

Sheet1

CAL,(TITLE,C,50	ID,NCAT1,C,15	CAT2,C,15	CAT3,C,15	SERSOURCE,C,30
	1	Chicken		4
	2	Desserts	Cookies Chocolate	48
	3	Poultry	Main dish	6
	4	Poultry		6
	5	Chicken		4
	6	Desserts	Pies	6
290	7	Main Dish		6
	8	Sauces	Dressings	0
	9	Pasta	Italian	4
	10	Desserts	Chocolate	12
	11	Sauces		4
350	12	Sandwich	Main Dish	4
	13	Salads		8
	14	Salads	Dressings	8
250	15	Dessert		8
	16	Desserts	Pies	6
	17	Salads	Dressings	8
	18	Desserts	Pies	6
	19	Pasta	Italian	4

DIR,M TIME, FATCHCMARK,C,4

1:00 35 18 û

:30 25 20 ûûûû

1:30 30 20 û û