

2020 REGIONAL SKILLS CANADA COMPETITION



2020 South West Regional Skills Canada Competition

Contest Description (Scope Document)

Lethbridge College

Saturday, April 4, 2020

EVENT: Culinary Arts	LEVEL: <i>Secondary</i>												
DURATION OF CONTEST: 3.5 HOURS	LOCATION: Lethbridge College AN 1635												
<p>COMPETITION SCHEDULE:</p> <table border="1"> <tr> <td>CHECK IN (CE 1305)</td> <td>7:40 AM</td> </tr> <tr> <td>ORIENTATION/SAFETY/SET UP STATION</td> <td>8:30 AM</td> </tr> <tr> <td>START COMPETITION</td> <td>9:30 AM</td> </tr> <tr> <td>ENTRÉE PRESENTATION</td> <td>12:30 PM</td> </tr> <tr> <td>DESSERT PRESENTATION</td> <td>1:00 PM</td> </tr> <tr> <td>CLEAN AND DEPART COMPETITION AREA</td> <td>1:00 PM TO 1:30 PM</td> </tr> </table>	CHECK IN (CE 1305)	7:40 AM	ORIENTATION/SAFETY/SET UP STATION	8:30 AM	START COMPETITION	9:30 AM	ENTRÉE PRESENTATION	12:30 PM	DESSERT PRESENTATION	1:00 PM	CLEAN AND DEPART COMPETITION AREA	1:00 PM TO 1:30 PM	<p>REGIONALIZED: YES If YES, to compete at the Provincial Skills Canada Competition students must qualify at their Regional Skills Canada Competition.</p>
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<p>AWARDS CEREMONY INFORMATION: The awards ceremony will be held at 4:00 p.m. in the IB Theatre. It is open to the public; parents are encouraged to attend.</p>													

CONTEST INTRODUCTION

The competition will evaluate each competitor's culinary competencies and creativity while recognizing the outstanding students for excellence and professionalism in their field.

SKILLS AND KNOWLEDGE TO BE TESTED

Competitors will prepare two menu items as outlined in this scope. The practical test challenges both culinary knowledge and creativity.

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PROJECT DESCRIPTION

3.5 Hrs. Total Kitchen Time	
Description	<p>Prepare four (4) portions of the following two (2) course menu:</p> <p><u>Main Course: Thai Green Curry Shrimp Stir-Fry</u></p> <ul style="list-style-type: none"> • Shrimp (26/30 size) Stir-fry with Thai Green Curry sauce. • Stir-fry to include a sustainable mystery fish ingredient. • (Total: 6 shrimp and 100 g mystery fish per competitor.) • Brown (short grain) rice pilaf. (Calarose) • Other items provided on common table are available to be used in stir-fry. • Appropriate portion size presented on 9-inch pasta bowl: Portion size not to exceed 350 g. (based on the new Canada Food Guide proportions) • Edible garnish that contributes to the dish. <p><u>Dessert: Individual Rhubarb Tart with Streusel Topping</u></p> <ul style="list-style-type: none"> • Completed plates not to exceed 200g per portion Served on 12' dinner plates • Pate Sucrée for tart shell • Rhubarb filling • Crème Anglaise • Complimentary Fruit Sauce of Competitors Choice • Edible garnish that contributes to the dish
Special Equipment Required	No service equipment permitted other than that provided by the committee. Please review contest description for equipment that will be available at the competition.
Main Ingredients Required	Recipes supplied by the committee. <u>Recipes should be scaled up or down according to required amounts.</u> Recipes meet the competitions' foundational competencies, though may be built upon regarding seasoning and garnish. A list of all ingredients available for this module will be included in the common food table document.

EXPECTATIONS:

- Plate presentation should be clean.
- Do not waste any food items; waste will be marked accordingly.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- Competitors must follow the recipes provided by the committee during the contest.

