

Tuna Salad Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-08

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned chunk style, water packed tuna, chilled	8 lb 5 oz	1 gal 2 qt (2 66 ½ oz cans)	16 lb 10 oz	3 gal (4 66 ½ oz cans)	1. Drain and flake tuna.
*Fresh onions, chopped	1 lb	2 ¾ cups	2 lb	1 qt 1 ⅓ cups	2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and salad dressing or mayonnaise. Mix lightly until well blended.
*Fresh celery, chilled, chopped	2 lb	1 qt 3 ½ cups	4 lb	3 qt 3 cups	
Sweet pickle relish, undrained	8 ¾ oz	1 cup	1 lb 1 ½ oz	2 cups	
Dry mustard		1 ½ tsp		1 Tbsp	
Fresh large eggs, hard cooked, peeled, chilled, chopped (optional)		8 each		16 each	
Reduced calorie salad dressing OR Lowfat mayonnaise	2 lb 11 oz OR 2 lb 11 oz	1 qt 1 ½ cups OR 1 qt 1 1/2 cups	5 lb 6 oz OR 5 lb 6 oz	2 qt 3 cups OR 2 qt 3 cups	
					3. CCP: Cool to 41° F or lower within 4 hours. Cover and refrigerate until ready to use.
*Enriched bread (0.9 oz per slice)	5 lb 10 oz	100 slices	11 lb 4 oz	200 slices	4. Portion with No. 8 scoop (½ cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until service.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 3 oz	2 lb 6 oz
Celery	2 lb 7 oz	4 lb 14 oz
Bread, sliced	3 ¼ sandwich loaves (2 lb each)	6 ½ sandwich loaves (2 lb each)

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SERVING:	YIELD:	VOLUME:
1 sandwich provides 2 oz equivalent meat/meat alternate, 1/8 cup of vegetable, and 2 servings of grains/breads.	50 Servings: about 12 lb 6 oz (filling) 18 lb	50 Servings: about 1 gallon 2 quarts (filling) 50 sandwiches
	100 Servings: about 24 lb 12 oz (filling) 36 lb	100 Servings: about 3 gallons (filling) 100 sandwiches

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Nutrients Per Serving					
Calories	304	Saturated Fat	1.21 g	Iron	3.02 mg
Protein	23.94 g	Cholesterol	33 mg	Calcium	76 mg
Carbohydrate	34.41 g	Vitamin A	86 IU	Sodium	806 mg
Total Fat	7.19 g	Vitamin C	1.9 mg	Dietary Fiber	2.0 g