

CASCADE CHALLENGE - CHALLENGE DINNER Senior/Ambassador

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	Chicken strips Or Tempeh	P	Rice: Brown	Su peppers: red
2	Cheese-chunk	2	red potatoes	Su celery
2	cream cheese	2	jicama	Su white onion
P	Apples-sm red delicious	P	Bread-sliced loaf:	2 kale
2	can tomatoes	P	cherry pie filling	2 lettuce
P	can pineapple	P	Jiffy biscuits Mix: apple-cinamom	P GS thin mint cookies
G	milk, egg, fresh garlic	P	fresh green beans	2 red hots
				P Butter

VEGETARIAN ALTERNATIVE

Tempeh

ACCEPTABLE ADD - INS FROM TROOP SUPPLIES

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