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EQUIPMENT & MATERIALS

Equipment and Materials Competitors Must Supply:	
<p>Basic equipment such as:</p> <ul style="list-style-type: none"> - Knives - Piping bag and tips - Ladles - Rolling pin - Spatulas - Scale - Whips - Recipes/reference books. 	<ul style="list-style-type: none"> - Basic pots and pan set, including sauté pans, stewing pans, sheet pans, bowls, china caps, cutting boards, molds etc. - Competitors may bring any tool and/or equipment deemed necessary. - All equipment must be marked clearly for easy identification - All ingredients necessary for preparing recipes NOT highlighted, bolded & italics in the Common Table (please see list at the end of this document)
<p>Required clothing (Provided by Competitor):</p> <ul style="list-style-type: none"> - Non slip, closed toe, water resistant shoes (no Uggs/winter boots, sandals, crocs etc.) Running shoes will be allowed at the Regional Competition but will NOT be allowed at Provincials. - Black or checked chef trousers or skirts (MUST BE non-flammable material) (no jeans, leggings or yoga pants allowed). Please note: skirts will NOT be allowed at Provincials. 	

***Note:**

- Only the food listed in the common table can be used – with no substitutions permitted.
- Service ware & china, skewers, shot glasses etc. are not acceptable for presentation on the judged plates.
- A chef hat will be supplied by Lethbridge College to be used for the competition.
- Chef’s jacket will be provided by Lethbridge College unless the competitor has their own. Uniforms **may not** be inscribed with any logo or name (including CCFCC or school name jackets). Skills Canada Alberta or Skills Canada logo jackets are permitted.
- ***Depending on the severity of the infraction, plates may face deductions or may not be judged.***

EQUIPMENT & MATERIALS Supplied by the Committee:	
<ul style="list-style-type: none"> - Work station - Available sink with hot & cold water - Stove with an oven - Adequate fridge and freezer space - Garbage, recycling and organics/compost bins - 1 Electric outlet per workstation - Butchers twine - Cheesecloth 	<ul style="list-style-type: none"> - White Chef Jacket - Side Towels - White Apron - Kitchen towels & dishtowels - Sanitizing equipment - All ingredients highlighted, bolded & italics in the Common Table (please see list at the end of this document)

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SCHEDULE

The schedule for the competition is to be followed exactly. Work schedule and service times are to be respected. There is a five (5) minute window to present your product. There will be a point per minute deduction for every extra minute of lateness up to 5 minutes – after which plates will not be accepted for judging though feedback may still be provided. For example:

Competency	Window	1 point	2 points	3 points	4 points	5 points	Not Accepted
Main Course	12:30 to 12:35	12:36	12:37	12:38	12:39	12:40	12:41

TIME & CLEANING

It is compulsory that all competitors be on time to access their station assignments. All competitors are responsible for the clean-up of their work areas, stoves, sinks and refrigerators before they leave the competition area. Points will be deducted for competitors who do not comply. **Station must be inspected by an RTC member before leaving site.**

JUDGING CRITERIA

Sanitation	<ul style="list-style-type: none"> • Proper and professional clothes • Personal hygiene and cleanliness • Workstation, floor and fridge cleanliness • Cutting board hygiene • Proper food storage methods 	15%
Organization & Product Utilization	<ul style="list-style-type: none"> • Food wastage – full utilization of requisitioned food • Energy and water – efficient utilization • Time Management – posted work plan • Proper planning and execution of tasks • Menu to be submitted at proper time as outlined in the contest description (flavor to match description) 	10%
Preparation & Technical Skill	<ul style="list-style-type: none"> • Proper and professional use of the tools and equipment • Application of correct cooking techniques and methods 	25%
Presentation	<ul style="list-style-type: none"> • Portion size in accordance with the test project • Clean Plates • Contemporary plating design • Harmonious colours • Appetizing and artistic presentation of food • Appropriate and complementary garnishes 	15%

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Taste & Required Menu Components	<ul style="list-style-type: none"> • Proper textures of food • Correct degrees of doneness • Balanced taste and seasonings • Flavours match the menu specifications and descriptions • Food service at proper temperature as specified in the test project & in accordance with industry standards • Respect timetable regarding serving times • All required elements outlined in the test project and the menu appear on the plate • Temperature as per marking rubric • Temperature are taken at competitor table 	35%
Overall Total		100%

*In the case of a tie, the highest score in the taste section will prevail. Competitors should taste often and correct flavours to enhance your standing.

