

# *Classic Recipes*

*from the  
RCDS Kitchen*





## PIZZA

English muffins  
pizza sauce  
shredded mozzarella  
cheese  
oregano

Mix cheese with a little oregano.  
Split muffins and top with pizza  
sauce. Sprinkle cheese on top.  
Place on cookie sheet lined with  
aluminum foil. Bake in hot oven  
at 400 until cheese melts.

School Lunch





## SPAGHETTI WITH MEAT SAUCE

1 large jar (1 lb. 13 oz.)  
plain marinara (Butoni)  
spaghetti sauce  
1 (6 oz.) can tomato  
paste  
1 (18 oz.) can tomato  
juice  
1 lb. ground beef  
1 tblsp. sugar  
1/2 tsp. onion powder  
1/2 tsp. garlic powder  
1/2 tsp. oregano  
1 lb. spaghetti

Cook spaghetti according to directions on package. Cook meat in a large saucepan; drain off the fat. Add the rest of the ingredients except the spaghetti and simmer until warmed through. Serve over spaghetti.  
Also may be heated in 300 oven for 3 hours with fresh basil leaf and bay leaf.

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## **TUNA NOODLE SALAD**

1/2 lb. elbow macaroni  
1 (7 oz) plus 1 (4 oz)  
cans of tuna, water  
packed, drained  
2 stalks celery, finely  
chopped  
1 sm. onion, finely  
chopped  
1/2—3/4 c. mayonnaise

Serves 6  
Cook macaroni according to  
directions on package. Drain and  
cool. Mix the rest of the ingredients  
together. Chill.

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## **BAKED RICE**

1 c. long grain rice  
2 c. boiling water  
1 tbsp. butter  
1 tsp. salt

Mix together in casserole dish  
and bake in a 350 oven for 35 to  
45 minutes, covered with foil.

School Lunch



## BAKED CHICKEN

1/2 chicken breast per  
person  
melted butter  
salt to taste  
bread crumbs  
paprika

Use a pan that will be small enough  
so that the chicken will be touch-  
ing, but not overlapping while  
cooking. Butter pan. Place chicken  
close together. Paint with melted  
butter. Sprinkle with bread  
crumbs, salt and paprika. Bake at  
350 for 45 minutes to 1 hour.

School Lunch





### **HARD SAUCE**

1 lb. confectioner's  
sugar  
2 sticks butter, soft  
1 tsp. vanilla  
1 egg

In a small mixing bowl, combine  
all ingredients. Beat at high speed  
until well blended. Chill. Serve  
with Apple Crisp.

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### **GARLIC BREAD**

2 sticks butter  
1/2 tsp. garlic powder  
1/2 tsp. oregano  
1 loaf French bread

Preheat oven at 350. Melt butter.  
Add herbs and brush on sliced  
bread. Place on cookie sheet and  
bake in hot oven until warm.

School Lunch





## School Chicken Soup

1 chicken, stewed with onion, carrot, and celery. Add all chicken parts. Add bouillon, if desired. Drain, save broth.

1 cup carrots, cut in small pieces

1 cup celery, cut in small pieces

onion flakes to taste

canned chicken stock or bouillon to flavor  
noodles or rice

Place all prepared ingredients in large pot. Simmer until vegetables are *al denté*. Add bouillon or canned soup stock to taste. About 20 minutes before serving, add noodles or rice.

from the RCDS Kitchen



## APPLE CRISP

3 lbs. sliced tart apples,  
peeled  
1/2 c. water (less for  
juicy apples)  
juice of 1/2 lemon  
3/4 c. flour  
1 c. brown sugar  
1/2 c. butter  
1 tsp. cinnamon  
1/4 tsp. salt

**Topping:**  
vanilla flavored  
whipped cream

Butter a 2-quart baking dish. Place tart apples, water and juice of 1/2 lemon into baking dish. Mix brown sugar, butter, cinnamon and salt with a fork. Spread mixture over apples. Bake at 350 for about 30 minutes, until the apples are tender and the crust is brown. Serve with whipped cream flavored with vanilla and 2 tablespoons sugar.

Cordon Bleu







## BAKED FILLET OF FISH

1 or 2 pieces of fish  
per person (flounder)  
melted butter  
salt  
bread crumbs  
paprika

Use a pan that will be small enough  
so that the fish will be close  
together while cooking.  
Butter pan. Fold filet in half length-  
wise then in thirds. Place in pan.  
When all the fish is in the pan,  
brush with melted butter. Salt  
lightly, sprinkle with bread crumbs  
and paprika. Bake about 40  
minutes at 350.

School Lunch



## LASAGNA

cooked lasagna noodles  
spaghetti sauce with  
ground beef  
shredded Mozzarella  
cheese  
3 qt. casserole dish

Brown ground beef and add to spaghetti sauce. Cook and drain noodles.

Put enough sauce in casserole to cover the bottom of the dish. Layer noodles over sauce. Cover noodles with a handful of cheese. Cover with enough sauce to keep it moist. Repeat. End the layering with sauce. Bake at 350 for 45-50 minutes or until it bubbles.

School Lunch

