

# 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.<br/><br/><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.<br/><br/><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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