



EXPO

TRAINING PACKET

---

NAME

Welcome to the Cody's Original Roadhouse Hourly Training Program. We are excited for you to be a part of our team and to teach you everything we can in order for you to be a success at Cody's. Please fill in the facts below so that you can have the proper information if something is to arise during your training process. Please bring this study guide and quiz packet to class every day.

<b>Cody's Original Roadhouse Restaurant Information</b>
---------------------------------------------------------

1. **MANAGEMENT STAFF:**

GENERAL MANAGER: \_\_\_\_\_

MANAGER: \_\_\_\_\_

MANAGER: \_\_\_\_\_

KITCHEN MANAGER: \_\_\_\_\_

2. **ADDRESS:** \_\_\_\_\_

3. **PHONE NO:** \_\_\_\_\_

**WEBSITE ADDRESS:** [www.codysoriginalroadhouse.com](http://www.codysoriginalroadhouse.com)

4. **HOURS OF OPERATION:**

OPEN 7 DAYS PER WEEK

Monday thru Thursday: 3:00 PM - 10 PM

Friday and Saturday: 3:00 PM – 11 PM

Sunday: 11:00 AM - 10 PM

**NOTE: Opening & Closing times may vary – check your restaurant hours.**

**NOTE:** Restaurants Restaurant is always ready 15 minutes prior to opening. Also, will stay open 15 minutes past posted closing time.

Training Schedule for the Week			
	Date	Time	Trainer
Day 1			
Day 2			
Day 3			
Day 4			

# Expo Training Process Overview

## Options for training times:

2:00-2:45	Class with food show, Quiz review, Evaluation
2:45-3:15	Set-up of area with Trainer/Pre-Meal
3:15-9:00	Follow
9:00-9:30	Clean-up/Re-stock of area with Trainer
<b>OR</b>	
4:00-4:45	Set-up of area with Trainer
4:45-9:00	Pre-Meal/Follow
9:00-9:45	Class with food show, Quiz review, Evaluation
9:45-Close	Hands on/Clean-up/Re-stock of area with Trainer

## Day 1

### ***Class Topics-***

- The Mechanics of Expo
- Minimum Safe Internal Cooking Temperature and Times
- Steak Temperature Descriptions
- Meat Seminar with Meat Cutter or Lead Trainer
- Menu Descriptions (Steaks, Chops, & Ribs)

### ***Follow Topics-***

- Round Robin: 30 minutes in each area. MEAT ROOM, BROILER, FLAT/FRY/PANTRY, EXPO
- Meat Room- Observe meat cutting techniques, meat cutter responsibilities including marinating of chicken and pull thaws, and view all hand cut steaks
- Broiler- Observe proper grill mechanics, communication, pulling of checks, and selling of food
- Flat/Fry/Pantry - Observe proper mechanics, communication, plate set up, and flow of kitchen
- Expo- Manager and/or Expo in window out explains Picture Perfect Plate Presentations and menu descriptions

### ***Cody's Signature dishes to share during classroom-***

- Order your choice of 2 signature Cody's dishes to share: 10oz Sirloin Steak, ½ Rack Baby Back Ribs, Roadhouse Chopped Steak, or 12oz Slow Roasted Prime Rib of Beef

## The Mechanics of Expo

1. Each position of the kitchen is responsible for pulling its own checks off the printer, cooking the food and selling it to the Expo.
2. The Expo will have their own set of checks. White checks will be kept with the main entrée Expo and the yellow check will be handed to the Expo on the appetizer side (if applicable).
3. Carefully read each ticket - Note products, cooking temperatures, and special instructions.
4. When selling food to the server:
  - When an order is complete, it will be “pulled” from the grill all at one time and put on a plate with the ticket.
  - The Expo must match the check hanging to the check sold over from the grill cook and flat top cook.
  - Assemble all plates by placing side items and entrees on the correct plate
5. Follow the recipe and specifications when plating the food - place the product at 6:00 on the appropriate plate.

## Minimum Safe Internal Cooking Temperatures and Times

Cook each food to at least its minimum safe internal temperature and for at least the time indicated, to avoid food borne illness:

FOOD ITEM	MINIMUM SAFE INTERNAL TEMPERATURE
Poultry	165° F (73.9°C) for 15 seconds
Ground meats (including ground beef and ground pork)	155°F (68.3°C) for 15 seconds
Pork, game animals, comminuted fish and meats	155°F (68.3°C) for 15 seconds 150°F (65.6°C) for 1 minute 145°F (62.8°C) for 3 minutes
Beef Roasts	145°F (62.8°C) for 3 minutes 140°F (60°C) for 12 minutes 130°F (54.4°C) for 12 minutes
Fish, seafood, beef (cubes, slices, etc.), and all other potentially hazardous foods not listed	145°F (62.8°C) for 15 seconds.

## Steak Temperature Descriptions

Temperatures are critical for all steaks, steak chunks and burgers.

Temperature	Abbreviation	Description
Rare	R	Cool, Red Center
Medium Rare	MR	Warm, Red Center
Medium	M	Hot, Pink Center
Medium Well	MW	Hot, Thin Line of Pink
Well	W	Hot, No Pink

If the steak has not been cooked to the guest’s specifications, return it to the grill. This will allow the grill cook to grill the steak as the guest requested before it goes to the table. Notify a manager immediately about any problems or concerns.

# Meat Seminar

**At Cody's, we hand cut and age our steaks in house. All steaks are grilled over an open flame and seasoned with our own Cody's steak seasoning and steak 'sauce' (unless otherwise requested by the guest).**

**Sirloin-** All of our sirloins are Certified USDA Choice beef. Top Sirloin is the most popular and considered a somewhat lean variation to the red meat selections. In this cut of meat, most of the fat is removed so as to allow for only meat. While it is generally not full of flavor, the top sirloin comes from the top of the short loin area which is tender. We also hand tenderize to assure its greatness.

8oz Sirloin- Used for Sirloin Steak Salad and Early Bird Sirloin Steak

10oz Top Sirloin- 10oz Top Sirloin Steak

14oz Top Sirloin- 14oz Top Sirloin Steak

**Ribeye-** Ribeye is a tender and fatty piece of meat cut from the rib of the cow. It is considered the most popular of red meat selections. The flavor of the ribeye is attributed to the fat marbling which runs through the slice of meat and melts during cooking. The key to optimal flavor in the ribeye is to cook the meat thoroughly to fully melt down the fat level of the marbling, thereby enhancing the flavors.

14oz Ribeye- Ribeye Steak 14oz

20oz Ribeye- Ribeye Steak 20oz

When a Ribeye loin is seasoned with own blend of herbs and spices and slow roasted in an oven it becomes Prime Rib.

10oz Prime- Early Bird Grilled Prime Rib of Beef (where applicable), Combos

12oz Prime- Slow Roasted Prime Rib of Beef, 12oz

16oz Prime- Slow Roasted Prime Rib of Beef, 1lb

**Tenderloin-** The tenderloin is the most tender cut, and some say less flavorful. When a filet is ordered Medium Well or Well Done, ask the guest if they would like their filet butterflied. This means the filet is sliced through the thick side of the steak without cutting all the way through. The steak then "unfolds" and lies thin, flat and into what looks like a butterfly shape, exposing most of the meat to the heat.

6oz Filet- Bacon Wrapped Filet Mignon, 6oz (CAN NOT BUTTERFLY DUE TO BACON WRAP)

9oz Filet- Filet Mignon, 9oz

**Short Loin-** This cut has a bone which separates two different types of steaks- the strip loin and the tenderloin. This cut yields types of steak including Porterhouse, T-bone and Kansas City Strip.

T-Bone Steak- 18oz. New York strip on one side of the bone and a small filet on the other side.

Porterhouse Steak- 24oz. New York strip on one side of the bone and a larger filet on the other side.



## **SLOW ROASTED PRIME RIB OF BEEF**

Slow roasted and when it's gone, it's gone. We roast the whole prime rib and season it with our own blend of herbs and spices served with au jus. Horseradish sauce also available (upon request).

Abbreviation: 12 Prime 1 lb. Prime  
Portion: 12 oz. Prime Rib 1 lb. Prime Rib  
Service: Served on 11 ½" platter with au jus in 3 oz. soufflé cup. (Creamy horseradish served in 2 oz. soufflé cup upon request)  
**Station: BROILER**

## **PORTERHOUSE PORK CHOP**

A bone in chop that is tender, juicy, and chargrilled. Served with or without BBQ sauce.

Abbreviation: PH Chop BBQ PH Chop  
Portion: 12oz Bone-in Chop  
Service: Served on 13" platter. Garnished with 3 oz. portion of applesauce, sprinkled lightly with cinnamon, in a monkey dish.  
**Station: BROILER**

## **BABY BACK RIBS- ½ Rack or Full Rack**

Our ribs are better than some of the best Rib Joints in town. Full or half slab of barbecued baby back pork ribs basted with Cody's BBQ sauce.

Abbreviation: 1/2 Rack Full Rack  
Portion: 1/2 Rack (6-7 bones) Full Rack (12-13 bones)  
Service: ½ Rack served on 11 ½" platter with kale and wet nap  
Full Rack served on 13" platter with kale and wet nap  
**Station: BROILER**

## **TOP SIRLOIN STEAK**

A flavorful steak from USDA Choice Top Sirloin beef.

Abbreviation: 10 Sir 14 Sir  
Portion: 10 oz. Sirloin steak 14 oz. Sirloin steak  
Service: Served on 11 ½" platter  
**Station: BROILER**

## **T-BONE STEAK**

A NY Strip on one side of the bone and a small filet on the other.

Abbreviation: T-Bone  
Portion: 18 oz. Shortloin steak  
Service: Served on 13" platter  
**Station: BROILER**

## **PORTERHOUSE STEAK**

A NY Strip on one side of the bone and a larger filet on the other.

Abbreviation: PH  
Portion: 24 oz. Shortloin steak  
Service: Served on 13" platter  
**Station: BROILER**

## **ROADHOUSE CHOPPED STEAK**

Pieces of beef from our steaks that are ground and formed into patties and topped with sautéed onions.

Abbreviation: Chpd Stk  
Portion: 12 oz. Patty  
Service: Served on 11 ½" platter and topped with 2 oz (vol) of sauteed onions.  
**Station: BROILER**

## **CHICKEN FRIED STEAK**

A cubed piece of steak (could be cut from any type of loin), hand breaded, deep fried.

Abbreviation: CFS

Portion: 7 oz. Cut

Service: Served on 11 ½" platter and topped with 3 oz of white gravy.

Station: **FRY**

### **ADD TO YOUR STEAK**

Scoop of Sautéed Mushrooms Topper- \$1.19

Scoop of Sauteed Onions Topper- \$1.19

Blue Cheese Crumble Topper - \$1.99

Garlic Butter- \$1.99



### Cody's Original Roadhouse Expo Day 1 Quiz

Name: \_\_\_\_\_

Score \_\_\_\_\_/10

1. When an order is complete it should be pulled all at one time. True or False
  
2. Fish, seafood, beef (cubes, slices, etc.) and all other potentially hazardous foods not listed should be cooked to a minimum internal temperature of
  - A) 140° F
  - B) 145° F
  - C) 160° F
  - D) 165° F
  
3. Match the following temperature to its description

_____ Rare	A) Hot, Pink Center
_____ Medium Rare	B) Hot, No Pink
_____ Medium	C) Cool, Red Center
_____ Medium Well	D) Warm, Red Center
_____ Well	E) Hot, Thin Line of Pink
  
4. The 7 ounces of random cuts cubed, breaded and deep fried is \_\_\_\_\_.
  
5. The Top Sirloin Steak is offered in what sizes? \_\_\_\_\_ oz. and \_\_\_\_\_ oz.
  
6. The Ribeye is offered in a \_\_\_\_\_ oz. and \_\_\_\_\_ oz. portion.
  
7. The Bacon Wrapped Filet Mignon is \_\_\_\_\_ oz. while the Filet Mignon is \_\_\_\_\_ oz.
  
8. We hand \_\_\_\_\_ our steaks in house.
  
9. The T-Bone Steak is \_\_\_\_\_ oz. and the Porterhouse Steak is \_\_\_\_\_ oz.
  
10. Do we put diamond or square marks on our steaks? \_\_\_\_\_

# Trainee Evaluation

## Day 1

(Completed by trainer with trainee present and signed off by a manager)

Trainee arrived to work on time? YES NO

Trainee arrived in proper uniform? YES NO

Did trainee attend a meat room introduction with the Meat Cutter? YES NO

If no (Meat Cutter not present), what day during the next 2 days of training will the trainee attend this session?

(Please lock in a date and time now) \_\_\_\_\_

Trainee spent allocated time cooking alongside trainer? YES NO

Was trainee involved and attentive to all training? YES NO

Does trainee accept constructive feedback? YES NO

Notes for next day's training/areas to focus on:

\_\_\_\_\_

Trainee Name \_\_\_\_\_

Signature \_\_\_\_\_

Trainer Name \_\_\_\_\_

Signature \_\_\_\_\_

Manager Signature \_\_\_\_\_

Date \_\_\_\_\_

\_\_\_\_\_

## Day 2

### Class Topics-

- Prep Sheet
- Weight vs Volume
- Ticket Reading and Loading of the Checks Process
- Picture Perfect Plate Presentation Spec Book
- Priority Check Procedures
- Menu Descriptions (Starters, Soups N' Salads)

### Follow Topics-

- Explanation of how to read a prep sheet, details of following recipe and spec books, labeling and dating, and sign off by manager
- Validate trainee understands how to use a scale and measuring utensils properly
- Trainer reviews expo mechanics, steak temperatures, and picking and plating procedures.
- Trainee pulls checks from printer and works 1-3 checks following recipes and standards
- Trainee familiarizes self with priority checks

### Cody's Original Roadhouse Signature Dishes to Share During Classroom-

- Order Cody's Roadhouse Salad and your choice of 1: Jumbo Onions on a Stick, Cheesy Cheesy Shrimp or Fried Cheese Logs.

