

# Everything Bagel with Cream Cheese



## BREADS



Portion Size	Serving Utensil
1 each	Tongs and Knife
Production Area	Estimated Cost Per Serving
Hot	0.29

## INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (l)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until golden brown.
Cream Cheese	100 tbsp	20 tbsp	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices
Instructions						
Spread cream cheese on both toasted bagel halves.						

Cautionary Note: While all products with gluten containing ingredients are not allowed on Gluten Restricted, this does not mean the products are Gluten Free as certified by the Canadian Celiac Association. Any changes from the Gluten Restricted menu and/or recipes, such as (a) changes to meet local and/or residents' preferences (b) changes to product, ingredient and/or supplier substitutions or (c) adding a custom recipe, may result in gluten contained in the Gluten Restricted menu or recipes. Please ensure you check all list of ingredients on manufacturers' food labels prior to using the Gluten Restricted menu.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch
Instructions Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.						

NUTRITIONAL INFO Per Serving

MACRONUTRIENTS		MINERALS		FATS & CHOLESTEROL		FIBRE & SUGARS	
Calories	100 Kcal	Sodium	135 mg	Saturated Fat	0.15 g	Dietary Fibre	1 g
Protein	3.5 g	Potassium	25 mg	Trans Fat	0 g	Sugars	1 g
Carbohydrate	18.5 g	Calcium	38 mg	Cholesterol	0 mg		
Total Fat	0.5 g	Iron	1.25 mg				

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Ingredients	50 (m)	10 (l)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until golden brown.
Cream Cheese	100 tbsp	20 tbsp	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices
Instructions						
Spread cream cheese on both toasted bagel halves.						

Cautionary Note: While all products with gluten containing ingredients are not allowed on Gluten Restricted, this does not mean the products are Gluten Free as certified by the Canadian Celiac Association. Any changes from the Gluten Restricted menu and/or recipes, such as (a) changes to meet local and/or residents' preferences (b) changes to product, ingredient and/or supplier substitutions or (c) adding a custom recipe, may result in gluten contained in the Gluten Restricted menu or recipes. Please ensure you check all list of ingredients on manufacturers' food labels prior to using the Gluten Restricted menu.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch
Instructions Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.						

NUTRITIONAL INFO

Per Serving

MACRONUTRIENTS		MINERALS		FATS & CHOLESTEROL		FIBRE & SUGARS	
Calories	100 Kcal	Sodium	135 mg	Saturated Fat	0.15 g	Dietary Fibre	1 g
Protein	3.5 g	Potassium	25 mg	Trans Fat	0 g	Sugars	1 g
Carbohydrate	18.5 g	Calcium	38 mg	Cholesterol	0 mg		
Total Fat	0.5 g	Iron	1.25 mg				

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# Everything Bagel with Cream Cheese



## BREADS



Portion Size <b>1 each</b>	Serving Utensil <b>Tongs and Knife</b>
Production Area <b>Hot</b>	Estimated Cost Per Serving <b>0.29</b>

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Instructions Spread cream cheese on both toasted bagel halves.						

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STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch
Instructions Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.						

NUTRITIONAL INFO

Per Serving

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NUTRITIONAL INFO

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Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Instructions  
Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

NUTRITIONAL INFO Per Serving

MACRONUTRIENTS	MINERALS	FATS & CHOLESTEROL	FIBRE & SUGARS
Calories 100 Kcal	Sodium 135 mg	Saturated Fat 0.15 g	Dietary Fibre 1 g
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STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
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Cream Cheese	100 tbsp	20 tbsp	

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Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices
Instructions Spread cream cheese on both toasted bagel halves.						

Cautionary Note: While all products with gluten containing ingredients are not allowed on Gluten Restricted, this does not mean the products are Gluten Free as certified by the Canadian Celiac Association. Any changes from the Gluten Restricted menu and/or recipes, such as (a) changes to meet local and/or residents' preferences (b) changes to product, ingredient and/or supplier substitutions or (c) adding a custom recipe, may result in gluten contained in the Gluten Restricted menu or recipes. Please ensure you check all list of ingredients on manufacturers' food labels prior to using the Gluten Restricted menu.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch
Instructions Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.						