SAFETY

The health, safety and welfare of all individuals involved with Skills Canada Alberta are of vital importance. Safety is a condition of participation with Skills Canada Alberta and shall not be sacrificed for the sake of expediency. At the discretion of the judges and technical committees, any competitor can be denied the right to participate should they not have the required proper safety equipment and/or act in an unsafe manner that can cause harm to themselves or others. All jewelry including facial, earrings, watches and rings must be removed to comply with sanitation regulations.

RELATED CAREER AND TECHNOLOGY STUDIES COURSES

Descriptions of all modules are located at the following website:

https://education.alberta.ca/media/160519/fod_sum.pdf

FOD2040: Cakes and Pastry

FOD2100: Basic Meat Cookery

FOD2110: Fish and Poultry

FOD2190: Grains, Legumes, Pulses, Nuts and Seeds

FOD3030: Creative Baking

TRAINING RESOURCES

Visit the below web address for training videos (posted periodically, so check back!)

<https://skillsalberta.com/training-resources>

ADDITIONAL INFORMATION

Lunch will be provided for all competitors, teacher chaperones, judges, and volunteers.

The Skills Expert will announce when lunch is available for Culinary competitors.

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PARKING INFORMATION & VENUE MAPS

Please park in Lot O – there is no charge. Overflow will also be allowed in Lot N. A printable parking map of Lethbridge College can be found at: <http://www.lethbridgecollege.ca/campus-maps>

REGULATIONS & POLICIES

A copy of the Skills Canada Alberta Regional Regulations & Policies can be found at the following link: <https://skillsalberta.com/policies-and-procedures>

SCHEDULE

7:40 a.m.	Competitors should check in at the Richardson’s Oilseed Room (CE1305) and wait to be escorted to the competition area. Competitors should NOT bring their supplies to the competition area until a competition organizer directs them to do so. Competitors should be prepared to wait in the competitor lounge with their supplies (including perishables) until directed to the competition area.
8:00 a.m.	Students will be escorted to competition area. Students may begin to set up their workstation once direction has been given by the competition coordinator.
8:30 a.m.	Orientation for students - teachers must leave the competition area.
9:30 a.m.	Competition begins
12:30 p.m.	Entrée presentation
1:00 p.m.	Dessert presentation
1:00 p.m.	Competition ends. Students may now begin clean up.
1:30 p.m.	Judging begins. Lunches for the students have been set aside.
2:15 p.m.	Students receive feedback from the judges – look for scheduled times
4:00 p.m.	Awards Ceremony (IB Commons) – open to the public.

COMMITTEE MEMBERS

Chef Doug Overes	Lethbridge College
Chef Roberta Clemis	Earl’s Restaurant
Chef Adam Robinson	Earl’s Restaurant
Ian Robertson	Matthew Halton High School
Angie Roelofs	Kate Andrews High School
Tara Yagos	Career Transitions
Judy Stolk-Ingram	Career Transitions

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COOKING

SECONDARY RECIPES - MODULE ONE & TWO

- Recipes are provided by the Provincial Technical Committee and will reference the textbook(s) that the recipe was adapted from.
- Although recipes are included in this “contest project” we recommend that you refer to a textbook such as the “On Cooking” or “Professional Cooking” textbook. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in Module One and Module Two.
- Many textbooks include photographs, text and online content that will illustrate proper and safe working techniques as well as important aspects of the module’s preparation. Common and correct cooking practices must be respected for all plates.
- Cooking methods and culinary terminology from the recipes stated in the menu must be respected and used to prepare the required dishes.
- The competitor is free to use their creativity in the presentation of the dish but must adhere to the project specifications.
- Recipes, provided by the Provincial Technical Committee, are to be utilized as a guideline for procedure and techniques. Portion sizes are critical, and the competitor must scale up or down to produce required portions.

