



Cheese Sandwich/Grilled Cheese Sandwich





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Recipe Items:	1 Portion	5 Portions
PE Whole Wheat Bread (PE#21764)	2 x 1 cm (2/5") thick slices (2.8 oz or 80 gm total)	400 gm (14.1 oz)
Cheese Sauce (Ready-to-Serve)	#10 Scoop (100ml)	500 ml
Parmesan Cheese, fine ground	1 Tbsp (15 ml)	75 ml (2.5 fl oz)
Parmesan Cheese, fine ground	2 Tsp (10 ml)	50 ml (1.75 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Cold Service - Keep Puree Essentials food cold prior to service, below 4° C or 40° F.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160° F



2. Stagger or offset the 2 x 1 cm thick slices (80 gm total) of PE Whole Wheat Bread on a plate.



3. Combine the #10 Scoop (100ml) of Cheese Sauce with 1 Tablespoon (15 ml) of fine group Parmesan Cheese, mix well.

Pour the combined Cheese Sauce mix over the bread slices evenly.



3. Garnish with 2 teaspoons (10 ml) of fine ground Parmesan Cheese.

Cold Service - If serving cold; keep Puree Essentials food temperatures below 4° C or 40° F.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160° F.

Nutrition Facts Valeur nutritive

Per 1 sand (189g) / par 1 sand (189g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 230	
Fat / Lipides 13g	20%
Saturated / satures 5g	
+ Trans / trans 0g	25%
Cholesterol / Cholesterol 20mg	
Sodium / Sodium 590mg	25%
Carbohydrate / Glucides 24g	8%
Fibre / Fibres 3g	14%
Sugars / Sucres 10g	
Protein / Proteines 9g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	25%
Iron / Fer	8%

Optional - increase protein by 1.5 gm by adding 1 Tablespoon (15 ml) of Skim Milk Powder per 100 ml of Cheese Sauce.



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