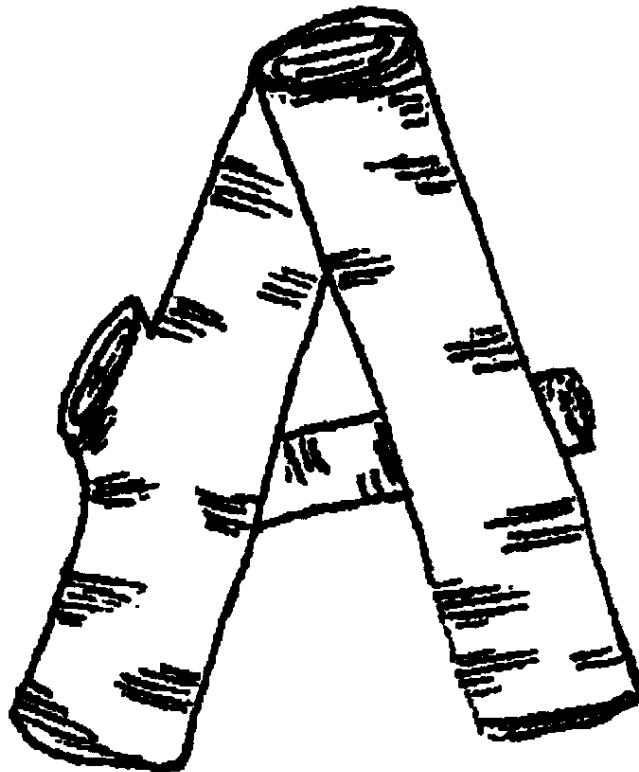


# CAMP AQUEHONGA PATROL COOKING GUIDE SUMMER 2008

CYCLE # A



Rev 7-7-08

# Ten Mile River Graces

## Morning Grace

Gracious Giver of all good,  
Thee we thank for rest and food,  
Grant that all we do or say,  
In Thy service be this day.

Amen.

## Afternoon Grace

Father for this noonday meal,  
We would speak the praise we feel,  
Health and strength we have from Thee,  
Help us Lord to faithful be.

Amen.

## Evening Grace

Tireless Guardian on our way,  
Thou hast kept us well this day,  
While we thank Thee, we request,  
Care continued, pardon, rest

Amen.

TEN MILE RIVER - MENU 2008  
CYCLE # A  
AQUEHONGA - PATROL COOKING

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	CINNAMON COFFEE CAKE FRUIT COCKTAIL CEREAL ORANGE JUICE MILK PB & J	PANCAKES W/SYRUP BACON APPLE JUICE MILK PB & J	EGGS BAGEL W/ CRM CHEESE ORANGE CEREAL ORANGE JUICE MILK PB & J	FRENCH TOAST W/SYRUP SAUSAGE LINKS CEREAL APPLE JUICE MILK PB & J	EGGS W/ CHEESE HASH BROWNS CEREAL ORANGE JUICE MILK PB & J	PANCAKES W/SYRUP SAUSAGE APPLE JUICE CEREAL MILK PB & J	SCRAMBLE EGGS HOMEFRIES CEREAL ORANGE JUICE MILK PB & J
LUNCH	BOLOGNA SANDWICH POTATO CHIPS COOKIES MUSTARD P.C. BEVERAGE MILK PB & J	TACOS LETT/TOM/ CHEESE TACO SHELLS TACO SAUCE BAKED BEANS Cookies PB & J MILK BEVERAGE	CHICKEN NUGGETS W/ BBQ SAUCE MAC & CHEESE FRESH FRUIT PB & J MILK BEVERAGE	ITALIAN HOAGIE W/ LETT/TOM/CHEESE PRETZELS BROWNIE MILK BEVERAGE PB & J	CHICKEN SALAD SANDWICH POTATO CHIPS PICKLE SPEAR VAN. PUDDING PB & J MILK BEVERAGE	GRILLED CHEESE COLE SLAW MIXED VEGETABLES APPLE SAUCE MILK BEVERAGE PB & J	SHREDDED BBQ SANDWICH CORN CHIPS CONGO BARS APPLE MILK BEVERAGE PB & J
DINNER SITE COOKING MENU	<u>HEATER STACK</u> ROAST BEEF W/ GRAVY, BAKED POTATO W/ SOUR CREAM GREEN BEANS CHERRY PIE MILK PB & J BEVERAGE	CHICKEN PARM W/SAUCE PASTA VEGETABLES CHOCOLATE CAKE W/ ICING MILK PB & J BEVERAGE	BEEF STEAK IRISH POTATO MIXED VEGETABLES FRESH BREAD STRAWBERRY SHORTCAKE BEVERAGE MILK	<u>CAMPWIDE BBQ</u>  HAMBURGERS & HOTDOGS CORN ON COB POTATO CHIPS WATERMELON MILK BEVERAGE LETT/TOM/ONIONS CHEESE	PASTA W/ MARINARA SAUCE GREEN BEANS FRESH BREAD CHOC CAKE PB & J BEVERAGE MILK	ROASTED PORK GREEN BEANS RED POTATOS LARGE COOKIE MILK BEVERAGE	CHICKEN STIR FRY RICE GREEN BEANS CAKE W/ ICING BEVERAGE MILK PB & J
HEATER STACK		CHICKEN PARMESAN BUTTERED NOODLES VEGGIES Chocolate Cake w/ White Icing BEVERAGE MILK	ROASTED PORK POTATOES CORN STRAWBERRY SHORTCAKE BEVERAGE MILK		CHEESE RAVIOLIS GARLIC BREAD MIXED VEGGIES CAKE W/ ICING PB & J MILK BEVERAGE	BAKED CHICKEN MASHED POTATOS W/GRAVY CARROTS LARGE COOKIE PB & J MILK BEVERAG	SALISBURY STEAKS MASHED POTATO W/GRAVY MIXED VEGGIES PUDDING