## Prep Sheet

The prep sheet is a tool used daily in each department. A prep sheet is completed daily by the Kitchen Manager. The kitchen manager will record his or her "on-hands" (the number of product on the shelf) and "prep amounts" (the amount of that item that they will need to make for the day). Depending on the current "par levels" (the predetermined number based upon historical trends, days of the week, and previous week's usage) certain product may or may not need to be prepped today. Use only approved recipes when prepping. Prep is mainly done during the day but some items might need to be made during the PM shift also. Note 9-1-1 items. These are items which need to be made first. Ensure only the amount which the manager records are the amount that is made. By making less or more of an item can affect the shift and the amount of product for the day. If fewer products are made, there is a likely chance that the food items will run out. If more product is made, there is a chance that the product will need to be disposed of because it will not be used before its expiration.

Cody's Original Roadhouse		WEEKLY PREP SHEET														
		Thursday's Date:														
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
LINE	UNIT	CMH	PAR	DO	CMH	PAR	DO	CMH	PAR	DO	CMH	PAR	DO	CMH	PAR	DO
<b>NOT PREP</b>																
0011	12 lbs															
0012	12 lbs															
0013	12 lbs															
0014	12 lbs															
0015	12 lbs															
0016	12 lbs															
0017	12 lbs															
0018	12 lbs															
0019	12 lbs															
0020	12 lbs															
0021	12 lbs															
0022	12 lbs															
0023	12 lbs															
0024	12 lbs															
0025	12 lbs															
0026	12 lbs															
0027	12 lbs															
0028	12 lbs															
0029	12 lbs															
0030	12 lbs															
0031	12 lbs															
0032	12 lbs															
0033	12 lbs															
0034	12 lbs															
0035	12 lbs															
0036	12 lbs															
0037	12 lbs															
0038	12 lbs															
0039	12 lbs															
0040	12 lbs															
0041	12 lbs															
0042	12 lbs															
0043	12 lbs															
0044	12 lbs															
0045	12 lbs															
0046	12 lbs															
0047	12 lbs															
0048	12 lbs															
0049	12 lbs															
0050	12 lbs															
0051	12 lbs															
0052	12 lbs															
0053	12 lbs															
0054	12 lbs															
0055	12 lbs															
0056	12 lbs															
0057	12 lbs															
0058	12 lbs															
0059	12 lbs															
0060	12 lbs															
0061	12 lbs															
0062	12 lbs															
0063	12 lbs															
0064	12 lbs															
0065	12 lbs															
0066	12 lbs															
0067	12 lbs															
0068	12 lbs															
0069	12 lbs															
0070	12 lbs															
0071	12 lbs															
0072	12 lbs															
0073	12 lbs															
0074	12 lbs															
0075	12 lbs															
0076	12 lbs															
0077	12 lbs															
0078	12 lbs															
0079	12 lbs															
0080	12 lbs															
0081	12 lbs															
0082	12 lbs															
0083	12 lbs															
0084	12 lbs															
0085	12 lbs															
0086	12 lbs															
0087	12 lbs															
0088	12 lbs															
0089	12 lbs															
0090	12 lbs															
0091	12 lbs															
0092	12 lbs															
0093	12 lbs															
0094	12 lbs															
0095	12 lbs															
0096	12 lbs															
0097	12 lbs															
0098	12 lbs															
0099	12 lbs															
0100	12 lbs															
0101	12 lbs															
0102	12 lbs															
0103	12 lbs															
0104	12 lbs															
0105	12 lbs															
0106	12 lbs															
0107	12 lbs															
0108	12 lbs															
0109	12 lbs															
0110	12 lbs															
0111	12 lbs															
0112	12 lbs															
0113	12 lbs															
0114	12 lbs															
0115	12 lbs															
0116	12 lbs															
0117	12 lbs															
0118	12 lbs															
0119	12 lbs															
0120	12 lbs															
0121	12 lbs															

## Weight vs Volume

**Weight:** Scales are important tools that need to be used when any recipe needs to be portioned. It is essential that all products are weighed accurately to ensure consistency, proper sized portions, and controlling food costs. Scales are used to accurately measure specified amounts or portions of a product for prep or serving.

There are 2 types of scales:

1. Pound Scale- measures weight in pounds
2. Ounce Scale- measures weight in items of 2 pounds or less

Each of these dial scales can now be used in a digital version also.



There are four main parts to a dial scale:

1. The dial indicates the setting
2. The needle points to the weight of the product
3. The adjusting screw is used to adjust and set the needle for proper weight/portioning
4. The Platform is where the item to be weighed or portioned is placed. Never set food directly on the platform. Use paper, plastic, a sav-a-day, or a container\*

\* In order to weigh or portion the correct amount, weight allowance must be made for the container being used to hold the product. To make this adjustment, place the empty container on the platform and turn the adjusting screw until the needle points to "zero". It is now ready to being weighing/portioning.

Cleaning a scale:

The person using the scale is responsible for rinsing and sanitizing it by hand immediately after use. Never run a scale through the dishwasher.

Storing a scale:

Place the scale on the designated shelf. Never stack or store anything on top of the scale. To prolong the life of your scale, always pick it up by the base, never the platform.

**Volume:** Measuring utensils are important tools that need to be used when any recipe needs to be portioned. It is essential that all products are measured accurately to ensure consistency, proper sized portions, and controlling food costs.

Utensils are used to accurately measure specified amounts or portions of a product for prep or serving. There are several types of utensils. To name a few:

1. Tsp
2. Tbsp
3. Cup
4. Pint
5. Quart
6. Gallon



There are 5 main parts to using measuring utensils:

1. Know the difference between liquid and dry measures and use the appropriate one for each task. While they hold the same volume, they are used differently. Measurements are labeled on each measure.
2. Use liquid measure for liquids, such as water, milk, or oil. Fill the cup to the appropriate line, place it on a level surface, and read it with your eye at the level of the liquid. Water surface curves downward, so use the bottom of the curve for accurate measurement and not the edge that is against the measuring cup. This is helpful in bread recipes where the exact amount of water is crucial.
3. Use dry measure for powders, such as sugar, salt, and baking powder. Spoon or scoop the powder lightly into the cup. Run a knife or spatula across the top to level the surface and scrape any excess back into the jar or canister.

4. Use liquid measure for any liquids by measuring it into a measuring spoon and filling it full.

5. Measure a "heaping" or "rounded" tablespoon, teaspoon, or (less frequently) cup. This quantity is not so precise, but it is generally a moderately sized, round mound, or heap of the dry ingredient in addition to that which fills the spoon.

Note: There is a difference of measurements with weight and volume. Weight is something you put on a scale to weigh; volume is something you put in a utensil of measurement. As Albert Einstein asked, "Which weighs more, a ton of feathers or a ton of bricks?" The answer is they both weigh the same. A ton is 2000lbs. if you put a ton of feathers and bricks on a scale you would certainly use less bricks and more feathers to get to a ton of weight. The same goes if you would put an ounce of bricks on a scale to weigh vs an ounce of bricks measured in volume. You would not have the same amount of brick on each of the measurement tools.

## Ticket Reading and Selling of the Checks Process

Reading the ticket:

The image shows a restaurant ticket with the following text:

Date: 03/26/15  
Time: 3:29p  
Table: 35 CK# 0005  
CINDY K EXPO  
DINING ROOM SERVER  
#P 2,  
DINNER EARL  
-----  
2 100Z CENTER TOP  
1w/MED RARE  
FRIES  
1w/MEDIUM  
BAKED  
LOADED  
MUSHROOM SKILLET  
AS ENTREE  
\*\*\*\*\*  
Table 35 3:29p  
Server: CINDY K

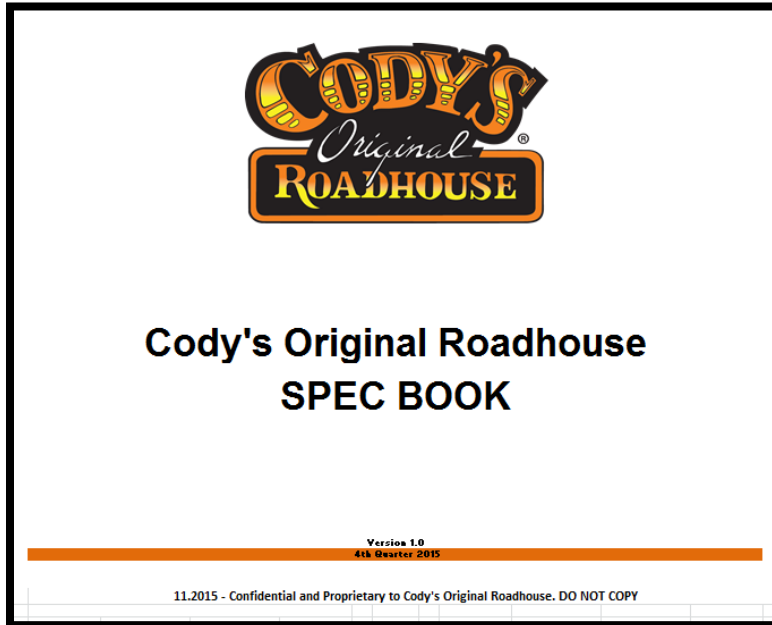
Red arrows point from labels to specific parts of the ticket:

- Table number** points to "Table: 35 CK# 0005"
- Server's name** points to "CINDY K"
- Time check was rang into kitchen** points to "Time: 3:29p"
- What is being ordered** points to "2 100Z CENTER TOP"
- Temperature of steaks** points to "1w/MED RARE"
- Sides** points to "FRIES" and "1w/MEDIUM BAKED LOADED"

Selling Food Items: All positions will cook their items to the recipe specifications and sell to the window. Expo will place the food on a plate with items from the same check, along with proper sides and sauces and pass the plates to the server, while communicating you are doing so. Sell tickets in order when possible and together. Ticket time standards are 12-14 minutes for lunch (if applicable) checks and 14-16 minutes for dinner.

## Picture Perfect Plate Presentation Spec Book

A kitchen copy of the “Spec Book” will be found in all restaurants. This is a guide to show exactly how the plates should look so they are always picture perfect. A person typically “eats with their eyes”. This means if it looks good, it typically will taste good. If it doesn’t look good, then the guest will perceive it to not taste good. Following the recipes and specs in the order they are written will give you Picture Perfect Plate Presentations.



## Priority Check Procedures

Any time a guest needs their steak cooked up or re-cooked this is called a priority. When a guest’s food is not prepared and served according to the order it is the top priority of the manager and server to solve this problem.

- Return the food to the kitchen and explain the problem to the expo or kitchen manager.  
Ex: “I need this steak cooked up please” or “I need this steak re-cooked please”
- Give the food item to the expo/km and fill out the priority slip with the correct information.
- Make the FOH manager aware of your problem.
- Return to table to tell the guest that the problem is getting fixed with approximate time it will take.
- Offer the guest something more to drink and ask if they would like their side item, a cup of soup, etc. while they are waiting.
- Let the guest know that you have checked on their priority and it should be out soon. Communication with the guest goes a long way.
- The manager will always deliver the priority to the table. The item along with a new side will be on the plate.

Priority Slip		
Server:		
Table #:		
Item:		
Temp:		
Side:		
Time In:		
Please Circle		
ReCook	or	Cook Up
Special Instructions:		

# Cody's Roadhouse Menu Descriptions:

## Starters, Soups n' Salads

### STARTERS

#### FRIED CHEESE LOGS

5 hand cut mozzarella cheese sticks, hand-breaded and deep fried. Served with marinara sauce.

Abbreviation: Ch Logs

Portion: 5 Sticks

Service: Served on an 11-inch oval platter in a small fry basket, sprinkled with Garlic Romano Seasoning and served with 3 oz. of warm marinara sauce in a monkey bowl and soup spoon.  
bowl

Station: FRY

#### JUMBO ONIONS ON A STICK / ONIONS ON A ½ STICK

Our homemade, hand battered and deep-fried onion rings, piled high on a wood skewer.

Abbreviation: O-Stick ½ Stick

Full Portion: 8-10 onion rings stacked on a wooden stick

Half Portion: 4-5 onion rings stacked on a wooden stick

Service: Served on a 13-inch oval platter, with 3 oz. turmeric dip in a monkey bowl and soup spoon.

Station: FRY

#### CHEESY CHEESY SHRIMP

Large shrimp in garlic butter topped with lots of cheese & melted to perfection.

Abbreviation: Cheesy Shr

Portion: 6 ea. (21/25ct) Butterflied Shrimp

Service: Served in escargot dish on 11 ½" platter. Garnish with 2 rolls, lemon wedge and kale.

Station: FLAT

#### LOTS OF CHEESE & BACON FRIES

Our Roadhouse fries smothered with a mix of Jack and cheddar cheese and fresh chopped bacon.

Abbreviation: Ch Fries

Portion: 14 oz. Fries, 6 oz. shredded cheese and 2 oz bacon bits

Service: Served on 11 ½" platter with 3 oz. soufflé cup of garlic ranch dressing

Station: FRY

#### CODY'S BUFFALO SHRIMP

Our large shrimp butterflied, hand breaded and deep fried. Tossed in choice of Mild, Hot or Really Really Hot sauces.

Served with Cody's Ranch or Blue Cheese Dressing.

