

Sheet1

NAME,C,41	TIME,C,15	YIEI	CALC	CQ1,C	EQ3,CQ4,CQ5,CQ6,CQ7,CQ8,CQ9,CQ1
HAM AND CHEESE DELIGHT	30 MINUTES	12	260	1	1 1 3/4 1/4 2 2
CHICKEN AND CHEDDER	30 MINUTES	4	250	1	1/2 5 2 2 1/2 1/4 1/8
CHEESE AND STEAK SUB	25 MINUTES	4	960	2	2 4 1/2 4 1/2
4TH OF JULY TREAT	30 MINUTES	4	640	1/2 1	8 8
BISCUIT AT HOME	1 HOUR	4	670	5 1 1/2 1	1/4 1/4 1/2 5 4 4
BACON MUFFIN	15 MINUTES	6	295	1 6	
LADY'S TRIPLE DECKER	50 MINUTES	4	110	1	1 1/3 1 1/4 12
CALIFORNIA QUAKE	30 MINUTES	2	680	1 1/2	2 1/2 4 1/2 1 1

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M1,C,12	M2,C,12	M3,C,12	M4,C,12	M5,C,12	M6,C,12	M7,C,12	M8,C,12
16 OZ. PKGE.	8 OZ. PKGE.	11 OZ. CAN	CUP	CUP	TBS.	TBS.	
5 OZ. CAN	4 OZ. PKGE.			TBS.	TBS.	TSP.	TSP.
	MEDIUM	MEDIUM		TSP.	8 INCH	8 OZ.	
16 OZ. PKGE.	SMALL	SLICES	SLICES				
SLICES	CUPS	TBS.	TSP.	CUP	CUP		SLICES
16 OZ. PKGE.							
MEDIUM		16 OZ. PKGE.	CUP	7 OZ. JAR	CUP	SLICES	
TBS.	TSP.			6 INCH	8 OZ. CAN	SMALL	CUP

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M9,C,12	M10,C,12	M11,C,47	I2,C,47
		COOKED AND CHOPPED HAM	SLICED SWISS CHEESE
TSP.		CHUNK CHICKEN, DRAINED	CHEDDAR CHEESE
		BUTTER	ONIONS, THINLY SLICED
		HOT DOGS, CHOPPED	APPLE, CHOPPED
SLICES		BACON, DICED	ALL-PURPOSE FLOUR
		CANADIAN BACON, SLICED	ENGLISH MUFFINS
		GREEN TOMATO	VEGATABLE OIL
SMALL	SMALL	CIDER VINEGAR	SUGAR

Sheet1

I3,C,47

MANDARIN ORANGE SECTIONS

GREEN PEPPER, DICED

GREEN PEPPERS, THINLY SLICED

RAISEN BREAD WITH CINNAMON

BAKING POWDER

BUTTER, SOFTENED

FROZEN FLOUNDER OR HADDOCK FILLETS, THAWED

VEGATABLE OIL

I4,C,47

MAYONNAISE

PITTED OLIVES, SLICED

BEEF CUBE STEAKS

AMERICAN CHEESE

SALT

CHOPPED PARSLEY

MILD TACO SAUCE

Sheet1

15,C,47

MINCED SWEET GHERKIN PICKLES
MAYONNAISE
ITALIAN HERB SEASONING
BUTTER
SHORTENING

ROASTED SWEET PEPPERS
FLOUR TORTILLAS

16,C,47

MILK
MILK
HERO ROLLS
MAPLE SYRUP
MILK

MAYONNAISE
REFRIED BEANS

17,C,47

FINELY CHOPPED PARSLEY
PREPARED MUSTARD
PACKAGE SLICED AMERICAN CHEESE

EGGS

WHOLE WHEAT BREAD
LETTUCE LEAVES

Sheet1

I8,C,47

I9,C,47

I10,C,47

SALT

PEPPER

AMERICAN CHEESE

TOMATO

RED LEAF LETTUCE

SHREDDED CHEDDAR CHEESE TOMATO, THINLY SLICED AVOCADO

Sheet1

ST1,C,142

CUT HAM AND CHEESE INTO MATCH LIKE SLICES. DRAIN AND DICE MANDARIN ORANGE SECTIONS. MIX ALL INGREDIENTS IN MEDIUM BOWL UNTIL WELL BLENDED. COVER BOWL AND REFRIGERATE. USE 2 TBS. BUTTER IN SKILLET TO COOK ONIONS AND GREEN PEPPERS. REMOVE TO SMALL BOWL. COMBINE APPLES AND HOT DOGS IN BOWL AND SET ASIDE.

COOK BACON IN SKILLET AND REMOVE TO PAPER TOWEL. PREHEAT OVEN TO 450F.

PREHEAT BROILER IF REQUIRED. COOK BACON OVER MEDIUM HEAT IN SKILLET JUST UNTIL HEATED.

