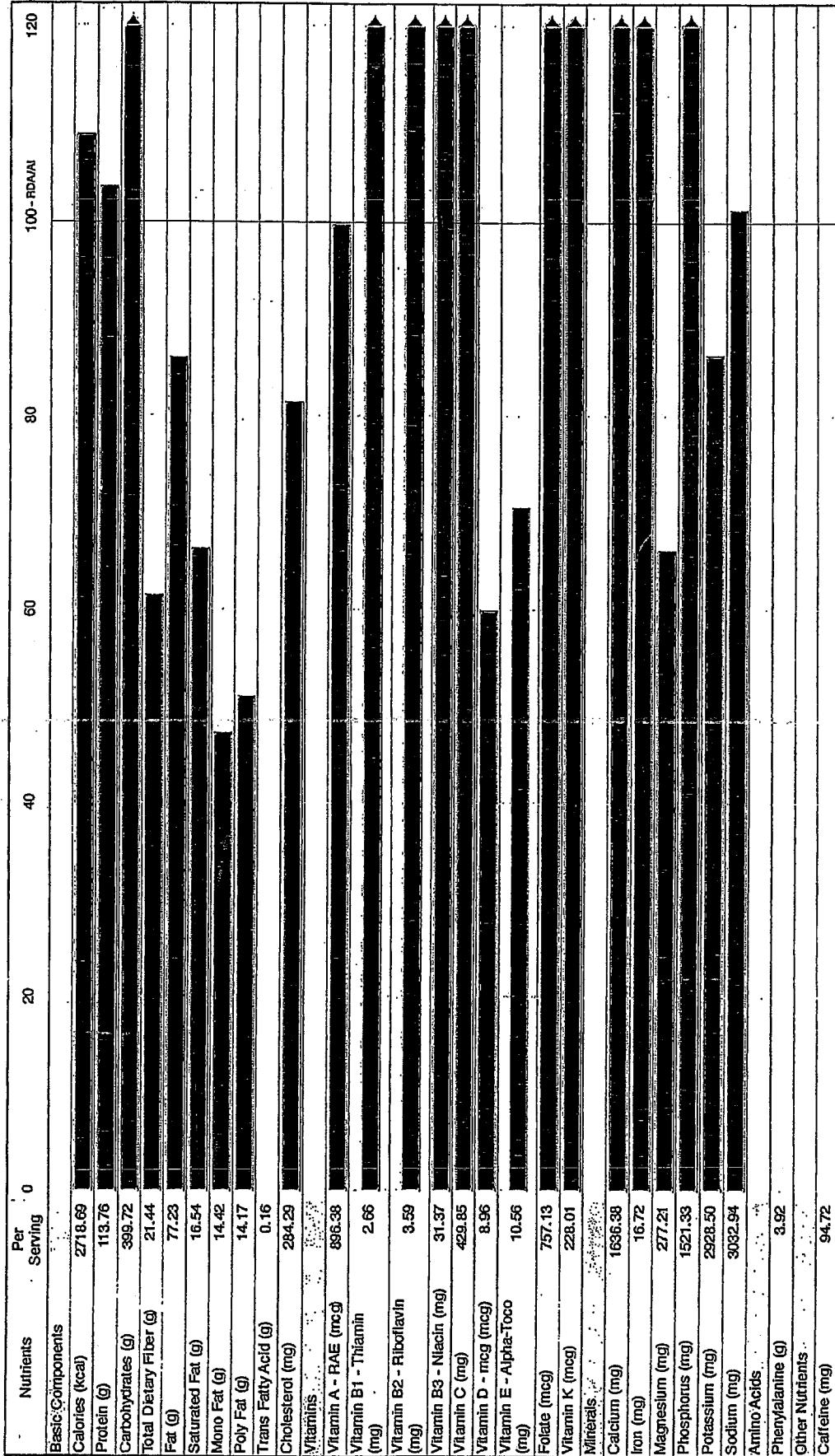


nt of Correction  
 heet - Day 2

Item	Portion	Recipe	# Prepared	# Left Over	Instructions
B	Unsweetened Juice				
R	French Toast	A-2			omit salt
E	Margarine				1/2 oz or 3 Reddies
A	Syrup				
K	Coffee				
F	Sugar				
A	Milk				
S	Yogurt				
T					
L	Tuna Salad	C-10			
U	w/ Cheese				
N	Tossed Salad	D-12			
C	w/ Dressing	D-20			
H	Pasta Salad	D-9			
	Hoagie Roll				
	Pudding				
	Punch				
	Chicken w/White Sauce	C-42			
	Ziti				
	Broccoli				
	w/ Bread				
	Margarine				1/2 oz or 3 Reddies
	Applesauce				
	Punch				
P					
R					
E					
P					
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# DOC Menu: Day 2, Monday

Bar Graph



# DOC Menu: Day 2, Monday

Spreadsheet

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Carb (g)	TotFib (g)	Fat (g)	SatFat (g)	MonoFat (g)	PolyFat (g)	TransFat (g)	Chol (mg)	Vit A-RAE (mcg)	Vit B1 (mg)	Vit B2 (mg)
DOC Menu: Day 2, Monday	1 Serving		2718.69	113.76	399.72	21.44	77.23	16.54	14.42	14.17	0.16	284.29	896.38	2.66	3.59
coffee, brewed, with tap water	1 Cup		2.87	0.28	0	0	0.05	0.00	0.04	0.00	0	0	0	0.03	0.18
milk, 1%, with vitamins A & D	2 Cup		204.96	16.45	24.35	0	4.73	3.09	1.35	0.17	0.14	24.40	283.85	0.10	0.90
DOC FRUIT DRINK	4 Cup		16.00	0	4.00		0								
Sugar, white, granulated, pkt	4 Each		43.34	0	11.20	0	0	0	0	0	0	0	0	0	0.00
margarine	1 Ounce-w...		164.14	0.05	0.23	0	18.44	3.65	6.87	7.35		0.23	232.18	0.00	0.01
DOC Breakfast Juice	1 Serving		60.00	0	15.00										
FRENCH TOAST A-2	1 Serving		384.43	16.46	44.20	3.00	15.24	2.97	4.18	5.02	0.02	162.35	74.09	0.36	0.61
syrup	Fluid 2 ounce		217.90	0	57.07	0	0.08	0.01	0.03	0.04		0	0	0.00	0.01
yogurt, plain, 12g protein, lowfat	1 Cup		154.35	12.86	17.25	0	3.80	2.45	1.04	0.11		14.70	34.71	0.11	0.52
TUNA SALAD C-10	4 Ounce-w...		152.41	15.07	2.53	0.32	8.87	1.52	0.09	0.22	0.00	41.12	15.19	0.03	0.07
DOC CHEESE SLICE 160 ct (Schreiber reg)	0.5 Ounce-w...		40.50	2.02	1.52	0	3.04	0.51				0			
TOSSED SALAD D-12	1 Cup		19.49	0.89	4.21	1.53	0.17	0.03	0.01	0.08	0	0	134.51	0.04	0.04
DOC ITALIAN DRESSING (Oasis FDC0760)	1 Fluid ounce		60.00	0	2.00		6.00	1.00				5.00			
PASTA SALAD D-9	1 Cup		208.32	6.60	39.03	2.66	3.22	0.40	0.02	0.06	0	1.85	23.76	0.71	0.41
DOC HOGIE ROLL (Bouyea Fassetts)	1 Each		200.00	7.00	36.00	1.00	3.00	0				0		0.30	0.17
DOC PUDDING (instant w/water)	0.5 Cup		148.15	0.99	26.67	0	4.94								
CHICKEN WITH WHITE SAUCE	4 Ounce-w...		88.36	12.99	4.06	0.24	1.85	0.49	0.50	0.32	0	34.59	3.29	0.04	0.05
pasta, macaroni, cooked, enriched	1.5 Cup		331.80	12.18	64.81	3.78	1.95	0.37	0.28	0.67	0	0	0	0.58	0.29
broccoli, boiled, from frozen, drained, chopped	1 Cup		51.52	5.70	9.84	5.52	0.22	0.03	0.01	0.10	0	0	93.01	0.10	0.15
DOC WHEAT BREAD (Bouyea Fassetts)	2 Piece		120.00	4.00	22.00	2.00	1.50	0				0		0.23	0.14
applesauce, canned, unsweetened	0.5 Cup		51.24	0.21	13.75	1.34	0.12	0.01	0.00	0.02	0	0	1.77	0.03	0.04
<b>Total</b>	<b>1 Serving</b>		<b>2718.69</b>	<b>113.76</b>	<b>399.72</b>	<b>21.44</b>	<b>77.23</b>	<b>16.54</b>	<b>14.42</b>	<b>14.17</b>	<b>0.16</b>	<b>284.29</b>	<b>896.38</b>	<b>2.66</b>	<b>3.59</b>
% Recommendation			108.75	103.42	121.87	61.26	85.81	66.15	47.13	50.96		81.23	99.60	221.89	276.07

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# DOC Menu: Day 2, Monday

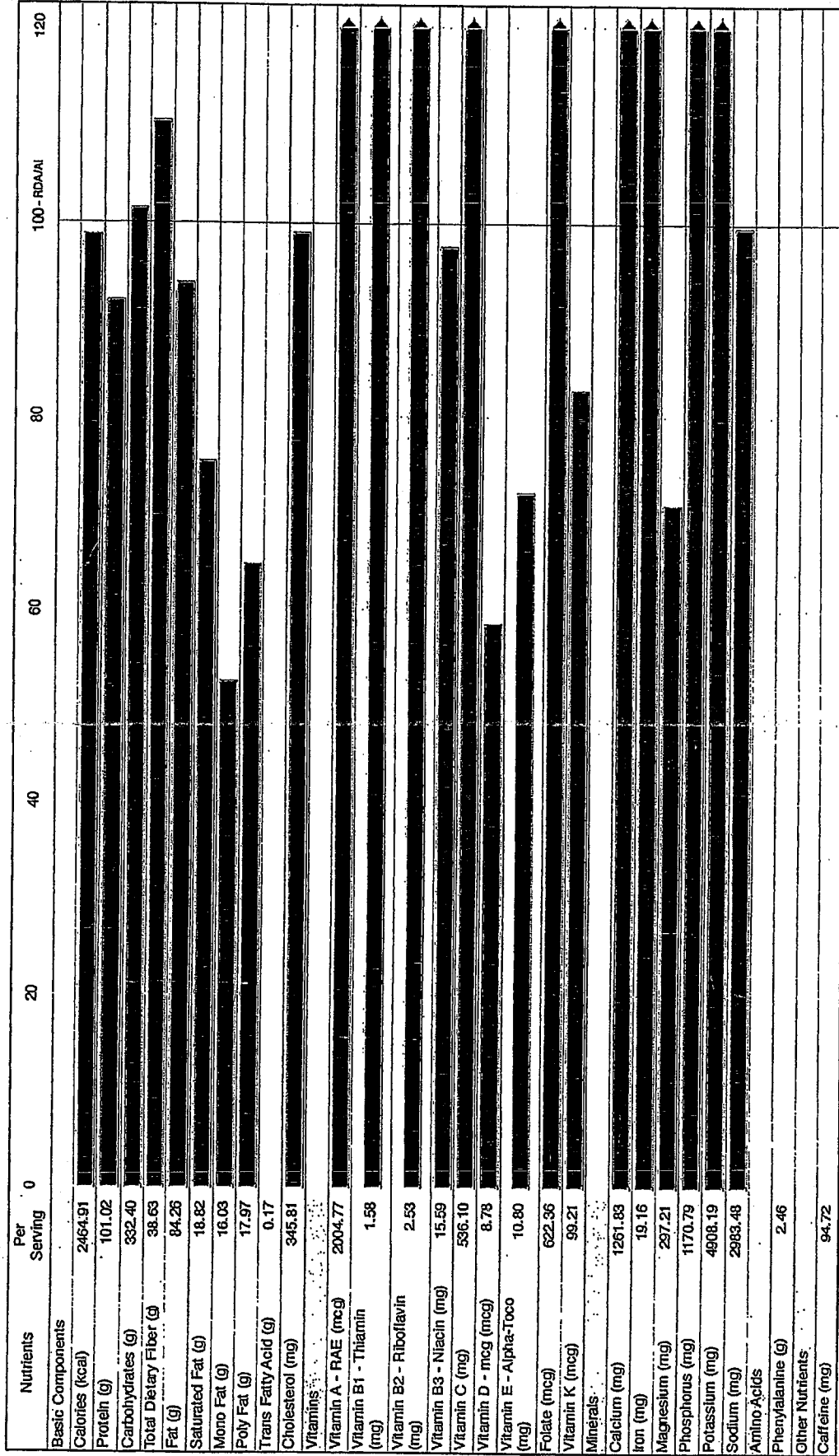
Spreadsheet cont.

Item Name	Vit B3 (mg)	Vit C (mg)	Vit D-mcg (mcg)	Vit E-a-Toco (mcg)	Folate (mcg)	Vit K (mcg)	Calc (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pot (mg)	Sod (mg)	Caff (mg)	Phe (g)
DOC Menu: Day 2, Monday	31.37	429.85	8.96	10.56	757.13	228.01	1636.38	16.72	277.21	1521.33	2928.50	3032.94	94.72	3.92
coffee, brewed, with tap water	0.45	0	0	0.02	4.74	0.24	4.74	0.02	7.10	7.10	116.03	4.74	94.72	0.01
milk, 1%, with vitamins A & D	0.45	0	5.86	0.05	24.40	0.49	610.00	0.15	53.68	463.60	732.00	214.72	0	0.80
DOC FRUIT DRINK	-	240.00	-	-	-	-	-	-	-	-	24.00	0	-	-
Sugar, white, granulated, pkt	0	0	0	0	0	0	0.11	0.01	0	0	0.22	0.11	0	0
margarine	0.01	0.03	1.05	5.13	0.28	28.12	4.54	0.01	0.57	3.69	7.65	196.75	0	-
DOC Breakfast Juice	-	90.00	-	-	-	-	-	-	-	-	100.00	0	-	-
FRENCH TOAST A-2	3.09	0	0.96	1.51	82.57	2.29	97.64	3.50	11.14	99.70	142.57	483.40	0	0.58
syrup	0.00	0	0	0	0	0	4.10	0.06	1.64	8.20	4.92	50.02	0	0
yogurt, plain, 12g protein, lowfat	0.28	1.96	0	0.07	26.95	0.49	448.95	0.20	41.65	352.80	573.30	171.50	0	0.64
TUNA SALAD C-10	7.81	1.01	0.92	0.28	8.34	3.00	19.07	1.29	19.64	111.63	176.12	285.27	0	0.56
DOC CHEESE SLICE 160 ct (Schreiber reg)	-	0	-	-	-	-	75.94	0	-	-	-	207.56	-	-
TOSSED SALAD D-12	0.34	13.93	0	0.30	27.81	22.50	24.64	0.35	9.27	23.74	202.44	33.26	0	0.03
DOC ITALIAN DRESSING (Oasis FDC0760)	-	-	-	-	-	-	-	-	-	-	-	350.00	-	-
PASTA SALAD D-9	4.92	6.02	0	0.30	197.65	7.80	28.50	2.97	53.47	137.45	269.16	144.59	0	0.02
HOGIE ROLL (Bouyea Fassetts)	2.00	0	-	-	80.00	-	150.00	1.80	-	-	-	380.00	-	-
DOC PUDDING (instant w/water)	-	-	-	-	-	-	20.74	-	-	-	-	211.37	-	-
CHICKEN WITH WHITE SAUCE	5.53	1.90	0.17	0.15	4.39	0.37	27.71	0.48	13.67	95.36	136.12	44.86	0	0.50
pasta, macaroni, cooked, enriched	3.55	0	0	0.13	153.30	0	14.70	2.69	37.80	121.80	92.40	2.10	0	0.61
broccoli, boiled, from freezer, drained, chopped	0.84	73.78	0	2.43	103.04	162.10	60.72	1.12	23.92	90.16	261.28	20.24	0	0.17
DOC WHEAT BREAD (Bouyea Fassetts)	2.00	0	-	-	40.00	-	40.00	1.80	-	-	-	230.00	-	-
applesauce, canned, unsweetened	0.10	1.22	0	0.20	3.66	0.61	4.88	0.28	3.66	6.10	90.28	2.44	0	0.01
Total	31.37	429.85	8.96	10.56	757.13	228.01	1636.38	16.72	277.21	1521.33	2928.50	3032.94	94.72	3.92
% Recommendation	196.07	477.61	59.71	70.39	189.28	190.01	163.64	209.01	66.00	217.93	86.13	101.10	-	-



