

Recipe Name	Simple Salmon Loaf	Food Groups per Serving		
Serves	50	Vegetables & Fruits	0.5	
Serving Size	0.5 cup	Grains	0	
Total Cost per recipe	\$35.00	Milk & Alternates	0	
Total Cost per serving	\$0.70	Meat & Alternates	0.5	
Costed July 20, 2010				
Ingredient	Amount Used in Recipe	Unit	Cost per Recipe	Cost per Serving
Salmon, canned	2.2	kg	28.610	0.572
Eggs	10.0	ea	2.492	0.050
Potato	1.5	l	1.794	0.036
Lemon juice	125.0	ml	0.329	0.007
Onion	125.0	ml	0.278	0.006
Horseradish	45.0	ml	0.188	0.004
Pepper, ground	10.0	ml	0.299	0.006
Dry mustard	10.0	ml	0.169	0.003
Dill weed	5.0	ml	0.845	0.017
1. Spray large casserole dishes with vegetable oil spray.				
2. Drain salmon and place in a medium bowl. Break up the salmon and add all of the remaining ingredients.				
3. Mix well. Press mixture lightly into the casseroles.				
4. Bake at 350°F (180°C) for 45 minutes.				
Variation: Add tuna instead of salmon.				
MSVU Child Care Centre Menu Plan Project			http://www.msvu.ca/menuproject/	