



SBJ05 Patrol Menu Plan

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**PINCHER CREEK CO-OP
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Introduction

This Guide will tell you what you need to know about the biggest activity at SBJ-05 --- eating! You'll find the menus and food lists here, along with cooking instructions and some tips and guidelines. **This menu is based on our current plans - it is subject to change.**

Menus

We guessed that you would not want to spend a lot of time cooking and that you would not be interested in some of the stuff you have to eat at home.

We designed meals that taste good, are nourishing and are quick. All the lunches, except for Sunday, can be taken with you to program activities, so you don't need to take extra time getting back to your site. A well-organized patrol will be efficient when preparing meals, leaving as much time as possible for SBJ activities. Make sure you follow the instructions for each meal and ENJOY!

Staples

When you arrive at your sub-camp, you'll get a box of staples. These are food items you'll need on a daily basis, such as ketchup, mustard, relish, jam, peanut butter, cooking oil, sugar, juice crystals, hot chocolate, margarine, salt & pepper, coffee, coffee mate, bleach, dish soap, scouring pads, cleaning cloths and garbage bags. If you run out during the camp, you can order more.

Stocking Your Larder

Twice a day, the supply truck, drops provisions at the sub-camp headquarters (SCHQ). Breakfast and lunch are delivered at **7am**, supper and mug-up at **5pm**. You'll need to send a pair of Scouts to SCHQ to collect your patrol's food box. **Empty and clean the box right away and return it to SCHQ before your meal.** If you are late turning in your box, you won't get your next meal, because we won't have anything to ship your food in.

Overnight Events

If you have selected an overnight program activity, you'll get your food by special delivery. On the day you leave, you will get an extra food box with the morning delivery. This box will include our supper, mug-up and the next day's breakfast. When you return to the SBJ-05 site, (the next day about lunchtime) your lunch will be waiting for you at Sub-camp HQ.

Special Diets

Some people need special diets for health, religious or philosophical reasons. We have adapted certain patrols' menus to accommodate these needs, based on your registration information and on our follow-up phone calls. You'll get a Food Guide Addendum at SBJ, if applicable. If something still isn't working out, or if you're getting the wrong food, contact SCHQ.

Questions?

If you have any questions about our menu plan, please contact Bob Schwartzenberger at justbob@isp.com

SATURDAY JULY 16

Supper Tacos, Chocolate cake, Pop

Food list: taco shells, tortilla chips, ground beef, taco seasoning, cheddar cheese, Sour cream, Pop

Preparation instructions:

Follow the instructions on the taco shell box. To bake the shells, use a big pot on low heat. Put the shells in a single layer and heat for 2-3 minutes. You can grate the cheese or chop it into small bits.

Mug-up Apples, Bananas

SUNDAY JULY 17

Breakfast Pancakes, Sausage, Cereal, Milk

Food list: Apple juice, pancake mix, sausages, cereal (save $\frac{1}{2}$ for Mon), Milk, Syrup (save $\frac{1}{2}$ for Tues)

Preparation instructions:

Follow the instructions on the pancake mix bag. Heat frying pan or griddle over medium heat. Add a small amount of margarine to grease the pan. Scoop spoonfuls of the batter onto the frying pan. When the top is bubbly and the edges a bit dry, turn over.

Lunch Hot dogs

Food list: Hot dogs, Baby carrots, Celery sticks, Doughnuts, Fruit, Juice

Preparation instructions:

Boil the hot dogs - make sure you boil them really well, so that they are cooked right through. This is for health reasons - we don't want anyone getting sick.

Supper Chicken stir-fry with vegetables

Food list: chicken breast, Stir-fry mix, Red & green peppers, Vegetables, Quick cooking rice, Cooking oil, Soya sauce, Watermelon, Milk

Preparation instructions:

Follow the instructions on the stir-fry mix packet. What? You didn't bring a wok? Never mind, just use your biggest frying pan. The key to good stir-frying is lots of heat, constant stirring and not over-cooking. Have all the vegetables cut in small pieces and ready to go before you start cooking. Make sure the chicken is cooked all the way through - no pink bits. And make the rice FIRST!