# DOC Menu: Day 3, Tuesday

Bar Graph



# DOC Menu: Day 3, Tuesday

Spreadsheet

Item Name	Quantity	Measure	Calcs (kcal)	Prot (g)	Carb (g)	TotFib (g)	Fat (g)	SatFat (g)	MonoFat (g)	PolyFat (g)	TransFat (g)	Chol (mg)	VR A-RAE (mcg)	VR B1 (mg)	VR B2 (mg)
<b>DOC Menu: Day 3,</b>															
<b>Tuesday</b>															
DOC Menu: Day 3, coffee, brewed, with tap water	1	Cup	2464.91	101.02	332.40	38.63	84.26	18.82	16.03	17.97	0.17	345.81	2004.77	1.58	2.53
DOC FRUIT DRINK	4	Cup	16.00	0	4.00	0	0.05	0.00	0.04	0.00	0	0	0	0.03	0.18
A & D milk, 1%, with vitamins	2	Cup	204.96	16.45	24.35	0	4.73	3.09	1.35	0.17	0.14	24.40	283.85	0.10	0.90
Sugar, white, granulated, pkt	4	Each	43.34	0	11.20	0	0	0	0	0	0	0	0	0	0.00
margarine	1.5	Ounce-w...	246.22	0.07	0.35	0	27.66	5.47	10.30	11.03	0	0.43	348.27	0.00	0.01
DOC Breakfast Juice	1	Serving	60.00	0	15.00	0	0	0	0	0	0	0	0	0	0
<b>SCRAMBLED EGG MIX</b>															
A-3	4	Ounce-w...	116.65	12.90	1.14	0	6.22	2.04	2.34	1.22	0.02	238.04	102.50	0.03	0.48
<b>DOC TURKEY BACON (Butterball)</b>															
DOC WHEAT BREAD (Buyea Fassets)	2	Slice	60.00	4.00	0	0	5.00	1.00	0	0	0	20.00	0	0	0
<b>DOC WHEAT BREAD (Buyea Fassets)</b>															
DOC WHEAT BREAD	2	Piece	120.00	4.00	22.00	2.00	1.50	0	0	0	0	0	0	0.23	0.14
<b>LENTIL SOUP B-7</b>															
DOC CHICKEN PATTY (Tyson 5809-0928)	1	Cup	146.87	6.68	25.28	5.66	2.45	0.04	0.05	0.14	0	0	1.23	0.12	0.05
DOC HAMBURG ROLL (Buyea Fassets)	4	Ounce-w...	299.79	14.34	19.55	2.61	16.94	4.56	0	0	0	32.59	0	0	0
<b>COTTAGE POTATOES</b>															
D-4	1	Cup	291.50	5.99	50.68	5.27	7.71	1.14	1.59	4.36	0	0	1.20	0.15	0.12
carrots, boiled, from frozen, drained, sliced	1	Cup	54.02	0.85	11.29	4.82	0.99	0.18	0.05	0.49	0	0	1235.74	0.04	0.05
banana, fresh, small, 6" to 6 7/8"	1	Each	89.89	1.10	23.07	2.63	0.33	0.11	0.03	0.07	0	0	3.23	0.03	0.07
<b>SHAVED BEEF C-29</b>															
DOC CHEESE SLICE 160 ct (Schreiber reg)	4	Ounce-w...	96.14	12.88	6.25	0.83	1.85	0.54	0.22	0.17	0	30.36	12.24	0.03	0.02
potato, baked, medium, 2 1/4" to 3 1/4"	1	Each	160.89	4.32	36.59	3.81	0.22	0.06	0.01	0.10	0	0	0.86	0.11	0.08
cauliflower, boiled from frozen, drained, 1" pieces	1	Cup	34.20	2.90	6.75	4.86	0.40	0.06	0.03	0.19	0	0	0.90	0.07	0.10
<b>DOC HOGIE ROLL (Buyea Fassets)</b>															
orange, fresh, medium, 2 5/8"	1	Each	61.57	1.23	15.39	3.14	0.16	0.02	0.03	0.03	0	0	14.74	0.11	0.05
Total	1	Serving	2464.91	101.02	332.40	38.63	84.26	18.82	16.03	17.97	0.17	345.81	2004.77	1.58	2.53
% Recommendation			98.60	91.83	101.34	110.37	83.62	75.29	52.39	64.66		98.80	222.75	131.97	194.57

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# DOC Menu: Day 3, Tuesday

Spreadsheet cont.

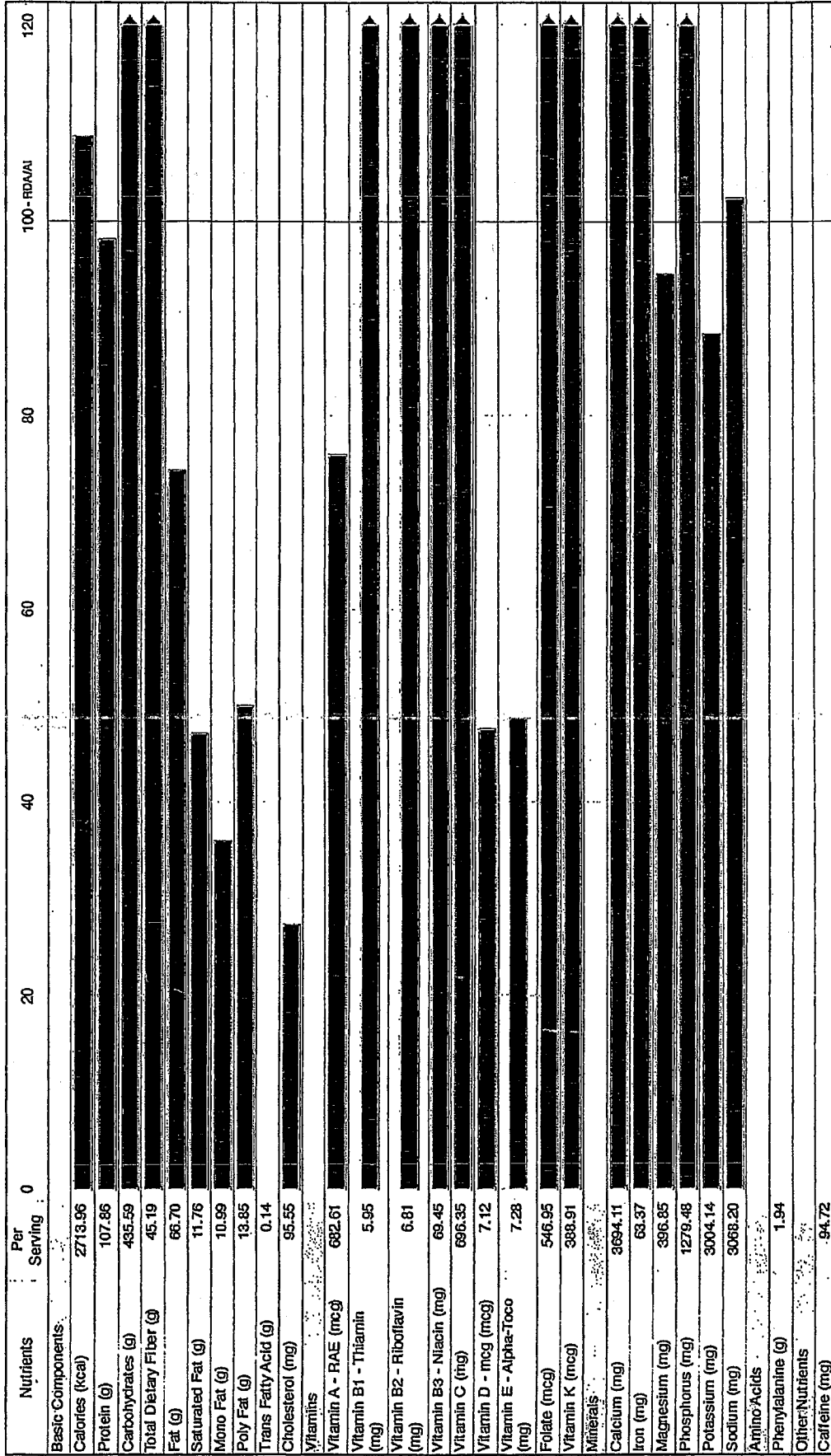
Item Name	Vit B3 (mg)	Vit C (mg)	Vit D-mcg (mcg)	Vit E-tooo (mg)	Folate (mcg)	Vit K (mcg)	Calc (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pot (mg)	Sod (mg)	Calc (mg)	Phn (g)
<b>DOC Menu: Day 3,</b>														
Tuesday	15.59	536.10	8.78	10.80	622.36	99.21	1261.83	19.16	297.21	1170.79	4908.19	2983.48	94.72	2.46
coffee, brewed, with tap water	0.45	0	0	0.02	4.74	0.24	4.74	0.02	7.10	7.10	116.03	4.74	94.72	0.01
DOC FRUIT DRINK	-	240.00	-	-	-	-	-	-	-	-	24.00	0	-	-
milk, 1%, with vitamins A & D	0.45	0	5.86	0.05	24.40	0.49	610.00	0.15	53.68	463.60	792.00	214.72	0	0.80
Sugar, white, granulated, pkt	0	0	0	0	0	0	0.11	0.01	0	0	0.22	0.11	0	0
margarine	0.01	0.04	1.57	7.69	0.43	42.18	6.80	0.01	0.85	5.53	11.48	295.12	0	-
DOC Breakfast Juice	-	90.00	-	-	-	-	-	-	-	-	100.00	0	-	-
SCRAMBLED EGG MIX	0.09	0.03	1.35	0.67	31.74	0.19	47.23	1.15	12.36	192.94	157.65	165.01	0	0.70
A-3	-	0	-	-	-	-	0	0.72	-	-	-	270.00	-	-
DOC TURKEYBACON (Butterball)	-	0	-	-	-	-	-	-	-	-	-	-	-	-
DOC WHEAT BREAD (Bouyea Fassets)	2.00	0	-	-	40.00	-	40.00	1.80	-	-	-	230.00	-	-
DOC LENTIL SOUP B-7	0.75	1.60	0	0.09	126.23	2.62	23.99	2.34	28.30	126.66	283.01	12.06	0	0.31
DOC CHICKEN PATTY (Tyson 5809-0928)	-	0	-	-	-	-	52.14	1.88	-	-	-	586.54	-	-
DOC HAMBURG ROLL (Bouyea Fassets)	1.60	0	-	-	40.00	-	40.00	1.44	-	-	40.00	190.00	-	-
D-4	3.38	23.00	0	0.10	67.09	4.79	35.94	2.59	67.09	167.72	1281.89	23.96	0	0.24
carrots, boiled, from frozen, drained, sliced	0.61	3.36	0	1.47	16.06	19.86	51.10	0.77	16.06	45.26	280.32	86.14	0	0.03
Banana, fresh, small, 6" to 6 7/8"	0.67	8.79	0	0.10	20.20	0.50	5.05	0.26	27.27	22.22	361.58	1.01	0	0.05
SHAVED BEEF C-29	0.21	26.64	0	0.19	9.93	3.45	9.65	1.48	6.76	17.12	107.14	266.81	0	0.02
DOC CHEESE SLICE 160 ct (Schreiber red)	-	0	-	-	-	-	75.94	0	-	-	-	207.56	-	-
potato, baked, medium, 2 1/4" to 3 1/4"	2.44	16.61	0	0.07	48.44	3.46	25.95	1.87	48.44	121.10	925.55	17.30	0	0.17
cauliflower, boiled, from frozen, drained, 1" pieces	0.56	56.34	0	0.11	73.80	21.42	30.60	0.74	16.20	43.20	250.20	32.40	0	0.10
DOC HOGIE ROLL (Bouyea Fassets)	2.00	0	-	-	80.00	-	150.00	1.80	-	-	-	380.00	-	-
orange, fresh, medium, 2 5/8"	0.37	69.69	0	0.24	39.30	0	52.40	0.13	13.10	18.34	237.11	0	0	0.04
Total	15.59	536.10	8.78	10.80	622.36	99.21	1261.83	19.16	297.21	1170.79	4908.19	2983.48	94.72	2.46
% Recommendation	97.46	595.67	58.52	72.01	155.59	82.68	126.18	239.48	70.76	167.26	144.36	99.45	-	-





# DOC Menu: Day 4, Wednesday

Bar Graph



# DOC Menu: Day 4, Wednesday

Spreadsheet cont.