## **STAPLES TO BE DISTRIBUTED ON SUNDAY**

- 1 Scrubbing Pad**
- 10 Packets of Soap**
- 1 Bottle of Oil**
- 1 Set of Salt and Pepper Shakers**
- 1 Roll of Aluminum Foil**
- 10 Sanitizing Tablets**
- 1 Container of Punch Mix**
- 1 Pound of Butter**
- 1 Container of Salad Dressing**

- **Wash hands and table before every meal.**
- **No paper supplies (paper towels, napkins, paper plates, paper cups, etc.) will be available through the commissary.**
- **Bread and milk are available at every meal, upon request.**
- **Ice is available at every meal, upon request.**
- **Meal distribution times:**

<b>BREAKFAST</b>	<b>7:00 A.M. – 7:45 A.M.</b>
<b>LUNCH</b>	<b>11:45 A.M. – 12:15 P.M.</b>
<b>DINNER</b>	
<b>PATROL COOKING</b>	<b>4:45 P.M. – 5:30 P.M.</b>
<b>HEATER STACKS</b>	<b>5:15 P.M. – 5:30 P.M.</b>
- **Heater Stacks must be returned clean and dry between 6:45 P.M. – 7:30 P.M.**

# **SUNDAY BREAKFAST**

**Cinnamon Coffee Cake**

**Fruit Cocktail**

**Cereal**

**Orange Juice**

**\* Milk**

**\* PB & J**

**\* = As needed**

## **FOOD LIST**

Cinnamon coffee cake, fruit cocktail, cereal and orange juice.

## **READ INSTRUCTIONS TWICE BEFORE STARTING.**

1. Set out juice, coffee cake, milk, and cereal.
2. Before eating, put a pot of water on the stove to boil for clean-up
3. Say TMR Grace with your patrol.

## **SUNDAY LUNCH**

**Bologna Sandwich**

**Potato chips**

**Cookies**

**Mustard & Mse**

**Beverage**

**\* Milk**

**\* PB & J**

**\* = As needed**

### **FOOD LIST**

Bologna, lettuce, tomato, bread, cookies, potato chips

### **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Wash lettuce and tomatoes. Slice tomatoes
2. Assemble sandwiches using cold cuts, lettuce and tomatoes.
3. Before eating, put a pot of water on the stove to boil for clean-up.
4. Say TMR Grace with your patrol.
5. Serve cookies as dessert

# **SUNDAY DINNER**

## **HEATER STACKS**

**Roast Beef w/ Gravy**

**Baked Potato w/ Sour Cream**

**Green Beans**

**Cherry Pie**

**\* Beverage**

**\* Milk**

**\* PB & J**

## **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Before eating, put a pot of water on the stove to boil for clean-up.
2. Say TMR Grace with your patrol.

