

# Tuna and Noodles

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-37

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 gal		4 gal	1. Heat water to rolling boil.
Enriched noodles	2 lb 8 oz	1 gal 3 ½ qt	5 lb	3 gal 3 qt	2. Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK. Reserve for step 6.
Margarine or butter	8 oz	1 cup	1 lb	2 cups	3. Melt margarine or butter. Add celery and onions. Cook over medium heat for 5-6 minutes.
*Fresh celery, chopped	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ¾ cup OR 2 ½ cups	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	4. Add flour and stir until smooth.
Instant nonfat dry milk, reconstituted, hot		1 gal		2 gal	5. Add milk, chicken stock, pepper, parsley, and salt. Cook over medium heat, stirring occasionally until thickened, 8-10 minutes.
Chicken stock, non-MSG, hot		1 gal		2 gal	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Dried parsley		½ cup		1 cup	
Salt		1 tsp		2 tsp	
Canned chunk style, water packed tuna, drained and flaked	6 lb 6 oz	1 gal 3 cups (2 6½-oz cans)	12 lb 12 oz	2 gal 1 ½ qt (4 6½-oz cans)	6. Add cooked noodles, tuna, and lemon juice, Stir gently to combine. Cook over medium heat for 6-8 minutes.  CCP: Heat to 165° F or higher for at least 15 seconds.
Frozen lemon juice concentrate, reconstituted		¾ cup		1 ½ cups	
					7. Pour into medium half-steamtable pans (10" x 12" x 4 "). For 50 servings, use 3 pans. For 100 servings, use 6 pans. Hold for 30 minutes on a 180-190° F to allow sufficient time for mixture to set up properly.
					8. CCP: Hold for hot service at 135° F or higher.  Portion with 8 oz ladle (1 cup).

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Comments:  
\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Celery	1 lb 4 oz	2 lb 8 oz
Mature onions	1 lb	2 lb

SERVING:	YIELD:	VOLUME:
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1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and 1 ¼ serving of grains/breads.

**50 Servings:** 3 medium half-steamtable pans

**50 Servings:** about 3 gallons 1 quart

### Additional Portion sizes

1-2 year olds 1/2 cup provides 1 oz M/MA and .62 oz of grain.

**100 Servings:** 6 medium half-steamtable pans

**100 Servings:** about 6 gallons 2 quarts

3-5 Year olds 3/4 cup provides 1.5 oz M/MA and .93 oz grain.

TC 11-30-2016

## Nutrients Per Serving

<b>Calories</b>	282	<b>Saturated Fat</b>	1.26 g	<b>Iron</b>	3.92 mg
<b>Protein</b>	23.18 g	<b>Cholesterol</b>	51 mg	<b>Calcium</b>	133 mg
<b>Carbohydrate</b>	33.15 g	<b>Vitamin A</b>	276 IU	<b>Sodium</b>	391 mg
<b>Total Fat</b>	5.80 g	<b>Vitamin C</b>	2.8 mg	<b>Dietary Fiber</b>	1.5 g