

Sheet1

CA	SUBCAT	CTITLE	C	30	DESC	C	45	SEPREPTIM
N	Chicken	Chicken broccoli	Oriental		A stir fry type dish over rice.			4 30 Min.
R	Potatoes	Cheddary Scalloped Potatoes			Sliced potatoes in a creamy cheese sauce			4 35 Min
N	Chicken	Chicken Broccoli Saute			A boneless chicken dish with sauted vegetable			4 30 Min.
B	Sirloin	Foolproof Beef and Broccoli			Oriental style dish on noodles			4 30
N	Chicken	Everyday Broccoli Cheese Chckn			Oriental style chicken and broccoli			4 30 Min.
K	Italian	Italian Tortillas			Italian/Mexican meal			6 20

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