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Thai Green Curry Sauce

Professional Cooking 8 –210B

Sauce

Yield: 18 fluid ounces (550 milliliters)

1 fluid ounce	Vegetable oil	30 milliliters
1 ½ ounces	Green curry paste (PC8 211A) recipe included	45 milliliters
2 fluid ounces	Water or stock	60 milliliters
14 fluid ounces	Coconut milk, canned, unsweetened	410 milliliters
1 ½ ounces	Nam pla (Thai fish sauce)	45 milliliters

1. Heat the oil over moderate heat in a saucepan.
2. Add the curry paste and cook until aromatic.
3. Stir in the water or stock and bring to a simmer.
4. Add the coconut milk and nam pla. Bring to a simmer and simmer several minutes to blend flavors.

Note: in Thai cuisine curry sauces are typically made as integral sauces. With a variety of ready-made curry pastes on hand, it is simple to sauté the desired meat or seafood, prepare a sauce flavored with a curry paste, and stew the meat in the sauce with the desired vegetables.

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Green Curry Paste

Professional Cooking 8 –211A

Sauce

Yield: 15 ounces (475 grams)

5 ounces	Serrano chilies, seeded and chopped	150 grams
2 ounces	Shallots, chopped	60 grams
2 ounces	Garlic, chopped	60 grams
4	Lemongrass stalks, tender parts only, chopped	4
2 ounces	Cilantro, leaves, stems and roots	60 grams
½ ounce	Galangal, peeled and chopped	15 grams
2 tablespoons	Lime zest, chopped	30 milliliters
1 teaspoon	Nutmeg	5 milliliters
3 fluid ounces	Vegetable oil	90 milliliters

1. Combine all ingredients in a food processor or blender
2. Refrigerate and use as needed to make curry sauces.

Note: Galangal is a root that resembles fresh ginger in appearance but has a somewhat different taste. If it is not available use fresh ginger.

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Shrimp in Thai Green Curry

Professional Cooking 6 – 477A

Seafood

Yield: 12 servings

2 fluid ounces	Vegetable oil	75 milliliters
2 ½ pounds	Shrimp, medium to large, peeled and deveined	1 kilogram
18 fluid ounces	Thai green curry sauce (PC8 211A)	525 milliliters
2 ½ pounds	Mixed vegetables (including eggplant, zucchini, green pepper and carrot) – previously blanched *other vegetables from the common table may be added	1 kilogram

1. Heat the oil in a sauté pan or wok over high heat.
2. Add the shrimp and stir-fry until well seared.
3. Add the curry sauce and vegetables. Cook a few minutes longer, until the shrimp are completely cooked.
4. Serve with rice.

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Brown Rice Pilaf

Professional Cooking 8 – 381 & 384

Rice

Yield: 3 pounds

2 ounces	Butter	60 grams
3 ounces	Brunoise / mirepoix vegetables	90 grams
12 ounces	Brown rice	350 grams
1 quart	Chicken stock, boiling	1 liter
To taste	Salt	to taste

1. Heat the butter in a heavy saucepan. Add the vegetables and sauté until they begin to soften. Do not brown.
2. Add the rice, without washing. Stir over heat until the rice is completely coated with butter.
3. Pour in the boiling liquid. Return the liquid to a boil with the rice. Test and adjust seasonings; cover tightly.
4. Place in a 350°F (175°C) oven and bake for 1 hour, or until liquid is absorbed and rice is dry and fluffy. Taste the rice and, if it is not done, replace in oven 3-5 minutes.
5. Turn out into a hotel pan and fluff the rice with a fork. This releases steam and prevents further cooking. Keep hot for service.
6. Onion brunoise and small diced celery should be sautéed and added to the rice pilaf before service.
7. If desired, additional raw butter may be stirred into finished rice.