NUTRITIONAL INFO

Per Serving

MACRONUTRIENTS		MINERALS		FATS & CHOLESTEROL		FIBRE & SUGARS	
Calories	100 Kcal	Sodium	135 mg	Saturated Fat	0.15 g	Dietary Fibre	1 g
Protein	3.5 g	Potassium	25 mg	Trans Fat	0 g	Sugars	1 g
Carbohydrate	18.5 g	Calcium	38 mg	Cholesterol	0 mg		
Total Fat	0.5 g	Iron	1.25 mg				

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# Everything Bagel with Cream Cheese



## BREADS



Portion Size	Serving Utensil
1 each	Tongs and Knife
Production Area	Estimated Cost Per Serving
Hot	0.29

## INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (l)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until golden brown.
Cream Cheese	100 tbsp	20 tbsp	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices
Instructions						
Spread cream cheese on both toasted bagel halves.						

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STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch
<div>Instructions</div> <div>Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.</div>						

NUTRITIONAL INFO Per Serving

MACRONUTRIENTS		MINERALS		FATS & CHOLESTEROL		FIBRE & SUGARS	
Calories	100 Kcal	Sodium	135 mg	Saturated Fat	0.15 g	Dietary Fibre	1 g
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## BREADS



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# Everything Bagel with Cream Cheese



## BREADS



Portion Size	Serving Utensil
1 each	Tongs and Knife
Production Area	Estimated Cost Per Serving
Hot	0.29

## INGREDIENTS & INSTRUCTIONS

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NUTRITIONAL INFO Per Serving

MACRONUTRIENTS		MINERALS		FATS & CHOLESTEROL		FIBRE & SUGARS	
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# Everything Bagel with Cream Cheese



## BREADS



Portion Size <b>1 each</b>	Serving Utensil <b>Tongs and Knife</b>
Production Area <b>Hot</b>	Estimated Cost Per Serving <b>0.29</b>

## INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (l)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until golden brown.
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STEP 3						
Ingredients	50	10	20	40	12	11
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NUTRITIONAL INFO

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Instructions						
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STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch
<div>Instructions</div> <div>Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.</div>						

NUTRITIONAL INFO Per Serving

MACRONUTRIENTS		MINERALS		FATS & CHOLESTEROL		FIBRE & SUGARS	
Calories	100 Kcal	Sodium	135 mg	Saturated Fat	0.15 g	Dietary Fibre	1 g
Protein	3.5 g	Potassium	25 mg	Trans Fat	0 g	Sugars	1 g
Carbohydrate	18.5 g	Calcium	38 mg	Cholesterol	0 mg		
Total Fat	0.5 g	Iron	1.25 mg				

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# Everything Bagel with Cream Cheese



## BREADS



Portion Size	Serving Utensil
1 each	Tongs and Knife
Production Area	Estimated Cost Per Serving
Hot	0.29

## INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (l)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until golden brown.
Cream Cheese	100 tbsp	20 tbsp	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices
Instructions						
Spread cream cheese on both toasted bagel halves.						

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## BREADS



Portion Size <b>1 each</b>	Serving Utensil <b>Tongs and Knife</b>
Production Area <b>Hot</b>	Estimated Cost Per Serving <b>0.29</b>

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# Everything Bagel with Cream Cheese



## BREADS



Portion Size <b>1 each</b>	Serving Utensil <b>Tongs and Knife</b>
Production Area <b>Hot</b>	Estimated Cost Per Serving <b>0.29</b>

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## BREADS



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## BREADS



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Cautionary Note: While all products with gluten containing ingredients are not allowed on Gluten Restricted, this does not mean the products are Gluten Free as certified by the Canadian Celiac Association. Any changes from the Gluten Restricted menu and/or recipes, such as (a) changes to meet local and/or residents' preferences (b) changes to product, ingredient and/or supplier substitutions or (c) adding a custom recipe, may result in gluten contained in the Gluten Restricted menu or recipes. Please ensure you check all list of ingredients on manufacturers' food labels prior to using the Gluten Restricted menu.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch
Instructions Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.						

