

Recipe Name	<b>Chicken Loaf Supreme</b>		<b>Food Groups per Serving</b>	
Serves	50		Vegetables & Fruits	0
Serving Size	1 slice		Grains	1
Total Cost per recipe	\$81.00		Milk & Alternates	0
Total Cost per serving	\$1.62		Meat & Alternates	1
<b>Costed July 20, 2010</b>				
<b>Ingredient</b>	<b>Amount Used in Recipe</b>	<b>Unit</b>	<b>Cost per Recipe</b>	<b>Cost per Serving</b>
Ground chicken	4.50	kg	58.050	1.161
Eggs	20.00	ea	4.983	0.100
Dried bread crumbs	2.50	l	6.930	0.139
Milk	2.00	l	3.000	0.060
Onion	500.00	ml	2.779	0.056
Celery, bunch	0.50	ea	0.995	0.020
Worcestershire sauce	125.00	ml	1.032	0.021
Pepper, ground	7.00	ml	0.210	0.004
Poultry seasoning	15.00	ml	0.576	0.012
Ketchup	750.00	ml	1.495	0.030
Corn syrup	250.00	ml	0.945	0.019
1. Combine beaten eggs, dried bread crumbs, and milk. Add ground chicken, onion, celery, Worcestershire sauce and seasonings. Mix thoroughly.				
2. Divide mixture into loaf pans or aluminum baking pans that have been sprayed with vegetable oil. Bake at 350°F (180°C) for 1 to 1-1/4 hours.				
3. For glaze, combine ketchup and corn syrup and lightly spread over loaves. Bake an additional 15 minutes.				
4. Ensure that the chicken loaf reaches a temperature of 70°C or 158°F.				
<b>MSVU Child Care Centre Menu Plan Project</b>			<a href="http://www.msvu.ca/menuproject/">http://www.msvu.ca/menuproject/</a>	