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Crème Anglaise

Professional Cooking 8 – 1010

Custard Sauce

Yield: 2 ½ pints (1.25 liters)

12	Egg yolks	12
8 ounces	Sugar	250 grams
1 quart	Milk	1 liter
1 tablespoon	Vanilla	15 milliliters

1. Combine the egg yolks and sugar in a stainless-steel bowl. Whip until thick and light.
2. Scald the milk in a boiling-water bath or over direct heat.
3. Very gradually, pour the scalded milk into the egg yolk mixture while stirring constantly with the whip.
4. Set the bowl over simmering water. Heat it slowly, stirring constantly, until it thickens enough to coat the back of a spoon (or until it reaches 185°F / 85°C).
5. Immediately remove the bowl from the heat and set it in a pan of cool water. Stir in the vanilla. Stir the sauce occasionally as it cools.

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Pâté Sucrée

Professional Baking 7 – 314A

Pastry

Yield: 1 pound 9 ounces (852 grams)

6.5 ounces	Butter, softened	216 grams	54%
4 ounces	Confectioners' sugar	132 grams	33%
½ teaspoon	Salt	2 grams	0.5%
¾ teaspoon	Lemon zest, grated	2 grams	0.5%
4 drops	Vanilla extract	4 drops	
3 ounces	Eggs, beaten	100 grams	25%
12 ounces	Pastry flour	400 grams	100%

1. Cream together the butter, confectioners' sugar, salt, lemon zest, and vanilla until the mixture is smooth and pale.
2. Add the eggs a little at a time and beat well between each addition.
3. Add the flour. With a plastic scraper carefully blend into a soft dough.
4. Wrap in plastic film and flatten out. Chill until firm before use.

Baked Tart Shells

Professional Baking 7 – 351

Remove the dough from the refrigerator. Scale the dough as required:

4 – 5 ounce (115 – 140 grams) for 6 inch (15 centimeter) tarts

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Rhubarb Pie Filling

Professional Baking 7 – 294F

Fillings

Yield: 2 pounds 6 ounces (1070 grams) – one 9-inch (23 centimeter) pie

1 pound 6 ounces	Fresh rhubarb, cut into 1-inch pieces	650 grams
1 ounce	Butter	30 grams
3 ounces	Sugar	90 grams
2 ounces	Water, cold	60 grams
0.75 ounces	Cornstarch	15 grams
3.5 ounces	Sugar	100 grams
¼ teaspoon	Salt	1 gram
0.25 ounces	Butter	7 grams

Cooked fruit method.

1. Sauté the rhubarb lightly in the first quantity of butter until they are slightly softened. Add the first quantity of sugar as the rhubarb cooks. This will draw juices out of the rhubarb, which will then simmer in these juices.
2. Mix the water and starch until smooth. Add the starch mixture to the rhubarb and boil until the liquid is thick and clear.
3. Remove from the heat. Add the remaining ingredients. Stir gently until the sugar is dissolved and the butter is melted.
4. Cool completely.

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Streusel Topping

Professional Baking 7 – 195A

Toppings

Yield: 1 pound (514 grams)

4 ounces	Butter &/or shortening	125 grams	50%
2.5 ounces	Granulated sugar	75 grams	30%
2 ounces	Brown sugar	60 grams	25%
¼ teaspoon	Salt	1 gram	0.5%
¼ to ½ teaspoon	Cinnamon or mace	0.6 – 1 gram	0.25 – 0.5%
8 ounces	Pastry flour	250 grams	100%

Rub all ingredients together until the fat is thoroughly blended in and the mixture appears crumbly.

