



# THANKSGIVING MENU

November 26<sup>th</sup>, 2015

Cranberry-Apple Juice  
Shrimp Cocktail

Creole Soup with Rice  
Crackers & Assorted Cheeses

Roast Turkey with Turkey Gravy  
Cornish Game Hen  
Steamship Round of Beef with Au Jus Gravy  
Baked Ham with Pineapple Sauce

Mashed Potatoes  
Baked Sweet Potato with Cinnamon Sugar  
Savory Bread Dressing

Herbed Broccoli  
Carrot & Celery Almandine  
Collard Greens

Salad Bar with Assorted Salad Dressings  
Cranberry Sauce, Fruit Salad, and Condiments  
Assorted Seasonal Fresh Fruits & Nuts

Croissants, Mixed Grain Rolls,  
Assorted Whole Grain Breads with Butter Pats

Dessert Bar with Pumpkin, Dutch Apple & Pecan Pies  
Whipped Topping  
Ambrosia  
Carrot Cake with Cream Cheese Frosting

1%/Skim Milk, Coffee, Iced Tea, Hot Tea, Fruit Punch

## **2015 Holiday Meal Rates**

Standard Rate (Soldiers & Civilians) - \$9.05

Discount Rate (Family Members of E-4 & Below) - \$6.80

Go For Green Color: Green

### CREOLE SOUP WITH BROWN RICE

**Yield** 100 Portions

**Pan Size and Number** Steam-Jacketed Kettle

**Each Portion** 1 cup (8½ Ounces)

**Time** 35 min.

Calories	Carbohydrates	Sugars*	Protein	Fat	Saturated Fat	Cholesterol	Sodium	Calcium	Fiber
109 cal	21 g	5 g	2 g	2 g	0.3 g	0 mg	793 mg	62 mg	2 g

**Ingredients**

	Weight	Measure	Approx. Issue
WATER, HOT	30 lb	3¾ gal	
VEGETABLE BASE, LOW SODIUM, MSG FREE	1 lb 3 oz	1¼ cups	
OIL, OLIVE	5 oz	2/3 cup	
PEPPERS, GREEN, FRESH, CHOPPED ½-INCH	5 lb 3 oz	4¾ qt	6 lb 5 oz
ONIONS, FRESH, CHOPPED ½-INCH	4 lb 5 oz	3¼ qt	4 lb 13 oz
CELERY, FRESH, CHOPPED ½-INCH	2 lb 15 oz	2¾ qt	3 lb 8 oz
GARLIC, FRESH, MINCED	12½ oz	2¼ cups	14½ oz
THYME, GROUND	5/8 oz	¼ cup	
PEPPER, WHITE, GROUND	¼ oz	3½ tsp	
PEPPER, BLACK, GROUND	¼ oz	3½ tsp	
PEPPER, RED, GROUND		2½ tsp	
TOMATOES, DICED, CANNED	15 lb 9 oz	1 gal + 3½ qt	2½- No. 10 cans
WORCESTERSHIRE, SAUCE	1 lb 10 oz	2¾ cups	
ONIONS, GREEN, FRESH, SLICED ¼-INCH	9 oz	3 cups	11 oz
PARSLEY, FRESH, CHOPPED	4¾ oz	2¼ cups	5 oz
SALT	4¼ oz	6 tbsp + 2 tsp	
HOT SAUCE	1¼ oz	2 tbsp + 1 tsp	
BAY LEAVES		10 leaves	
RICE, BROWN, PARBOILED, LONG GRAIN	2 lb 9 oz	1½ qt	

**Methods**

PAN SIZE: STEAM-JACKETED KETTLE.

1. Rehydrate vegetable stock: Add 1 lb 3 oz (1¼ cup) of vegetable base to 30 lb (3¾ gal) of hot water; stir well. Set aside for the use in Step 3.
2. Sauté green peppers, onions, celery, garlic, thyme, white, black and red peppers in oil in a steam-jacketed kettle or stockpot for 8 minutes until tender and fragrant.
3. Add vegetable stock, tomatoes, Worcestershire sauce, green onions, parsley, hot sauce and bay leaves to mixture. Stir to blend well.
4. Bring soup to a boil. Add brown rice; stir; cover; cook for 30 to 35 minutes until the brown rice is tender and the flavors have blended. Remove bay leaves. CCP: Internal temperature must reach 145°F or higher for 15 seconds.
5. Transfer soup to serving pans. CP: Hold for hot service at 135°F or higher.