Rice: Here's the best way to make good rice at camp.... follow the instructions on the box and measure accurately. Any questions?

Mug-up Hot chocolate, Cookies

MONDAY JULY 18

Breakfast Oatmeal, Toast, Cereal, Milk, Orange juice

Food list: Orange juice, Oatmeal, Toast, Cereal, Milk

Preparation instructions:

Here's an easy breakfast - just don't fight over the oatmeal flavors. Didn't bring a toaster rack for your stove? Be inventive and figure out a safe way to make toast.

Lunch Cold cuts, Rolls, Peanut butter & jam, Frozen juice boxes, Fruit, Cookies

Food list: Rolls, Peanut butter & jam, Cold cuts, Margarine, Cookies (save half for mug-up), Fruit, Frozen juice boxes

Preparation instructions:

Today's lunch is the first to be packed and taken with you. All the rest of the lunches can be prepared the same way. You can make up your peanut butter & jam rolls right away. For meat rolls, do not put the meat in until lunch time! Keep the meat in its package and keep it cold with the frozen drink boxes while you do your morning activities. It'll take no time to add the meat to your rolls at lunch. Follow these simple instructions and stay healthy.

Supper Minute steaks, Mashed potatoes, Frozen mixed vegetables, Ice cream, Milk

Food list: Minute steaks, Mashed potatoes, Frozen mixed vegetables, Ice cream, Milk

Preparation instructions:

Mashed potatoes: Follow the instructions on the packet.

Mixed vegetables: Boil for about a minute.

Steak: Fry in a bit of margarine, add BBQ sauce if you want.

Ice Cream: No, we're not kidding ... you get ICE CREAM today (but only if you eat all your veggies)! Now we know you want ice cream, not guck, so the ice cream is coming separately to sub camps, about 6:30pm. Send a runner down to sub camp HQ. Enjoy!

Mug-up Soup in mug, Crackers & cheese

TUESDAY JULY 19

Breakfast French toast, Sausages or ham, Cereal, Milk, Orange slices

Food list: white bread, eggs, margarine, breakfast sausages, cereal (from Sun.), Milk, Syrup (from Sun.), Oranges

Preparation instructions:

In a pot, mix eggs with 2 tablespoons of milk per egg, and a dash of salt. Quickly dip the bread into the egg mixture (both sides) and fry lightly using medium heat in a frying pan, until golden brown on both sides. Make sure you keep adding margarine to the pan so the bread doesn't stick.

Lunch Sub sandwich, Granola bars, Fruit, Juice

Food list: Sub buns, mayo/mustard, sliced ham, sliced bologna, cheese slices, lettuce/tomato, Granola bars, Juice boxes, Apples

Preparation instructions:

Make up the sub buns with mustard, cheese and vegetables. Remember - keep the meat and mayo separate until you are ready to eat. Use the frozen drinking boxes to keep everything cool.

Supper Burritos, Salad, Chocolate cake, Milk

Food list: Burritos, Corn chips with salsa, Salad with dressings, Chocolate cake, Milk

Preparation instructions:

Burritos: Heat in a pan with a lid, or double boiler (if you have one) on your stove - be careful not to burn them!

Corn chips: Do I really need to tell you what to do with these? Just save half the salsa for Friday's supper. (Keep it cool.)

Mug-up Bananas, Apples

WEDNESDAY JULY 20

Breakfast Fruit cocktail, Boiled eggs, Granola, Milk, Toast

Food list: canned fruit cocktail, eggs, margarine, granola, Milk, whole wheat bread, Jam

Preparation instructions:

For good boiled eggs, start eggs in cold water deep enough to cover the eggs. Set over high heat and wait until the water starts to boil. Now start timing. For soft boiled, 4 minutes; hard boiled, 8-10 minutes.

Lunch Tuna sandwiches, Vegetable sticks, Cookies, Fruit, Frozen juice boxes

Food list: white & w/w bread, canned tuna, mayo, carrots/celery, Pickles, Cookies, Oranges, Juice boxes

Preparation instructions:

You know what to do - tuna is safe enough to make up your sandwiches before you head out, but make sure you pack them with the frozen juice boxes. Some people like pickles in their tuna sandwiches.