Item Name	Vit B3 (mg)	Vit C (mg)	Vit D-mcg (mcg)	Vit E-a-Toco (mg)	Folate (mcg)	Vit K (mcg)	Calc (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pot (mg)	Sod (mg)	Carb (mg)	Phe (g)
DOC Menu: Day 4, Wednesday	69.45	696.35	7.12	7.28	546.95	388.91	3694.11	63.37	396.85	1279.48	3004.14	3068.20	94.72	1.94
coffee, brewed, with tap water	0.45	0	0	0.02	4.74	0.24	4.74	0.02	7.10	7.10	116.03	4.74	94.72	0.01
milk, 1%, with vitamins A & D	0.45	0	5.86	0.05	24.40	0.49	610.00	0.15	53.68	463.60	782.00	214.72	0	0.90
DOC FRUIT DRINK	-	240.00	-	-	-	-	-	-	-	-	24.00	0	-	-
Sugar, white, granulated, pkt	0	0	0	0	0	0	0.11	0.01	0	0	0.22	0.11	0	0
margarine	0.01	0.03	1.05	5.13	0.28	28.12	4.54	0.01	0.57	3.69	7.65	196.75	0	-
DOC Breakfast Juice	-	90.00	-	-	-	-	-	-	-	-	100.00	0	-	-
☐ COFFEE CAKE A-1	0.02	0.13	0.22	0.01	1.03	0.12	33.53	0.21	2.85	20.28	75.72	150.72	0	0.03
DOC WHEAT FLAKES (Gilster-Mary Lee)	53.33	160.00	-	-	0	-	2600.00	48.00	106.67	266.67	266.67	346.67	-	-
banana, fresh, small, 6" to 6 7/8"	0.67	8.79	0	0.10	20.20	0.50	5.05	0.26	27.27	22.22	361.58	1.01	0	0.05
DOC SMOKED CHICKEN SAUSAGE	-	0	-	-	-	-	52.00	2.70	-	-	-	850.00	-	-
peppers & onions, green, cooked	0.55	66.16	0	0.60	27.80	5.14	25.02	0.44	16.68	40.31	268.54	166.80	0	-
rice, brown, cooked, long grain	5.17	0	0	0.34	18.18	0.40	6.06	1.13	78.78	208.06	173.72	8.08	0	0.27
DOC HOGIE ROLL (Bouyea Fassetts)	2.00	0	-	-	80.00	-	150.00	1.80	-	-	-	380.00	-	-
brussels sprouts, boiled, from frozen, drained	0.83	70.83	0	0.79	156.55	299.93	40.30	0.74	27.90	86.80	449.50	28.25	0	0.16
pineapple, canned, chunks, in juice, drained	0.26	8.51	0	0.02	4.52	0.63	14.48	0.25	13.58	6.33	112.22	0.90	0	-
pasta, spaghetti, cooked, not packed, enriched	3.14	0	0	0.11	135.78	0	13.02	2.38	33.48	107.88	81.84	1.86	0	0.54
☐ SPAGHETTI SAUCE C-9	0.03	46.37	0	0.05	2.41	1.89	17.83	2.57	2.66	7.40	29.79	279.88	0	0.01
green beans, boiled, from frozen, drained	0.52	5.54	0	0.05	31.05	51.43	56.70	0.89	25.65	39.15	214.65	1.35	0	0.07
DOC WHEAT BREAD (Bouyea Fassetts)	2.00	0	-	-	40.00	-	40.00	1.80	-	-	-	230.00	-	-
DOC PUDDING (instant w/water)	-	-	-	-	-	-	20.74	-	-	-	-	211.37	-	-
Total	69.45	696.35	7.12	7.28	546.95	388.91	3694.11	63.37	396.85	1279.48	3004.14	3068.20	94.72	1.94
% Recommendation	434.04	773.72	47.49	48.52	136.74	324.09	369.41	792.07	94.49	182.78	88.36	102.27	-	-

# DOC Menu: Day 4, Wednesday

Spreadsheet

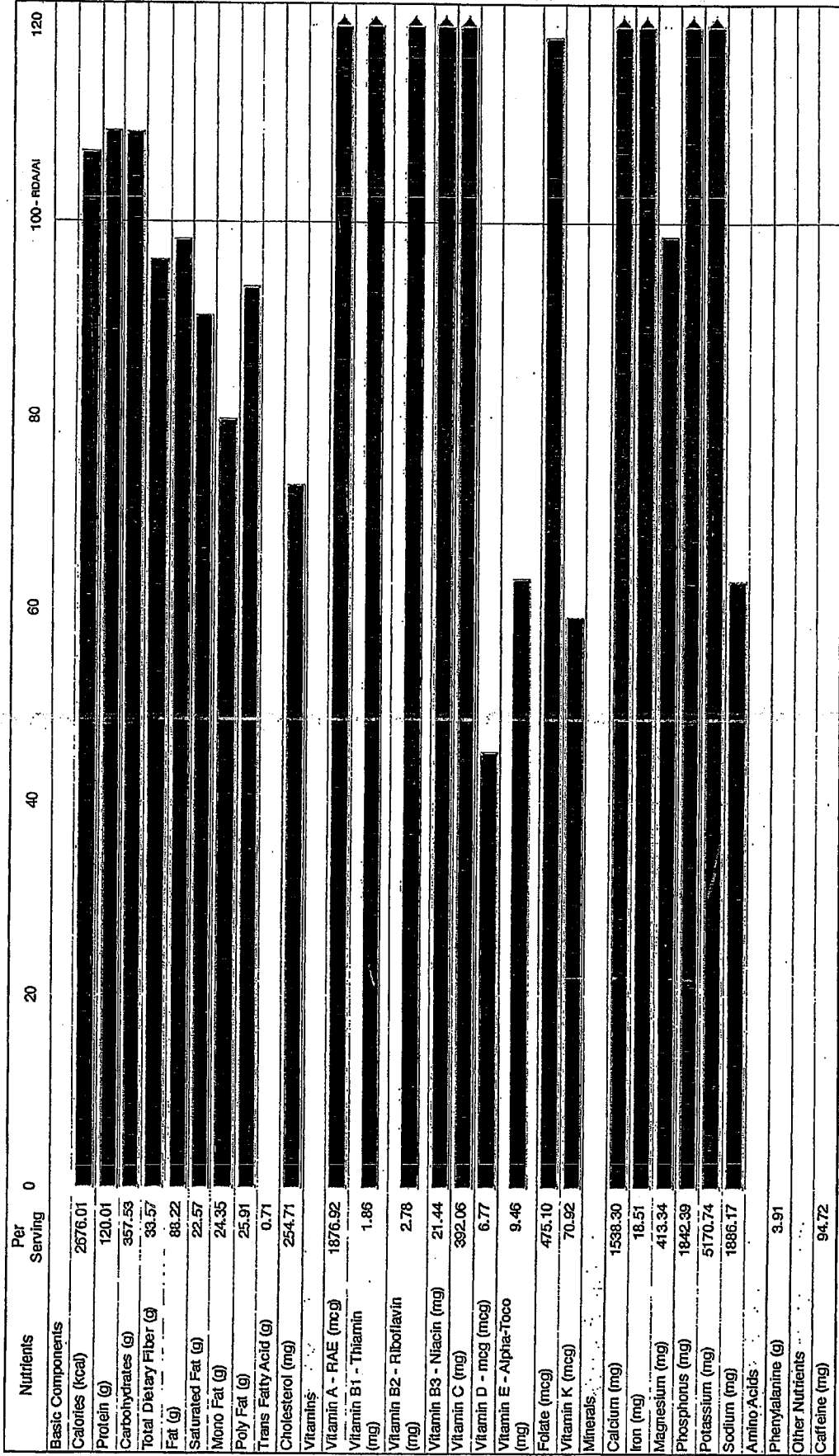
Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Carb (g)	TotFib (g)	Fat (g)	SatFat (g)	MonoFat (g)	PolyFat (g)	TransFat (g)	Chol (mg)	Vit A-RAE (mcg)	Vit B1 (mg)	Vit B2 (mg)
DOC Menu: Day 4, Wednesday	1 Serving		2713.96	107.86	485.59	45.19	66.70	11.76	10.99	13.85	0.14	95.55	682.61	5.95	6.81
coffee, brewed, with tap water	1 Cup		2.37	0.28	0	0	0.05	0.00	0.04	0.00	0	0	0	0.03	0.18
milk, 1%, with vitamins A & D	2 Cup		204.96	16.45	24.35	0	4.73	3.09	1.35	0.17	0.14	24.40	283.85	0.10	0.90
DOC FRUIT DRINK	4 Cup		16.00	0	4.00		0								
Sugar, white, granulated, pkt	4 Each		43.34	0	11.20	0	0	0	0	0	0	0	0	0	0.00
margarine	1 Ounce-w...		164.14	0.05	0.23	0	18.44	3.65	6.87	7.35		0.28	232.18	0.00	0.01
DOC Breakfast Juice	1 Serving		60.00	0	15.00										
☑ COFFEE CAKE A-1	1 Serving		220.62	3.18	34.25	0.78	7.75	1.12	1.64	4.37	0	0.43	14.67	0.01	0.04
DOC WHEAT FLAKES (Glisten-Mary Lee)	2 Cup		280.00	8.00	61.33	10.67	2.67	0			0	0		4.00	4.53
banana, fresh, small, 6" to 6 7/8"	1 Each		89.89	1.10	23.07	2.63	0.33	0.11	0.03	0.07	0	0	3.23	0.03	0.07
DOC SMOKED CHICKEN SAUSAGE	1 Serving		190.00	19.00	5.00	3.00	10.00	1.50			0	0	0	0	
peppers & onions, green, cooked	1 Cup		48.65	1.57	11.43	2.78	0.24	0.08	0.02	0.08			45.87	0.07	0.05
rice, brown, cooked, long grain	1 Cup		248.46	5.53	51.67	3.23	1.96	0.51	0.73	0.72	0	0	0	0.36	0.14
DOC HOGGIE ROLL (Bouyea Fassetts)	1 Each		200.00	7.00	36.00	1.00	3.00	0				0		0.30	0.17
brussels sprouts, boiled, from frozen, drained	1 Cup		65.10	5.64	12.90	6.36	0.60	0.13	0.05	0.31	0	0	71.77	0.16	0.18
pineapple, canned, chunks, in juice, drained	0.5 Cup		54.30	0.46	14.08	1.18	0.10	0.01	0.01	0.04	0	0	2.25	0.09	0.02
pasta, spaghetti, cooked, not packed, enriched	1.5 Cup		288.88	10.79	57.40	3.35	1.73	0.33	0.24	0.61	0	0	0	0.51	0.25
☑ C-9 SPAGHETTI SAUCE	1 Cup		226.29	21.81	16.31	4.18	8.44	1.17	0.01	0.01	0	70.44	0.49	0.01	0.00
green beans, boiled, from frozen, drained	1 Cup		37.80	2.01	8.71	4.05	0.23	0.06	0.01	0.11	0	0	28.28	0.05	0.12
DOC WHEAT BREAD (Bouyea Fassetts)	2 Piece		120.00	4.00	22.00	2.00	1.50	0				0		0.23	0.14
DOC PUDDING (instant w/water)	0.5 Cup		148.15	0.99	26.67	0	4.94								
Total	1 Serving		2713.96	107.86	485.59	45.19	66.70	11.76	10.99	13.85	0.14	95.55	682.61	5.95	6.81
% Recommendation			108.56	98.05	132.80	129.11	74.11	47.03	35.93	49.81		27.30	75.65	495.45	564.05

nt of Correction  
 hect - Day 5

Item	Portion	Recipe	# Prepared	# Left Over	Instructions
B	Unsweetened Juice				
R	Oatmeal				
E	Toast				
A	Margarine				
K	Coffee				1/2 oz or 3 Reddies
F	Sugar				1%
A	Milk				
S	Yogurt				
T					
L	Minestrone Soup	B-3			
U	Hamburger Patty				
N	Hamburger Roll				
C	Carrots				
H	Ketchup*				
	Cottage Potato	D-4			
	Applesauce Cake	E-1			
	Punch				
	Sliced Turkey				
	Gravy				
	Mashed Potato	D-2			
	Corn				
	w/ Bread				
	Margarine				1/2 oz or 3 Reddies
	Jello				
	Punch				
P					
R					
E					
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# DOC Menu: Day 5, Thursday

Bar Graph



# DOC Menu: Day 5, Thursday

Spreadsheet

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Carb (g)	TotFib (g)	Fat (g)	SatFat (g)	MonoFat (g)	PolyFat (g)	TransFat (g)	Chol (mg)	Vit A-RAE (mcg)	Vit B1 (mg)	Vit B2 (mg)
<b>DOC Menu: Day 5,</b>															
☐ Thursday	1	Serving	2676.01	120.01	357.53	33.57	88.22	22.57	24.35	25.91	0.71	254.71	1876.92	1.86	2.78
☐ coffee, brewed, with tap water	1	Cup	2.97	0.28	0	0	0.05	0.00	0.04	0.00	0	0	0	0.03	0.18
☐ milk, 1%, with vitamins A & D, protein fortified	2	Cup	236.16	19.34	27.16	0	5.76	3.58	1.66	0.21	0.17	19.68	300.12	0.22	0.94
☐ DOC FRUIT DRINK	4	Cup	16.00	0	4.00	-	0	0	0	0	-	-	-	-	-
☐ Sugar, white, granulated, pkt	4	Each	43.34	0	11.20	0	0	0	0	0	0	0	0	0	0.00
☐ margarine	1	Ounce-w...	164.14	0.05	0.23	0	18.44	3.65	6.87	7.35	-	0.28	232.18	0.00	0.01
☐ DOC Breakfast Juice	1	Serving	60.00	0	15.00	-	-	-	-	-	-	-	-	-	-
☐ oatmeal, quick, prepared with water, without salt, unenriched	1	Cup	166.14	5.94	28.08	3.98	3.56	0.73	1.02	1.31	0.00	0	0	0.18	0.04
☐ DOC WHEAT BREAD (Bouyea Fassetts)	2	Piece	120.00	4.00	22.00	2.00	1.50	0	-	-	-	0	-	0.23	0.14
☐ yogurt, plain, 12g protein, lowfat	1	Cup	154.35	12.86	17.25	0	3.80	2.45	1.04	0.11	-	14.70	34.71	0.11	0.52
☐ MINESTRONE SOUP	1	Cup	171.26	8.10	30.02	5.72	2.29	0.22	0.24	0.76	0	0	14.63	0.18	0.08
☐ beef patty, pan broiled, 15% fat	3	Ounce-w...	197.31	20.94	0	0	11.92	4.53	5.13	0.37	0.52	71.44	2.55	0.04	0.15
☐ DOC HAMBURG ROLL (Bouyea Fassetts)	1	Each	120.00	4.00	22.00	2.00	2.00	0	-	-	-	0	-	0.23	0.10
☐ carrots, boiled, from frozen, drained, sliced	1	Cup	54.02	0.85	11.29	4.82	0.99	0.18	0.05	0.49	0	0	1235.74	0.04	0.05
☐ COTTAGE POTATOES	1	Cup	291.50	5.99	50.68	5.27	7.71	1.14	1.59	4.36	0	0	1.20	0.15	0.12
☐ APPLESAUCE CAKE	1	Serving	292.08	6.25	27.35	0.86	18.07	3.58	5.49	8.00	0.01	90.39	39.20	0.02	0.18
☐ DOC TURKEY ROAST (Carolina 70092)	3	Ounce-w...	113.90	18.88	0	-	4.56	1.52	-	-	-	56.95	-	-	-
☐ BROWN GRAVY B-5	2	Ounce-w...	61.60	0.53	4.41	0.13	4.51	0.59	0.88	2.36	0	0	0.01	0.00	0.00
☐ MASHED POTATO D-2	1	Cup	148.79	3.69	33.03	2.82	0.47	0.23	0.00	0.07	0	1.26	0.16	0.15	0.03
☐ corn, sweet, yellow, boiled, from frozen, kernels, drained	1	Cup	133.65	4.21	31.84	3.96	1.11	0.17	0.33	0.52	0	0	16.42	0.05	0.10
☐ DOC WHEAT BREAD (Bouyea Fassetts)	2	Piece	120.00	4.00	22.00	2.00	1.50	0	-	-	-	0	-	0.23	0.14
☐ DOC JELLO	0.5	Cup	9.38	0	0	-	0	-	-	-	-	-	-	-	-
Total	1	Serving	2676.01	120.01	357.53	33.57	88.22	22.57	24.35	25.91	0.71	254.71	1876.92	1.86	2.78
% Recommendation			107.04	109.10	108.00	95.91	98.02	90.27	79.57	93.22	72.77	208.55	154.59	214.03	

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# DOC Menu: Day 5, Thursday

Spreadsheet cont.