Abbreviation: Buff Shr (M) or (H) or (RRH)

Portion: 7 (21/25ct) Butterflied Shrimp

Service: Place a bev nap on a 9" plate. Nappy bowl filled with shredded lettuce and cooked shrimp with tails out around rim of bowl. Place 2 oz. soufflé cup of ranch or bleu cheese dressing in shrimp bowl with lemon and kale. Place on top of checkered bev nap on a 9" plate.

Station: FRY

#### CODY'S WINGS

A big portion of breaded Jumbo wings. Tossed in choice of Mild, Hot or Really Really Hot sauces, BBQ sauce or Garlic.

Served with Cody's Ranch or Blue Cheese Dressing.

Abbreviation: Buff Wings (M) or (H) or (RRH) or (BBQ) or (Gar)

Portion: 10 Wings (5 drums, 5 flats)

Service: Served tossed in choice of sauce and mounded on the long side of a 11 ½" platter with 2 oz. soufflé cup of ranch or bleu cheese, 5 celery sticks, kale and a wet nap

Station: FRY





## **BAKED FRENCH ONION SOUP IN A CROCK**

Rich beef stock with sautéed onions, a toasted bread round, and hot melted provolone cheese.

Abbreviation: Onion Soup

Portion: 9 oz. onion soup, 1 French Onion Soup Crouton, and 2 Slices of Provolone Cheese.

Service: Soup crock served on a bev nap lined 9" round plate with a soup spoon.

Station: **PANTRY**

## **SOUP AND BOTTOMLESS SALAD BOWL**

Choice of French Onion Soup or Bowl of Soup of the Day and Bottomless Roadhouse Salad (Can sub Caesar if requested)

Abbreviation: S&S (SOD or FO and BSAL or BCSAL)

Portion: Bowl - 1 soup bowl (8 oz) or 9 oz. onion soup, 1 French Onion Soup Crouton, 2 Slices of Provolone cheese and 2.5c salad mix, 1oz cheese, 1oz tomatoes, 1oz cucumbers, 1 oz eggs, 1oz carrots, 1oz cabbage, 1-2 onion rings, 3 croutons, 1 pepperoncini with 1 oz Cody's Ranch dressing.

Service: Bowl of soup served on a bev nap lined 9" round plate or Soup crock on a bev nap lined 9" round plate with a soup spoon. Bottomless salad bowl brought to table. 9" cold salad plate and 6" tongs needed.

Station: **PANTRY**

## **CODY'S ROADHOUSE SALAD BASE**

Iceberg lettuce, romaine, cucumbers, cheese, tomatoes, eggs, red cabbage, shredded carrots, pepperoncini, red onion, croutons, and tossed in our homemade garlic ranch dressing.

Abbreviation: RH Sal

Portion: 6 Cups lettuce mix, 1.5oz cheese, 1.5oz tomatoes, 1.5oz cucumbers, 1.5oz eggs, 1.5oz cabbage, 1.5oz carrots, 1 pepperoncini, 3-4 onion rings, 6 croutons and choice of protein topper.

Service: Served on a chilled 13" platter with chilled dinner fork.

Station: **PANTRY**

## **JUST PLAIN CAESAR SALAD BASE**

Fresh cut romaine, seasoned croutons, parmesan cheese and tossed with our own Caesar dressing.

Abbreviation: Caes

Portion: 6 Cups romaine, 2 oz. parmesan cheese, 6 croutons mixed with 2 oz. Caesar dressing and choice of protein topper.

Service: Served on a chilled 13" platter with chilled dinner fork.

Station: **PANTRY**

## **SALAD BASE CAN BE TOPPED WITH ANY OF THE FOLLOWING:**

### **Grilled, Blackened or Fried Chicken Salad**

Abbreviation: Gr Chic RH Sal or Gr Chic Caes

Blk Chic RH Sal or Blk Chic Caes

Fr Chic RH Sal or Fr Chic Caes

Portion: 8 oz chicken breast

### **Sirloin Steak Salad**

Abbreviation: Stk (temp) RH Sal or Stk (temp) Caes

Portion: 8 oz sirloin steak

### **Grilled Shrimp Salad**

Abbreviation: Shr RH Sal or Shr Caes

Portion: 2 Shrimp skewers

### **Grilled or Blackened Salmon Salad**

Abbreviation: Gr Sal RH Sal or Gr Sal Caes

Blk Sal RH Sal or Blk Sal Caes

Portion: 8 oz Salmon

## **CODY'S BOTTOMLESS SALAD BOWL**

Iceberg lettuce, romaine, cucumbers, cheese, tomatoes, eggs, red cabbage, shredded carrots, pepperoncini, red onion, croutons, and our homemade garlic ranch dressing all tossed at the table

Abbreviation: BSAL

Portion: 2.5c salad mix, 1oz cheese, 1oz tomatoes, 1oz cucumbers, 1 oz eggs, 1oz carrots, 1oz cabbage, 1-2 onion rings, 3 croutons, 1 pepperoncini with 1 oz Cody's Ranch dressing per person.

Service: Bowl with premade house salad brought to table. Need 9" cold salad plates and 6" tongs. Server to toss salad and serve portions to each guest. It is bottomless, so ask if the guest would like more salad when necessary.

Station: **PANTRY**

Cody's Original Roadhouse Expo Day 2 Quiz

Name: \_\_\_\_\_

Score \_\_\_\_/10

1. We use a \_\_\_\_\_ sheet to determine items that need to be made for the day.
  - A) Waste
  - B) Prep
  - C) Recipe
  - D) Cheat
  
2. We prep every item every day. True or False
  
3. We have 2 scales; one to measure \_\_\_\_\_ and one to measure \_\_\_\_\_.
  1. Pounds/ Ounces
  2. Grams/ Ounces
  3. Pounds/ Grams
  4. Ounces/ Kilograms
  
4. We place food directly on the platform of the scale. True or False
  
5. What does the term "Priority" mean?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
6. Cheesy Cheesy Shrimp consists of \_\_\_\_\_ large shrimp in garlic butter and cheese that is melted to perfection. Served with \_\_\_\_\_ (qty) \_\_\_\_\_ and garnished with kale and lemon wedge.
  
7. A portion of Onions on a 1/2 Stick consists of \_\_\_\_\_ onion rings and a full order of Jumbo Onions on a Stick consists of \_\_\_\_\_ onion rings served with a 3oz portion of \_\_\_\_\_ sauce.
  
8. List the five sauce options that the Cody's Buffalo Shrimp or Wings can be tossed in.  
\_\_\_\_\_
  
9. Stuffed Potato Skins have \_\_\_\_\_ potato halves deep fried and topped with cheese and bacon. Garnished with \_\_\_\_\_. Served with \_\_\_\_\_ #40 scoops of \_\_\_\_\_ in a monkey bowl.
  
10. The grilled Chicken Salad has an \_\_\_\_\_ oz. grilled chicken breast.

# Trainee Evaluation

## Day 2

(Completed by trainer with trainee present and signed off by a manager)

Trainee arrived to work on time?	YES	NO
Trainee arrived in proper uniform?	YES	NO
Trainee spent allocated time cooking alongside trainer?	YES	NO
Was trainee involved and attentive to all training?	YES	NO
Does trainee accept constructive feedback?	YES	NO
Does trainee exhibit knowledge and understanding of the "Duties" for the Station?	YES	NO
Did the trainee successfully pass a verbal "Pick and Plate" quiz?	YES	NO

If not, where did the trainee seem to need the most work? (Re-visit tomorrow)

---

Notes for next day's training/areas to focus on:

---

Trainee Name\_\_\_\_\_

Signature\_\_\_\_\_

Trainer Name\_\_\_\_\_

Signature\_\_\_\_\_

Manager Signature\_\_\_\_\_

Date\_\_\_\_\_

---

## Day 3

### **Class Topics-**

- Line Checks- “Clean, Set & Ready to Go”
- Expo Set-Up
- Sanitizer Procedures
- Cleaning and Breakdown of Equipment
- Labeling and Dating
- Waste Control
- Menu Descriptions (Chicken, Seafood, Combo Plates, Fajitas, Quesadillas, Sides and Toppers)

### **Follow Topics-**

- Trainee completes any prep for the day with trainer coaching and working alongside.
- Trainee pulls checks from grill cook/printer and sells 6-10 checks following recipes and standards.
- Trainer reviews prep sheets, weight vs volume measurements, reading and loading checks, priority check and banquet check procedures.
- Trainee learns kitchen cleanliness and shift change functions. If trainee is opening or closing, they must also learn that opening or closing duty of the day.

### **Cody's Original Roadhouse Signature Dishes to Share During Classroom-**

Order your choice of one combo: BBQ ½ Chicken & ½ Slab of Ribs, 5 Garlic Fried Shrimp & ½ Slab of Ribs, or Prime Rib of Beef & 5 Large Shrimp

## Line Checks

Clean, set and ready to go is essential at any time of the day. Line checks (tools used to ensure that all product is of good quality, temperature, and stocked to the proper level) at 2:30pm or prior to validate all items are ready for the shift. The kitchen manager is responsible for the follow up of these check lists. Best practice is to complete your stations line check to ensure you are 100% ready. In addition to the line checks “recovery” happens after dinner rush. This takes place to wipe down, sweep, flip necessary pans, stock, etc. for “after dinner reset” but may deviate slightly as stocking might not be needed as closing time is approaching. The line still needs to be set and our performance and end product we give the guest is just as great as any other time. Where most restaurant concepts fail in execution is the last period of operations up to the nightly close.

LINE CHECK SHEET		Updated: 1/2015	DATE	TIME	BY
<b>PREP SHEET</b>					
Item	Quantity	Unit	Temp	Time	Notes
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		
Shrimp	5	lb	165		
Ribs	1	slab	165		
Beef	1	lb	165		
Chicken	1	lb	165		

## Expo Set-Up

1. Complete Duties on the Food Runner Side Work Chart
2. Complete prep according to prep sheet – utilize the prep book.
3. Check hot and cold wells for freshness
4. Stock applicable coolers and drawers to par – FIFO. Ensure all items are covered, labeled and dated.
5. Properly stock station with required utensils as follows, but not limited to:
  - Tongs
  - Pastry brushes
  - Spoodles
  - Steak Knives
  - Scoops
  - Waste bucket
  - Napkins
6. Load bakes and sweets at 2:00 p.m.
7. Turn on the hot wells at 2:30 p.m.
8. Begin Expo portion of line check
9. Check with the Kitchen Manager for any additional duties.

## Sanitizer Test Procedures

Microbial contamination is the food industry's main safety concern. Public Health Regulations require that all inanimate food contact surfaces be properly cleaned and sanitized to protect the public health from exposure to the hazards of disease transmitted through the cross-contamination of surfaces soiled with infectious micro-organisms.

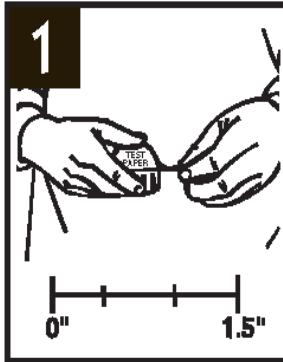
The soiling of food contact surfaces with germs takes place in the normal course of preparing, handling, and consuming food. Any surface which comes in contact with uncooked meat, poultry, or fish may become contaminated with bacteria such as E. coli. EPA has recognized that surfaces and articles such as glasses, dishes, and utensils that become soiled with infectious microorganisms found in bodily fluids (saliva and/or blood) can be associated with potential for the transmission of disease. In order to prevent this sanitizer buckets with two towels are set up throughout the restaurant. Any time a surface is cleaned it must also be sanitized.

There are 3 forms of chemical sanitizer- quat, chlorine and a Covid-19 Contact Surface Cleaner Sanitizer. Quat (short for Quaternary Sanitizer) is an ammonia-based solution where chlorine is a bleach-based solution. Both sanitizers must be changed at a minimum every 2 hours or when needed and tested to ensure proper strength. Labeling and dating the sanitizer buckets with time of each water change ensures the process is being followed. Quat sanitizer should read no more than 200 PPM (parts per million), chlorine sanitizers should read no more than 50 PPM and Contact Surface Sanitizer should be within the color chart on the side of the test strip container.

It is important to know there are three different test strips for each of these sanitizers. We use a quat sanitizer or Contact Surface Cleaner Sanitizer in our buckets. This chemical should be mixed with warm water at 80°F (25°C) for best results. See the chart below for the proper use of the test strips.

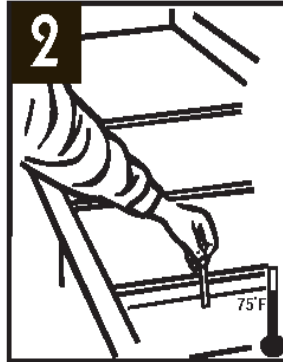
# SANITIZER TEST PROCEDURES

## PROCEDIMIENTO DE PRUEBA PARA EL SANEADOR



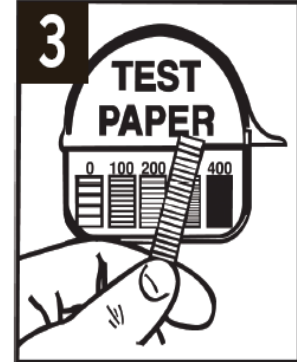
Remove a 1.5" strip of clean, dry test paper from container below.

Quitar faja de prueba seca limpia empapelar desde el recipiente.



Dip strip of test paper in clean, fresh room temperature sanitizer solution. Hold in solution for time required on test paper container. Do not shake test paper.

Sumergir faja de prueba empapelar en la sala fresca limpia temperatura sanitizár solución. Retenga en la solución por el tiempo requerido sobre el recipiente de papel de prueba. No sacuden papel de prueba.



