

# Vipassana Cookbook and Menu Generator

Ver. 0.1

Configuration File:

Enter Filename

...

Load

Save

Recipe Directory:

Enter Filename

...

Reload

Inventory File:

Enter Filename

...

Allows previous configurations to be loaded into the form and saved for future use.

Selects the directory containing the recipe text files. These will be read and loaded into the form below.

Course Title:

Enter Text

Course Type:

10-Day

3-Day

Sutta

ALL TYPES

Course Start Date:

February 16

M

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Menu Type

☐ Summer

☐ Winter

☐ ANY

Number of Students

# Students

Selects current inventory file used for calculating items needed.

Enter course information here. It will filter recipes and generate dates for the outputs.

Recipes Available

Recipe 1

Recipe 2

Recipe 3

Recipe 4

...

Day

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...

Cookbook is created by selecting recipes for each day. Just check the box for each recipe that is used for each day. Multiple selections are allowed.

Add General Instruction File:

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Enter Filename

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Add

General Instructions Added:

☒ Instruction\_file\_1.txt Day(s): 1, 5, & 7

☒ Instruction\_file\_lastday.txt Day(s): 11

Add general instructions to the cookbook. These instructions are not associated with any particular recipe but contain instructions to the servers for a particular day. (e.g. clean the walk-in, receive food shipment, etc)

Lists the instruction files that have been included.

Generates ingredients list, report of needed items, cookbook, & menus.

Generate

# Recipe File Format

[Vipassana Recipe File]

Version = 0.1

Recipe\_Name = "This recipe name"

Menu\_Type = "Summer" | "Winter" | ...

Course\_Types = "Type" [, "Type", ... ] # Where allowed recipe types are listed (10-day, 3-day, sutta, etc. )

Contains = "Gluten" | "Soy" | "Dairy" | "Eggs" | .... # Comma separated list

[Things To Remember]

+ Special notes for the recipe.

+ Make sure there is extra Jack Cheese.

[Timeline]

{6:30am} Remove pans of <b>marinara sauce</b> from...

{9:10am}

+Get pasta water on flame.....

+Start rice cookers

{10:20am}

+Preheat steamer for broccoli

+Start cooking pasta...

[Instructions]

1. Instruction on the preparation of the meal.

2. Steam

3. Cook ...

[Ingredients: 60,80,100,120,140] # Identify the number of students this is used below

# Ingredient:Unit:Comma separated amounts for each number of students above:Special Instructions

Potatoes:Lbs:11,13,15,17,19:"Peel & Cut into 3/4 inch wedges"

Green Cabbage:Lbs:11,13,15,17,19:"shredded"

Garlic:Cups:1/8,1/4,1/2,3/4,1:"minced"

[Ingredients Note]

The quantity for 80 will fit in the largest... for larger groups use both ....

# Special Instruction File Format

[Special Instruction File]

Version = 0.1

Name = "First day Special Instructions"

[Things To Remember]

+Special notes

[Timeline]

{6:30am} Special things to add to timeline.

# Vipassana Course Ingredient Report

Course Dates: 01/03/2016 – 01/14/2016

Course Type: 10-Day

Menu Type: Summer

Number of Students: 115

## Ingredients Required:

Broccoli	20 Lbs
Potatoes	65 Lbs
Garlic	35 Cups
Ginger	5 Cups
Carrots	80 Lbs
Beets	65 Lbs

...

# Inventory On Hand File

[Inventory On Hand File]

Version = 0.1

[Items] # List of items that are currently on hand in the format Item:Unit:Qty

Broccoli:Lbs:8

Carrots:Lbs:20

Bananas:Lbs:34

Garlic:Ears:20

Ginger:Lbs:8