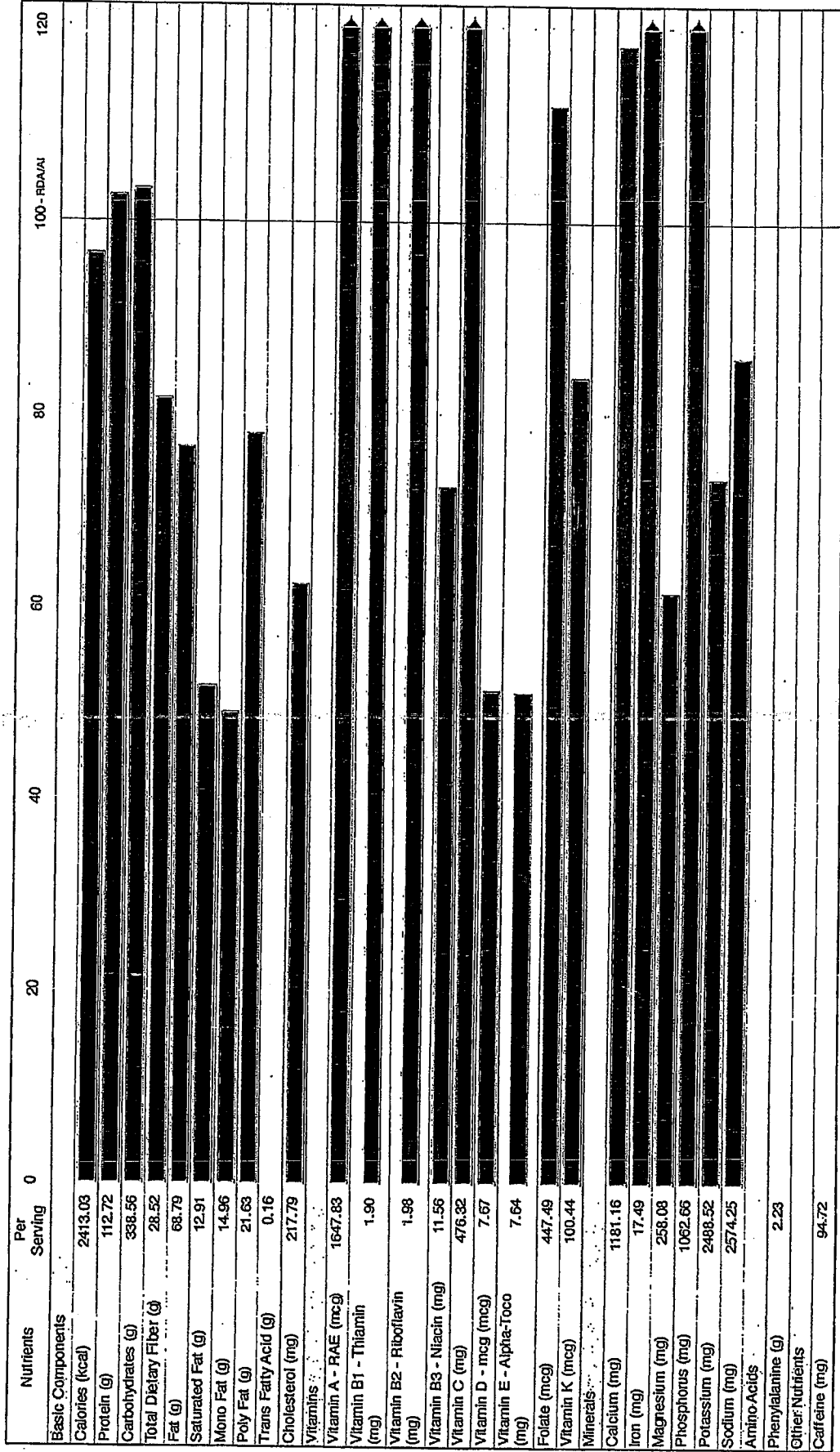
Item Name	Vit B3 (mg)	Vit C (mg)	Vit D-mcg (mcg)	Vit E-a-Toco (mg)	Folate (mcg)	Vit K (mcg)	Calc (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pot (mg)	Sod (mg)	Catf (mg)	Phe (g)
DOC Menu: Day 5, Thursday	21.44	392.06	6.77	9.46	475.10	70.92	1538.30	18.51	413.34	1842.39	5170.74	1886.17	94.72	3.91
coffee, brewed, with tap water	0.45	0	0	0.02	4.74	0.24	4.74	0.02	7.10	7.10	116.03	4.74	94.72	0.01
milk, 1%, with vitamins A & D, protein fortified	0.49	5.90	4.92	-	29.52	-	698.64	0.30	78.72	546.12	885.60	285.36	0	0.89
DOC FRUIT DRINK	-	240.00	-	-	-	-	-	-	-	-	24.00	0	-	-
Sugar, white, granulated, pkt	0	0	0	0	0	0	0.11	0.01	0	0	0.22	0.11	0	0
inagaine	0.01	0.03	1.05	5.13	0.28	28.12	4.54	0.01	0.57	3.69	7.65	196.75	0	-
DOC Breakfast Juice	-	90.00	-	-	-	-	-	-	-	-	100.00	0	-	-
oatmeal, quick, prepared with water, without salt, unenriched	0.53	0	0	0.19	14.04	0.70	21.06	2.11	63.18	180.18	163.80	9.36	0	0.30
DOC WHEAT BREAD (Bouyea Fassetts)	2.00	0	-	-	40.00	-	40.00	1.80	-	-	-	230.00	-	-
yogurt, plain, 12g protein, lowfat	0.28	1.96	0	0.07	26.95	0.49	448.35	0.20	41.65	352.80	573.30	171.50	0	0.64
MINESTRONE SOUP	0.87	9.99	0	0.06	105.08	7.10	31.40	2.10	35.29	109.97	297.42	48.95	0	0.42
beef patty, pan broiled, 15% fat	4.91	0	0	0.11	6.80	1.28	17.01	2.28	18.71	179.45	296.82	67.19	0	0.82
DOC HAMBURG ROLL (Bouyea Fassetts)	1.60	0	-	-	40.00	-	40.00	1.44	-	-	40.00	190.00	-	-
carrots, boiled, from frozen, drained, sliced	0.61	3.36	0	1.47	16.06	19.86	51.10	0.77	16.06	45.26	280.32	86.14	0	0.03
COTTAGE POTATOES	3.38	23.00	0	0.10	67.09	4.79	35.94	2.59	67.09	167.72	1281.89	23.96	0	0.24
APPLESAUCE CAKE	0.09	0.29	0.49	2.17	12.66	4.32	47.63	0.71	6.86	56.93	136.79	141.18	0	0.24
DOC TURKEY ROAST (Carolina 70092)	-	-	-	-	-	-	-	1.09	-	-	-	56.95	-	-
BROWN GRAVY B-5	0.00	0	0	0.00	0.07	2.44	2.44	0.04	0.53	0.07	9.23	1.44	0	0.00
MASHED POTATO D-2	2.06	11.76	0.32	0.02	14.12	3.45	50.40	0.49	31.38	62.75	514.56	23.61	0	0.12
corn, sweet, yellow, boiled, from frozen, kernels, drained	2.16	5.77	0	0.12	57.75	0.49	4.95	0.78	46.20	130.35	384.45	1.65	0	0.21
DOC WHEAT BREAD (Bouyea Fassetts)	2.00	0	-	-	40.00	-	40.00	1.80	-	-	-	230.00	-	-
DOC JELLO	-	0	-	-	-	-	0	-	-	-	58.64	117.29	-	-
Total	21.44	392.06	6.77	9.46	475.10	70.92	1538.30	18.51	413.34	1842.39	5170.74	1886.17	94.72	3.91
% Recommendation	133.97	435.62	45.14	63.08	118.77	59.10	153.83	231.42	98.42	263.20	152.08	62.87	-	-





# DOC Menu: Day 8, Sunday

Bar Graph



# DOC Menu: Day 8, Sunday

Spreadsheet

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Carb (g)	TotFib (g)	Fat (g)	SatFat (g)	MonoFat (g)	PolyFat (g)	TransFat (g)	Chol (mg)	Vit A-RAE (mcg)	Vit B1 (mg)	Vit B2 (mg)	
DOC Menu: Day 8, Sunday	1	Serving	2413.03	112.72	338.56	28.52	66.79	12.91	14.96	21.63	0.16	217.79	1647.83	1.90	1.98	
coffee, brewed, with tap water	1	Cup	2.37	0.28	0	0	0.05	0.00	0.04	0.00	0	0	0	0	0.03	0.18
milk, 1%, with vitamins A & D	2	Cup	204.96	16.45	24.35	0	4.73	3.09	1.35	0.17	0.14	24.40	283.85	0.10	0.90	
DOC FRUIT DRINK	4	Cup	16.00	0	4.00		0									
Sugar, white, granulated, pkt	4	Each	43.34	0	11.20	0	0	0	0	0	0	0	0	0	0	0.00
margarine	1	Ounce-w	164.14	0.05	0.23	0	18.44	3.65	6.87	7.35		0.23	232.18	0.00	0.01	
DOC Breakfast Juice	1	Serving	60.00	0	15.00											
oatmeal, quick, prepared with water, without salt, unenriched	1	Cup	166.14	5.94	28.08	3.98	3.56	0.73	1.02	1.31	0.00	0	0	0	0.18	0.04
DOC WHEAT BREAD (Bouyea Fassetts)	2	Piece	120.00	4.00	22.00	2.00	1.50	0				0		0.23	0.14	
BEEF STIR FRY C-38	1	Cup	225.11	34.76	10.08	2.32	3.80	1.23	0.02	0.07	0	84.00	295.36	0.09	0.04	
STEAMED RICE D-5	1	Cup	107.90	2.23	23.38	0.33	0.23	0.06	0.07	0.06	0	0	0	0.14	0.01	
CORNBREAD E-2	1	Serving	427.83	8.00	57.82	2.14	17.86	2.83	3.94	9.67	0.01	24.34	30.04	0.07	0.16	
DOC PUDDING (instant w/water)	0.5	Cup	148.15	0.99	26.67	0	4.94									
MINISTRONE SOUP B-3	1	Cup	171.26	8.10	30.02	5.72	2.29	0.22	0.24	0.76	0	0	14.63	0.18	0.08	
MEATBALL SUB C-25	4	Ounce-w	182.21	16.74	11.10	0.91	7.57	0.96	1.32	1.88	0.00	84.77	15.89	0.11	0.09	
PIZZA SAUCE B-8	0.5	Cup	35.23	2.01	7.05	2.01	0	0	0	0	0	0	0	0	0	0
DOC HOGIE ROLL (Bouyea Fassetts)	1	Each	200.00	7.00	36.00	1.00	3.00	0						0.30	0.17	
peas & carrots, boiled, from frozen, drained	1	Cup	76.80	4.94	16.19	4.96	0.67	0.12	0.06	0.32	0	0	761.12	0.36	0.10	
orange, fresh, medium, 2 5/8"	1	Each	61.57	1.23	15.39	3.14	0.16	0.02	0.03	0.03	0	0	14.74	0.11	0.05	
Total	1	Serving	2413.03	112.72	338.56	28.52	66.79	12.91	14.96	21.63	0.16	217.79	1647.83	1.90	1.98	
% Recommendation			66.52	102.46	103.22	81.50	76.44	51.63	48.89	77.81	62.23	157.99	163.09	157.99	152.06	

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# DOC Menu: Day 8, Sunday

Spreadsheet cont.

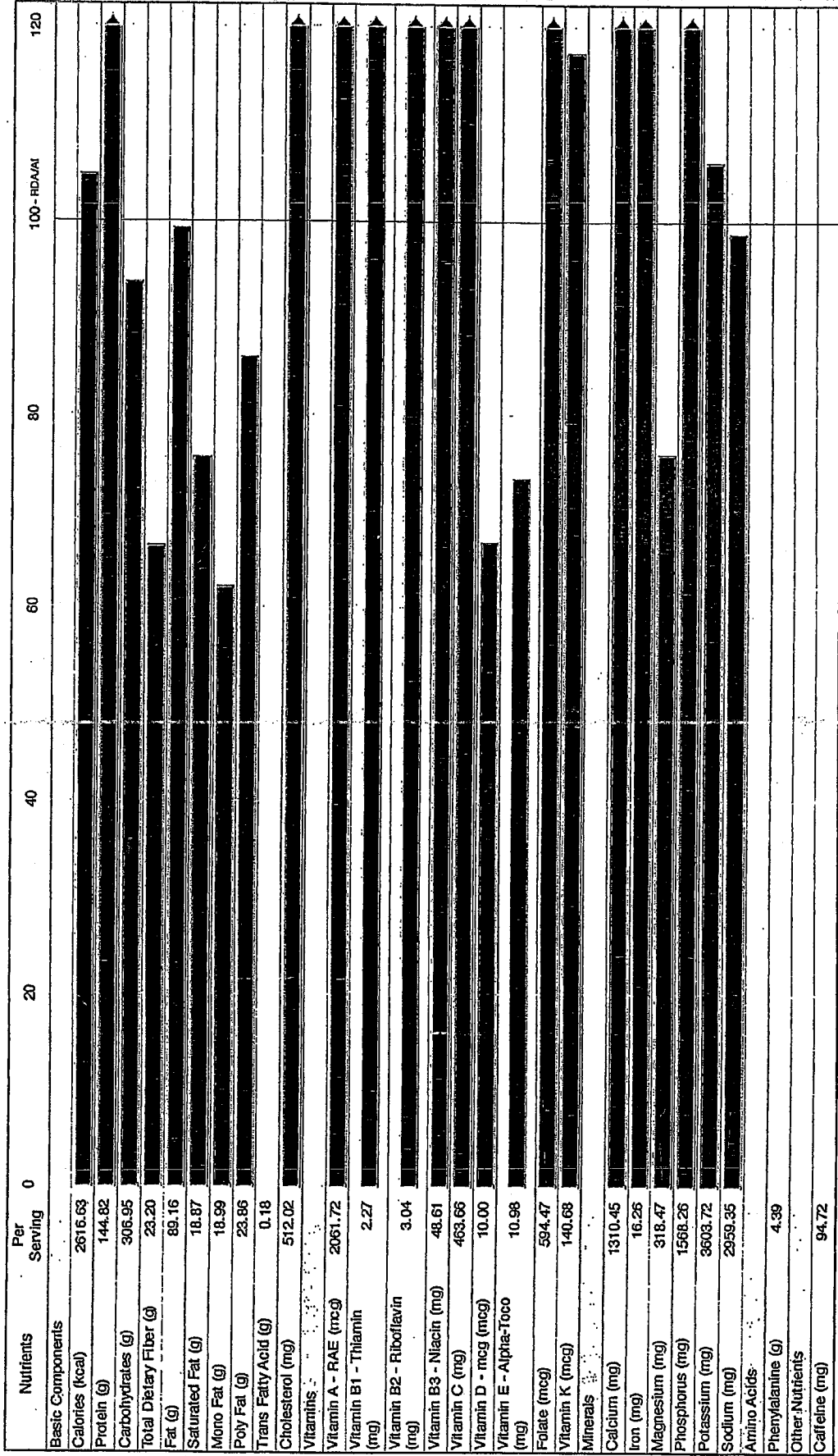
Item Name	Vit B3 (mg)	Vit C (mg)	Vit D-mcg (mcg)	Vit E-a-Toco (mg)	Folate (mcg)	Vit K (mcg)	Calc (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pot (mg)	Sod (mg)	Caff (mg)	Phe (g)
☐ DOC Menu: Day 8, Sunday coffee, brewed, with tap water	11.56	476.32	7.67	7.64	447.49	100.44	1181.16	17.49	258.08	1062.86	2488.52	2574.25	94.72	2.23
☐ milk, 1%, with vitamins A & D	0.45	0	0	0.02	4.74	0.24	4.74	0.02	7.10	7.10	116.03	4.74	94.72	0.01
☐ DOC FRUIT DRINK Sugar, white, granulated, pkt	0.45	0	5.86	0.05	24.40	0.49	610.00	0.15	53.68	463.60	732.00	214.72	0	0.80
☐ margarine	0	240.00	0	0	0	0	0.11	0.01	0	0	0.22	0.11	0	0
☐ DOC Breakfast Juice oatmeal, quick, prepared with water, without salt, unenriched	0.01	0.03	1.05	5.13	0.28	28.12	4.54	0.01	0.57	3.69	7.65	196.75	0	0
☐ DOC WHEAT BREAD (Bouyea Fassetts)	0.53	90.00	0	0.19	14.04	0.70	21.06	2.11	63.18	180.18	163.80	9.96	0	0.30
☐ BEEF STIR FRY C-38	2.00	0	0	0	40.00	0	40.00	1.80	0	0	0	230.00	0	0
☐ STEAMED RICE D-5	0.47	28.25	0	0.41	23.29	29.61	35.62	3.85	14.21	35.23	265.61	754.92	0	0.03
☐ CORNBREAD E-2	1.23	0	0	0.03	48.14	0	8.30	1.00	9.96	35.69	23.05	0.83	0	0.12
☐ DOC PUDDING (instant w/water)	0.64	0	0.54	0.14	8.89	0.10	122.23	0.95	25.91	85.15	182.96	170.34	0	0.20
☐ MINESTRONE SOUP B-3	0.87	9.99	0	0.06	105.08	7.10	31.40	2.10	35.29	109.97	297.42	48.95	0	0.42
☐ MEATBALL SUB C-25	0.72	1.25	0.23	0.54	17.72	4.00	41.49	1.35	8.88	45.32	79.26	125.82	0	0.13
☐ PIZZA SAUCE B-8	0	24.16	0	0	0	0	1.79	0.72	0.60	0	0.60	117.56	0	0
☐ DOC HOGIE ROLL (Bouyea Fassetts)	2.00	0	0	0	80.00	0	150.00	1.80	0	0	0	380.00	0	0
☐ peas & carrots, boiled, from frozen, drained	1.85	12.96	0	0.83	41.60	30.08	36.80	1.50	25.60	78.40	252.80	108.80	0	0.18
☐ orange, fresh, medium, 2 5/8"	0.37	69.69	0	0.24	39.30	0	52.40	0.13	13.10	18.34	237.11	0	0	0.04
<b>Total</b>	11.56	476.32	7.67	7.64	447.49	100.44	1181.16	17.49	258.08	1062.86	2488.52	2574.25	94.72	2.23
<b>% Recommendation</b>	72.26	529.25	51.14	50.95	111.87	83.70	118.12	218.66	61.45	151.81	73.19	85.81		

