

Recipe Name: Chef Salad**Recipe Category:** Lunch Entrée**Portion Size:** 1 cup lettuce, 3 oz meat, 1 egg, ½ cup vegetables, 2 T. salad dressing**Ingredients:** Yields: 50 servings

Ingredients	Notes:
10-12 pounds torn lettuce	Wash, trim and divide onto plates
6 lbs. sliced cooked ham	May use deli meat. Sliced into matchsticks
6 lbs. sliced cooked turkey	May use deli meat. Sliced into matchsticks.
3 lbs. sliced lowfat cheese	Sliced into matchsticks
50 Hard Cooked eggs	Sliced into wedges
3 lbs. Medium tomatoes, cut into wedges	Wash, trim and cut into wedges
2 lbs. bell pepper, cut into rings	Wash, remove seeds and cut into rings
2 cups red onion	Wash, peel and sliced thin
3 cups seasoned croutons	Optional
Light or low fat Salad dressing of choice	(see recipes in cookbook)

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	In a large bowl tear lettuce.	
2	Arrange ham, turkey, cheese, eggs, tomatoes, bell pepper, and onions on lettuce. Sprinkle with Croutons, if desired. Pour over dressing. Toss to coat. Serve.	

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator. Do not freeze.

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½" particle size prior to mixing. Moisten with dressing as needed. Cook bell pepper, onion and tomatoes to soften or cut to 1/8 inch. Crush croutons

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size prior to mixing. Moisten with dressing as needed. Cook bell pepper, onion and tomatoes to soften or cut to 1/8 inch. Crush croutons

Minced and Moist: (aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to mixing. Moisten with broth as needed. Lettuce must be cut into pieces no larger than 1/8" X 1/8" X 1/8". Cook bell pepper, onion and tomatoes to soften. Crush croutons

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Appearance should be smooth like pudding. Serve ½ cup puree meat and ½ cup puree vegetables and croutons separately. Top with puree dressing.

Therapeutic Modified Diets:

Lowfat: Use lowfat salad dressing. Omit croutons and eggs.

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: non changes needed

Bland/Anti Reflux: omit onions, bell peppers, and tomatoes.

Liberal House Renal: Use low sodium deli meat (less than 140 mg. sodium per serving) and SF salad dressing. Omit tomatoes and croutons.

No Added Salt: No changes needed.

2 Gram Sodium: Use low sodium meat. (less than 140 mg. sodium per serving) and SF salad dressing. Omit croutons

Gluten Free: Omit croutons. Use GF croutons . Prepare separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
x	x	x				

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free