Rhubarb Tart with Streusel Topping

Maximum weight 200 grams

Rhubarb Tart Assembly

Bake tarts shells at 450F until golden.

Fill 6-inch (15 centimeter) tart shells with pie filling.

Top each with 50 g streusel topping and bake until golden.

Allow to cool.

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(a) Tourné: 2 in. long \times $\frac{3}{4}$ in. diameter, with 7 sides, and flat-ended (5 cm \times 2 cm).



(b) Large dice: $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. (2 cm \times 2 cm \times 2 cm).



(c) Medium dice: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. (12 mm \times 12 mm \times 12 mm).



(d) Small dice: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. (6 mm \times 6 mm \times 6 mm).



(e) Brunoise (broon-wahz): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. (3 mm \times 3 mm \times 3 mm).



(f) Fine brunoise: $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 1.5 mm).



(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.



(h) Paysanne: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; round, square, or rectangular).



(i) Lozenge: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; diamond-shape).



(j) Fermière: irregular shape, varied diameter or thickness.



(k) Batonnet: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times 2 $\frac{1}{2}$ -3 in. (6 mm \times 6 mm \times 6-7.5 cm).



(l) Julienne (or allumette potatoes): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times 2 $\frac{1}{2}$ in. (3 mm \times 3 mm \times 6 cm).



(m) Fine julienne: 2 in. long \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 5 cm).

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Common Table Items

Fresh Produce	Dry Storage	Dairy	Dry Herbs and Spices
Carrot	Chocolate Milk	Butter - salted	<i>Basil - dried</i>
Celery	Chocolate Bittersweet	Butter - unsalted	<i>Bay leaves</i>
Eggplant	Chocolate Dark	Cream - half & half	<i>Cinnamon Ground</i>
Galangal	<i>Cornstarch</i>	Cream - 35%	<i>Mace</i>
Garlic	Flour – All Purpose	Eggs, large	<i>Nutmeg</i>
Ginger Root	<i>Flour – Bread</i>	Milk 3.25% Homo	<i>Peppercorn Black Ground</i>
Lemongrass	<i>Flour – Pastry</i>	Parmesan	<i>Peppercorn Black Whole</i>
Onions Red	<i>Honey</i>		<i>Peppercorn White Ground</i>
Onions Shallots	<i>Oil Canola</i>	<i>Non-Dairy</i>	<i>Salt - fine</i>
Onion Yellow	<i>Oil Olive</i>	<i>Coconut Milk</i>	<i>Salt - kosher</i>
Peppers Green	Rice Brown Short Grain		<i>Thyme - dried</i>
Peppers Red	<i>Sugar White Granulated</i>		
Peppers Serrano Chili	<i>Sugar Icing</i>	Herbs Fresh	Non-Alcohol Alcohol
Tomato Cherry	<i>Thai Fish Sauce Nam Pla</i>	Basil	White wine De-alcohol
Zucchini	Tomato Can Crushed	Chives	
	Tomato Can Roma Whole	Cilantro	
Fresh Fruit	Tomato Can Paste	Parsley - curly	<i>Non-Food Items</i>
Black Berries	<i>Vanilla Extract</i>	Parsley – flat leaf	<i>Aluminum foil</i>
Blueberries	<i>Vinegar</i>	Thyme	<i>Disposable gloves</i>
Lemons			<i>Pan spray</i>
Limes	<i>Proteins</i>	<i>Stock</i>	<i>Paper towels</i>
Rhubarb	<i>Shrimp P&D 26/30</i>	<i>Chicken Stock</i>	<i>Parchment paper</i>
Strawberries	<i>Mystery Round Fish Filet</i>		<i>Plastic wrap</i>
		Frozen Product	
		Rhubarb	

***** ITEMS HIGHLIGHTED, BOLD & ITALICS WILL BE PROVIDED BY THE COMMITTEE*****