Unit of Correction  
 Heat - Day 9

Item	Portion	Recipe	# Prepared	# Left Over	Instructions
B	4 oz				
R	4 oz	A-3			
E	2 sl				
A	2sl				1/2 oz or 3 Reddies
K	1/2 oz				
F	1 C				
A	4 pkts				
S	2 C				
T	1 ea				
<b>LUNCH</b>					
	4 oz				
	1 sl				
	1 C	D-9			
	1 C	D-12			
	1 oz	D-20			
	1 ea				
	1/2 C				
	2 C				
<b>DINNER</b>					
	1 1/2 c	C-43			
	1 c				
	1 pc	E-2			
	1/2 oz				
	1 ea				
	2 c				
<b>PREPARATION</b>					

# DOC Menu: Day 9, Monday

Bar Graph



# DOC Menu: Day 9, Monday

Spreadsheet

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Carb (g)	TotFib (g)	Fat (g)	SatFat (g)	MonoFat (g)	PolyFat (g)	TransFat (g)	Chol (mg)	Vit A-RAE (mcg)	Vit B1 (mg)	Vit B2 (mg)
DOC Menu: Day 9, Monday	1 Serving		2616.63	144.82	306.95	23.20	89.16	18.87	18.99	23.86	0.18	512.02	2061.72	2.27	3.04
coffee, brewed, with tap water	1 Cup		2.37	0.28	0	0	0.05	0.00	0.04	0.00	0	0	0	0.03	0.18
milk, 1%, with vitamins A & D	2 Cup		204.96	16.45	24.35	0	4.73	3.09	1.35	0.17	0.14	24.40	283.85	0.10	0.90
DOC FRUIT DRINK	4 Cup		16.00	0	4.00		0								
Sugar, white, granulated, pkt	4 Each		43.34	0	11.20	0	0	0	0	0	0	0	0	0	0.00
margarine	1 Ounce-w...		164.14	0.05	0.23	0	18.44	3.65	6.87	7.95		0.28	232.18	0.00	0.01
DOC Breakfast Juice	1 Serving		60.00	0	15.00										
SCRAMBLED EGG MIX A-3	4 Ounce-w...		116.65	12.90	1.14	0	6.22	2.04	2.34	1.22	0.02	238.04	102.50	0.03	0.48
DOC TURKEY BACON (Butterball)	2 Slice		60.00	4.00	0	0	5.00	1.00			0	20.00	0		
DOC WHEAT BREAD (Bouyea Fassetts)	2 Piece		120.00	4.00	22.00	2.00	1.50	0							
banana, fresh, small, 6" to 6 7/8"	1 Each		89.89	1.10	23.07	2.63	0.33	0.11	0.08	0.07	0	0	3.23	0.03	0.07
TUNA SALAD M-8	4 Ounce-w...		126.32	16.28	1.94	0.27	5.31	0.95	0.10	0.23	0	38.05	15.86	0.03	0.08
DOC CHEESE SLICE 160 ct (Schreiber reg)	0.5 Ounce-w...		40.50	2.02	1.52	0	3.04	0.51							
PASTA SALAD D-9	1 Cup		208.32	6.60	39.03	2.66	3.22	0.40	0.02	0.06	0	1.85	23.76	0.71	0.41
TOSSED SALAD D-12	1 Cup		19.49	0.89	4.21	1.53	0.17	0.03	0.01	0.08	0	0	134.51	0.04	0.04
DOC ITALIAN DRESSING (Oasis FDC0760)	1 Fluid ounce		60.00	0	2.00		6.00	1.00				5.00			
DOC HOGIE ROLL (Bouyea Fassetts)	1 Each		200.00	7.00	36.00	1.00	3.00	0						0.30	0.17
DOC JELLO	0.5 Cup		9.38	0	0		0								
CHICKEN AND BROCCOLI C-43	1.5 Cup		477.96	61.78	24.67	7.44	13.91	3.19	4.18	4.90	0	160.07	1221.05	0.45	0.34
STEAMED RICE D-5	1 Cup		107.90	2.23	23.38	0.33	0.23	0.06	0.07	0.06	0	0	0	0.14	0.01
CORNBREAD E-2 orange, fresh, medium, 2 5/8"	1 Serving		427.83	8.00	57.82	2.14	17.86	2.83	3.94	9.67	0.01	24.94	30.04	0.07	0.16
Total	1 Serving		2616.63	144.82	306.95	23.20	89.16	18.87	18.99	23.86	0.18	512.02	2061.72	2.27	3.04
% Recommendation			104.67	131.65	93.58	65.30	99.07	75.48	62.05	85.81	146.23	229.08	189.17	233.69	

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# DOC Menu: Day 9, Monday

Spreadsheet cont.

Item Name	Vit B3 (mg)	Vit C (mg)	Vit D-mcg (mcg)	Vit E-a-Toco (mg)	Folate (mcg)	Vit K (mcg)	Calc (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pot (mg)	Sod (mg)	Caff (mg)	Phe (g)
☐ DOC Menu: Day 9, Monday	48.61	463.66	10.00	10.98	594.47	140.68	1310.45	16.26	318.47	1568.26	3603.72	2959.35	94.72	4.39
☐ coffee, brewed, with tap water	0.45	0	0	0.02	4.74	0.24	4.74	0.02	7.10	7.10	116.03	4.74	94.72	0.01
☐ milk, 1%, with vitamins A & D	0.45	0	5.86	0.05	24.40	0.49	610.00	0.15	53.68	463.60	732.00	214.72	0	0.80
☐ DOC FRUIT DRINK		240.00									24.00	0		
☐ Sugar, white, granulated, pkt	0	0	0	0	0	0	0.11	0.01	0	0	0.22	0.11	0	0
☐ margarine	0.01	0.03	1.05	5.13	0.28	28.12	4.54	0.01	0.57	3.69	7.65	196.75	0	
☐ DOC Breakfast Juice		90.00									100.00	0		
☐ SCRAMBLED EGG MIX A-3	0.09	0.03	1.35	0.67	31.74	0.19	47.23	1.15	12.36	132.94	157.65	165.01	0	0.70
☐ DOC TURKEY BACON (Butterball)		0					0	0.72				270.00		
☐ DOC WHEAT BREAD (Bouyea Fassetts)	2.00	0			40.00		40.00	1.80				230.00		
☐ banana, fresh, small, 6" to 6 7/8"	0.67	8.79	0	0.10	20.20	0.50	5.05	0.26	27.27	22.22	361.53	1.01	0	0.05
☐ TUNA SALAD M-8	8.45	0.86	1.02	0.30	7.56	2.06	20.10	1.45	21.22	120.70	180.96	240.01	0	0.00
☐ DOC CHEESE SLICE 160 ct (Schreiber reg)		0					75.94	0				207.56		
☐ PASTA SALAD D-9	4.92	6.02	0	0.30	197.65	7.80	28.50	2.97	53.47	137.45	269.16	144.59	0	0.02
☐ TOSSED SALAD D-12	0.84	13.93	0	0.30	27.81	22.50	24.64	0.35	9.27	23.74	202.44	33.28	0	0.03
☐ DOC ITALIAN DRESSING (Oasis FDC07GO)												350.00		
☐ DOC HOGIE ROLL (Bouyea Fassetts)	2.00	0			80.00		150.00	1.80				380.00		
☐ DOC JELLO		0					0				58.64	117.29		
☐ CHICKEN AND BROCCOLI C-43	27.00	34.24	0.19	3.71	63.76	78.68	113.67	3.49	84.57	517.64	944.85	233.12	0	2.42
☐ STEAMED RICE D-5	1.23	0	0	0.03	48.14	0	3.30	1.00	9.96	35.69	29.05	0.83	0	0.12
☐ CORNBREAD E-2	0.64	0	0.54	0.14	8.89	0.10	122.23	0.95	25.91	85.15	182.96	170.34	0	0.20
☐ orange, fresh, medium, 2 5/8"	0.37	69.69	0	0.24	39.30	0	52.40	0.13	13.10	18.34	237.11	0	0	0.04
Total	48.61	463.66	10.00	10.98	594.47	140.68	1310.45	16.26	318.47	1568.26	3603.72	2959.35	94.72	4.39
% Recommendation	303.84	515.18	66.67	73.20	148.62	117.23	131.04	203.21	75.83	224.04	105.99	98.65		





Massachusetts  
Department Of Correction

# POLICY

Effective Date

1/18/2022

Responsible Division

Deputy Commissioner,  
Administration

Annual Review Date

1/18/2022

Policy Name

103 DOC 760  
FOOD SERVICE POLICY

M.G.L. Reference:

M.G.L. c. 124, §. 1 (c) & (q); 801 CMR 21;  
105 CMR 590

DOC Policy Reference:

103 DOC 158; 103 DOC 224; 103 DOC 339; 103  
DOC 340; 103 CMR 471; 103 DOC 620; 103 DOC  
631; 103 DOC 761

ACA/PREA Standards:

2-CO-4C-01; 4-ACRS-4A-01; 4-ACRS-4A-04;  
4-ACRS-4A-04-1; 4-ACRS-4A-05;  
4-ACRS-4A-06; 4-ACRS-4A-07; 4-ACRS-4A-08;  
5-ACI-2E-05; 5-ACI-2E-06; 5-ACI-2E-07;  
5-ACI-4A-18; 5-ACI-4A-19; 5-ACI-4B-18;  
5-ACI-5C-01; 5-ACI-5C-02; 5-ACI-5C-03;  
5-ACI-5C-04; 5-ACI-5C-05; 5-ACI-5C-07;  
5-ACI-5C-08; 5-ACI-5C-09; 5-ACI-5C-10;  
5-ACI-5C-11; 5-ACI-5C-12; 5-ACI-5C-13;  
5-ACI-5C-14; 5-ACI-5C-15; 5-ACI-5C-16

Attachments

Yes  No

Inmate Library

Yes  No

Applicability: Staff/Inmates

Public Access

Yes  No

Location:

Department Central policy file  
Each Institution's policy file

**PURPOSE:**

To establish Department of Correction ("Department") policy concerning food service.

**RESPONSIBLE STAFF FOR IMPLEMENTATION AND MONITORING OF POLICY:**

Commissioner  
Deputy Commissioner of Administration  
Superintendents  
Departmental Food Service Director

**CANCELLATION:**

103 DOC 760 cancels all previous Department policy statements, bulletins, directives, orders, notices, rules and/or regulations regarding food services which are inconsistent with this policy.

**SEVERABILITY CLAUSE:**

If any part of 103 DOC 760 for any reason, is held to be in excess of the authority of the Commissioner, such decision shall not affect any other part of this policy.

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760.01

DEPARTMENT POLICY

The Department is committed to the following food services objectives:

1. To provide all inmates with nutritionally adequate meals that are of appropriate quantity and quality through the use of a seasonally adjusted cyclical menu;
2. To provide all inmates assigned to food service with the opportunity through training and education to acquire skills and abilities that may assist in obtaining gainful employment after release;
3. To assure that food service operations are conducted in conformity with established security, safety and sanitation regulations;
4. To manage food service operations as efficiently and effectively as possible;
5. To assure all staff, contractors, and inmate workers who work in the food service department are trained in the use of food service equipment and in safety procedures to be followed in the food service department.

760.02

RESPONSIBILITIES

Central Office of the Department of Correction

The Commissioner, through the Deputy Commissioner of Administration and the Departmental Director of Food Services, is responsible for the promulgation of procedures for the delivery of food services as specified in this policy.

The Departmental Director of Food Services shall monitor the food service administration at the Departmental and institutional levels. His/Her/Their duties shall include but not be limited to:

1. Monitoring institutional food service policies and procedures for compliance with 103 DOC 760, *Food Service* including periodic on site reviews of all Department institutions;
2. Conducting periodic compliance review of contracted food services at each institution;
3. Coordinating and implementing the cycle menu accounting for therapeutic and religious diet menus;

4. Departmental liaison with the Operational Services Division as head of the food procurement team;
5. Monitoring food cost throughout the Department;
6. Providing technical assistance in all aspects of food service to departmental sites and regulatory agencies as required;
7. Coordinating Serve Safe and Therapeutic Diet training for the Food Service Department;
8. Assisting in the monitoring of outside consultants and vendor contracts in the area of food services.

Institutions

Each Superintendent is responsible for assuring that the food service policy is implemented at his/her/their respective institution in accordance with appropriate rules and regulations in effect in the Commonwealth of Massachusetts Policies 103 DOC 760, *Food Service*, 103 CMR 761, *Access to Therapeutic Diets and Medical Care* and 105 CMR 590, *State Sanitary Code Chapter X, Minimum Sanitation Standards for Food Establishments*. Each Superintendent may delegate the operational responsibility for the daily administration of the food service policy to an institutional food service director.

760.03

FOOD SERVICE SUPERVISION

Each institution shall employ a full-time qualified staff member who is responsible to provide for the institution's complete food service.

760.04

INSTITUTIONAL FOOD SERVICE DIRECTORS DUTIES & RESPONSIBILITIES

Each institutional Food Service Director shall oversee the daily preparation and delivery of all meals. His/Her/Their duties shall include, but not limited to:

1. Assure compliance with departmental policies/procedures and all ACA standards regarding food service;
2. Providing nutritionally adequate meals, properly prepared and attractively served in accordance with the departmental cycle menus and corresponding recipes;

3. Assuring compliance with 105 CMR 590.00, *State Sanitary Code Chapter X, Minimum Sanitation Standards for Food Establishments*;
4. Providing proper supervision and maintaining adequate scheduling of all food service staff.

