

Recipe Name: Bacon, Lettuce, Cheese and Tomato Sandwich

Recipe Category: Pork Lunch

Portion Size: 1 sandwich

Ingredients: Yields: 8 servings

Ingredients	Notes:
16 Slices bacon	
8 Lettuce leaves	Washed, trimmed and any tough stems removed.
3 Large tomatoes	Washed, trimmed and sliced.
1/2 Cup light mayonnaise	
16 Slices bread	
8 Slices of lowfat cheese	American or cheddar

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Sauté bacon until crisp.	
2	Drain fat.	
3	Toast bread slices.	
4	Slice tomatoes.	
5	Top each sandwich with mayonnaise, lettuce leaves, tomato slices, cheese, and bacon. Serve immediately.	

Time Temperature Sensitive food. Food safety Standards: 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. Do not freeze. Cold holding at 41°F or colder or using time alone (less than four hours).

Special Diets:

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 milk as needed. Foods that do not process well should be omitted. Omit: bacon. May use lean ham.

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 as needed. Foods that do not process well should be omitted. Omit: bacon. May use lean ham.

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 as needed. Foods that do not process well should be omitted. Omit: bacon. May use lean ham.

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 sauce 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. Foods that do not process well should be omitted. Omit: bacon. May use lean ham. Serve 1/3 cup puree ham, 1 cup puree bread with mayonnaise and tomato separately.

Therapeutic Modified Diets:

Lowfat: Replace bacon with lean ham slices and use light mayonnaise

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes need. **Bland/Anti**

Reflux: Serve a cheese sandwich with light mayonnaise.

Liberal House Renal: Serve alternate menu item.

No Added Salt: Replace bacon with low sodium lean deli meat.

2 Gram Sodium: Use alternate menu item.

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