Compare to chart on test paper container immediately. Do not exceed recommended limits (see below).

Comparar al mapa sobre el recipiente de papel de prueba inmediatamente. No exceden los límites recomendados (ven más adelante).

### RECOMMENDED SANITIZER TEST LIMITS SANTIZÁR RECOMENDADO PRUEBA LIMITES

<input type="checkbox"/>	Quaternary	-	200 PPM
<input type="checkbox"/>	Cuaternario	-	200 PPM
<input type="checkbox"/>	Iodine	-	25 PPM
<input type="checkbox"/>	El Yodo	-	25 PPM
<input type="checkbox"/>	Chlorine	-	50 PPM
<input type="checkbox"/>	El Cloro	-	50 PPM



# Cleaning and Breakdown of Equipment

## Know Safe & Show Safe

**Cleaning.  
Sanitizing.  
Disinfecting.**



**Cleaning**

Removes food and dirt from a surface



**Sanitizing**

Reduces pathogens (bacteria, for example) on surfaces to safe levels



**Disinfecting**

Removes all pathogens from a surface

Learn more at [www.FoodSafetyFocus.com](http://www.FoodSafetyFocus.com)



Floors are swept with a designated broom for the BOH, applied appropriate floor cleaning chemical, and scrubbed with a deck brush. Squeegee any remaining water into the nearest floor drain.

Mops should be washed in hot water and hung to dry. Mop buckets should be rinsed and stored immediately after use.

Invert all pots and pans, food storage containers, and trays after cleaning. Allow them to air dry.

All kitchen equipment should be maintained and cleaned on a regularly scheduled basis. (See Daily/Weekly Side Work Chart)

		Daily/Weekly Cleaning Chart													
		Thursday		Friday		Saturday		Sunday		Monday		Tuesday		Wednesday	
		Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final
<b>Prep</b>	AP1	Detail Break Room		Detail Break Room		Detail Break Room		Detail Break Room		Detail Break Room		Detail Break Room		Detail Break Room	
	FP1														
<b>Dish</b>	AP1	Wash & sanitize all dishes, silverware, glassware, plasticware, and linens in Dish Room		Wash & sanitize all dishes, silverware, glassware, plasticware, and linens in Dish Room		Wash & sanitize all dishes, silverware, glassware, plasticware, and linens in Dish Room		Wash & sanitize all dishes, silverware, glassware, plasticware, and linens in Dish Room		Wash & sanitize all dishes, silverware, glassware, plasticware, and linens in Dish Room		Wash & sanitize all dishes, silverware, glassware, plasticware, and linens in Dish Room		Wash & sanitize all dishes, silverware, glassware, plasticware, and linens in Dish Room	
	FP1														
<b>Assemble</b>	AP1	Detail all 02 Plate, Chafers, and Hot Dish Room		Detail all 02 Plate, Chafers, and Hot Dish Room		Detail all 02 Plate, Chafers, and Hot Dish Room		Detail all 02 Plate, Chafers, and Hot Dish Room		Detail all 02 Plate, Chafers, and Hot Dish Room		Detail all 02 Plate, Chafers, and Hot Dish Room		Detail all 02 Plate, Chafers, and Hot Dish Room	
	FP1														
<b>Fry</b>	AP1	Detail all Fryers in Fry Room		Detail all Fryers in Fry Room		Detail all Fryers in Fry Room		Detail all Fryers in Fry Room		Detail all Fryers in Fry Room		Detail all Fryers in Fry Room		Detail all Fryers in Fry Room	
	FP1														
<b>Flat</b>	AP1	Wash & sanitize all Flatware in Dish Room		Wash & sanitize all Flatware in Dish Room		Wash & sanitize all Flatware in Dish Room		Wash & sanitize all Flatware in Dish Room		Wash & sanitize all Flatware in Dish Room		Wash & sanitize all Flatware in Dish Room		Wash & sanitize all Flatware in Dish Room	
	FP1														
<b>Grill</b>	AP1	Wash & sanitize all Grill Utensils in Dish Room		Wash & sanitize all Grill Utensils in Dish Room		Wash & sanitize all Grill Utensils in Dish Room		Wash & sanitize all Grill Utensils in Dish Room		Wash & sanitize all Grill Utensils in Dish Room		Wash & sanitize all Grill Utensils in Dish Room		Wash & sanitize all Grill Utensils in Dish Room	
	FP1														
<b>Salad</b>	AP1	Detail Salad Bar in Dish Room		Detail Salad Bar in Dish Room		Detail Salad Bar in Dish Room		Detail Salad Bar in Dish Room		Detail Salad Bar in Dish Room		Detail Salad Bar in Dish Room		Detail Salad Bar in Dish Room	
	FP1														
<b>Host</b>	AP1	Detail all Hostess Stations in Dish Room		Detail all Hostess Stations in Dish Room		Detail all Hostess Stations in Dish Room		Detail all Hostess Stations in Dish Room		Detail all Hostess Stations in Dish Room		Detail all Hostess Stations in Dish Room		Detail all Hostess Stations in Dish Room	
	FP1														
<b>To Go</b>	AP1	Detail all To Go Stations in Dish Room		Detail all To Go Stations in Dish Room		Detail all To Go Stations in Dish Room		Detail all To Go Stations in Dish Room		Detail all To Go Stations in Dish Room		Detail all To Go Stations in Dish Room		Detail all To Go Stations in Dish Room	
	FP1														
<b>SFA</b>	AP1	Detail all SFA Stations in Dish Room		Detail all SFA Stations in Dish Room		Detail all SFA Stations in Dish Room		Detail all SFA Stations in Dish Room		Detail all SFA Stations in Dish Room		Detail all SFA Stations in Dish Room		Detail all SFA Stations in Dish Room	
	FP1														
<b>Server</b>	AP1	Detail all Server Stations in Dish Room		Detail all Server Stations in Dish Room		Detail all Server Stations in Dish Room		Detail all Server Stations in Dish Room		Detail all Server Stations in Dish Room		Detail all Server Stations in Dish Room		Detail all Server Stations in Dish Room	
	FP1														
<b>Bar</b>	AP1	Detail all Bar Stations in Dish Room		Detail all Bar Stations in Dish Room		Detail all Bar Stations in Dish Room		Detail all Bar Stations in Dish Room		Detail all Bar Stations in Dish Room		Detail all Bar Stations in Dish Room		Detail all Bar Stations in Dish Room	
	FP1														

This document is used every shift - please assign tasks accordingly.



All food contact surfaces, and kitchenware should be washed, rinsed, sanitized and air-dried after each use or after an extended period of non-use.

All cleaning products, insecticides, and chemicals must be stored away from food product and properly labeled. A SDS book should be present to hold all sheets for the chemicals in use.

Cooler and freezer cleanliness and organization should be maintained at all times.

All items need labeled, dated and rotated.

# Know Safe & Show Safe

## How to Clean & Sanitize Equipment



- 

1 Unplug the equipment.
- 

2 Take the removable parts off it.
- 

3 Wash, rinse, and sanitize parts by hand.
- 

4 Remove food from equipment surfaces.
- 

5 Wash the equipment surfaces using the right cleaner.
- 

6 Rinse the equipment surfaces with clean water.
- 

7 Sanitize the equipment surfaces.
- 

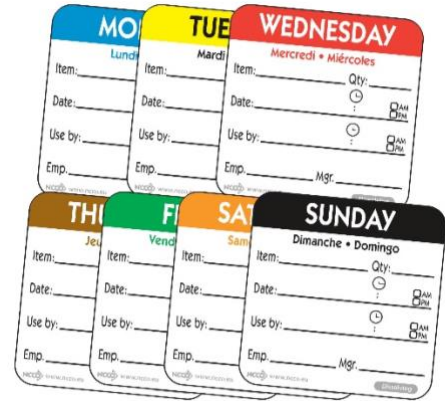
8 Allow all surfaces to air-dry. Put the unit back together.

Learn more at [www.FoodSafetyFocus.com](http://www.FoodSafetyFocus.com)



## Labeling and Dating

We use labels and “Day Dots” on our products to maintain correct “in and out” times and shelf lives. We day dot with today’s color of dot. This assists as a “red flag” when checking prep levels. If it is Monday morning, and we are doing our Prep Sheet, anything with a day dot that is past its shelf life need to be disposed of.



## Waste Control

Food waste or food loss is food that is discarded or cannot be used. The causes of food waste or loss are numerous, and occur at the stages of production, processing, retailing and consumption. Besides the meat room, the expo has a huge impact on waste control. High dollar proteins are prepared at this station and need to be controlled at all times.

**Listed below are some ways to help achieve our waste control goal:**

**Measuring-** always use measuring tools when producing product (spoons, cups, ladles, scales). Do not over or under portion.

**Storing Products-** always follow proper cool down procedures. Products should cool to 40°F or below within 4 hours. Always use an ice bath. Not following storing or cooling procedures can cause spoilage or food borne illnesses. Remember to cover the item once it is properly cooled. Always store products properly. Not covering products after cooling can cause them to pick up odors or possibly cause spoilage.

**Label and Date All Products upon Receiving or Production-** Day dots and labels are necessary to ensure we are using the First In, First Out (FIFO) method for all products and that all products being served are within the standards for holding times.

**Rotation-** Products not getting dated or rotated can get lost in the walk-in and cause spoilage. What could be worse are sub-par products reaching a guest causing dissatisfaction or a non-returning guest.

**Scraping-** We must always use a rubber scraper/spatula to scrape cans, containers, and pans to get the best possible yield from all products. If we consistently throw away small amounts or portions of food from the bottom of the containers, it will add up to large amounts of money by the end of the month.

**Correct Weights-** Always use a scale to weigh an item properly. Remember, line cooks should periodically check themselves for accuracy. Follow proper specs and portion manuals.

**Product Usage-** Always get as much yield as possible from all items. Follow correct food handling procedures for coring and trimming vegetables (i.e. sliced and diced tomatoes). Always avoid product waste when possible.

**Temperature-** All refrigeration equipment and coolers must have working thermometers. Check all coolers throughout the work day and especially at line check time. To maintain temperatures all pans should be no more than  $\frac{3}{4}$  full.

## HACCP Standards (Safely Heating/Cooling)

Hazard Analysis and Critical Control Points (or HACCP) is a system that helps food business operators look at how they handle food and introduces procedures to make sure that the food produced is safe to eat. The HACCP creates measurements to reduce these risks to a safe level. *Basically*, the focus is on controlling the “critical control points” in food-- pertaining to how it is heated and cooled for production. Controlling these points in our business is crucial to our safety and success.



### "Temperature Danger Zone"

Food has a temperature danger zone (41 °F–140 °F). Bacteria grows rapidly in the temperature danger zone, so the times that food can be at that temperature has to be minimized to limit bacterial growth.

Keep hot food hot — at or above 140 °F. Place cooked food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers.

Keep cold food cold — at or below 41 °F. Place food in containers on ice.

### Rapid Cooling Applications

Select a rapid cooling method to speed the cooling process.

- Place the container of food in an ice water bath and stir occasionally. Follow timelines. (**Preferred method**)
- Separate food into smaller or thinner portions and chill separately to expedite cooling. This process can be combined with the previous method to achieve optimal results.
- Use a quick-chill unit such as a blast chiller. (if available)

Important cooling temperatures and times include the following:

- Hot food must be cooled from 140 °F–70 °F within **2 hours**.
- Hot food must be cooled from 70 °F–41 °F in an additional **4 hours**.

### Reheating

Foods should be reheated thoroughly to an internal temperature of 165 °F. Food can only be reheated once. Therefore, a product can only be heated twice in its shelf life. First heat is during initial preparation, second heat is upon the reheat.

### Pull Thaw Procedure

There are 3 acceptable methods for safely thawing food:

- Under refrigeration (**Preferred method**)
- Under cold running water. (CANNOT be thawed in standing water!)
- As part of the cooking process

The key to properly thawing is properly *preparing*. Plan ahead, know what you need, and thaw items safely. Daily pars need to be in place to successfully thaw product.

# Cody's Roadhouse Menu Descriptions:

## Chicken, Seafood, Combo Plates, Fajitas, Quesadillas, Sides and Toppers

### CHICKEN

All dinner Entrees include Our Famous Bottomless Salad Bowl with Cody's Garlic Ranch Dressing, Fresh Baked Sweet Yeast Rolls with Cinnamon Butter and your Choice of Side.

#### ROASTED ½ CHICKEN

Half of a chicken (white meat and dark with bones) seasoned and slow cooked. Finished off on the char-grill with or without BBQ Sauce.

Abbreviation: 1/2 Chic

Portion: Half Chicken

Service: Served on 11 1/2" platter with kale and wet nap.

Station: **BROILER**

#### GRILLED SOUTHWEST CHICKEN

A marinated chicken breast char-grilled and basted with BBQ sauce, topped with sliced bacon, pico de gallo and Jack & Cheddar cheeses.

Abbreviation: SW Chic

Portion: 8 oz. marinated chicken breast, bbq sauce, 2 slices bacon, 2 oz. pico de gallo and 2 oz. Jack & cheddar cheese.

Service: Served on an 11 ½" platter.

Station: **BROILER**

#### CHICKEN TENDERS

Fresh chicken tenders, hand breaded, fried, and served with BBQ wing sauce or honey mustard.

Abbreviation: Tenders

Portion: 10 oz. chicken tenders and 1.5 oz sauce

Service: 11 ½ " platter, small soufflé cup of honey mustard or bbq wing sauce

Station: **FRY**

#### CHICKEN FRIED CHICKEN

Boneless breast of chicken, seasoned & lightly breaded, fried and topped with peppery white country gravy.

