



**Eat
Grow
Thrive**

Wholesome Kids Catering – Alphabetized Food Handling and Serving Instructions

This generic list contains food items that may appear on current and future menus.

Recommended Daily Procedures:

FOOD Warmers

- ✓ **Operation:** Ensure that there is approximately 1½ inches (4 quarts) of warm water in the counter top food warmer unit. Turn on the counter top food warmer at least one hour before you expect to put food in it. The hot food needs to be maintained at a temperature of at least 140 degrees Fahrenheit / 60 degrees Celsius. Be aware that there is a burn hazard when you are placing pans into or removing pans from the warmer unit. Do not overfill the well and take precaution whenever handling the hot food, water and warmer while it is plugged in and warm/hot.
- ✓ **Cleaning:** To maintain appearance and increase service life, the food warmer should be cleaned daily.
 - Unplug the warmer unit and let it cool completely
 - Carefully empty the water bath from the well
 - Wipe the entire well interior with a clean, damp cloth

1. Take temperature of food at time of delivery and record temperatures on temperature log.
2. Cut & Remove **the security tie** off the cold bins and immediately refrigerate milk, juice, and all perishables including fruit, vegetables, cheese, dips, and sandwiches, etc.
3. Store All Whole Wheat Breads, Whole Wheat Buns, Berry Rye Bread, 9-Grain Breads, & Whole Wheat Pita Slices at room temperature until ready to serve.
4. Upon delivery transfer hot food containers from the thermal container and place in the counter top food warmer or oven, return thermal container with the driver. Maintain the hot food at 140 degrees Fahrenheit / 60 degrees Celsius minimum. Keep the food covered.
5. Please have all the prior day's containers, pans, etc., cleaned and organized - ready for the delivery person to pick up.
6. Wholesome Kids Catering will provide you with containers of margarine, ketchup and mustard to keep on hand. Please keep refrigerated and contact us whenever you need a refill.

The Following instructions are “gentle reminders” of what you can do to certain items to help ensure your food is served at its best!

Lunches (in alphabetical order):

Beef and Turkey Burger Charcoal Grilled, Salisbury:

Method: The Beef burgers & Salisbury are sent in a pan with beef broth to help maintain moisture and temperature
Flip occasionally to ensure even heat distribution

Beef Meatballs, Turkey Meatballs, Chicken Meatballs, Stir Fry:

Method: Stir the meatballs in the various sauces occasionally to ensure even heat distribution and consistency

Baked Chicken, Fish, Chicken Strips, Nuggets & Sausages:

Method: For better heat retention, keep lid on until ready to serve

Chicken Drumstick, Chicken Balls, Stews, Burrito filling and Casseroles:

Method: Stir occasionally to ensure even heat distribution and prevent from sticking to the pan

Cold Accompaniments:

To include offerings of Salad Dressings, Sour Cream, Ketchup, Mustard, Relish, Pickles

Method: Store cold accompaniments in the refrigerator until ready to serve

Egg Dishes:

Method: For better heat retention, keep lid on the omelets until ready to serve

Fruit & Cold Vegetables

Method: Please note that our fruits are not washed prior to delivery. We recommend that you wash all fruits prior to preparing and serving them.

Please keep the following fruits refrigerated until it is time to prepare them prior to serving:
Cantaloupe, Honeydew, Pineapple, Grapes, Strawberries, Mango, Any pre-cut and/or peeled fruit

We recommend that the following fruits do not need to be refrigerated*:
Banana, Apples, Pear, Orangs, Clementine, Watermelon (not sliced), Plum, Kiwi, Nectarine

*If you are keeping these fruits over the weekend please refrigerate them and remove them from the fridge on the morning you return to the centre.

Store Vegetables in the refrigerator until ready to serve.