CUT TOMATO INTO 1/4 INCH THICK SLICES. COOK IN SKILLET WITH 1 TBS. OIL UNTIL TENDER AND REMOVE TO PL

MIX VINEGAR, SUGAR, 2 TBS. VEGATABLE OIL AND 1 TBS. TACO SAUCE INTO SMALL BOWL. SET ASIDE.

Sheet1

ST2,C,142

MIX MAYO, GHERKINS AND MILK IN MEDIUM SIZE BOWL. STIR IN HAM, CHEESE, ORANGES AND PARSLEY. COVER AND SERVE ON YOUR CHOICE OF BREAD.

ADD 1 TBS. BUTTER TO SKILLET AND COOK CUBED STEAKS UNTIL BROWN ON BOTH SIDES, ABOUT 3 MINUTES.

ON EACH OF 4 RAISED BREAD SLICES, ARRANGE 1 CHEESE SLICE, TOP WITH 1/4 HOT DOG MIXTURE, ADD ANOTHER SLICE OF BREAD ON TOP. IN MEDIUM BOWL, MIX FLOUR, BAKING POWDER AND SALT. CUT IN SHORTENING AND WORK INTO CRUMBS. STIR INTO THE MIXTURE. SPLIT MUFFINS, SPREAD WITH BUTTER AND BROIL UNTIL GOLDEN BROWN.

SEPARATE FISH INTO FILLETS. CUT INTO 4X4 PIECES. COAT WITH PARSLEY. OVER MEDIUM HEAT IN SKILLET, COOK FOR 2-3 MINUTES. HEAT 1 TBS. OIL IN SKILLET AT MEDIUM HEAT. FRY 1 TORTILLA AT A TIME FOR A FEW SECONDS ON EACH SIDE. FRY 1 TBS. OIL IN SKILLET AT MEDIUM HEAT. FRY 1 TORTILLA AT A TIME FOR A FEW SECONDS ON EACH SIDE. FRY 1 TBS. OIL IN SKILLET AT MEDIUM HEAT. FRY 1 TORTILLA AT A TIME FOR A FEW SECONDS ON EACH SIDE.

Sheet1

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SERVE WITH YOUR CHOICE OF BREAD.

PREHEAT BROILER IN REQUIRED. MIX 2 TBS. BUTTER WITH HERB SEASONING IN BOWL. CUT EACH ROLL HORIZO
HEAT SKILLET AT MEDIUM USING 2 TBS. OIL. ADD SANDWICHES, COVER AND COOK UNTIL GOLDEN BROWN, TUR
KNEAD DOUGH ON FLOURED SURFACE ABOUT 10 TIMES. PAT INTO 1/2 INCH THICK ROUND. CUT OUT 4 BISQUITS
ARRANGE 2-3 SLICES OF BACON IN EACH MUFFIN AND SERVE HOT.
DRAIN AND CHOP ROASTED RED PEPPERS INTO BOWL. MIX WITH MAYO.
STIR REFRIED BEANS WITH 1/4 CUP TACO SAUCE IN MEDIUM BOWL UNTIL MIXED. SPREAD ONTO TORTILLAS. TO

Sheet1

ST4,C,142

SPREAD WITH BUTTER MIXTURE. PLACE ROLLS CUT SIDE UP ON RACK IN BROILING PAN. BROIL 1-2 MINUTES. SERVE WITH MAPLE SYRUP.

BEAT 1 EGG IN BOWL. BRUSH ONTO BISQUITS. BAKE ON UNGREASE COOKIE SHEET 10-12 MINUTES. REMOVE FR

SPREAD ONE SLICE OF TOAST WITH RED PEPPER MIXTURE. TOP WITH LETTUCE LEAF AND 1/4 FISH.

CUT AVOCADO LENGTHWISE IN HALF. REMOVE SEED AND PEEL. CUT INTO THIN SLICES. ARRANGE ON TOP OF

ST5,C,142

ARRANGE STEAKS ON BOTTOM HALF OF ROLLS, THEN VEGGIE MIXTURE. TOP WITH CHEESE. BROIL 2 MINUTES O
CUT BISQUITS IN HALF. ON BOTTOM OF EACH BISQUIT, PLACE CHEESE SLICE AND TOMATO SLICE. BAKE UNTIL C
SPREAD ANOTHER SLICE OF TOAST ON BOTH SIDES WITH RED PEPPER MIXTURE. PLACE ON FISH. TOP WITH TO

ST6,C,142

BREAK REMAININ EGGS IN SKILLET. COOK AS DESIRED. REMOVE EGGS AND PLACE ONTO BISQUITS. REPLACE T
SPREAD THIRD SLICE WITH RED PEPPER MIXTURE AND PLACE ON LETTUCE, RED PEPPER SIDE DOWN. SECURE

ST7,C,142

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REPEAT WITH OTHER SANDWICHES.

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