

Tuna Melt

Meat-Grains/Breads

Sandwiches

F-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole large eggs		2 each		4 each	1. Place eggs in a stock pot and cover with cold water. Bring to a boil and simmer for 10 minutes. Drain and rinse in cold water. Refrigerate. When chilled, peel and chop.
Dry mustard		1/2 tsp		1 tsp	
Lowfat mayonnaise	11 oz	1 1/3 cups	1 lb 6 oz	2 2/3 cups	2. In a bowl, combine dry mustard and mayonnaise. Allow to set for 5 minutes.
Tuna, in 66 1/2 oz cans, water-packed, drained	1/2 can	3 1/2 cups	1 can	1 qt 3 cups	
*Onions, minced OR		1/4 cup		1/2 cup	
Dehydrated onion flakes		1 1/2 tsp		1 Tbsp	3. In a large bowl, combine chopped eggs, mayonnaise mixture, drained tuna, onions, and celery.
*Fresh celery, 1/4" dice	8 oz	1 1/2 cups	1 lb	3 cups	
Lowfat cheddar cheese, 1-oz slices	13 oz		1 lb 10 oz		
English muffins		12 1/2 each		25 each	4. Place 12 English muffin halves on each half-sheet pan (18" x 13" x 2 1/2"). Spread 1 No. 20 scoop (1/4 cup) of tuna salad on each muffin half. Place 1/2 slice of cheese on top of the tuna salad.
					5. To Bake: Conventional Oven: 350 degrees F, 5 minutes Convection Oven: 325 degrees F, 5 minutes Bake until cheese is melted.
					CCP Heat to 140 degrees F or higher.
					6. CCP Hold for hot service at 140 degrees F or higher.
*See Marketing Guide					

Marketing Guide		
Food as Purchased	For 25 Svgs	For 50 Svgs
Onions	1 1/2 oz	3 oz
Celery	10 oz	1 lb 4 oz

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SERVING:	YIELD:	VOLUME:
1/2 tuna melt sandwich provides the equivalent of 1 3/4 oz of cooked lean meat and the equivalent of 1 slice of bread	25 Servings: 3 lb 8 oz (tuna melt) 50 Servings: 7 lb (tuna melt)	25 Servings: 50 Servings:

Special Tip: Hamburger rolls may be substituted for English muffins.

Nutrients Per Serving			
Calories	189	Saturated Fat	1.5 g
Protein	16 g	Cholesterol	31 mg
Carbohydrate	15 g	Vitamin A	26 RE/107 IU
Total Fat	6.4 g	Vitamin C	1 mg
		Iron	1.5 mg
		Calcium	121 mg
		Sodium	454 mg
		Dietary Fiber	1 g