760.05

MENU REQUIREMENTS

Each institution shall ensure that inmates are provided nutritionally adequate meals by:

1. Having the planned cycle menu reviewed by a registered dietician on at least a bi-annual basis to ensure that food allowances required for basic nutrition are met, as defined by the nationally Recommended Dietary Allowance, the Food and Nutrition Board, the National Academy of Sciences, the National Research Council, and the American Correctional Association.
2. Recording any substitution(s) or addition(s) in food actually served, ensuring that the substitution is in accordance with the approved departmental substitution guidelines.
3. Ensuring that documentation of the menus actually served are maintained on a weekly basis by the food service supervisor. These documents are stored in accordance with 103 DOC 158, *Disposal of Outdated Documents*.
4. Evaluating menus at least quarterly to verify adherence to the established basic daily servings.

760.06

ADVANCED MENU PLANNING AND PREPARATION

Each institution shall follow a departmental seasonally adjusted cyclical menu which meets inmates' nutritional needs. These menus shall be followed in accordance with the following schedule:

Fall/Winter Cycle Menu:

Shall commence on the first Sunday immediately following the last Saturday in October and shall end on the last Saturday in April.

Spring/Summer Cycle Menu:

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Shall commence on the first Sunday immediately following the last Saturday in April and shall end on the last Saturday in October.

Food preparation shall be planned by the institutional Food Service Director at least one (1) week in advance using the food production form and formulated using approved yield-adjusted recipes, good food handling and food service sanitation techniques.

**760.07**

**FOOD INSPECTION**

Each institution shall maintain appropriate food storage facilities. All shelf goods are to be maintained at 41 to 80 degrees Fahrenheit. All refrigerated storage areas are to be maintained at 41 degrees Fahrenheit or below. All frozen storage areas are to be maintained at 0 degrees Fahrenheit or below.

**760.08**

**THERAPEUTIC DIETS**

Each Superintendent shall develop written procedures regarding the preparation and provision of therapeutic diets which shall be consistent with 103 CMR 761.00, *Access to Therapeutic Diets and Medical Care*.

**760.09**

**RELIGIOUS DIETS**

It is the policy of the Department of Correction to provide at each institution special diets accommodating inmates whose religion places restrictions on diets. Each Superintendent shall develop written procedures regarding the preparation and provision of religious diets which are consistent with 103 CMR 471, *Religious Programs and Services*.

**760.10**

**HEALTH & HYGIENE PROTECTION**

Each institution shall maintain a written procedure to provide for adequate health protection for all inmates and staff in the institution, moreover, said procedures shall specifically address adequate health protection for inmates and staff working in food service. These procedures shall be written in accordance with 103 DOC 620, *Special Health Care Practices*, section .10 and 105 CMR 590, *State Sanitary Code Chapter X, Minimum Sanitation Standards for Food Establishments*.

\*For further information on health protection, see 103 DOC 631, *Communicable Diseases*.

**760.11**

**WASH FACILITIES**

Institutions shall have toilet and washbasin facilities available to food service personnel and inmates in the vicinity of the food preparation area. These facilities shall be provided and maintained in accordance with 105 CMR 590.00, *State Sanitary Code Chapter X, Minimum Sanitation Standards for Food Establishments*.

**760.12**

**HEALTH AND SAFETY INSPECTIONS**

There shall be documentation by the Department of Public Health and the Accreditation Standards Compliance Unit at least annually, that food service facilities and equipment meet established public health and safety codes, and that corrective action is taken on deficiencies, if any.

The Superintendent of each facility shall maintain documentation, provided by the Department of Public Health or the Department of Correction's Policy and Development Compliance Unit, updated annually, indicating that his/her/their facility and the food service equipment contained therein has met established public health and safety codes, and that corrective action was taken on any deficiencies that may have occurred.

**760.13**

**WEEKLY INSPECTIONS IN FOOD SERVICE AREAS**

Each institution shall have a written procedure which shall require weekly inspections of all food service areas including dining and food preparation areas and equipment. Refrigerator and water temperatures shall be checked and recorded on a daily basis by food service personnel.

**760.14**

**SERVING & SCHEDULING MEALS**

1. Each institution shall have a written procedure which insures that meals are served under conditions that minimize regimentation; however, there should be direct supervision by staff members. Space shall be provided for group dining except when security or safety considerations justify otherwise. Inmates shall be afforded the opportunity to have at least twenty (20) minutes of dining time for each meal.
2. Each institution shall have a written procedure which states that at least three (3) meals, two (2) of which are hot meals, are provided at regular meal times during each twenty-four (24) hour period, with no more than fourteen (14) hours between the evening meal and breakfast. Variations may be allowed based on weekend and holiday food service demands, provided basic nutritional goals are met.

**760.15**

**USE OF FOOD AS DISCIPLINARY MEASURE**

Each institution shall have a written procedure which precludes the use of food as a disciplinary measure. All inmates, except those on special medical or religious diets, should eat the same foods.

**760.16**

**ALTERNATE FEEDING**

Standard food services shall be made available to inmates in Restrictive Housing Units, provided their participation is consistent with the safety and security of the institution and its employees. Alternative meal service may be provided to an inmate in Restrictive Housing or any other unit who uses food or food service equipment in a manner that is hazardous or otherwise disruptive to self, staff, or other inmates. Alternative meal service is provided on an individual basis, based on health or safety considerations only, meets basic nutritional requirements, and occurs with the approval of the Superintendent, or designee and responsible health authority, or designee. Inmates on alternate feeding status shall receive the same meals as those given to the population. Alternate feeding is considered the method to deliver and retrieve the food from the inmate and not an adjustment to the meal itself. The alternative feeding status shall not exceed seven (7) days unless it is extended with the review of the authorizing administrator and the approval of the health care practitioner.

1. The Restrictive Housing Unit officer in charge or Shift Commander may place an inmate on alternate feeding pending the approval of the Superintendent and the Health Services Administrator or designee.
2. The Restrictive Housing Unit officer in charge or Shift Commander shall submit a copy of the disciplinary report with an alternate feeding request form (103 DOC 760, Attachment #1) to the Superintendent, stating the reasons why alternate feeding is requested.
3. The Superintendent shall return approved requests for alternate feeding to the Restrictive Housing Unit officer in charge (OIC).
4. The Restrictive Housing Unit OIC shall ensure the Alternate Feeding button is checked as yes on the SHU/RHU/DDU Inmate Information screen on IMS.

Once alternate feeding is implemented, the following feeding procedure shall be followed:

If the physical design of the cell door allows for the delivery of food without



inmate contact i.e., the delivery of the meal through the leg iron restraint slot without the need to breach the cell door, this shall be the preferred method of delivery. However, if the physical design of the door does not allow for the delivery of food in such a manner, the following procedure shall be adhered to:

1. Two (2) staff members shall be utilized and the cell light shall be turned on.
2. The inmate shall be asked to willingly comply with alternate feeding procedures.
3. If the inmate is willing to comply, the food slot shall then be opened, the inmate shall be ordered to turn around and back up to the door, be placed in hand cuffs and ordered to sit down on the bed. Once the inmate is sitting on the bed, the door to the cell shall be opened and the meal shall be placed in the cell. The door to the cell shall be re-secured and the inmate shall be ordered to turn around and back up to the door so the restraints can be removed. Once the meal is consumed the same process shall be utilized to retrieve all food and equipment. No food/utensils shall remain in the cell.
4. If the inmate refuses to comply with any of these feeding procedures, it shall constitute a refusal to accept the meal and an incident report shall be submitted. The refusal shall also be noted on the inmate's activity sheet/IMS RHU Daily Log screen and in the unit logbook/IMS Unit/Activity Log screen.
5. When removing the inmate from alternate feeding, the Restrictive Housing Unit OIC or Shift Commander shall submit a written request (103 DOC 760, Attachment #1) to the Superintendent or designee and the Health Services Administrator or designee prior to removing the inmate from alternate feeding.

-All inmates placed on alternate feeding shall be asked to comply with institutional procedures after each meal. If the inmate does not comply, he/she/they shall be reviewed after five (5) days to determine further alternate feeding status. Any extension request for alternate feeding past seven (7) days shall be submitted in a written request (103 DOC 760, Attachment #1) to the authorizing administrator and health care practitioner.

The Superintendent, or designee and the Health Services Administrator, or designee, are the approving authority for removing an inmate from alternate feeding status. The authorizing administrator and health care

practitioner are the approving authority for extending an inmate on alternative feeding status past seven (7) days.

**NOTE:** Inmates on therapeutic or religious diets shall be afforded the same food values in accordance with their therapeutic or religious diets while on alternate feeding status. In these instances, the institutional Food Service Director shall consult with the respective dietitian.

**760.17**      **SATELLITE FEEDING**

Each institution shall have a written procedure that provides instructions for satellite feeding. These instructions shall include but are not limited to the following:

1. Visual inspection and recording of food quality, quantity, and accuracy of food(s) upon receipt;
2. Taking and recording of food temperatures upon receipt of said food items;
3. A comprehensive set of serving instructions, inclusive of required portion sizes;
4. Meal evaluation procedures to include acceptability, shortages, leftovers, etc.
5. Procedures for obtaining additional food as necessary;
6. Instructions on proper and safe food handling techniques.

**760.18**      **FOOD SERVICE BUDGETING, PURCHASING, AND ACCOUNTING PRACTICES**

The institutional Food Service Director shall use budgeting, purchasing and accounting practices that include, but are not limited to the following:

1. A Food expenditure cost accounting system designed to determine cost per meal per inmate, such as; the Food Service Directors shall keep an accurate record of per inmate/per day feeder costs at the end of each month with the intention of remaining within their budgeted food account. Accurate monthly food inventories shall be compiled in accordance with departmental guidelines in 103 DOC 339, *Materials and Supplies*

*Inventory and Control*, Sections .09 .10 and .12 and forwarded in a timely manner to the fiscal unit;

2. Projection of food service funding requirements;
3. Purchase of supplies shall be made in accordance with departmental and state purchasing mandates in accordance with 103 DOC 340, *Departmental Purchasing Procedures*, sections .01 and .02 and 801 CMR 21.00.
4. Refrigeration and storage of food, with specific storage periods.

The food service operation shall follow written budgeting, purchasing, and accounting procedures to ensure nutritional and economical meals and minimum waste.

#### 760.19

#### MEAL COUNTS AND RECORDS

Each institution shall have a written procedure detailing how the number of actual meals served to inmates, employees, and guests is to be documented. In all cases, counts are to be only the number of complete meals actually served. This figure is in no way intended to include the number of meals prepared.

The above is required for fiscal accounting, food purchasing purposes and budget planning. Food service records shall include published menus, information on waste, food costs and nutritional accounting.

#### 760.20

#### FOOD SERVICE UNIFORMS

Regulation uniforms for all food service personnel shall conform to the provisions as set forth in departmental policy 103 DOC 224, *Uniforms*.

#### 760.21

#### RESPONSIBLE STAFF

The Deputy Commissioner of Administration shall be responsible for the implementation of 103 DOC 760 as it relates to food services.

Each Superintendent shall be responsible for the implementation of this policy and for the development of any and all necessary institutional procedures and policies.



Therapeutic/Religious Diet: Yes \_\_\_\_\_ No \_\_\_\_\_

Day	Date	Breakfast	Lunch	Dinner	OIC Review
1					
2					
3					
4					
5					
6					
7					

Indicate "C" for compliance with feeding and "R" for refusing to comply with feeding.

**Authorization for Removal:**

Approved: \_\_\_\_\_  
Superintendent Date

Approved: \_\_\_\_\_  
Medical Authority Date

Forward to inmate's case file upon completion.

**ATTACHMENT TO 103 DOC 760, FOOD SERVICES POLICY  
CULINARY ARTS PROGRAM – MILFORD HEADQUARTERS**

**Purpose:** To establish standard operating guidelines for the Culinary Arts Program (“Program”) located at Milford Headquarters.

**I. OVERVIEW**

The Program shall provide food services to all Department of Correction (“Department”) and Military Division staff employed at the Milford Headquarters. Inmates shall learn skills in the areas of food preparation, food serving and health/sanitation. The Division of Administration shall maintain supervision over the Program.

The program shall provide breakfast and lunch from Monday thru Friday. The Program Supervisor shall determine the normal hours of operation and shall ensure that the hours are posted in the general area of the cafeteria.

Inmate workers shall be restricted to the immediate cafeteria and food preparation area. Access to any other part of Milford Headquarters is prohibited unless accompanied by the proper Department staff person.

**II. STAFFING**

This program shall be staffed with two (2) Educational Specialists positions, one (1) being the Program Supervisor. These two (2) staff shall report to the Department Director of Food Services. The Department Director of Food Services shall maintain Form 30’s detailing the duties of these two (2) positions. The Director of Food Services shall review the Form 30’s on an annual basis and update them as necessary. The Educational Specialists shall receive annual training in accordance with Department training requirements. In addition to standard food service training, the staff shall receive training in areas involving the security of inmates in the workplace. The Director of Food Services shall coordinate this training.

**III. INMATE WORKERS**

Inmate workers shall be inmates assigned from the Pondville Correctional Center. Up to eight (8) inmate workers may be assigned to the culinary arts program at Milford. More than eight (8) inmates may be assigned for special functions or weekend drills with prior approval from the Departmental Director of Food Services or the Director of Administrative Services. Inmate workers from Pondville Correctional Center interested in enrolling in the culinary arts program must meet the program criteria as established by institution procedure on inmate work programs. The Education Specialists and the Job

Assignment Officer shall communicate on all issues involving the assignment of inmates to the program. Inmate workers shall be assigned to the program for the purpose of attaining certification(s) in the area of food service operations. Inmates shall be certified in "Serve Safe" and in "Professional Cooking". The Educational Specialists shall maintain written procedures relative to the administration of training and examinations necessary to attain these certifications. The Program Supervisor shall review these procedures on an annual basis and revise as needed. Inmates enrolled in the Culinary Arts Program shall be transported from the Pondville Correctional Center to Milford by a designated Correctional Program Officer from the Pondville Correctional Center. Inmates shall arrive at 5:30 AM and be released to the custody of the Education Specialists. Inmate Workers shall depart the Milford kitchen as soon as possible after their work day is completed. The arrival times and departure times of the inmate workers shall be coordinated through the Education Specialist and the institution.

The length of time an inmate worker may stay in the program is limited to the length of time necessary to complete the certification program, approximately six (6) months. The Educational Specialists shall develop and maintain written program guidelines that will result in certifications being attained within a six (6) month period. Upon completion of the program, the Educational Specialist(s) shall notify Pondville Correctional Center that the inmate has completed the program and a replacement is needed. The inmate worker shall be replaced within two (2) weeks of this notification. Inmate workers shall be prohibited from staying in the program for any period longer than what is detailed, unless approved by either the Director of Food Services or the Director of Administrative Services. The Education Specialist(s) shall coordinate with the Job Assignment Officer to replace / rotate inmates in the program at the rate of two (2) at a time in order to maintain continuity in the Culinary Arts Program.

Inmate workers shall be neat and clean in appearance and shall wear food service clothing, as issued. Issued hats or hairnets are to be worn at all times when working in the food preparation or serving area.

