

HEATING & PORTION CONTROL SHEET

Week of: _____

ABC Catering, Inc.
925 Euclid Avenue
Cleveland, OH 44115WRAAA
Older Americans Act Nutrition Program

Day: _____

Set thermostat at 350°F unless otherwise stated

| Menu Item | Portion | Serving Utensil | Reheating w/Convection Oven | Reheating w/Conventional Oven |
|----------------------|-------------|--------------------------|--|--|
| Salisbury Steak | 1 per | Spatula | Heat with lid at 325° for 60 minutes. Stir and check temperature every 20 minutes. | Heat with lid at 350° for 90 minutes. Stir and check temperature every 20 minutes. |
| Mushroom Gravy | 2 ounces | #16 scoop ¼ cup | Heat with lid for 45 minutes. Stir and check temperature every 15 minutes. | Heat with lid for 60 minutes. Stir and check temperature every 15 minutes. |
| Mashed Potatoes | 4 ounces | #8 scoop ½ cup | Heat with lid for 45 minutes. Stir and check temperature every 10 minutes. | Heat with lid for 60 minutes. Stir and check temperature every 10 minutes. |
| Spinach | 4 ounces | Slotted spoodle ½ cup | Heat with lid for 60 minutes. Stir and check temperature every 15 minutes. Cook to degree of tenderness desired. | Heat with lid for 75 minutes. Stir and check temperature every 15 minutes. Cook to degree of tenderness desired. |
| Lemon Juice | 1 packet | Gloved hand | Serve at room temperature. | Serve at room temperature. |
| Bread/Margarine | 1sl / 1 pat | Gloved hand | Refrigerate until served. | Refrigerate until served. |
| Peanut Butter Cookie | 2 per | Gloved hand | Serve at room temperature. | Serve at room temperature. |
| Fresh Orange | 1 per | Gloved hand | Refrigerate until served. | Refrigerate until served. |
| Milk | 1 per | Gloved hand | Refrigerate until served. | Refrigerate until served. |

Comments:

To heat vegetables, remove margarine and add water to cover the bottom. Heat according to above instructions. Drain. Add margarine back, mix and serve. **All food should be heated at 165°F, with the exception of frozen vegetables which is 145°F.** Note variations in time & temperature of convection / conventional ovens.