

Sandwich Shuffle

August celebrates National Sandwich Month. Sandwiches are a great food delivery system that can include a little bit of everything from a variety of food groups. But if you find that you or your residents are experiencing sandwich boredom, you may want to shake things up a bit and do the sandwich shuffle as there are endless possibilities.

Remember that sandwiches can be particularly challenging for communities that provide IDDSI texture modification as bread is difficult for people with dysphagia to swallow. Rely upon the professionals (Registered Dietitian, Certified Dietary Manager, Speech Language Pathologist, Chef) in your community for guidance on how to best manage bread as well as how regular house sandwiches may need to be modified.



Bread

- bagels, breads, English muffins, pita, rolls, tortillas, wraps
- different flavors
- different grains: rye, oat, sprouted, wheat
- different shapes & textures: ciabatta, French baguette, brioche
- toasting bread before building sandwich can prevent sogginess
- Easy to Chew (EC7) can have soft breads without hard crusts, nuts or seeds.



Protein

- plant proteins: bean dips, hummus, nut butters, tofu, tempeh
- animal proteins: eggs, chunk light tuna, pouched salmon, low-fat cheese, lean deli proteins
- chopped meat or bean salads - mix with different condiments and sauces
- leftover chicken makes great chicken salad



Vegetables

- greens: arugula, butterhead, kale, mesclun, romaine, spinach
- mix finely chopped vegetables with dressing, sauce or condiment; for example, cucumber salad
- grilled vegetables
- fresh herbs
- convert sandwiches into a bowl sans bread and consider increasing the vegetable portion



Fruit

- you may not think of adding fruit to your sandwich but it can provide a nice sweet contrast to other savory flavors
- sliced apples or pears, mandarin oranges
- add chopped fruit to meat salads
- all fruit spreads, cranberry sauce



Condiments & Spreads

- aiolis, guacamole, mustards, mayos, relish, salsa, tapenades
- sauces: barbecue, horseradish, hot, pesto
- bean dips and hummus can add protein as well as serve as a spread
- consider spreading condiment between interior layers of sandwich to prevent sogginess



Sides

- while sandwiches can feel like a meal on their own, side dishes are often the wingman to a great sandwich
- serve a half sandwich when serving heartier sides
- offer multiple sides; sides that include beans, peas & lentils offer more protein



Endless Options

- conduct a Sandwich Survey in your community
- offer a sandwich station
- host a competition and include the residents to help pick the winner
- once you know what your community likes, add it to your menu cycle as a primary, secondary or always available option and revisit to avoid boredom

