

CASCADE CHALLENGE - CHALLENGE DINNER Cadettes

This is a prior year's SAMPLE MENU offered for training purposes only.

	P	Primary-1 serving per person
Serving size based on	2	Secondary-1/2 serving per person
USDA guidelines	SU	Supplement-1/4 to 1/3 serving per person
	G	Garnish-Flavor-as needed to mix items

P	Spam-can	P	Yams	2	GS Trefoil cookies
P	or Tofu for vegetarian option	2	Tomatoes-fresh	P	Beans-white navy-can
2	Cheese-Cheddar-grated	2	M & Ms	P	Biscuit-Jiffy mix
SU	Egg	2	Fruit cocktail-can	SU	Apple-Granny Smith
2	Celery-fresh	G	Butter	2	Grape drink mix
P	Eggplant-fresh	G	Milk	SU	Zucchini
SU	Beets-can	P	Rice: White	P	Pudding-Lemon

VEGETARIAN ALTERNATIVE

Tofu					
------	--	--	--	--	--

ACCEPTABLE ADD - INS FROM TROOP SUPPLIES

salt	Sugar any variety	* Any items not specifically
pepper	Mrs. Dash (or similar)	listed, but troops may want
garlic-dried or fresh	soy sauce	to use, need to be cleared
dried spices	worchestershire	by Challenge Committtee
(not pre-packaged 'quick' meal)	bullion	before lunch on Saturday.
Onions-dried or fresh	oil	
chili powder	water	Milk
flour	corn starch	Butter

Troops may provide a beverage of their choice, but only as a beverage. BEVERAGES CANNOT BE USED AS AN INGREDIENT IN THE MEAL. Beverages will not be part of the judged meal.

NOT ACCEPTABLE:

gravy mixes	pre-packaged quick meals	pre-pkg add water mixes
soup mixes	bisquick	
	additional food items	

Remember

You have **90 minutes** to cook and have dinner ready to eat, then **60 mins** to eat and clean up.