

Sheet1

RNLNAME,C,40	KING,C,30
1 GAI DOM KHA (THAI CHICKEN SOUP)	chicken/shallots/garlic
2 GIBANICA	eggs/cheese/phylo
3 GOLDEN CHOCOLATE TREASURE COOKIES	chocolate/flour/nuts
4 JAMBALAYA	ham/shrimp/tomato/rice
5 KOREAN WONTONS	egg/onions/beef/sprouts
6 LEFTOVER RICE MUFFINS	rice/flour/milk/eggs
7 ORANGE POPPY SEED MUFFINS	flour/sugar/orange/eggs/cream
8 PEPPERCORN DRESSING	shallots/cheese/vinegar/cream
9 ROASTED DUCKLING W/APPLE SESAME STUFFING	duck/stock/apple/sesame
10 SCALLOPED POTATOES AND HAM	potatoes/ham/sherry/cheese
11 SPICED OR PLAIN BUTTERHORNS	yeast/flour/nuts/eggs
12 SUNFLOWER SEED COOKIES	sunflower seeds/coconut/flour
13 TACO PIE	crescent rolls/beef/cheese
14 TURKEY STEW WITH DUMPLINGS	turkey/bacon/carrots/stock
15 WHOLE WHEAT RAISIN SCONES	flour/eggs/sugar/milk/raisins
16 ARMENIAN BARLEY AND YOGHURT SOUP	barley/stock/yoghurt/mint
17 CAMPING PORK CHOPS	pork/potato/carrots/onions
18 BURPEE (ADDRESS & PHONE NUMBER)	none
19 MAPLE SYRUP (SOURCES)	none
20 GUACAMOLE	avocado/lemon juice/spices
21 MEXICAN CORNBREAD	cornmeal/sour cream/eggs
22 VEGETABLE TORTILLA STACKS	tortillas/beans/cheese/veggies
23 ORLEANS COFFEE EXCHANGE (PHONE NUMBER)	none
24 CAVATINY	pasta/beef/sausage/tomato
25 JOANN PIERCE (ADDRESS)	none
26 LITTLE CORNER RESTAURANT CAKE	chocolate/nuts/coffee/cream
27 BANANA-SOUR CREAM BARS	bananas/sour cream/flour
28 CHIPPED BEEF	flour/beef/biscuits/pepper
29 LEMON CHICKEN SOUP	rice/stock/eggs/lemon
30 GUACAMOLE	avocados/lemon/tomatoes/salsa
31 MUNG DAHL	mung dahl/tomato/spices
32 MARBLED STRAWBERRY MOUSSE	strawberries/gelatin/cream
33 LA GOLD SAUCE (SOURCE)	none
34 ANTON JOHNSON (ADDRESS)	none
35 MEAT BALLS	hamburger/eggs/onion
36 CHOCOLATE SAMS	sugar/cocoa/oats/peanutbutter
37 PINEAPPLE 7-UP CAKE	cake mix/7-Up/eggs/pudding
38 FALAFEL	garbanzos/egg/crumbs
39 TAHINI-LEMON SAUCE	tahini/lemon/yogurt/spices
40 QUICKIE CHIPPED BEEF	gravy mix/dried beef/spices
41 QUICK PASTA DISH	spaghetti/salad dressing/vegs
42 BURPEE (PHONE NUMBER)	none

SOURCE,C,40	TXT,M	TAG,L
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