# MONDAY BREAKFAST

Pancakes w/syrup

Cereal

Bacon

Apple Juice

\* Milk

\* PB & J

## FOOD LIST

Pancake mix, bacon, cereal, syrup & apple juice

## READ INSTRUCTIONS TWICE BEFORE STARTING

1. Mix pancake batter as follows:

Pancake mixing instructions (Mix will vary depending on patrol size.)

Generally 1 cup of mix will make ten 3-inch pancakes.

*Instructions to make 30 pancakes:*

- A. 3 cups of pancake mix
  - B. 1½ cups of water
    - Put correct amount of water and pancake mix in bowl.
    - Mix well until blended. Start by adding 1 cup of water. Add more water as needed until mix is at desired consistency. (Should not be too lumpy or too watery. Should pour into pan smoothly.)
  2. Grease stove or pan with oil. Pour one spoonful of batter onto hot shepherder stove for each pancake. When bubbles start to break in the middle, turn pancakes over and brown. (Do not flatten pancakes)
  3. Place bacon on stove or in frying pan & cook until golden brown or desired crispiness. This bacon is pre-cooked
  4. Before eating, put a pot of water on the stove to boil for clean-up.
  5. Say TMR Grace with your patrol.
- \*\* Try adding a little sugar and vanilla extract, or blue berries to the pancake mix for extra flavor and variety.**

## **MONDAY LUNCH**

**Tacos w/ Beef, lettuce, tomatoes and cheese**

**Taco Sauce**

**Baked Beans**

**Cookies**

**Bread**

**\* Milk**

**\* PB & J**

**\* Punch**

**\* = As needed**

### **FOOD LIST**

Beef, taco shell, taco seasoning, baked beans, tomato, cheese, bread, cookies and lettuce

### **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Grease a skillet with oil
2. Put ground beef into skillet and brown completely
3. While beef is browning heat beans in pot.
4. Slice lettuce to shreds.
5. Slice tomatoes into quarter inch slices.
6. Cut tomatoes into smaller pieces.
7. When meat is completely browned, add taco seasoning to meat.
8. Set out milk and punch.
9. Assemble tacos, meat first, then lettuce, cheese and tomatoes
10. Before eating, put a pot of water on the stove to boil for clean-up.
11. Say TMR Grace with your patrol.
12. Serve cookies for dessert.

# **MONDAY DINNER**

**Chicken Parmesan w/sauce**

**Pasta**

**Peas**

**Chocolate Cake**

**\* Milk**

**\* Beverage**

## **FOOD LIST**

Chicken patty, pasta, peas, cheese shredded, tomato sauce, cake

## **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Heat water until it boils, add pasta and cook until it is soft.
2. While pasta is cooking, grease frying pan with oil.
3. Place chicken patty into frying pan. Cook both sides until brown.
4. Heat tomato sauce in pot until it simmers.
5. Heat canned peas until hot - do not overcook.
6. Place chicken, sauce and cheese on table, place pasta on table. Scouts can assemble chicken parmesan themselves.
7. Pour a little sauce over pasta.
8. Before eating, put a pot of water on the stove to boil for clean-up.
9. S say TMR Grace with your patrol.
10. Cut cake into 8 slices and serve for dessert.

## **TUESDAY BREAKFAST**

**Eggs**

**Bagels W/ Cream Cheese**

**Orange Sections**

**Cereal**

**Orange Juice**

**\* Hot Chocolate**

**\* Milk**

**\* PB & J**

**\* = As needed**

### **FOOD LIST**

Eggs, bagels, cream cheese, cereal, orange juice, oranges, milk and bread

### **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Heat water for hot chocolate.
2. Break eggs into medium pot. Add 1 cup of milk and a pinch of salt. Beat eggs well.
3. Heat both frying pans. Grease pans with margarine. Pour half of egg mixture into each frying pan. Cook slowly over a low fire. As eggs cook around the edges of the pans, scrape them toward the middle. Keep doing this until cooked.
4. Put juice containers on table.
5. Set out bagels, cream cheese, juice, milk & cereal.
6. Before eating, put a pot of water on the stove to boil for clean-up
7. Say TMR Grace with your patrol.