NUTRITIONAL INFO

Per Serving

MACRONUTRIENTS		MINERALS		FATS & CHOLESTEROL		FIBRE & SUGARS	
Calories	100 Kcal	Sodium	135 mg	Saturated Fat	0.15 g	Dietary Fibre	1 g
Protein	3.5 g	Potassium	25 mg	Trans Fat	0 g	Sugars	1 g
Carbohydrate	18.5 g	Calcium	38 mg	Cholesterol	0 mg		
Total Fat	0.5 g	Iron	1.25 mg				

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# Everything Bagel with Cream Cheese



## BREADS



Portion Size	Serving Utensil
1 each	Tongs and Knife
Production Area	Estimated Cost Per Serving
Hot	0.29

## INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (l)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until golden brown.
Cream Cheese	100 tbsp	20 tbsp	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices
Instructions						
Spread cream cheese on both toasted bagel halves.						

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STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch
<div>Instructions</div> <div>Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.</div>						

NUTRITIONAL INFO Per Serving

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## BREADS



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# Everything Bagel with Cream Cheese



## BREADS



Portion Size <b>1 each</b>	Serving Utensil <b>Tongs and Knife</b>
Production Area <b>Hot</b>	Estimated Cost Per Serving <b>0.29</b>

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## BREADS



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STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch
Instructions Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.						

NUTRITIONAL INFO

Per Serving

MACRONUTRIENTS		MINERALS		FATS & CHOLESTEROL		FIBRE & SUGARS	
Calories	100 Kcal	Sodium	135 mg	Saturated Fat	0.15 g	Dietary Fibre	1 g
Protein	3.5 g	Potassium	25 mg	Trans Fat	0 g	Sugars	1 g
Carbohydrate	18.5 g	Calcium	38 mg	Cholesterol	0 mg		
Total Fat	0.5 g	Iron	1.25 mg				

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# Everything Bagel with Cream Cheese



## BREADS



Portion Size	Serving Utensil
1 each	Tongs and Knife
Production Area	Estimated Cost Per Serving
Hot	0.29

## INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (l)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until golden brown.
Cream Cheese	100 tbsp	20 tbsp	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices
Instructions						
Spread cream cheese on both toasted bagel halves.						

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# Everything Bagel with Cream Cheese



## BREADS



Portion Size <b>1 each</b>	Serving Utensil <b>Tongs and Knife</b>
Production Area <b>Hot</b>	Estimated Cost Per Serving <b>0.29</b>

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## BREADS



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Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch
<div>Instructions</div> <div>Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.</div>						

NUTRITIONAL INFO Per Serving

MACRONUTRIENTS		MINERALS		FATS & CHOLESTEROL		FIBRE & SUGARS	
Calories	100 Kcal	Sodium	135 mg	Saturated Fat	0.15 g	Dietary Fibre	1 g
Protein	3.5 g	Potassium	25 mg	Trans Fat	0 g	Sugars	1 g
Carbohydrate	18.5 g	Calcium	38 mg	Cholesterol	0 mg		
Total Fat	0.5 g	Iron	1.25 mg				

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# Everything Bagel with Cream Cheese



## BREADS



Portion Size	Serving Utensil
1 each	Tongs and Knife
Production Area	Estimated Cost Per Serving
Hot	0.29

## INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (l)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until golden brown.
Cream Cheese	100 tbsp	20 tbsp	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices
Instructions						
Spread cream cheese on both toasted bagel halves.						

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# Everything Bagel with Cream Cheese



## BREADS



Portion Size <b>1 each</b>	Serving Utensil <b>Tongs and Knife</b>
Production Area <b>Hot</b>	Estimated Cost Per Serving <b>0.29</b>

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## BREADS



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STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch
<div>Instructions</div> <div>Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.</div>						

NUTRITIONAL INFO Per Serving

MACRONUTRIENTS		MINERALS		FATS & CHOLESTEROL		FIBRE & SUGARS	
Calories	100 Kcal	Sodium	135 mg	Saturated Fat	0.15 g	Dietary Fibre	1 g
Protein	3.5 g	Potassium	25 mg	Trans Fat	0 g	Sugars	1 g
Carbohydrate	18.5 g	Calcium	38 mg	Cholesterol	0 mg		
Total Fat	0.5 g	Iron	1.25 mg				

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# Everything Bagel with Cream Cheese



## BREADS



Portion Size	Serving Utensil
1 each	Tongs and Knife
Production Area	Estimated Cost Per Serving
Hot	0.29

## INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (l)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until golden brown.
Cream Cheese	100 tbsp	20 tbsp	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices
Instructions						
Spread cream cheese on both toasted bagel halves.						

