



Deli Style Chicken Sandwich Recipe





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Recipe Items:	1 Portion	5 Portions
PE Whole Wheat Bread (PE#21764)	2 X #24 Scoop (80 gm)	400 gm (14.1 oz)
PE Chicken (PE#21735)	#12 Scoop (80 gm)	400 gm (14.1 oz)
PE Spinach (PE#21743)	1 Tbsp (15 ml)	73 gm (2.6 oz)
Yellow Mustard (smooth)	1 tsp (5 ml)	25 ml (1 fl oz)
Mayonnaise	1 tsp (5 ml)	25 ml (1 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.



2. Plate first #24 Scoop (40 gm) of whole wheat bread as the "sandwich" bottom.



3. Spread the 1 tsp (5 ml) of yellow mustard evenly on top of the bread.



4. Place the #12 Scoop (80 gm) of chicken mousse on top of the bread.



5. Spread the 1 tsp (5 ml) of mayonnaise evenly on top of the chicken. Add the 1 Tbsp (15 ml) of spinach mousse, as "lettuce".



6. Finish the sandwich with the remaining #24 Scoop (40 gm) of whole wheat bread as the "sandwich" top.

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

Variations: replace chicken with other proteins such as PE Ham, Turkey, Beef or Pork Puree.

Nutrition Facts	
Valeur nutritive	
Per 1 sand (184g) / par 1 sand (184g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	310
Fat / Lipides 16g	25%
Saturated / satures 4g	
+ Trans / trans 0g	20%
Cholesterol / Cholesterol	30mg
Sodium / Sodium	700mg
	29%
Carbohydrate / Glucides	27g
	9%
Fibre / Fibres 4g	16%
Sugars / Sucres 7g	
Protein / Proteines	16g
Vitamin A / Vitamine A	4%
Vitamin C / Vitamine C	4%
Calcium / Calcium	10%
Iron / Fer	20%



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