Abbreviation: CFC

Portion: 8 oz. chicken breast and 3 oz. white gravy

Service: Served on 11 1/2" platter topped with gravy

Station: **FRY**

### SEAFOOD

All dinner Entrees include Our Famous Bottomless Salad Bowl with Cody's Garlic Ranch Dressing, Fresh Baked Sweet Yeast Rolls with Cinnamon Butter and your Choice of Side.

#### FRESH GRILLED SALMON

A fresh, flat grilled, garlic and butter seasoned salmon fillet served with dill sauce. You can also have it blackened.

Abbreviation: Salmon

Portion: 8 oz. salmon and 1.5 oz sauce

Service: 11 ½" platter, small soufflé cup of dill sauce. Garnished with lemon wedge and kale.

Station: **FLAT**

## WILD CAUGHT ATLANTIC HADDOCK

Mild, tasty white fish – grilled, fried or blackened.

The grilled and/or blackened is served with pico de gallo.

The fried is served with tartar sauce.

Abbreviation: Gr Hadd or Blk Hadd or Fr Hadd

Portion: 9 oz. fillet of fish and 1.5 oz of pico or tartar sauce.

Service: 11 ½" platter, small soufflé cup of pico de gallo or tartar sauce. Garnished with lemon wedge and kale.

Station: **FLAT or FRY**

## GRILLED SHRIMP

Eight large shrimp, seasoned, skewered and flat grilled. Served over a bed of rice.

Abbreviation: Gr Shr

Portion: 8 (21/25) shrimp (2 bamboo skewers w/4 shrimp each) served on 3 oz of rice garnish and 1.5 oz of cocktail sauce.

Service: 11 ½" platter. Lay skewers on rice. Garnished with lemon wedge on kale and cocktail sauce.

Station: **FLAT**

## COCONUT SHRIMP

Eight large shrimp lightly seasoned and battered then rolled in shredded coconut and fried to a golden brown.

Abbreviation: Coco Shr

Portion: 8 shrimp and 3oz of coconut sauce

Service: 13" platter. Lay shrimp in a half moon along the bottom edge of the platter. Garnish with lemon wedge, kale and coconut dipping sauce in a monkey dish.

Station: **FRY**

## GARLIC FRIED SHRIMP

Large shrimp breaded, fried and tossed in garlic butter and seasonings.

Abbreviation: Fr Shr

Portion: 8 (21/25) shrimp

Service: 11 ½" platter. Garnish with lemon wedge and kale

Station: **FRY/PANTRY**

## COMBO PLATES

### CHOOSE TWO:

Guest gets choice of two: Ribs, grilled or garlic fried shrimp, BBQ chicken breast, ½ roasted chicken or sirloin

Abbreviation: Ribs, gr shr or fr shr, ch, ½ ch or stk (temp)

Portion: ½ Rack of ribs, 5 grilled or 5 garlic fried shrimp, 8oz BBQ chicken breast, ½ roasted chicken or 8oz sirloin

Service: 13" platter with choices.

Small soufflé cup of cocktail sauce, kale and lemon for grilled shrimp

Kale and lemon for garlic fried shrimp

Kale and wet nap for ribs and half chicken.

Station: **BROILER/FLAT/FRY**

### Sub 10oz PRIME RIB for sirloin:

A slice of our slow roasted prime rib

Abbreviation: Prime (temp)

Portion: 10 oz. prime rib, 3 oz au jus, 1.5 oz horseradish sauce or real horseradish (upon request)

Service: See Choose Two Plating Above with 3 oz. au jus (small soufflé cup of real horseradish or sauce)

Garnished with kale.

Station: **BROILER**

**Sub 6oz FILET MIGNON for sirloin:**

Our 6 oz. bacon wrapped filet  
 Abbreviation: 6 Fil (temp)  
 Portion: 6 oz. bacon wrapped filet  
 Service: See Choose Two Plating Above  
 Station: **BROILER**

**FAJITAS n' QUESADILLAS**

**Add Cody's Roadhouse Salad only \$3.98 per person**

**Add Guacamole \$1.39**

**Add Queso \$1.99**

**FAJITAS – VEGGIE, CHICKEN, SHRIMP, STEAK OR COMBO**

Served sizzling on a bed of onions and bell peppers

Abbreviation: Veg Faj, Ch Faj, Shr Faj, Stk Faj or Combo Faj

Portion: Veggie- 1 bag of steamed vegetables and scoop of sliced mushrooms

Chicken- 8 oz. fajita chicken

Shrimp- 12, 31-40 count fajita shrimp

Steak- 8 oz. fajita beef

Combo – Two half portions of any of the above

Portion: Fajita Set Up- 1/4c Shredded lettuce, #24 scoop pico de gallo, #24 scoop sour cream and #24 scoop cheese mix served on a fajita setup oval plate.

3 heated, flour 6 inch tortillas

Service: Choice of fajita served on top of sautéed onions and bell peppers in a half moon fajita skillet. Skillet and fajita setup oval placed on a 13" oval platter. Fajita shells wrapped in red/white waxed paper liner and served next to the setup plate on the platter. Drizzle Cody's Steak Sauce over skillet to make it sizzle.

Station: **BROILER/FLAT**

Note: **FAJITA MUST BE SERVED SIZZLING!!**

**QUESADILLAS – PLAIN, VEGGIE, CHICKEN, STEAK or SHRIMP**

Abbreviation: Quesa (Ch), (Veg), (Chic), (Stk), (Shr)

Portion: Cheese- Just cheese and pico de gallo

Veggie- A portioned veggie bag with a scoop of sliced mushrooms

Chicken-8 oz. fajita chicken

Steak- 8 oz. fajita beef

Shrimp- 12 (31-40ct) shrimp

Choice of one of the above stuffed into a 12" tortilla with cheese and pico de gallo. Cut into 5 pieces.

Service: Served on a 13" platter, with 1 oz. shredded lettuce, #24 scoop of pico de gallo, #24 scoop of sour cream on a fajita setup oval

Station: **BROILER/FLAT**

**SIDES****ROADHOUSE FRIES**

Abbreviation: FF

Portion: 6 oz. cooked weight, lightly seasoned with prime rib seasoning

Service: Served on fajita setup plate

Station: **FRY/EXPO**

## **SWEET POTATO FRIES**

Abbreviation: Sw Fries  
Portion: 5 oz. cooked weight waffle fries  
Service: Served on fajita setup plate  
**Station: FRY/EXPO**

## **BAKED SWEET POTATO**

Abbreviation: Sw Pot  
Portion: 1 potato with #40 scoop cinnamon butter  
Service: Cut potato and squeeze the ends together to pop it open. Top with scoop of cinnamon butter. Served on fajita set up plate.  
**Station: EXPO**

## **BAKED IDAHO POTATO**

Abbreviation: Bk Pot  
Portion: 1 potato with butter  
Service: Cut potato and squeeze the ends together to pop it open. Top with one #40 scoop of butter (#40 scoop of sour cream available for no additional charge upon guest's request). Served on a fajita setup plate.  
Note: Make it loaded by adding mixed cheese, bacon, and chives  
**Station: EXPO**

## **FRESH STEAMED VEGETABLES**

Abbreviation: Veg  
Portion: Broccoli, Cauliflower, Carrot Coins steamed in #40 scoop garlic butter.  
Service: Served on a fajita setup plate  
**Station: EXPO**

## **GARLIC MASHED POTATOES**

Abbreviation: MP  
Portion: #6 scoop garlic mashed potatoes, 1.5 oz. white country gravy (upon request).  
Service: Served on fajita setup plate.  
**Station: EXPO**

## **BLACK BEANS AND RICE**

Abbreviation: BB & Rice  
Portion: 4 oz. black beans, 3 oz. rice, tsp diced red onions  
Service: In nappy bowl place rice, topped with black beans and diced red onions. Served on a checkered bev nap lined 6 inch round plate.  
**Station: EXPO**

## **MAC & CHEESE**

Abbreviation: Mac  
Portion: 1 bag of Kraft white mac & cheese  
Service: Nappy bowl on a checkered bev nap lined 6 inch round plate.  
Note: Make it loaded by adding mixed cheese, bacon, and chives  
**Station: EXPO**

## **COLE SLAW**

Abbreviation: CS  
Portion: 6 oz.  
Service: Served in a monkey dish on a checkered bev nap lined 6 inch round plate  
**Station: EXPO**

## TOPPERS

### SCOOP OF MUSHROOMS

Abbreviation: Mush Top  
Portion: 2 oz  
Service: Served on top of the steak.  
Station: EXPO

### SCOOP OF ONIONS

Abbreviation: Onion Top  
Portion: 2 oz  
Service: Served on top of the steak.  
Station: EXPO

### BLUE CHEESE CRUMBLES

Abbreviation: BC Top  
Portion: 2 oz  
Service: Served on top of the steak.  
Station: EXPO/BROIL

### GARLIC BUTTER

Abbreviation: GB Top  
Portion: #40 Scoop  
Service: Served on top of the steak.  
Station: EXPO/BROIL



### Cody's Original Roadhouse Expo Day 3 Quiz

Name: \_\_\_\_\_

Score \_\_\_\_/10

1. Bakes and sweets should be loaded no later than \_\_\_\_\_.
  2. Hot wells should be turned on at \_\_\_\_\_.
  3. When labeling product we use a day dot. This will be the day the product\_\_\_\_\_.
    - A) Is made
    - B) Is used
    - C) Expires
    - D) None of the above
  4. How often should the sani bucket be changed?
    - A) Every 30 minutes
    - B) Once an hour
    - C) Once every 2 hours
    - D) Once a shift
  5. Cutting boards and knives should be cleaned and sanitized\_\_\_\_\_
- \_\_\_\_\_
6. You should use a \_\_\_\_\_ or \_\_\_\_\_ to thoroughly empty a can or container to get the best yield.
  7. What is the difference between the Chicken Fried Steak and the Chicken Fried Chicken?  
\_\_\_\_\_  
\_\_\_\_\_  
Both are served with \_\_\_\_\_.
  8. Fresh BBQ chicken breast basted with BBQ sauce and topped with Jack and Cheddar Cheese, real sliced bacon, and pico de gallo is the description of
    - A) ½ Roasted Chicken
    - B) Grilled Southwest Chicken
    - C) BBQ Chicken Breast
    - D) Chicken Fried Chicken
  9. Fajitas are served sizzling on a bed of \_\_\_\_\_ and \_\_\_\_\_ with your choice of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ . Served with \_\_\_\_\_ tortillas and a set-up of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ upon request for \$1.39 extra.
  10. The fish sandwich can be prepared \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.

## Trainee Evaluation Day 3

(Completed by trainer with trainee present and signed off by manager)

Trainee arrived to work on time?	YES	NO
Trainee arrived in proper uniform?	YES	NO
Trainee spent allocated time cooking alongside trainer?	YES	NO
Was trainee involved and attentive to all training?	YES	NO
Does trainee accept constructive feedback?	YES	NO
Does trainee exhibit knowledge and understanding of line checks, labels and dates, and waste?	YES	NO

If not, where did the trainee seem to need the most work? (Re-visit tomorrow)

---

Notes for next day's training/areas to focus on:

---

---

---

Trainee Name \_\_\_\_\_ Signature \_\_\_\_\_

Trainer Name \_\_\_\_\_ Signature \_\_\_\_\_

Manager Signature \_\_\_\_\_ Date \_\_\_\_\_

---

## Day 4

### ***Class Topics-***

- Ticket Times
- HACCP Standards
- Health & Safety Standards
- Foodborne Illnesses
- Walk-In Cooler Expectations
- Alto Shaam
- Menu Descriptions (Burgers n' Sandwiches, Kids' Menu, Desserts, and Early Bird)

### ***Follow Topics-***

- Trainee completes any prep for the day with trainer coaching and working alongside.
- Trainee pulls checks from printer and assembles 6-8 checks following recipes and standards
- Trainee sells checks to servers following recipes and standards
- Trainer reviews food running mechanics, steak temperatures, picking and plating procedures.

### ***Cody's Original Roadhouse Signature Dishes to Share During Classroom-***

- Order a slice or Chocolate or Carrot Towering Cake and choice of 1-Chicken Fried Chicken Sandwich 8oz Buffalo Style, Fish Sandwich or Cody's Steak Burger to share.

## Ticket Times

We are extremely passionate about driving the best ticket times we can in our restaurants. That comes from an intense passion for genuinely wanting to give our guests the best experience possible. During a shift a manager or designated team member will be in the "expo window" during volume, calling out ticket times. We have "ticket time goals" for both lunch and dinner shifts. Those are as follows:

**12-14 Minutes for Lunch (when applicable)**

**14-16 Minutes for Dinner**

Being an expo cook, you are the most pivotal part of the ticket's journey; you are the quarterback to the entire kitchen. You make the calls in order for everyone and everything to work together.

Your efficiency and speed depends on the following:

**Grill Steak Selection:** Since we hand cut our steaks, they will visibly have different thicknesses. The thin steaks are to be used for the temperatures of medium well and well (the thinner the steak, the quicker it cooks through to little or no pink). The thick steaks are to be used for the temperatures of rare, medium rare and medium (the thicker the steak the more it will keep its red or pink center).

**Hot Spots and Placement of Steaks on the Grill:** HOT SPOTS are areas of extremely high temperature - some reasons hot spots occur are:

1. Build-up of carbon on burner ports.
2. Improper cleaning procedure.

**Time:** Once the check comes off the printer you must quickly read the check and each station must load all necessary items in a timely fashion. The quicker the food gets on, the quicker it gets cooking. Awareness of the ticket time is also a key to realizing how much longer an item needs to cook. The figures below are a rough guide because all steaks are different and the amount of fat on a steak, the type of steak it is, whether it is marinated and even your altitude all affect the cooking times.