**Notes**

1. In Step 2, 6-1/3 oz (1 cup + 1 tbsp) granulated garlic, per 100 portions, may be substituted for the fresh, minced garlic.
2. In Step 2, 2/3 cup canola oil, per 100 portions, may be substituted for olive oil.
3. \* Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.



Go For Green Color and Sodium Level: Green and Low

## TURKEY LENTIL CHILI

**Yield** 100 Portions (6¼ Gallons)

**Pan Size and Number** Steam-Jacketed Kettle

**Each Portion** 1 Cup (8-2/3 Ounces)

**Time** 45 min.

Calories	Carbohydrates	Sugars*	Protein	Fat	Saturated Fat	Cholesterol	Sodium	Calcium	Fiber
237 cal	28 g	6 g	20 g	6 g	1.1 g	31 mg	738 mg	68 mg	6 g

### Ingredients

TURKEY, GROUND, 93/7  
 BEANS, LENTILS, RED, DRY  
 GARLIC, FRESH, MINCED  
 ONIONS, FRESH, DICED ¼-INCH  
 OIL, VEGETABLE, CANOLA  
 BASE, VEGETABLE, LOW-SODIUM, MSG FREE  
 WATER  
 TOMATOES, CANNED, CRUSHED  
 TOMATO PASTE, CANNED  
 CHILI POWDER, GROUND, DARK  
 CUMIN, GROUND  
 OREGANO, CRUSHED  
 SALT  
 PEPPER, RED, GROUND  
 YOGURT, GREEK, PLAIN, NON-FAT

### Weight

10 lb  
 6 lb 12 oz  
 2¾ oz  
 2 lb 3 oz  
 3¾ oz  
 1 lb 7 oz  
 32 lb  
 8 lb 10 oz  
 4¾ oz  
 6-1/3 oz  
 2 oz  
 1/5 oz  
 4½ oz  
 1/8 oz  
 3 lb 2 oz

### Measure

1 gal  
 ½ cup  
 ½ gal  
 ½ cup  
 1½ cups  
 4 gal  
 1 gal  
 ½ cup  
 1½ cups  
 ½ cup  
 3 tbsp  
 7 tbsp  
 2 tsp  
 6¼ cups

### Approx. Issue

3¼ oz  
 2 lb 8 oz  
 1-1/3-No. 10 cans

### Thaw

CP: Thaw turkey under refrigeration at 41°F.

### Methods

PAN SIZE: Steam-Jacketed Kettle.

1. Rinse lentils in water, removing discolored lentils and foreign matter, drain. Reserve for use in Step 5.
2. Sauté garlic and onion in vegetable oil in steam-jacketed kettle or stockpot for 5-6 minutes until onions are translucent.
3. Add turkey; sauté for 8-10 minutes until turkey is no longer pink.
4. To prepare broth; using a wire whip, combine vegetable base and water; stir until completely dissolved.
5. Add broth, tomatoes, tomato paste, chili powder, cumin, oregano, salt, red pepper, and lentils to the turkey and vegetables; stir.
6. Bring to a boil; reduce heat. Simmer covered for 30 minutes until lentils are tender, stirring occasionally. CCP: Internal temperature must reach 165°F or higher for 15 seconds.
7. CP: Hold for hot service at 135°F or higher.
8. To serve: Place 1 cup chili in a bowl and garnish with 1 tbsp of yogurt.

### Notes

1. In Step 2, 1-1/3 oz (3½ tbsp) granulated garlic, per 100 portions, may be substituted for fresh garlic.
2. In Step 8, if Greek yogurt is unavailable, low fat sour cream can be substituted or the garnish can be omitted.
3. \* Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar together.