**\*\* Bagels may be toasted on sheep-herder stove**

**\*\* Variation: Make eggs to order instead of scrambled**

- **Sunny side-up**
- **Easy over**
- **Etc**

## **TUESDAY LUNCH**

**Chicken Nuggets with BBQ sauce**

**Macaroni and Cheese**

**Plums**

**\* Milk**

**\* Beverage**

**\* PB & J**

### **FOOD LIST**

Chicken nuggets, BBQ sauce, elbow macaroni, cheese sauce mix & plums.

### **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Place a large pot of water on stove to boil. When water boils add macaroni. Stir frequently until soft. Drain noodles of all water
2. While noodles are cooking grease frying pan with oil.
3. Fry chicken nuggets in the frying pan until golden brown.
4. To Make the cheese sauce; add  $\frac{1}{4}$  cup of water for every 1 cup of mix. Add dry cheese sauce mix to your pot. Mix well; if mixture is too thick, add more water. Bring to a simmer and add mixture to cooked macaroni.
5. Before eating, put a pot of water on the stove to boil for clean-up.
6. Say TMR Grace with your patrol.
7. Serve plums for dessert.

## **TUESDAY DINNER**

**Beef Steak**  
**Irish Potato**  
**Mixed Veggies**  
**Fresh Bread**  
**Large Cookie**  
**Beverage**  
**\* Milk**  
**\* Punch**

**\* = As needed**

### **FOOD LIST**

**Beef steak, Irish potato, mixed vegetable, fresh bread.**

### **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Place potatoes in medium pot and add a little oil. Cook until fork goes through easily.  
Do not over cook or potatoes will crumble apart.
2. Heat can of mixed vegetables until hot. Do not overcook
3. Place steak on grill. Cook one side, flip steak and cook to other side until evenly browned. Check the middle of the steak to make sure meat is cooked completely, there should be no red.
4. Slice bread – 10 slices per loaf.
5. Before eating, put a pot of water on the stove to boil for clean-up.
6. Say TMR Grace with your patrol.
7. Open and serve pudding for dessert.

**\*\* Variation: Add a little garlic powder and parsley to potatoes for taste**

## **WEDNESDAY BREAKFAST**

**French toast w/syrup**

**Sausage links**

**Cereal**

**Apple Juice**

**\* Milk**

**\* PB & J**

### **Food List**

Bread, eggs, sausage links, syrup, cereal, and apple juice.

### **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Place sausage links into greased frying pan or stove, and cook until light brown. Set aside. Keep warm.
2. Break eggs into medium pot. Add 1 cup of milk and beat mixture well.
3. Dip bread slices in egg mixture and briefly soak both sides.
4. Grease frying pan or grill with margarine
5. Place soaked bread onto grill, and grill until golden brown on both sides.
6. Set out juice, syrup, butter, milk & cereal.
7. Before eating, put a pot of water on the stove to boil for clean-up.
8. Say TMR Grace with your patrol.

**\*\* Variation: Add powdered cinnamon to egg mixture for taste**

## **WEDNESDAY LUNCH**

**Italian Hoagies w/Lettuce and Tomatoes**

**Pretzels**

**Brownies**

**\* Milk**

**\* Punch**

**\* PB & J**

**\* = As needed**

### **FOOD LIST**

**Cold cuts, lettuce, tomatoes, brownies, bread, pretzels**

### **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Wash lettuce and tomatoes. Break lettuce into leaves and slice tomatoes.
2. Set out all food items on table for patrol to assemble their own hoagies
3. Before eating, put a pot of water on the stove to boil for clean-up.
4. Say TMR Grace with your patrol.
5. Set out milk and punch. Serve brownies for dessert.