<u>Doneness</u>	<u>First Side</u>	<u>Second Side</u>	<u>Total Grilling Time</u>
Rare	4 minutes	4 minutes	8 minutes
Medium	5 minutes	5 minutes	10 minutes
Well	8 minutes	8 minutes	16 minutes

## HACCP Standards (Safely Heating/Cooling)

Hazard Analysis and Critical Control Points (or HACCP) is a system that helps food business operators look at how they handle food and introduces procedures to make sure that the food produced is safe to eat. The HACCP creates measurements to reduce these risks to a safe level. *Basically*, the focus is on controlling the “critical control points” in food-- pertaining to how it is heated and cooled for production. Controlling these points in our business is crucial to our safety and success.



### "Temperature Danger Zone"

Food has a temperature danger zone (41 °F–140 °F). Bacteria grows rapidly in the temperature danger zone, so the times that food can be at that temperature has to be minimized to limit bacterial growth.

Keep hot food hot — at or above 140 °F. Place cooked food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers.

Keep cold food cold — at or below 41 °F. Place food in containers on ice.

### Rapid Cooling Applications

Select a rapid cooling method to speed the cooling process.

- Place the container of food in an ice water bath and stir occasionally. Follow timelines. (***Preferred method***)
- Separate food into smaller or thinner portions and chill separately to expedite cooling. This process can be combined with the previous method to achieve optimal results.
- Use a quick-chill unit such as a blast chiller. (if available)

Important cooling temperatures and times include the following:

- Hot food must be cooled from 140 °F–70 °F within **2 hours**.
- Hot food must be cooled from 70 °F–41 °F in an additional **4 hours**.

### Reheating

Foods should be reheated thoroughly to an internal temperature of 165 °F. Food can only be reheated once. Therefore, a product can only be heated twice in its shelf life. First heat is during initial preparation, second heat is upon the reheat.

### Pull Thaw Procedure

There are 3 acceptable methods for safely thawing food:

- Under refrigeration (***Preferred method***)
- Under cold running water. (CANNOT be thawed in standing water!)
- As part of the cooking process

The key to properly thawing is properly *preparing*. Plan ahead, know what you need, and thaw items safely. Daily pars need to be in place to successfully thaw product.

# Health and Safety Standards

*The food supply in the United States is among the safest in the world. However, when certain disease-causing bacteria or pathogens contaminate food, they can cause foodborne illness, often called “food poisoning.”*

*The Federal government estimates that there are about 48 million cases of foodborne illness annually – the equivalent of sickening 1 in 6 Americans each year. And each year these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths.*

*Since foodborne illness can be serious — or even fatal — it is important for you to know and practice safe food handling behaviors to help reduce your risk of accidentally getting sick from contaminated food.*

## Foodborne Illness Is Serious Business

Foodborne illness can strike anyone. However, some people are at a higher risk for developing foodborne illness. These include pregnant women, young children, older adults and people with weakened immune systems.



## Four Steps to Food Safety

### 1. CLEAN: Wash hands and surfaces often

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. To ensure that your hands and surfaces are clean, be sure to:

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- With canned goods, remember to clean lids before opening.

### 2. SEPARATE: Separate raw meats from other foods

Cross-contamination can occur when bacteria are spread from one food product to another. This is especially common when handling raw meat, poultry, seafood and eggs. The key is to keep these foods—and their juices—away from ready-to-eat foods. To prevent cross-contamination, remember to:

- Separate raw meat, poultry, seafood and eggs from other foods in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.
- Don't reuse marinades used on raw foods unless you bring them to a boil first.

### 3. COOK: Cook to the right temperatures

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness. Refer to the Safe Cooking Temperatures Chart for the proper internal temperatures. To ensure that your foods are cooked safely, always:

- Use a food thermometer to measure the internal temperature of cooked foods. Check the internal temperature in several places to make sure that the meat, poultry, seafood, eggs or dishes containing eggs are cooked to safe minimum internal temperatures as shown in the Safe Cooking Temperatures Chart.
- Cook ground meat or ground poultry until it reaches a safe internal temperature. Color is not a reliable indicator of doneness.
- Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
- When cooking in a microwave oven, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer. Food is done when it reaches the safe minimum internal temperature.
- Bring sauces, soups and gravy to a boil when reheating.

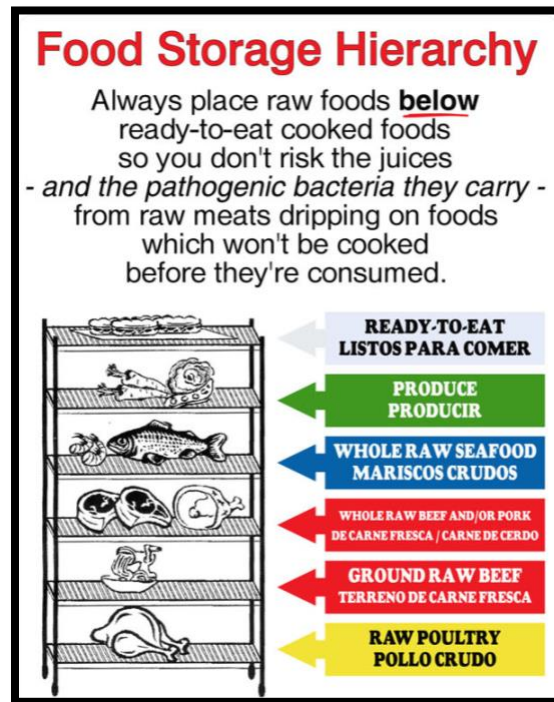
### 4. CHILL: Refrigerate foods promptly

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 41°F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 41°F or below and the freezer temperature is 0°F or below.

To chill foods properly:

- Refrigerate or freeze meat, poultry, eggs, seafood and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90°F.
- Never thaw food at room temperature, such as on the countertop. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

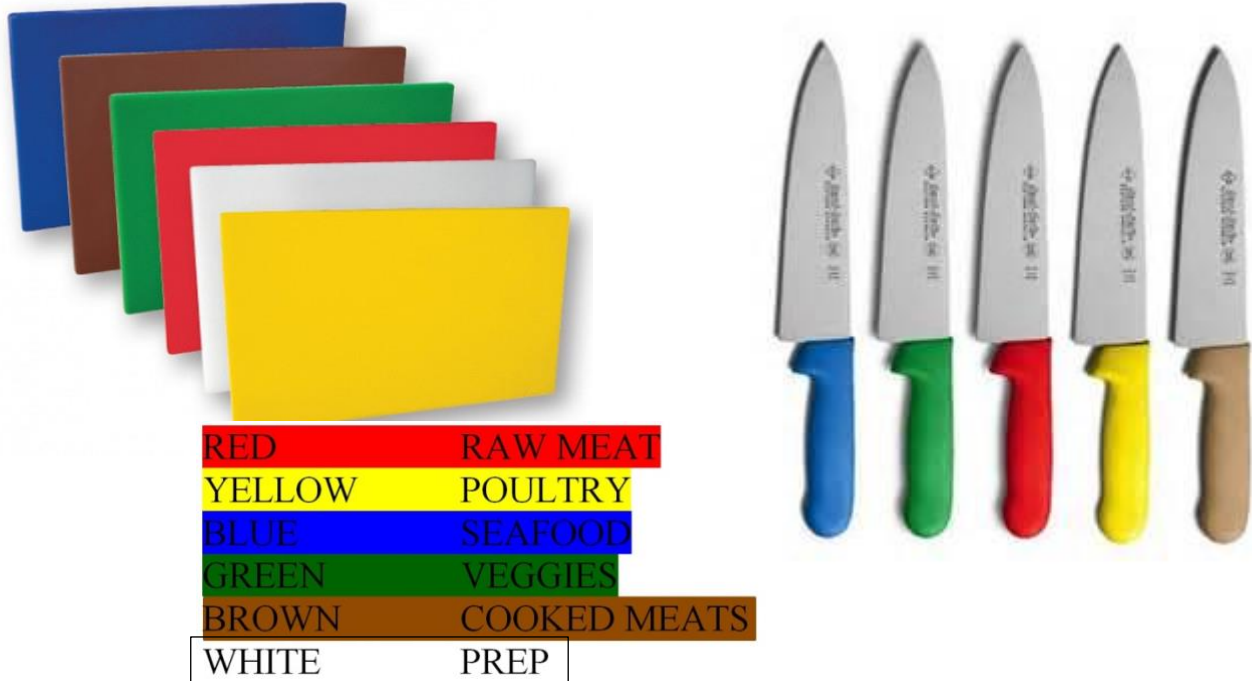
### Hierarchy of foods



### CUTTING BOARD AND KNIFE COLOR CHART

Separate colors of cutting boards and knives are used to prevent cross contamination. Cross-contamination is the physical movement or transfer of harmful bacteria from one person, object or place to another.

Food and kitchen tools and surfaces may become contaminated from raw food products (e.g., meat and poultry). Microbes can be transferred from one food to another by using the same knife, cutting board or other utensil without washing the surface or utensil in between uses. A food that is fully cooked can become re-contaminated if it touches other raw foods or drippings from raw foods that contain pathogens.



## Foodborne Illness

Foodborne illness is caused by consuming food or beverages that are contaminated by disease-causing microbes (pathogens).

### Common Food-Poisoning Bacteria and Viruses

Name of Organism	Foods Often Involved	Incubation Period	Symptoms
Salmonella	Undercooked chicken, turkey, eggs, meat	6-72 hours	Abdominal cramps, diarrhea, fever, chills, vomiting
E. coli 0157:H7 (causes "hamburger disease")	Undercooked ground beef	12-72 hours	Abdominal cramps, bloody diarrhea, fever, vomiting
Campylobacter	Undercooked chicken or hamburger; unpasteurized milk; contaminated water	1-10 days	Nausea, cramps, headache, fever, diarrhea
Clostridium perfringens	Stews, meat pies, meat gravies held at improper temperatures	6-24 hours	Cramps, nausea, diarrhea
Staphylococcus aureus (toxin produced by this bacteria causes illness)	Cooked ham, potato salad; inadequately reheated leftovers	1-6 hours	Nausea, vomiting, abdominal cramps, diarrhea
Norwalk Virus	Food contaminated by someone with the disease	10-50 hours	Nausea, vomiting, abdominal cramps, diarrhea, fever

## Walk-in Cooler Expectations

This poster outlines steps to take in order to keep this area up to standards. You will be expected to do your part in keeping the walk-ins clean and organized.



## Alto Sham

The Alto Sham oven is a slow cooking, low temperature method of roasting. The advantages of using a slow cooking method over a quicker process such as a convection oven are:

1. Better flavor and nutrition are generally the results of food cooked at low temperatures.
2. Foods cooked at low temperatures created optimum enzyme action, which in turn allows the meat to be more tender and flavorful.
3. Meat cooked at low temperatures maintains more juice because the meat cell is not easily ruptured.
4. Slow, low temperature cooking results in a more uniformly finished product with less shrinkage. Less shrinkage in turn results in more cuts per rib.
5. The Alto Sham requires less total energy consumption than a convection oven and also does not require the use of a hood or exhaust fan.

The Alto Sham works through two basic cycles, which are called "cooking" and "holding". These two cycles work together to bring the product up to the optimum degree of doneness.

The time requirements of the cooking cycle will vary with the amount of product placed in the oven. When oven is full, it may be necessary to rotate pans - bottom shelf to top shelf to insure even cooking.

It should also be noted that the Alto Sham will switch from the cooking cycle to the holding cycle automatically once the timer runs out.

### TURNING ON THE ALTO SHAM

Under normal conditions the temperature setting for the cook and hold cycles will have been set from the time the oven was first used. However, the temperatures should be checked to be sure no one has moved the dials. They should be set as follows:

- A. Cooking temperature - 300°F
- B. Holding temperature - 140°F

Once you are sure the temperature settings are correct you are ready to activate the oven. The steps are as follows:

- A. Before turning the oven on:
  1. Make sure the drip pans are in their proper location.  
The side racks and shelves are in the oven.
  2. Each oven cavity has two vents on the door, one on top and one on the bottom.  
The bottom vent should be closed and the top vent half open.



- B. Turning the oven on:
1. Flip the oven on/off switch to ON for the cavity, which you will be using. Switching the switch ON activates the holding cycle but will not activate the cooking cycle. Turning the timer activates the cooking cycle.
  2. Turn the timer past five hours to activate the cooking cycle. The reason we go past five hours is that the timer is more accurate if you turn it back to the cooking time you will be using
  3. Now that the ovens are working it is critical that you allow them to preheat at least thirty (30) minutes. While the oven is preheating you will be getting the product ready to be loaded into the oven.

**NOTE:** Always make sure you have activated the correct cavity, upper or lower and that you have not turned the switch on for the upper cavity and the timer for the lower cavity (or vice versa).

The Alto-Shaam™ is a holding cabinet and cooking unit. Note the controls on the unit (cook cycle vs hold cycle). If product is held in the cabinet, make sure the product that goes in there is hot and ready to serve! It CANNOT go into a holding cabinet *cold*, just like cold pans of food cannot be dropped into a steam well cold to heat up! Remember, almost all of our products have a maximum hot-hold time of 4 hours.

## Cody's Roadhouse Menu Descriptions: Burgers n' Sandwiches, Kids' Menu, Desserts and Early Bird

### BURGERS & OTHER SANDWICHES

Burgers are grilled to the liking of the guest. All burgers are seasoned with Cody's Steak Seasoning unless otherwise noted.

