

# Deli Combo Sub

Main Dish

HACCP Process Category 1

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Provolone cheese	6 lb 4 oz	100-1 oz slices			<ol style="list-style-type: none"> <li>1. Slice cheese and turkey into 1 oz slices and ham into ½ oz slices.  <span style="color: red;">CCP: Hold at 41°F or below until assembly.</span></li> <li>2. Wash and core tomatoes. Slice into ¼" slices (approximately 7-9 slices per tomato).</li> <li>3. Wash lettuce and separate into leaves for assembly.</li> <li>4. Sandwich assembly:                             <ol style="list-style-type: none"> <li>a. Place 1 lettuce leaf and 2 tomato slices on bottom half of sandwich bun.</li> <li>b. Top with 1 slice each of cheese, turkey, ham, and remaining half of bun.</li> </ol> </li> <li>5. Serve each sandwich with approximately 1 Tbsp of each condiment on the side.  <span style="color: red;">CCP: Hold at 41°F or below before and during service.</span></li> </ol> <p>Notes:</p> <ul style="list-style-type: none"> <li>• Tomatoes – 10.1 lbs food as purchased.</li> <li>• Lettuce – 6 lbs. food as purchased.</li> </ul>
Turkey breast, deli	6 lb 4 oz	100-1 oz slices			
Ham, water added, fully cooked	3 lb 2 oz	100-½ oz slices			
Tomatoes, fresh	10 lb	25 each			
Leaf lettuce	4 lb	100 leaves			
Whole wheat sandwich bun (43g)		100 each			
Mustard		3 ¼ cup			
Mayonnaise, low-fat		3 ¼ cup			

Serving Size	1 Serving Provides	Yield
1 sub sandwich	2 oz equivalent meat/meat alternate, 3/8 c of vegetables, 1 ¾ servings of grains/breads.	100 servings

**Nutrients Per Serving**

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Calories	292	Vitamin A	1260 IU	Iron	1.95 mg
Protein	20 g	Vitamin C	7.3mg	Calcium	333 mg
Carbohydrate	25 g	Dietary Fiber	2.6g	Cholesterol	43 mg
Fat	13 g	% Fat	40 %	Sodium	984 mg
Saturated Fat	6 g	% Saturated Fat	18 %		

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