

FOURTH KEW SCOUT TROOP

MENU SUGGESTIONS FOR PATROL CAMPS

On camps you burn up a lot of energy – you will eat more than you do at home. Cooked breakfasts, two or three course dinners and morning and afternoon snacks and supper are needed. Your menu needs to be nutritious (include fruit and vegetables, meat), energy giving (ie carbohydrates), simple (but not boring), and generous (ie big helpings!!). It also needs to fit in with your activity program – for example, it is no point in having a cooked lunch if you plan to go off on a day hike. Make sure that perishable foods can be stored or can be obtained during the camp. Avoid frozen food. Only choose food that needs to be baked in an oven if it is a pot roast or you plan to make a Maori oven.

BREAKFAST SUGGESTIONS

Include something cooked.

- Fruit juice
- Cereal (avoid junky, expensive varieties)
- Porridge (instant porridge is easiest)
- Eggs (boiled, fried, poached, scrambled)
- Bacon (fried)
- Sausages or chop
- French toast (bread, eggs, milk)
- Fried left over vegetables
- Tinned spaghetti or baked beans
- Cooked tomatoes
- Pancakes (self-raising flour, eggs, milk)
- Toast, vegemite, jam, peanut butter
- Tea, coffee, milk
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LUNCH SUGGESTIONS

Something simple is best. In summer avoid cooked lunches.

- Sandwiches
- Salad (lettuce, tomato, carrot, tinned beetroot, cucumber, cheese, cold meat or tuna)
- Camp pie (for Brad)
- Tinned tuna or salmon
- Jaffles (cheese and/or ham and/or tomato)
- Rice-a-riso (packet)
- Sweet corn (fresh or tinned)
- Hot dogs (fresh or packet hot dog and roll)
- Fish fingers (first day only)
- Pasta meal pack, noodles
- Potato fritters / hash browns (potato, egg, cheese, plain flour)
- Frittata (potato, onion, egg)
- Cheese omelette (egg, water, butter, cheese)
- BBJ (bread, butter, jam)
- Fruit (oranges, apples, bananas)
- Cup-of-soups (if cold)
- Cordial
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MID DAY SNACK SUGGESTIONS

Avoid junk food.

- Fruit (oranges, apples, bananas)
- Muesli bars
- Pop corn (popping corn, cooking oil)
- BBJ (bread, butter, jam)
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DINNER SUGGESTIONS

Cooked two or three course meals are best. If your program allows time, try and be a bit adventurous.

First course

- Soup (packet or tinned are easiest)
- French toast (bread, eggs, milk)
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Main course

- Meat – hamburgers, chops, sausages, grilling steak (avoid chicken as it goes off too easily)
- Fish - smoked or tinned (fresh for first day)
- Stew (meat chunks, vegetables)
- Tuna mornay (milk, canned tuna, onion, celery, flour, cheese, bread crumbs or broken salada biscuits)
- Kebabs (meat chunks and/or vegetable pieces)
- Stir fry (meat strips and/or vegetable pieces)
- Roast dinner (meat, gravy, baked vegetables)
- Spaghetti (with sauce - minced meat, tinned tomato, onion)
- Vegetables (potatoes, carrots, onion, cauliflower, pumpkin and dried or fresh peas)
- Ratatouille (onion, egg plant, zucchinis, capsicum, tomatoes)
- Rice (as side serving)
- Packet pasta (as side serving))
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Dessert / Sweets

- Stewed fruit
- Custard (powdered or pre-made)
- Jelly (packet)
- Instant puddings (packet)
- Tinned fruit
- Banana custard (banana, custard)
- Pancakes (self-raising flour, sugar, eggs, milk)
- Tinned pudding (eg rice pudding)
- Steamed pudding (self-raising flour, sugar, butter, drinking chocolate)
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SUPPER SUGGESTIONS

On troop camps, the leaders will supply this.

- Hot chocolate
- Biscuits
- Cake (fruit cake lasts longer)
- Pancakes (self-raising flour, sugar, eggs, milk)
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