**Add a Bottomless Salad only \$3.98**

#### **CODY'S STEAK BURGER WITH DOUBLE CHEESE**

½ lb. burger patty with 2 slices of American Cheese

Abbreviation: Ch Burg

Portion: 8 oz. burger, 2 slices American cheese

Service: Seasoned cheeseburger atop of 3 pickle chips, 1 slice of tomato, 1 full red onion slice and leaf lettuce on a bun. 6 oz. of fries to one side of 11 ½" platter.

**Station: FLAT**

#### **CODY'S STEAK BURGER WITH BACON AND DOUBLE CHEESE**

½ lb. burger patty with 2 slices of American cheese and 2 slices of bacon.

Abbreviation: Bac Ch Burg

Portion: 8 oz. burger, 2 slices American cheese, 2 strips bacon

Service: Seasoned bacon cheeseburger atop of 3 pickle chips, 1 slice of tomato, 1 full red onion slice and leaf lettuce on a bun. 6 oz. of fries to one side of 11 ½" platter.

**Station: FLAT**

#### **CODY'S STEAK BURGER WITH MUSHROOM AND DOUBLE CHEESE**

½ lb. burger patty with 2 slices of American cheese and sliced mushrooms.

Abbreviation: Mush Ch Burg

Portion: 8 oz. burger, 2 slices American cheese, 2 oz sliced mushrooms

Service: Seasoned mushroom cheeseburger atop of 3 pickle chips, 1 slice of tomato, 1 full red onion slice and leaf lettuce on a bun. 6 oz. of fries to one side of 11 ½" platter.

**Station: FLAT**

## **CODY'S STEAK BURGER WITH BBQ, BLUE CHEESE AND BACON**

½ lb. burger patty, BBQ sauce, blue cheese crumbles and bacon strips.

Abbreviation: BBQ BC Burg

Portion: 8 oz. burger, BBQ Sauce, 2 oz. crumbled blue cheese and 2 bacon strips

Service: Seasoned burger with BBQ, bacon and blue cheese atop of 3 pickle chips, 1 slice of tomato, 1 full red onion slice and leaf lettuce on a bun. 6 oz. of fries to one side of 11 ½" platter

Station: **FLAT**

## **CODY'S 1lb STEAK BURGER**

Two 1/2lb burger patties topped with crisp bacon, American cheese, pickles, tomatoes, onions, lettuce, and a fried onion ring.

Abbreviation: Lb Burg

Portion: Two 8 oz. burgers, 4 slices cheese, 4 strips bacon, and fried onion ring.

Service: Large onion ring stacked atop of two seasoned bacon cheeseburgers, 3 pickle chips, 1 slice of tomato, 1 full red onion slice and leaf lettuce on a bun. 6 oz. of fries to one side of 11 ½" platter.

Station: **FLAT**

## **GRILLED CHICKEN SANDWICH**

Marinated, char-grilled chicken breast topped with shredded cheese and crisp bacon.

Abbreviation: Chic Sand

Portion: 8 oz. chicken, 2 slices of bacon and 2 oz. shredded mixed cheese

Service: Chicken breast with bacon and cheese atop of 3 pickle chips, 1 slice of tomato, 1 full red onion slice and leaf lettuce on a bun. 6 oz. of fries to one side of 11 ½" platter.

Station: **BROILER**

## **CHICKEN FRIED CHICKEN SANDWICH**

8oz chicken breast lightly breaded and deep fried. Served plain or covered in buffalo sauce. Choose Mild, Hot, or Really, Really Hot with Cody's Garlic Ranch or bleu cheese dressing.

Abbreviation: CFC Sand CFC Sand (M) or (H) or (RRH)

Portion: 8 oz. chicken (Single Cubed)

Service: Fried chicken breast atop of 3 pickle chips, 1 slice of tomato, 1 full red onion slice and leaf lettuce on a bun. 6 oz. of fries to one side of 11 ½" platter. If buffalo style, include 1.5oz of Cody's ranch or bleu cheese dressing in a small soufflé cup on the side.

Station: **FRY**

## **PULLED PORK SANDWICH**

8 oz of pulled pork tossed in BBQ sauce.

Abbreviation: PP Sand

Portion: 8 oz. pulled pork, 2 oz fried onion straws 3 pickles

Service: Pulled pork placed atop of bun then topped with 3 pickle chips and fried onion straws. 6 oz. of fries to one side of 11 ½" platter.

Station: **EXPO/FRY**

## **FISH SANDWICH**

Mild, tasty Haddock served fried, grilled or blackened. Served with tartar sauce for fried or pico de gallo for grilled.

Abbreviation: Gr Fish Sand Blk Fish Sand Fr Fish Sand

Portion: 9 oz. Haddock with 1.5 oz of tartar sauce for fried and 1.5 oz pico de gallo for grilled/blackened

Service: Haddock fillet served atop 3 pickle chips, 1 slice of tomato, 1 full red onion slice and leaf lettuce on a bun. 6 oz. of fries to one side of 11 ½" platter Grilled/Blackened served with lemon and small soufflé of pico de gallo Fried served with lemon and small soufflé of tartar sauce.

Station: **FLAT/FRY**

## VEGGIE BURGER

Beyond brand, grilled plant-based burger patty topped with Provolone cheese and guacamole.

Abbreviation: Veg Burg

Portion: 4 oz. veggie burger, 1 slice of provolone cheese and #24 scoop of guacamole

Service: Scoop of guacamole on a seasoned cheese vegetable burger atop of 3 pickle chips, 1 slice of tomato, 1 full red onion slice and leaf lettuce on a kids bun. 6 oz. of fries to one side of 11 ½" platter.

Station: **FLAT**

## KIDS STUFF

For kids 10 and under

**Kids Eat Free Every Monday & Tuesday**

**Served with Fries or Applesauce and choice of juice box, milk box (chocolate or 2% white) or fountain drink.**

Limit 1 kid per adult when ordering full dinner entrees.

## CHEESEBURGER

Abbreviation: K-Ch Burger

Portion: 4 oz. Burger, 1 slice American cheese

Service: Seasoned cheeseburger on small bun. Served with 3oz (wt) of fries or 3oz (vol) monkey dish of apple sauce in a lined basket.

Station: **FLAT**

## CORN DOG

Abbreviation: K-CD

Portion: 1 All Beef Corn Dog on a Stick

Service: Served with 3oz (wt) of fries or 3oz (vol) monkey dish of apple sauce in a lined basket.

Station: **FRY**

## CHICKEN TENDERS

Abbreviation: K-Tend

Portion: 5 oz. chicken tenders

Service: Served with 3oz (wt) of fries or 3oz (vol) monkey dish of apple sauce in a lined basket.

Station: **FRY**

## GRILLED CHICKEN SANDWICH with CHEESE

Abbreviation: K-Chic Sand

Portion: 4 oz. chicken breast, 1 slice American cheese

Service: Seasoned chicken breast with cheese on a small bun. Served with 3oz (wt) of fries or 3oz (vol) monkey dish of apple sauce in a lined basket.

Station: **BROILER**

## KRAFT MAC & CHEESE

Abbreviation: K-Mac

Portion: 7 oz. pouch Kraft yellow Mac & Cheese

Service: Served in nappy bowl with 3oz (wt) of fries or 3oz (vol) monkey dish of apple sauce in a lined basket with a spoon.

Station: **EXPO**

## PEPPERONI PIZZA

Abbreviation: K-Pizza

Portion: 7" pizza crust, 2 oz marinara sauce, 2oz shredded jack cheese & 4 pieces sliced pepperoni.

Service: Served with 3oz (wt) of fries or 3oz (vol) monkey dish of apple sauce on an 11" platter.

Station: **FRY/PANTRY**

## SHRIMP ON A STICK

Abbreviation: K-Shr  
Portion: 4 (21/25) shrimp on a skewer  
Service: Seasoned shrimp skewer served with 3oz (wt) of fries or 3oz (vol) monkey dish of apple sauce in a lined basket.  
Station: **FLAT**

## PULLED PORK SANDWICH

Abbreviation: K-PP Sand  
Portion: 4oz pre-bagged with BBQ Sauce  
Service: Pulled pork on a small bun. Served with 3oz (wt) of fries or 3oz (vol) monkey dish of apple sauce in a lined basket.  
Station: **EXPO**

## DESSERTS

### KEY LIME PIE

Abbreviation: Key Lime  
Portion: 1 Slice  
Service: Topped with whipped cream and a half lime wheel. Served on a 9" chilled plate with a chilled fork.  
Station: **PANTRY**

### NEW YORK STYLE CHEESECAKE

With a load of strawberries, Hershey's chocolate syrup or plain  
Abbreviation: Straw Ch Ck Choc Ch Ck PI Ch Ck  
Portion: 1 slice plain or with topping – 1 oz. strawberries or 1 oz. chocolate syrup  
Service: Serve on a 9" chilled plate with a chilled fork.  
Station: **PANTRY**

### CODY'S CHOCOLATEHOUSE SLIDE

Jumbo Fish bowl filled with Chocolate Fudge Brownie, 2 Scoops of Vanilla and 2 Scoops of Chocolate Fudge Ice Cream, Loaded with Hot Fudge sauce and topped with Whipped Cream and chopped nuts then topped with Hershey's Syrup and a cherry.  
Abbreviation: Slide  
Portion: 2 #10 Curled scoops of vanilla bean ice cream, 2 #10 curled scoops of chocolate fudge ice cream, 1 pkg hot fudge, 1 pre- heated brownie, topped with whipped cream, drizzle Hershey's chocolate syrup, 1 maraschino cherry and 1 oz chopped nuts.  
Service: Serve in a chilled Hoffman Glass (jumbo fish bowl) with 2 chilled long handled iced tea spoons on a bev nap lined 9" chilled plate.  
Station: **PANTRY**

### SLICE OF TOWERING CAKE, Chocolate or Carrot

Best ever, old fashioned, mile high slice of cake with a rich creamy frosting. DELICIOUS and enough to share.  
Abbreviation: Choc Cake Carr Cake  
Portion: 1 slice.  
Service: Serve on an 11" platter with a chilled fork. Place 3 dollops of whipped cream at front wedge. Drizzle chocolate syrup over chocolate cake and caramel syrup over the carrot cake  
Station: **PANTRY**

### ICE CREAM - One or Two Scoops

Choice of Vanilla Bean or Chocolate Fudge  
Abbreviation: Van IC Choc IC  
Portion: 1 #10 scoop / 2 #10 scoops  
Service: 1 scoop served in cup and 2 scoops served in a nappy bowl on a lined 6" round plate with a chilled teaspoon.  
Station: **PANTRY**

## Early Bird Menu VERSION A

Served Monday – Saturday (but not on Holidays)

Order must be placed by 5:59pm

Entrées include Our Famous Bottomless Salad Bowl, Fresh Baked Sweet Yeast Rolls and Your choice of Side.

### EB ROASTED ½ CHICKEN

Seasoned and slow cooked. Finished off on the char-grill with or without BBQ Sauce.

Abbreviation: EB 1/2 Chic

Portion: Half

Service: 11 ½ "platter with kale and wet nap

STATION: BROILER

### EB CENTER CUT BONELESS PORK CHOP, 8 oz.

Char-Grilled boneless pork chops basted with BBQ sauce. Can get plain if guest requests.

Abbreviation: EB Chop

Portion: One 8 oz. chop

Service: 11 ½ " platter

STATION: BROILER

### EB ROADHOUSE CHOPPED STEAK, 8 oz.

Pieces of beef from our steaks that are ground and formed into patties. Smothered with sautéed onions.

Abbreviation: EB Chpd Stk

Portion: 8 oz. ground beef patty

Service: Topped with 2 oz. grilled onions on 11 ½" platter

STATION: FLAT

### EB CHICKEN FRIED CHICKEN

Cubed, hand breaded and deep fried. Served smothered with white gravy.

Abbreviation: EB CFC

Portion: 8 oz. chicken breast and 3 oz of gravy

Service: 11 ½" platter

STATION: FRY

### EB STEAK CHUNKS (while they last)

Grilled marinated steak pieces served over sautéed onions and mushrooms on a hot sizzlin' platter.

Abbreviation: EB Chunks

Portion: Steak pieces served over mushrooms and onions in a ½ moon fajita skillet on an 11 ½" platter

Service: ½ moon fajita skillet on an 11 ½" platter

Note: Any side must go on a fajita set up plate or proper bowl to accompany this item

STATION: BROILER

### EB SIRLOIN STEAK

A USDA Choice sirloin beef.

Abbreviation: EB Sir

Portion: 8 oz. steak

Service: 11 ½ "platter

STATION: BROILER

### EB GRILLED BBQ CHICKEN

Fresh chicken breast basted with BBQ sauce.

Abbreviation: EB BBQ Chic

Portion: 8 oz. chicken breast, bbq sauce.

Service: 11 ½ "platter

STATION: BROILER

## **EB FISH OF THE DAY**

Grilled or blackened fish of the day.

Abbreviation: EB FOD

Portion: 6 oz Fillet with 1.5 oz of dill sauce

Service: Filet of fish with small soufflé cup dill sauce, lemon wedge & kale on 11 ½" platter.

**STATION: FLAT**

## **EB POT PIE**

Tender pieces of chicken with peas and carrots in a rich gravy with a pie crust topper.

Abbreviation: EB Pot Pie

Portion: 8 oz. portion

Service: Large casserole dish filled with pot pie and crust served on a lined 11 ½" platter.