Pasta & Noodles:

Method: Stir the pasta & noodles occasionally to ensure even heat distribution and consistency of meat or vegetable sauces, as well as to prevent product from sticking to the pan

Perogies:

Method: Stir the perogies in the tomato sauces occasionally to ensure even heat distribution and consistency

Potatoes:

Method: Check the potatoes occasionally to avoid product from sticking to the pan and remove or loosen cover to prevent product from becoming soggy

Rice:

Method: Loosen the cover, occasionally stir the rice to maintain even heat & prevent product from becoming soggy

Salads:

Method: All salads must be refrigerated until ready to serve

Sandwiches & Pizza:

Method: Refrigerate sandwiches until ready to serve

Soup:

Method: Stir the soup occasionally to ensure even heat distribution and to mix thoroughly before serving

Vegetables - Steamed:

Method: Loosen the cover, occasionally stir the vegetables to maintain even heat & prevent product from becoming soggy

SNACK MENU

AM Snacks (in alphabetical order)

All Natural Fruit Loaves, Muffins & Cookies

Store the loaves at room temperature until ready to serve. Cut loaf into 12 slices

Breads, Rice Cakes & Pitas

Store at room temperature until ready to serve the following morning and spreads in refrigerator

Bagels

Store the bagels in the fridge until ready to serve the following morning

Cereal

Store the cereal in the cereal jars at room temperature until ready to serve the following Monday and/or Thursday morning

Fruit

Please note that our fruits are not washed prior to delivery. We recommend that you wash all fruits prior to preparing and serving them.

Please keep the following fruits refrigerated until it is time to prepare them prior to serving:
Cantaloupe, Honeydew, Pineapple, Grapes, Strawberries, Mango, Any pre-cut and/or peeled fruit

We recommend that the following fruits do not need to be refrigerated*:
Banana, Apples, Pear, Oranges, Clementine, Watermelon (not sliced), Plum, Kiwi, Nectarine

*If you are keeping these fruits over the weekend please refrigerate them and remove them from the fridge on the morning you return to the centre.

Store the fruit bread at room temperature until ready to serve the following morning

Fruit Spread

Store the fruit spread in the refrigerator until ready to serve the following morning

Milk (1 sleeve 2% = 10 portions and 1 carton of homo = 8 portions)

Store the milk in the refrigerator until ready to serve the following morning

Oatmeal Banana Bars

Store the bars at room temperature until ready to serve the following morning

Puree – Fruit

Store the puree in the refrigerator until ready to serve the following morning

Yogurt, Pancakes

Store in the refrigerator until ready to serve the following morning

PM Snacks (in alphabetical order)

Crackers, Cookies & Breads

Store at room temperature until ready to serve

Cream Cheese & Cheddar Cheese

Refrigerate the Cream Cheese until ready to serve

Dips

Refrigerate all dips until ready to serve

Fruit

Please note that our fruits are not washed prior to delivery. We recommend that you wash all fruits prior to preparing and serving them.

Please keep the following fruits refrigerated until it is time to prepare them prior to serving:
Cantaloupe, Honeydew, Pineapple, Grapes, Strawberries, Mango, Any pre-cut and/or peeled fruit

We recommend that the following fruits do not need to be refrigerated*:
Banana, Apples, Pear, Orangs, Clementine, Watermelon (not sliced), Plum, Kiwi, Nectarine

*If you are keeping these fruits over the weekend please refrigerate them and remove them from the fridge on the morning you return to the centre.

Granola

Store the Granola at room temperature until ready to serve

MG Fruit Cookie & Banana Oatmeal Bars

Store at room temperature until ready to serve

Juice (1 carton of juice = 8 portions)

Store the juice in the refrigerator once opened

Pita-Orange Cranberry & English Muffins

Store the pita at room temperature until ready to serve

Samosa

Store in the refrigerator until ready to serve

Sandwiches & Pizza

Store the sandwich in the refrigerator until ready to serve

Tortilla/Nacho Chips

Store the Tortilla Chips at room temperature until ready to serve

Vegetables

Refrigerate the fresh vegetables until ready to serve

Yogurt

Refrigerate the fruit yogurt until ready to serve