

Chicken or Turkey and Noodles

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		2 gal		4 gal	1. Heat chicken stock to boiling. Slowly stir in noodles, onions, and carrots (optional). Boil, uncovered, for 6 minutes. DO NOT DRAIN.
Enriched noodles	2 lb 8 oz	1 gal 3 ½ qt	5 lb	3 gal 3 qt	
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ¼ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ¾ cup OR 2 ½ cups	
*Fresh carrots, shredded (optional)	8 oz	2 ½ cups	1 lb	1 qt ¾ cup	2. Melt margarine or butter. Add flour and stir until smooth.
Margarine or butter	4 oz	½ cup	8 oz	1 cup	
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
Instant nonfat dry milk, reconstituted		1 qt 2 cups		3 qt	3. Add flour mixture, milk, pepper, marjoram (optional), parsley (optional), and chicken or turkey to noodles. Stir gently to combine.
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Dried marjoram (optional)		1 ½ tsp		1 Tbsp	
Dried parsley (optional)		½ cup		1 cup	4. Stir occasionally until thickened. CCP: Heat to 165° F or higher for at least 15 seconds.
*Cooked chicken or turkey chopped	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt	
					5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
					6. CCP: Hold for hot service at 135° F or higher.

Portion with 8 oz ladle (1 cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 lb
Carrots	10 oz	1 lb 4 oz

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Chicken, whole, without neck and giblets	17 lb 12 oz	35 lb 8 oz
Turkey, whole, without neck and giblets	13 lb 9 oz	27 lb 2 oz

SERVING:	YIELD:	VOLUME:
1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.	50 Servings: 3 medium half-steamtable pans	50 Servings: about 3 gallons 2 cups
	100 Servings: 6 medium half-steamtable pans	100 Servings: about 6 gallons 1 quart

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Nutrients Per Serving					
Calories	244	Saturated Fat	1.88 g	Iron	1.91 mg
Protein	21.90 g	Cholesterol	75 mg	Calcium	63 mg
Carbohydrate	21.32 g	Vitamin A	128 IU	Sodium	186 mg
Total Fat	7.52 g	Vitamin C	0.9 mg	Dietary Fiber	0.8 g