**STATION: BROILER**

## **EARLY BIRD BASKETS**

### **EB RIB BASKET**

Abbreviation: EB Rib Bask

Portion: 1lb of ribs, 3 oz coleslaw, 6 oz fries

Service: BBQ ribs served over seasoned fries in a lined basket with large soufflé cup of coleslaw, kale and a wet nap

**STATION: BROILER**

### **EB CHICKEN TENDERS BASKET**

Abbreviation: EB Chic Bask

Portion: 5 oz tenders, 3 oz coleslaw, 6oz fries and 1.5 oz of honey mustard or BBQ sauce

Service: Tenders served over seasoned fries in a lined basket with large soufflé cup of coleslaw, kale, wet nap and small soufflé cup of honey mustard or bbq wing sauce.

**Station: FRY**

### **EB GARLIC FRIED SHRIMP**

Abbreviation: EB Shr Bask

Portion: 8 Each, 3 oz coleslaw, 6 oz fries

Service: Shrimp tossed in garlic butter and garlic Romano seasoning served over seasoned fries in a lined basket with large soufflé cup of coleslaw, kale and a wet nap.

**Station: FRY**

### **EB BEER BATTERED ALASKAN COD**

Abbreviation: EB Cod Bask

Portion: 3 Each, 2 oz beer battered cod pieces, 3 oz coleslaw, 6 oz fries, 1.5 oz tartar sauce.

Service: Cod served over seasoned fries in a lined basket with large soufflé cup of coleslaw, kale and a wet nap and a small soufflé cup of tartar sauce.

**Station: FRY**

## **EARLY BIRD SANDWICHES**

### **EB CODY'S STEAK BURGER WITH DOUBLE CHEESE**

½ lb burger patty with 2 slices of American Cheese.

Abbreviation: EB Ch Burg

Portion: 8 oz. burger, 2 slices American cheese

Service: Seasoned cheeseburger atop of 3 pickle chips, 1 slice of tomato, 1 full red onion slice and leaf lettuce on a bun. 6 oz. of fries to one side of 11 ½" platter.

**Station: FLAT**

### **EB CHICKEN FRIED CHICKEN SANDWICH**

Our 8oz chicken breast lightly breaded and deep fried. Served plain or covered in buffalo sauce. Choose Mild, Hot, or Really, Really Hot with Cody's Garlic Ranch or bleu cheese dressing.

Abbreviation: EB CFC Sand CFC Sand (M) or (H) or (RRH)

Portion: 8 oz. chicken (Single Cubed)

Service: Fried chicken breast atop of 3 pickle chips, 1 slice of tomato, 1 full red onion slice and leaf lettuce on a bun. 6 oz. of fries to one side of 11 ½" platter. If buffalo style, include 1.5oz of Cody's ranch or bleu cheese dressing in a small soufflé cup on the side.

**Station: FRY**

### **EB PULLED PORK SANDWICH**

8 oz of pulled pork tossed in BBQ sauce.

Abbreviation: EB PP Sand

Portion: 8 oz. pulled pork, 2 oz fried onion straws 3 pickles

Service: Pulled pork placed atop of bun then topped with 3 pickle chips and fried onion straws. 6 oz. of fries to one side of 11 ½" platter.

**Station: EXPO/FRY**

## **Early Bird Menu VERSION B**

Served Monday – Saturday (but not on Holidays)

Order must be placed by 5:59pm

Entrées include Our Famous Bottomless Salad Bowl, Fresh Baked Sweet Yeast Rolls and Your choice of Side.

### **EB ROASTED ½ CHICKEN**

Seasoned and slow cooked. Finished off on the char-grill with or without BBQ Sauce.

Abbreviation: EB 1/2 Chic

Portion: Half

Service: 11 ½ "platter with kale and wet nap

**Station: BROILER**

### **EB CENTER CUT BONELESS PORK CHOP, 8 oz.**

Char-Grilled boneless pork chops basted with BBQ sauce. Can get plain if guest requests.

Abbreviation: EB Chop

Portion: One 8 oz. chop

Service: 11 ½ " platter

**STATION: BROILER**

### **EB ROADHOUSE CHOPPED STEAK, 12 oz.**

Pieces of beef from our steaks that are ground and formed into patties. Smothered with sautéed onions.

Abbreviation: EB Chpd Stk

Portion: 12 oz. ground beef patty

Service: Topped with 2 oz. grilled onions on 11 ½" platter

**STATION: FLAT**

### **EB CHICKEN FRIED CHICKEN**

Cubed, hand breaded and deep fried. Served smothered with white gravy.

Abbreviation: EB CFC

Portion: 8 oz. chicken breast and 3 oz of gravy

Service: 11 ½" platter

**STATION: FRY**

### **EB STEAK CHUNKS (while they last)**

Grilled marinated steak pieces served over sautéed onions and mushrooms on a hot sizzlin' platter.

Abbreviation: EB Chunks

Portion: 8 oz. steak chunks, 2 oz sliced mushrooms, 2 oz sautéed onions

Service: Steak pieces served over mushrooms and onions in a ½ moon fajita skillet on an 11 ½" platter

Note: Any side must go on a fajita set up plate or proper bowl to accompany this item

**STATION: BROILER**

### **EB ½ RACK BABY BACK RIBS**

A USDA Choice sirloin beef.

Abbreviation: EB Ribs

Portion: ½ slab of ribs (6-7 ribs)

Service: 11 ½" platter with kale and a wet nap

**STATION: BROILER**

### **EB FRESH GRILLED SALMON**

A FRESH, flat grilled or blackened salmon filet served with dill sauce.

Abbreviation: EB Salmon

Portion: 8 oz. Fillet with 1.5 oz Dill Sauce

Service: Small soufflé cup of dill sauce, lemon wedge & kale on 11 ½" platter.

**STATION: FLAT**

### **GRILLED PRIME RIB OF BEEF**

Slow roasted and then grilled.

Abbreviation: EB Prime

Portion: 10 oz. Cut, 3 oz Au Jus and 1.5 oz raw horseradish or horseradish sauce upon request

Service: Au jus in large soufflé cup, horseradish in small soufflé cup on 11 ½" platter

**STATION: BROILER**



### Cody's Original Roadhouse Expo Day 4 Quiz

Name: \_\_\_\_\_

Score \_\_\_\_/10

1. We select thinner steaks for grilling what temperatures?  
A) rare/ med rare      B) med rare/ medium      C) medium/ med well      D) med well/ well done
2. Awareness of ticket times is also the key to realizing how much longer an item needs to cook.      True or False
3. Match the correct temperature to the correct HACCP standard:  
\_\_\_\_\_ 41° F- 140° F      A) Keep hot food hot  
\_\_\_\_\_ at or above 140° F      B) Keep cold food cold  
\_\_\_\_\_ at or below 41° F      C) Danger zone
4. What is a way to rapid cool an item?  
A) Place item in an ice bath      B) Refrigerate the item  
C) Cool item to room temp by setting on counter      D) Place in freezer until it is cool
5. Hot food must be cooled from 140° F- 70° F within \_\_\_\_\_ hours.  
A) 1      B) 2      C) 3      D) 4
6. Name an acceptable way of thawing food.  
A) Refrigerate the item      B) Run under hot water  
C) Leave on the counter to thaw      D) Leaving in cold standing water
7. The Alto Shaam can be used to heat cold food.      True or False
8. How many ounces are our burgers?  
A) 6 Ounces      B) 8 Ounces      C) 10 Ounces      D) 12 Ounces
9. All Burgers are served with Lettuce, Tomato, Onion and Pickle?      True or False
10. When is the Early Bird Menu available? \_\_\_\_\_

# Trainee Evaluation

## Day 4

(Completed by trainer with trainee present and signed off by manager)

Trainee arrived to work on time?	YES	NO
Trainee arrived in proper uniform?	YES	NO
Trainee spent allocated time cooking alongside trainer?	YES	NO
Was trainee involved and attentive to all training?	YES	NO
Does trainee accept constructive feedback?	YES	NO
Does trainee exhibit knowledge and understanding of ticket times and HACCP standards?	YES	NO

If not, where did the trainee seem to need the most work?

---

Notes:

---

---

---

Trainee Name\_\_\_\_\_ Signature\_\_\_\_\_

Trainer Name\_\_\_\_\_ Signature\_\_\_\_\_

Manager Signature\_\_\_\_\_ Date\_\_\_\_\_

---

Cody's Original Roadhouse Expo Final Test

Name: \_\_\_\_\_

Score \_\_\_\_/40

1. When is the Early Bird Menu available \_\_\_\_\_.
2. The EB Center Cut Boneless Pork chop is
  - A) 5oz
  - B) 6oz
  - C) 7oz
  - D) 8oz
3. The EB Roadhouse Chopped Sirloin Steak is
  - A) 6oz
  - B) 8oz
  - C) 10oz
  - D) 14oz
4. Fresh Grilled Salmon is served \_\_\_\_\_ or \_\_\_\_\_ and served with \_\_\_\_\_ sauce.
5. The Prime Rib of Beef is served in the following portion sizes \_\_\_\_\_ oz., \_\_\_\_\_ oz. and the EB (if applicable) and Combo prime weighs \_\_\_\_\_ oz.
6. The slow roasted Prime Rib of Beef is seasoned with our own special blend of herbs and spices served with \_\_\_\_\_ and \_\_\_\_\_ sauce if you like.
7. Describe a Grilled Shrimp Salad  
\_\_\_\_\_
8. Cody's grinds its meat for the chopped steaks fresh daily? True or False
9. All burgers weigh \_\_\_\_\_ oz.
10. The Chicken breast entrées have an \_\_\_\_\_ oz chicken breast.
11. The fresh steamed veggies consist of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ with garlic butter.
  - A) Broccoli, Squash, Zucchini, Carrot Coins
  - B) Broccoli, Cauliflower, Snow Peas, Carrot Coins
  - C) Broccoli, Cauliflower, Squash, Carrot Coins
  - D) Broccoli, Squash, Snow Peas, Carrot Coins
12. List our sides
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
13. Black beans are rice are served in a \_\_\_\_\_ and topped with \_\_\_\_\_.

14. Baked Potato soup is topped with \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.  
A cup and bowl both receive \_\_\_\_\_ package of oyster crackers.

15. Describe Baked French Onion Soup.

---

---

16. Caesar salad is made using \_\_\_\_\_ lettuce, \_\_\_\_\_ dressing, \_\_\_\_\_ cheese and croutons.

17. Food can only be heated \_\_\_\_\_ time(s) in its shelf life.

18. What choice of sauces are given with the Chicken Tender Dinner? \_\_\_\_\_ and \_\_\_\_\_.

18. Match the correct quantity/amount to the menu item (draw a line to connect).

- |         |                                    |
|---------|------------------------------------|
| a. 7    | Porterhouse Steak                  |
| b. 12   | Jumbo Onions on a Stick            |
| c. 5    | Country Fried Chicken              |
| d. 3    | Thursday Steak Special             |
| e. 24   | T-Bone Steak                       |
| f. 8-10 | Buffalo Shrimp                     |
| g. 8    | Tortillas for Fajitas              |
| h. 10   | Shrimp Fajita & Shrimp Quesadillas |
| i. 18   | Fried Cheese Logs                  |

19. List all desserts

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

20. Standard ticket times for lunch (where applicable) are \_\_\_\_\_ to \_\_\_\_\_ minutes.

21. Standard ticket times for dinner are \_\_\_\_\_ to \_\_\_\_\_ minutes.

22. Thinner steaks should be used for grilling steaks to a \_\_\_\_\_ or \_\_\_\_\_ temperature.

23. Thicker steaks should be used for grilling steaks to a \_\_\_\_\_ or \_\_\_\_\_ temperature.

24. As a line cook you should periodically check yourself for accuracy. True or False

25. Match the correct temperature to the correct HACCP standard.

- |                       |       |                     |
|-----------------------|-------|---------------------|
| A) 41° F- 140° F      | _____ | Keep hot food hot   |
| B) At or above 140° F | _____ | Keep cold food cold |
| C) At or below 41° F  | _____ | Danger Zone         |

26. Hot food must be cooled from 140° F to 70° F within \_\_\_\_ hours.

27. Name the 5 types of Fajitas a guest can order:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

28. Cody's Roadhouse Entrée Salad and Just Plain Caesar Salad can be topped with the following 4 choices (be detailed with your answers):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

29. How many ounces of fries are there to an order?

- a. 2 Ounces
- b. 3 Ounces
- c. 4 Ounces
- d. 6 Ounces

30. How many shrimp are in a Coconut Shrimp entrée?

- a. 6
- b. 7
- c. 8
- d. 9

31. What sauce is served with the Coconut Shrimp entrée? \_\_\_\_\_

32. It is important for the fajita skillet \_\_\_\_\_ before bringing it to the guest.

33. Grilled Shrimp are served over a \_\_\_\_\_ and is served with a soufflé cup of \_\_\_\_\_ sauce.

34. Fajitas are served sizzling on a bed of \_\_\_\_\_ and \_\_\_\_\_ with your choice of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ . Served with \_\_\_\_\_ tortillas and a set- up of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ upon request for \$1.39 extra.

35. What items are placed on the product container label before storing to ensure freshness?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

36. Where are cooked, ready to eat foods stored on the shelf?

- A) Top shelf
- B) Bottom shelf
- C) With the produce
- D) Under raw meats

37. Baked Potatoes and Sweet Potatoes can be held for \_\_\_\_\_ in the warmer.

- A) 15 minutes
- B) 30 minutes
- C) 45 minutes
- D) 1 hour

38. What is the first thing you should set up on your station?

- A) Sani bucket
- B) A Drink
- C) A Radio
- D) A Trash can

39. Grilled or Blackened Haddock is served with \_\_\_\_\_, lemon and kale while Fried Haddock is served with \_\_\_\_\_.