

Sheet1

CAL,(TITLE,C,50	ID,NCAT1,C,15	CAT2,C,15	CAT3,C,15	SEFSOURCE,C,30
Broiled Chicken Oregano	1	Chicken		4
Brownie Cookies	2	Desserts	Cookies	Chocolate 48
Champagne Chicken	3	Poultry	Main dish	6
Chicken Cordon Bleu	4	Poultry		6
Chicken Milanese	5	Chicken		4
Citrus Chiffon Pie	6	Desserts	Pies	6
290 Crawfish Pie	7	Main Dish		6
Dill Cream Dressing	8	Sauces	Dressings	0
Fettuccine with Cream, Basil and Romano	9	Pasta	Italian	4
Kit's Chocolate Mousse	10	Desserts	Chocolate	12
Marinade for Steak	11	Sauces		4
350 Mark's Famous Po-Boy	12	Sandwich	Main Dish	4
Orange Poppyseed Dressing	14	Salads	Dressings	8
250 Pecan Pie	15	Dessert		8
Rhubarb Cream Pie	16	Desserts	Pies	6
Roasted Red Pepper and Chive Dressing	17	Salads	Dressings	8
Strawberry Cream Pie	18	Desserts	Pies	6
Tortellini with Peas and Prosciutto	19	Pasta	Italian	4
Pot Stickers (J&B Recipe)	21	Chinese	Appetizer	48
Pot Sticker Sauce	22	Chinese	Appetizer	Appetizer 0
Lasagna (Rob)	23	Italian	Main dish	Pasta 12
Munich Cheesecake	24	Dessert	Cheesecake	12
Fajitas	25	Main dish	Mexican	Tex-Mex 10
Pico de Gallo	26	Mexican	Sauces	Tex-Mex 0

DIR,M TIME,CFATCHCMARK,C,4

1:00 35 18 1

:30 25 20

1:30 30 20

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1:00
2:00
24:00