

Tuna Salad Sandwich

Meat-Grains/Breads

Sandwiches

F-11

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tuna, water-packed, chunk	4 lb 2 ½ oz	1 can 66 ½ oz	8 lb 5 oz	2 cans 66 ½ oz	1. Drain and flake tuna.
*Fresh onions, chopped OR Dehydrated onions	5 oz	¾ cup 2 Tbsp OR ¼ cup 3 Tbsp	10 oz	1 ⅔ cups OR ¾ cup 2 Tbsp	2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and salad dressing or mayonnaise. Mix lightly until well blended.
*Fresh celery, chopped	1 lb	3 ¾ cups 2 Tbsp	2 lb	1 qt 3 ¾ cups	
Sweet pickle relish, undrained	4 ½ oz	½ cup ½ tsp	9 oz	1 cup 1 tsp	
Dry mustard		¾ tsp		1 ½ tsp	
Fresh large eggs, hard-cooked, peeled, chopped (optional)	7 oz	4 each	14 oz	8 each	
Reduced calorie salad dressing OR Lowfat mayonnaise	1 lb 6 oz OR 1 lb 6 oz	2 ¾ cups OR 2 ¾ cups	2 lb 11 oz OR 2 lb 11 oz	1 qt 1 ½ cups OR 1 qt 1 ½ cups	
					3. CCP: Cool to 41° F or lower within 4 hours. Cover and refrigerate until ready to use.
Enriched white bread (at least 0.9 oz per slice)		48 slices		96 slices	4. Spread No. 8 scoop (½ cup) of tuna salad on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve.
					5. Portion is 1 sandwich (2 halves).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	24 Servings	48 Servings
Mature onions	6 oz	12 oz
Celery	1 lb 4 oz	2 lb 8 oz

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SERVING:

1 sandwich (2 halves) provides 2 oz cooked fish, 1/8 cup of vegetable, and 2 slices of bread.

YIELD:

24 Servings: 6 lb 3 oz (filling)
8 lb 14 oz

48 Servings: 12 lb 6 oz (filling)
17 lb 12 oz

VOLUME:

24 Servings: 3 quarts (filling)
24 sandwiches

48 Servings: 1 gallon 2 quarts (filling)
48 sandwiches

Tested 2004

Nutrients Per Serving

Calories	297	Saturated Fat	1.20 g	Iron	2.95 mg
Protein	23.74 g	Cholesterol	33 mg	Calcium	73 mg
Carbohydrate	33.18 g	Vitamin A	87 IU	Sodium	797 mg
Total Fat	7.11 g	Vitamin C	1.7 mg	Dietary Fiber	1.9 g