Supper Hamburgers, Vegetables and dip, Potato chips, Fruit cocktail, Pop

Food list: hamburger buns, cheese slices, relish/mustard, ketchup, pre-made patties, potato chips, Vegetables, Dip sauce, Pop, Fruit cocktail

Preparation instructions:

Hamburger patties: Should be cooked well, so that if you press them, the juice runs clear. You can start frying them even if they're still frozen.
Vegetables: These can be cut into finger-sized bits for dipping.

Mug-up hot chocolate instant (water base), Oatmeal cookies

THURSDAY JULY 21

Breakfast Fruit cocktail, Pancakes, Cereal, Milk, Orange juice, Syrup

Food list: Orange juice, Pancakes, Fruit cocktail, Cereal, Milk, Syrup

Preparation instructions:

Check out the instructions on the bag of pancake mix.

Lunch Cold cheese or grilled cheese sandwiches, Granola bars, Fruit, Juice boxes

Food list: Cold cheese or grilled cheese sandwiches, Lettuce, Granola bars, Fruit, Juice boxes

Preparation instructions:

Lunch: If you're going to be near your site at lunch, you might want to have grilled cheese sandwiches, for a change. Got any pickles left from yesterday? They go well with cheese.

Supper Spaghetti, Meat sauce, Garlic bread, Salad, Chocolate pudding, Pop

Food list: ground beef, prepared sauce, prepared garlic bread, bagged salad, dressings, Dry spaghetti, Non-cook pudding, Milk (for pudding), Pop

Preparation instructions:

Spaghetti sauce: Brown the ground beef in a saucepan. When cooked, pour off excess fat. Add the sauce to the beef and simmer while the spaghetti pasta cooks, and you make the dessert.

Spaghetti pasta: Add the dry spaghetti to boiling water and cook for 10 - 12 minutes until tender but not soft. Drain the water off and serve with sauce over top.

Chocolate pudding: Follow the instructions on the packet. You could make this in a large baggie and save washing a bowl.

Mug-up instant soup (in a mug), Stoned wheat thins, Cheddar Cheese

FRIDAY JULY 22

Breakfast Scrambled eggs, Toast, Cereal, Milk, Apple juice

Food list: Scrambled eggs, Toast, Cereal, Milk, Apple juice

Preparation instructions:

Crack eggs into a small bowl and mix up with a fork (remove bits of egg shell that fell in). Add a splash of milk. Melt margarine in frying pan over low heat and pour in eggs. STIR CONTINUOUSLY so the eggs cook evenly and don't burn on the bottom. Remove from heat when the eggs look done. Oh - clean your pan right away - dried egg is like concrete!

Lunch Cold cuts, Rolls, Peanut butter & jam, Baby carrots & celery sticks, Frozen juice boxes, Fruit, Cookies

Food list: Rolls, Peanut butter & jam, Cold cuts, Margarine, Baby carrots & celery sticks, Cookies (save half for mug-up), Fruit, Frozen juice boxes

Preparation instructions:

You can make up your peanut butter & jam rolls right away. For meat rolls, do not put the meat in until lunch time! Keep the meat in its package and keep it cold with the frozen drink boxes while you do your morning activities.

Supper Creamy noodle tuna casserole, Salad, Apple, Juice, Chocolate bar

Food list: Creamy noodle tuna casserole, Salad, Apple, Juice, Chocolate bar

Preparation instructions:

Follow the instructions on the Tuna Helper box to make the casserole

Mug-up Hot chocolate - from your staples box, Cookies - left over from today's lunch

SATURDAY JULY 23

Breakfast Orange juice, Muffins, Fruit

Preparation instructions:

This is the last meal at camp (sniff). And it's designed to be easy and quick.

Lunch Cheese or peanut butter sandwiches, Granola bars, Fruit, Juice

Preparation instructions:

Make up bagged lunch for the journey home. Take any remaining food with you, if you wish - it's yours. Otherwise, take all that's left back to SCHQ.

Supper Hot dogs, Baby carrots, Celery sticks, Doughnuts, Fruit, Juice