

Recipe Name: Ham and Cheese Sandwich**Recipe Category:** Lunch Entrée**Portion Size:** 1 Sandwich**Ingredients:** Yields: 50 servings

Ingredients	Notes:
50 slices bread	May use whole grain
6-7 ½ pounds cooked and sliced lean deli ham	
50 slices cheese	
3 cups mayonnaise	
1 ½ cup mustard	
50 slices tomatoes	Wash, trim and sliced (optional)
50 slices red onion	Wash, peel and slice thin (optional)
2 quarts fresh spinach leaves or lettuce	Washed, trimmed and chopped (optional)

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Spread each slice bread with mayonnaise and mustard	
2	Top each sandwich with 2 oz. ham and 1 slice cheese	
3	Arrange tomato, lettuce or spinach and onion on each sandwich. Cut in half diagonally. Chill in an airtight container until ready to serve.	

Time Temperature Sensitive food. Do not mix old product with new. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Cold holding at 41 °F or colder or using time alone (less than four hours)

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 layering. Moisten with broth or water as needed.

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 layering. Moisten with broth or water as needed.

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 layering. Moisten with broth or water as needed.

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 milk to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding.

Puree 1/3 cup puree meat. 1 cup puree bread with sour mayonnaise and mustard mixture serve separately. Puree with milk if needed. Spinach, tomato and onion may be puree with bread.

Therapeutic Modified Diets:

Low fat: No changes needed

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

Bland/Anti Reflux: Omit Onions, tomato, mustard and spinach

Liberal House Renal: Use low sodium deli roast beef or turkey (less than 140 mg. sodium per serving). Omit mayonnaise and cheese. May add mustard.

No Added Salt: Use roast beef or turkey in place of ham.

2 Gram Sodium: Use low sodium deli roast beef or turkey (less than 140 mg. sodium per serving). Omit mayonnaise and cheese. May add mustard.

Gluten Free: Use gluten free bread. Prepare foods 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				

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