Inmate workers shall be supervised at all times by the Educational Specialists. Inmates shall not be allowed to sit with, eat with, or in any manner, interact/fraternize with staff in the dining room or food service area(s). Specific areas to be utilized by inmate workers during break or lunch periods shall be designated by the Educational Specialists.

#### IV. SECURITY

Inmate's access to the building shall be limited to the food preparation area, the serving area and dining room areas. Inmates in other areas, such as trash pick-ups and function set-ups, shall be escorted by an Education Specialist or other approved staff person.

Whenever an inmate becomes problematic, uncooperative, or acts suspiciously the incident shall be documented on IMS via a written incident report and the inmate may be

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terminated from the Program. The Office of Investigative Services shall be notified in writing in all these instances. The Office of Investigations shall be contacted for all instances requiring immediate assistance for a security related matter involving an inmate worker.

The Educational Specialist shall be required to report in writing any and all suspicious or unusual behavior by inmates or Milford staff to the Office of Investigative Services and to the Director of Food Services and/or Director of Administrative Services via GroupWise.

#### V. GENERAL

Menus for the Milford Café shall be generated by the Education Specialist and may change without notice. Menus shall be posted on Monday for the entire week.

The Director of Food Services shall approve changes in menu pricing.

Functions and any special food set-ups must be submitted to the Director of Food Services and/or the Director of Administrative Services for approval seven (7) days prior to the event.

#### VI. REVENUE

All revenues generated from the Milford Café shall be used as follows:

- for expenses related to the operation of the cafeteria program
- for expenses for inmate programs
- for expenses for employee benefit
- any other expense approved by the Commissioner

All operating expenses for the cafeteria, except the salaries of the staff, shall be paid by the program revenues. The program goal is to be "self-sufficient" for all operating expenses, except the salaries of staff.

The Director of Administrative Services, or his/her/their designee, shall be the approving authority for all expenditures related to the operation of the cafeteria. The Director of Administrative Services shall be the approving authority for all transfers of cafeteria revenue to the Inmate Program Account. The Director of Administrative Services shall be the approving authority for employee benefit expenditures less than \$10,000. The Commissioner shall approve all employee benefit expenditures exceeding \$10,000.

**Review:** This attachment shall be reviewed on an annual basis by the Educational Specialists, the Director of Food Services and the Director of Administrative Services and revised as needed.





# PRISONERS' LEGAL SERVICES OF MASSACHUSETTS

- ✉ 50 Federal Street, 4th Floor • Boston, MA 02110
- 🌐 [www.plsma.org](http://www.plsma.org)
- 📄 [fb.me/prisonerslegalservices](https://fb.me/prisonerslegalservices)
- 📱 @PLSMA
- ☎ Main: 617-482-2773
- 📠 Fax: 617-451-6383

State prisoner speed dial: 9004 or 9005 • County prisoner collect calls: 617-482-4124

## Draft PLS Policy Platform

Thank you for your ongoing engagement with PLS regarding proposed policy priorities for the upcoming legislative session. We were thrilled to receive feedback and suggestions from several groups and individuals across the Department of Correction (DOC) and county jails and houses of correction, which together represent the diverse views of hundreds of incarcerated people in the Commonwealth. It is our goal to incorporate this feedback into our policy platform to the extent permitted by PLS's limited resources and internal priorities, as well as the current political climate.

To continue this collaborative process, we include for your review (1) a summary of the feedback and suggestions we received from clients, as well as (2) PLS's draft policy platform. We greatly appreciate your feedback on both topics. Furthermore, please note that we welcome feedback from groups and individuals, regardless of whether they received this mailing directly.

Before you review these materials, please read the below sections, which provide instructions for submitting feedback, important background information, and basic guidance as to what kinds of support PLS can and cannot provide to incarcerated individuals and groups throughout the legislative session. Once again, we sincerely appreciate the time and effort you have dedicated to this process. We look forward to collaborating with you going forward.

Sincerely,

Jesse White  
Policy Director

**\*If you or someone you know needs a translated copy of this document, please contact PLS\***

### HOW TO SEND INPUT ON PLS POLICY PRIORITIES

Any written feedback should be sent directly to PLS's office using the address and subject line below:

Address	Subject
Attn: Attorney Jesse White Prisoners' Legal Services of Massachusetts 50 Federal Street, 4 <sup>th</sup> Floor Boston, MA, 02110	Re: Policy Platform Feedback

**You may also leave feedback by telephone using a dedicated voicemail inbox. Please follow instructions below to provide feedback by telephone:**

1. Call PLS
  - a. If you are in DOC custody, dial x9004 or 617-482-2773
  - b. If you are in the custody of a county house jail or house of correction, dial 617-482-4124
2. Inform the secretary that you want to leave policy feedback or dial extension "6827"
3. Your call will then be transferred to the dedicated voicemail inbox, where you can record your feedback
  - a. Note: You will only have 5 minutes to record your message
4. Your message will be reviewed by a member of PLS's Policy Team and incorporated into our ongoing collection of client feedback

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### **BACKGROUND: PLS POLICY PLATFORM DEVELOPMENT**

#### **What criteria were considered?**

- Alignment of policies with PLS strategic plan and priority areas
- Importance, as determined by impact on incarcerated people throughout the Commonwealth
- Client suggestions and input
- PLS staff time and resources
- Feasibility, as determined by scope of proposed policy and viability in current political climate

#### **How did PLS develop its draft policy platform?**

- Alignment with PLS strategic plan and priority areas
- Importance, as determined by impact on incarcerated populations throughout the Commonwealth
- Client input
- Feasibility, as determined by scope of proposed policy and viability in current political climate

#### **How will your ongoing feedback be incorporated or otherwise supported?**

- Ongoing conversations on active bills throughout the legislative process
- Ideas for new bills and priorities for future legislative sessions
- General representation of your views within coalitions that include grassroots organizations

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### **SUMMARY OF CLIENT INPUT AS OF SEPTEMBER 2022**

In mid-August, *PLS sent letters to 61 individuals across 16 DOC and county facilities to solicit feedback to inform our 2023-2024 policy platform.*

By the end of August, *we received 12 letters in response from individuals at 7 DOC & county facilities.* To be transparent about whose views are reflected in the feedback summarized below, we've included the broad demographics of the individuals who submitted input in response to our August mailing.

what is needed to support incarcerated people in their efforts towards rehabilitation and successful re-entry. Improving conditions improves public safety.

2. REICI bill:

This bill is being pursued by PLS's Race Equity in Corrections (REICI) team. The bill will likely include data collection and oversight components aimed at identifying and addressing structural racism in the system.

3. No Cost Calls:

Whether this bill will be included in our platform for the upcoming legislative session will depend somewhat on how things shake out this session. This bill still has a chance to pass, but whatever follow-up is needed to deliver on the promise of No Cost Calls should be a priority for the next session.

4. Medical Parole:

We intend to work with PLS's medical parole team and other community partners to either re-file or file a modified version of the Medical Parole reform bill this session. We decided this should be a priority especially because PLS has prioritized pursuing medical parole certiorari actions. We believe that policy reform can complement and work strategically with this priority.

5. Section 35:

This bill got a lot of traction this session and ending the incarceration of men for substance use issues under Section 35 is a critical priority for decreasing the footprint of corrections and saving lives. We decided that this should be a priority bill for next session if it does not pass this session.

6. Media Access and Records Access:

We propose combining the media access bill with the records access provisions of the brutality legislation filed last session to shape a bill which we might call something like "An act to increase transparency in corrections". The idea is to package this together and message it as a bill regarding transparency and accountability.

7. Ending Life Without Parole:

This bill would end life without parole sentencing. We propose that PLS should continue to play a supporting role in the work of the Campaign to End Life Without Parole.

8. Parole Reform:

It is unclear what the Coalition for Effective Public Safety (CEPS) may pursue this session, but we propose that we should support parole reform, though we should step back from a leadership role due to limited time and resources.

**We look forward to receiving your feedback. Please see pages 1-2 for instructions.**

- **Demographics** (gender, race, sexuality, health status, age, sentencing, etc.): White men, African American men, LGBTQ folks, folks with physical & mental impairments, lifers, second degree lifers, age range from 30-75
- **Facilities:** MCI-Concord, MCI-Norfolk, MCI-Shirley, NCCI Gardner, Old Colony Correctional Center, Souza Baranowski Correctional Center, Worcester County
- **Groups:** MCI-Shirley Lifers' Group, the MCI-Norfolk Lifers' Group, Inmate Council, and the African American Coalition Committee.

The 12 individuals who sent us letters informed us that the following issue areas were most important to them (listed by order of importance):

- |  |   |
|--|---|
| 1. Ending life without parole                                    | 9. Media access reform                          |
| 2. Establishing independent oversight of DOC & county facilities | 10. Sentencing reform                           |
| 3. No cost calls legislation                                     | 11. LGBTQ+ rights                               |
| 4. Parole board reform   | 12. Expanding access to education & programming |
| 5. Solitary confinement reform                                   | 13. Classification reform                       |
| 6. Visitation reform   | 14. Food & nutrition changes in facilities      |
| 7. Brutality & use of force reform                               | 15. Medical & mental healthcare reform          |
| 8. Returning DOC to HHS  | 16. Voting rights                               |

We have not yet heard from individuals who identified as belonging to the below demographics, groups, or facilities. If you identify with any of the below, we encourage you to reach out with any policy input.

- **Demographics** (gender, race): Asian, Hispanic, Native American, & multiracial folks
- **Facilities:** Barnstable County, Berkshire County, Boston Pre-Release Center, Bridgewater State Hospital, Bristol County, Dukes County, Essex County, Franklin County, Hampden County, Hampshire County, Lemuel Shattuck Hospital Correctional Unit, MASAC at Plymouth, Mass Treatment Center, MCI-Framingham, Middlesex County, Nantucket County, Nashua Street Jail, Norfolk County, Northeastern Correctional Center, Plymouth County, Pondville Correctional Center, Suffolk County, Western Mass Regional Women's Correctional Center, MCI-Cedar Junction
- **Groups:** MCI-Norfolk's Latino Cultural Awareness Committee, Restorative Justice, Legal Council Advisory, Native American group, LGBT group, and Asian American group: NCCI Gardner Lifers' Group and Old Colony Lifers' Group. Other groups not named above.

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### DRAFT PLS POLICY PLATFORM

#### 1. Solitary Confinement:

We propose pursuing an omnibus bill (one large bill with several components) that we might consider titling something like "An act to improve conditions of confinement and promote successful re-entry." We will need to collaborate with Massachusetts Against Solitary Confinement (MASC), our clients, and other community partners, but we are tentatively considering a bill that would establish an 8-hour out of cell minimum along with minimum entitlements to programming, education, work, etc. We could also consider adding in other conditions protections such as minimum entitlements to canteen access, improvements to visitation, etc., but that can be for later consideration. The theme would be, essentially, that this is

Chairman,  
Secretary,  
Norfolk Inmate Council's  
Food Services Committee  
MCI-Norfolk  
P.O. Box 43  
Norfolk, MA 02056-0043

22 August, 2022

Mr.  
State Food Services Director  
50 Maple Street, Suite 3  
Milford, MA 01757

Dear Mr. Gendreau:

Would it be possible for you to briefly meet with the  
Food Committee during a future visit to MCI-Norfolk, to discuss  
some ongoing food issues and some suggestions for new menu items?

Thank you for your consideration and attention.

Very truly,

*[Handwritten signature and scribbles]*



The Commonwealth of Massachusetts  
Executive Office of Public Safety & Security



Department of Correction  
50 Maple Street, Suite 3  
Milford, MA 01757  
Tel: (508) 422-3300  
www.mass.gov/doc

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ROBERT P. HIGGINS  
MITZI S. PETERSON  
THOMAS J. PRESTON  
Deputy Commissioners

To: \_\_\_\_\_, MCI Norfolk

From: Christopher Gendreau, State Food Service Director Massachusetts Department of Corrections

Date: September 2, 2022

Re: Letter/Request

I am in receipt of your letter dated August 22, 2022. In your letter you request that during my next visit I attend a Food Committee meeting. Frank Deleo, on-site Food Service Director attends the Food Committee meetings and does a great job documenting adherence to the DOC cycled menu. Mr. Deleo shares this information with me on a weekly basis. Any concerns, issues and suggestions should be addressed by communicating directly with Mr. Deleo for more expedient results.

I trust that this response has satisfied your inquiry.

\_\_\_\_\_  
State Food Service Director

CC: Nelson Alves, Superintendent MCI Norfolk  
Mike Mc Donald, Deputy Superintendent MCI Norfolk  
Frank Deleo, Food Service Director MCI Norfolk

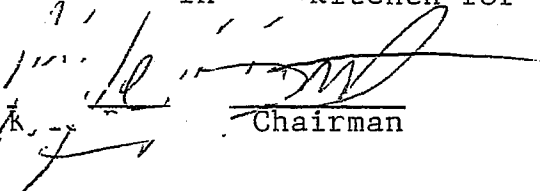
TO: Mr. [redacted], F.S.D., MCI-Norfolk  
FROM: [redacted], Chairman Food Committee  
[redacted], Secretary Food Committee  
DATED: 25 March, 2022  
RE: Therapeutic Trays

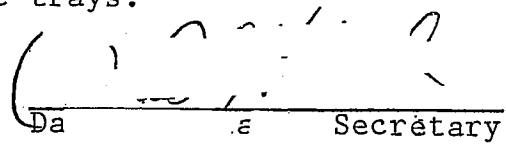
Mr. - -

Though the situation of dirty therapeutic (greasy and smelling . . .) trays has somewhat improved, there are still complaints to the Food Committee. Could we offer the following solution:

That the therapeutic plastic compartmental trays be washed in the Unit dishwashers prior to being returned to the kitchen. Unit 2-2 which may have the most therapeutic meals of any Unit, could run all of these trays through the Unit dishwasher in three cycles. Perhaps bags could be provided to the Units and clean trays could be returned to the kitchen in bags to save on the extra step of having to rinse them before use.

Additionally as time constraints make the process of running all these trays through the kitchen's dish-washer to be properly sanitized . . . we wanted to point out that there are three dishwashers not being used; two in the Probation Units, and one in South Yard. Perhaps one of these dishwashers could be used (extra) in [redacted] kitchen for therapeutic trays.

  
Chairman

  
Da [redacted] Secretary

MCI-Norfolk  
P.O. Box 43  
Norfolk, MA 02056-0043

25 March, 2022

Deputy Commissioner of Administration  
Department of Correction  
50 Maple Street, Suite 3  
Milford, MA 01757

RE: Food Issues at MCI-Norfolk

Dear Deputy Commissioner:

I am a member of the Inmate Council Food Committee and I write to ask about the status of new grill(s), new oven(s), pancake dispenser, and potato peeler.

We are being told that the reason the inmate population does not receive pancakes is because a grill or grill(s) are on order. Instead of pancakes which are on the dietitian approved menus; inmates on the STANDARD MENU are receiving premade and processed waffles, and something that resembles French Toast. In addition, even though the menus identify scrambled eggs, and hard boiled eggs; we are being served a deshelled egg product cured in brine which resembles a pickled egg. Even though the scrambled eggs, can and have been cooked in a kettle, we are being given the excuse that we are being served the brine eggs because of the grill. We have brought to the attention of the Administration in numerous meetings, and by letter that the pickled eggs mostly get thrown away and there are overwhelming complaints.

Instant potatoes. Even though the menu specifies if the potatoes are supposed to be "cottage potatoes", "baked potatoes", "mashed potatoes" etc. We are constantly being served either boiled or instant potatoes. Boiling potatoes causes nutrients to leach out and the instant potatoes are garbage and get thrown away, in addition to creating complaints. We are being told that we are being served the instant and boiled potatoes is because we are waiting on the purchase of "a potato peeler" and another oven in order to bake potatoes.