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# Everything Bagel with Cream Cheese



## BREADS



Portion Size <b>1 each</b>	Serving Utensil <b>Tongs and Knife</b>
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# Everything Bagel with Cream Cheese



## BREADS



Portion Size <b>1 each</b>	Serving Utensil <b>Tongs and Knife</b>
Production Area <b>Hot</b>	Estimated Cost Per Serving <b>0.29</b>

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## BREADS



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STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch
<div>Instructions</div> <div>Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.</div>						

NUTRITIONAL INFO Per Serving

MACRONUTRIENTS		MINERALS		FATS & CHOLESTEROL		FIBRE & SUGARS	
Calories	100 Kcal	Sodium	135 mg	Saturated Fat	0.15 g	Dietary Fibre	1 g
Protein	3.5 g	Potassium	25 mg	Trans Fat	0 g	Sugars	1 g
Carbohydrate	18.5 g	Calcium	38 mg	Cholesterol	0 mg		
Total Fat	0.5 g	Iron	1.25 mg				

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# Everything Bagel with Cream Cheese



## BREADS



Portion Size	Serving Utensil
1 each	Tongs and Knife
Production Area	Estimated Cost Per Serving
Hot	0.29

## INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (l)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until golden brown.
Cream Cheese	100 tbsp	20 tbsp	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices
Instructions						
Spread cream cheese on both toasted bagel halves.						

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STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch
Instructions Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.						

NUTRITIONAL INFO

Per Serving

MACRONUTRIENTS		MINERALS		FATS & CHOLESTEROL		FIBRE & SUGARS	
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# Everything Bagel with Cream Cheese



## BREADS



Portion Size <b>1 each</b>	Serving Utensil <b>Tongs and Knife</b>
Production Area <b>Hot</b>	Estimated Cost Per Serving <b>0.29</b>

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# Everything Bagel with Cream Cheese



## BREADS



Portion Size <b>1 each</b>	Serving Utensil <b>Tongs and Knife</b>
Production Area <b>Hot</b>	Estimated Cost Per Serving <b>0.29</b>

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## BREADS



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# Everything Bagel with Cream Cheese



## BREADS



Portion Size <b>1 each</b>	Serving Utensil <b>Tongs and Knife</b>
Production Area <b>Hot</b>	Estimated Cost Per Serving <b>0.29</b>

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## BREADS



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Production Area <b>Hot</b>	Estimated Cost Per Serving <b>0.29</b>

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Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices
Instructions Spread cream cheese on both toasted bagel halves.						

Cautionary Note: While all products with gluten containing ingredients are not allowed on Gluten Restricted, this does not mean the products are Gluten Free as certified by the Canadian Celiac Association. Any changes from the Gluten Restricted menu and/or recipes, such as (a) changes to meet local and/or residents' preferences (b) changes to product, ingredient and/or supplier substitutions or (c) adding a custom recipe, may result in gluten contained in the Gluten Restricted menu or recipes. Please ensure you check all list of ingredients on manufacturers' food labels prior to using the Gluten Restricted menu.

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STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch
<div>Instructions</div> <div>Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.</div>						

NUTRITIONAL INFO Per Serving

MACRONUTRIENTS		MINERALS		FATS & CHOLESTEROL		FIBRE & SUGARS	
Calories	100 Kcal	Sodium	135 mg	Saturated Fat	0.15 g	Dietary Fibre	1 g
Protein	3.5 g	Potassium	25 mg	Trans Fat	0 g	Sugars	1 g
Carbohydrate	18.5 g	Calcium	38 mg	Cholesterol	0 mg		
Total Fat	0.5 g	Iron	1.25 mg				

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