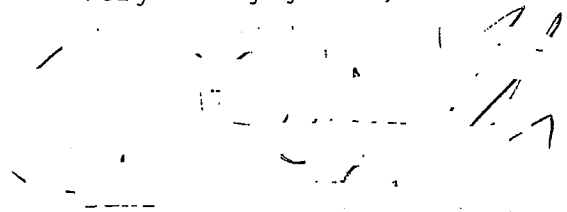
Clearly the Food Service Policy dictates that dietitian approved menus and recipes must be followed. They are not. We receive Girl Scout Cookies instead of seasonal fruit, pudding, and jello. It was agreed that a simple solution to the many complaints about Girl Scout Cookies is to send half the menu item as required, and half of the unhealthy choice. Though this was agreed to, it does not happen.



Though it may not be proper for me to invite you to a Food Meeting, I would appreciate the opportunity to briefly speak to you about a number of food issues if you have a few moments during a future visit to MCI-Norfolk.

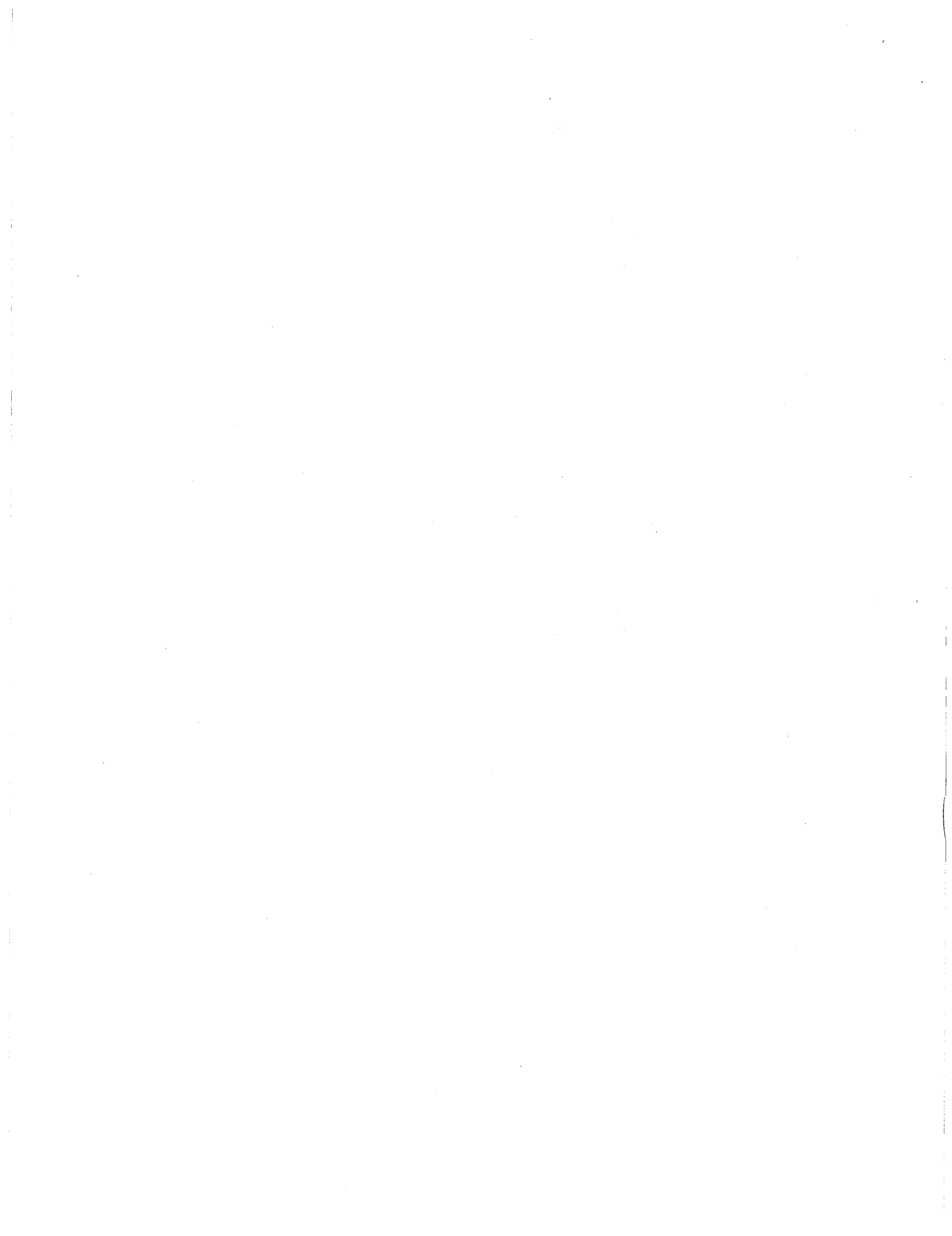
Thank you kindly for your attention, and consideration.

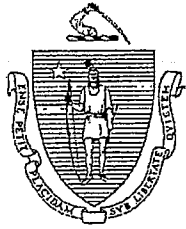
Very truly yours,



ary, Norfolk Food Committee

cc: Norfolk Inmate Council  
Norfolk Food Committee  
Mr. Frank DeLeo, F.S.D. MCI-Norfolk





The Commonwealth of Massachusetts  
Executive Office of Public Safety & Security



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50 Maple Street, Suite 3  
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THOMAS J. PRESTON  
Deputy Commissioners

TERRENCE M. REIDY  
Secretary

NELSON ALVES  
Superintendent

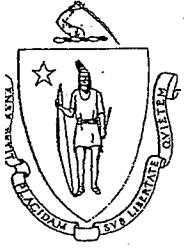
To: \_\_\_\_\_  
From: \_\_\_\_\_ – Food Service Director  
Date: 11 April 2022  
Re: Food Issues at Norfolk

Dear \_\_\_\_\_,

I have received a copy of the letter which you sent to the office of the Deputy Commissioner of Administration. This inquiry was referred to me through Food Service Director Chris Gendreau. Please allow me to respond to your letter in the following.

During our monthly Food Committee Meetings, I have alluded to, on several occasions, equipment issues and long-term plans to update the core cooking equipment at Norfolk. Not all these updates can be made simultaneously, as it is necessary for MLK staff to possess the ability to complete 3600 meals daily. While new flat top griddles are certainly an item on my list, they are not the priority for the kitchen at this time. Our plans to install new, large capacity ovens and possibly new kettles over the next 12-18 months are, in my opinion, the most pressing issues regarding equipment and are being treated as such.

I do believe there are some omissions based on your letter regarding food substitutions. To start, pancakes are made for all diets which require them, including your own prescribed 2200 ADA diet. It is true that MLK does substitute French Toast and Waffles in place of pancakes, and it is due in part to equipment, but not entirely. Other factors for these substitutes include usable freezer space and labor. MLK documents its meal substitutions, and whether the determining factor was product availability, over abundance of product, opportunity purchase, or equipment issues, the substitution is made with likeness of meal and similar nutritional values first. Additionally, your reference to pickled eggs is inaccurate. The eggs in question are a



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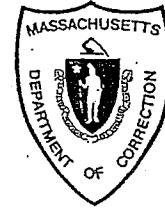
Department of Correction

50 Maple Street, Suite 3

Milford, MA 01757-3698

(508)-422-3300

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Governor

Joey P. Murray  
Lieutenant Governor

Kevin M. Burke  
Secretary

Kathleen M. Dennehy  
Commissioner

James R. Bender  
Deputy Commissioner

Ronald T. Duval  
Associate Commissioner

March 21, 2007

\*\*\* Author Unknown-Filed under  
same old story \*\*\*

MCI-Norfolk  
P.O. Box 43  
Norfolk, MA 02056-0043

Dear Mr.

In response to your letter dated March 7, 2007, please be advised of the following in regards to the provision of food services. All institutions are required to follow the approved menus and serve the schedule menu items. There are instances when it is acceptable to substitute one product for another. For instance, a certain item may not be available or "out of stock" at our supplier. Approved substitutions must be items of similar nutritional content to the substituted items. All such substitutions must be documented on the "as served" menus and kept on file for review. Mr. Chris Gendreau, Director of Food Services, will continue to make unannounced visits to MCI-Norfolk and monitor the as served menus.

I hope that this response satisfies your issues with the provision of food at MCI-Norfolk.

Sincerely,

Peter V. Macchi  
Director of Administrative Services

cc: Chris Gendreau, Director of Food Services

hard-boiled egg. All therapeutic diets are served scrambled eggs when called for on the menu. MLK also serves scrambled egg omelets with and without cheese.

Regarding your complaint about instant potatoes, recently posed to the dietician, it was determined that if the instant flaked potatoes can be made in the same fashion and with the same nutritional values as mashed potatoes, that they could be used as substitute if necessary. It is a quality product that I have eaten numerous times myself, not garbage as you suggest. This, along with boiled, smashed, mashed, and cottage potatoes, provides the MLK with multiple options in which to serve potatoes to both diets and general populations. Cottage and baked potatoes are difficult to produce based on the compromised oven capacity in the kitchen, but we are committed to making these items if able.

The Food Service Department policy dictates that the food service operation is committed to providing nutritionally adequate meals that are appropriate in both quantity and quality safely, efficiently, and effectively. The cycle menus are subject to change without notice, as the disclaimer on the menu suggests. We have made great strides at Norfolk MLK regarding diet and menu compliance (something you referenced in a letter to my office in February stating, "...Looking back at the past 5 years of deviations to this diet, this is the closest to complete adherence to the Dietician approved menus, including portions..."). We will continue to do our best for all here at Norfolk.

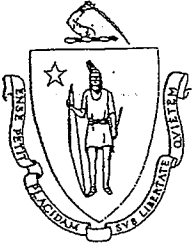
No. 11

I trust that this response has satisfied your inquiry.



Food Service Director, MCI Norfolk

CC: Nelson Alves, Superintendent  
Mike McDonald, Deputy OPS  
Chris Gendreau, Department Food Service Director



The Commonwealth of Massachusetts

Executive Office of Public Safety

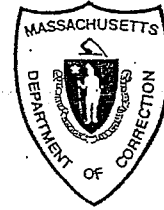
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March 21, 2007

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same old story \*\*\*

MCI-Norfolk  
P.O. Box 43  
Norfolk, MA 02056-0043

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I hope that this response satisfies your issues with the provision of food at MCI-Norfolk.

Sincerely,

Peter V. Macchi  
Director of Administrative Services

cc: Chris Gendreau, Director of Food Services

\* \* \* AUTHOR UNKNOWN \* \* \*

16 years later same old story...

April 18th, 2007.

Christopher Gendreau,  
Director of Food Services  
Department of Correction  
50 Maple Street, Suite 3  
Milford; MA 01757-3698

Re: Dietary/Health Regulations

Dear Mr. Gendreau:

I am quite concerned over the irresponsible and flagrant disregard of basic dietary standards and applicable Public Health Regulations implemented by William D. Bates, Director of Food Services here at MCI-Norfolk. These concerns include noncompliance with the Department of Correction, Cycle Menu, preparation and distribution of food products as explained in part, below.

The Department of Correction, Fall/Winter Cycle Menu, [DOC, Menu] specifies that fruit is to be served on certain days. During the thirty-nine day period between February 24th, and April 3rd, 2007, the DOC, Menu indicated fruit thirty-seven times. Five of those thirty-seven days fruit was required twice daily. Fruit was actually served fifteen times out of the thirty-seven day requisition. Once on 3/3/07, where the DOC, Menu indicated an orange at breakfast which was served later at lunch in place of the designated apple. On two other occasions, 3/24/07 and 3/26/07, fruit was served accordingly. This complaint excludes any consideration to apple sauce where it has only been served perhaps twice since the beginning of January contrary to the DOC's Menu. It does not take into consideration fruit that was severely damaged or rotten; otherwise uneatable, or juice oranges not necessarily intended for eating. The fruit randomly substituted with jello, cake, and pudding. The pudding is not mixed long enough; often contains large lumps of undissolved ingredients and water is used in place of milk. The pudding is seldom recognizable.

In addition, The DOC, Menu specified wheatflakes for breakfast eight times during the forty-three day period between February 24th, and April 7th, 2007. Not once was wheatflakes served. Instead, six of the eight times they were substituted with cornflakes and on the other two occasions rice krispies replaced the wheatflakes.

The DOC, Menu specified two slices, per serving of whole wheatbread approximately fifty-four times during the period between February 24th, and April 8th, 2007. Out of those fifty-four days, thirteen servings of wheatbread were omitted and substituted with one non-whole-wheat muffin \* which usually taste like raw dough. The fifty-four day period also includes those days where wheatbread was designated for two of the daily meals. However, what is profoundly grievous, is that a significant portion of the wheatbread served is either stale, or on the verge of becoming stale, or moldy, or emitting a foul odor. In fact, from April 6th, through April 10th, 2007, the wheatbread emitted a foul odor, but was extremely foul on the 7th, and 8th, of April. It smelled like fermenting garbage. Then, there were those days where wheatbread was omitted altogether contrary to DOC, Menu, including the hot dog buns denoted for 4/13/07.

The mashed potatoes often contain large chunks of undercooked potatoes, potato peels and potato eyes. they often taste gritty, a strong indication that the potatoes are not properly washed prior to cooking particularly where the finished product exhibits a brownest tint. The amount of margarine and milk used in preparing the mashed potatoes is inappropriate. This is evident through its appearance as well as taste.

Moreover, Mr. Bates has omitted from the DOC, Menu, prune juice and raisins, (i.e., 4 ounce,  $\frac{1}{4}$  cup) which has not been served for well over a month. Broccoli was omitted from our diet on 3/23/07, 3/26/07, 3/31/07, 4/4/07, 4/9/07 and 4/13/07. Mr. Bates has withheld onions and peppers from various meals including, 4/7/07 and 4/11/07. The chicken was omitted from the meal served on 4/9/07 and from the Chicken Fajita meal served on 4/11/07; the remaining rice and pinto beans were [ex]tremely overcooked. The Federal Dietary Guide Lines, recommend two eight ounce servings of fish per week because fish contains Omega-3 Fatty Acids essential in reducing the risk of coronary heart disease. The only source of omega-3 fatty acids we receive is from tuna. You eliminated one of the two tuna meals from the Fall/Winter Cycle Menu, 2006/2007. You know, the one that required the four slices of whole wheatbread. Now, Mr. Bates has omitted the only other source of tuna from our diet. On March 15th, and April 5th, 2007, he substituted the tuna salad with bologna.

The peas, baked beans, baked potato and broccoli, (when served) are often undercooked. Oven brown potatoes, cottage potatoes and cottage fries which seem to be identical are often undercooked, hard and occasionally gritty. The potato salad often contains small



Norfolk Inmate Council  
Executive Board  
MCI-Norfolk

February 28, 2023

Food Service Committee  
Norfolk Inmate Council

RE: FSC Minutes , Feb 21, 2023

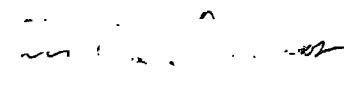
Dear Mr. Chairman:

Thank you for a copy of the meeting minutes. I would like to make a few suggestions for points of concern:

- Pasta is over cooked.
- Cooks need to be trained. Pasta should not be over cooked that many times.
- Food tastes horrible that is why there are so many complaints.
- Just effort to do better.
- Less focus on feeding cops and more on feeding population.

Thank you for your time and your efforts.

Respectfully,



cc: file