## **WEDNESDAY DINNER**

### **CAMP-WIDE BARBECUE**

**Hot Dogs/Hamburgers**

**Corn on the Cob**

**Potato Chips**

**Watermelon**

**Punch**

**All food will be prepared by camp staff near flagpole in pool food. No food will be prepared in campsites. In case of inclement weather, alternate plans will be distributed.**

## **THURSDAY BREAKFAST**

**Eggs w/Cheese**  
**Hash Browns**  
**Cereal**  
**Orange Juice**  
**\* Milk**  
**\* PB & J**

**\* = As needed**

### **FOOD LIST**

Eggs, hash browns, cereal, orange juice, milk, bread, and hot cocoa

### **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Place pot of water on stove to heat for hot chocolate.
2. Break eggs medium pot. Add 1 cup of milk & a pinch of salt. Beat eggs well
3. Grease frying pan with oil, cook hash browns in frying pan until golden brown & warm flip when one side is done. Remove from heat and keep warm.
4. Heat both frying pans. Grease pans with margarine. Pour half of egg mixture into each frying pan. Cook slowly over a low fire. As eggs cook around the edges of the pans, scrape them toward the middle. Keep doing this until cooked. Mix in cheese.
5. Set out juice, milk, and cereal.
6. When water is hot, pour over hot chocolate in each cup and stir.
7. Before eating, put a pot of water on the stove to boil for clean-up.
8. Say TMR Grace with your patrol.

## **THURSDAY LUNCH**

**Chicken Salad Sandwich**

**Potato Chips**

**Pickle Spear**

**Vanilla Pudding**

**\* PB & J**

**\* Milk**

**\* Beverage**

**\* = As needed**

### **FOOD LIST**

Chicken salad, bread, potato chips, pickle spears, vanilla pudding

### **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Serve chicken salad on bread, potato chips, pickle spears
2. Before eating, put a pot of water on the stove to boil for clean-up.
3. Say TMR Grace with your patrol.
4. Serve vanilla pudding for dessert

## **THURSDAY DINNER**

**Pasta w/ Marinara sauce**

**Green Beans**

**Homemade Bread**

**Chocolate Cake**

**\* Milk**

**\* Punch**

**\* PB & J**

**\* = As needed**

### **FOOD LIST**

Pasta, tomato sauce, green beans, and chocolate cake.

### **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Place a large pot of water on stove to boil. When water boils add pasta. Stir frequently until done. Drain water.
2. While pasta is cooking, place marinara sauce in a pot. Bring to a simmer, place sauce over cooked pasta.
3. Heat canned green beans until done.
4. Before eating, put a pot of water on the stove to boil for clean-up.
5. Say TMR Grace with your patrol.
6. Cut cake and serve for dessert

**\*\* Variation: Green beans can be served cold as a salad item. Add some sliced onion and Italian dressing**

# **FRIDAY BREAKFAST**

**Pancakes w/syrup**

**Sausage links**

**Cereal**

**Apple juice**

**\* Milk**

**\* PB & J**

## **FOOD LIST**

Pancakes mix, cereal, syrup, sausage links & apple juice

## **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Grease frying pan with oil, heat sausage links until brown. Remove from stove and keep warm.

2. Mix pancake batter as follows:

Pancake mixing instructions (Mix will vary depending on patrol size.)

Generally 1 cup of mix will make ten 3 inch pancakes.

### **Instructions to make 30 pancakes:**

- A. 3 cups of pancake mix
- B. 1 ½ cups of water
  - a. Put correct amount of water and pancake mix in bowl.
  - b. Mix well until blended. **Start by adding 1 cup of water.** Add more water as needed until mix is at desired consistency. (Should not be too lumpy or too watery. Should pour into pan smoothly.)
3. Grease stove or pan with oil. Pour one spoonful of batter onto hot sheepherder stove for each pancake. When bubbles start to break in the middle, turn pancakes over and brown. ( Do not flatten pancakes)
4. Before eating, put a pot of water on the stove to boil for clean-up.
5. Say TMR Grace with your patrol.

# **FRIDAY LUNCH**

**Grilled Cheese**

**Coleslaw**

**Mixed Vegetables**

**Apple sauce**

**\* Milk**

**\* Beverage**

**\* PB & J**

**\* as needed**

## **FOOD LIST**

Bread, cheese, coleslaw, mixed veggies, & applesauce

## **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Grease pan or stove with oil
2. Butter bottom sides of 2 slices of bread.
3. Grill buttered sides of bread in pan or on stove
4. Place 1 slice of cheese on top of each slice of bread, let cheese melt, when cheese is melted, put the two slices of bread together to make a grilled cheese sandwich.
5. Pour vegetables into a pot and cook.
6. Serve grilled cheese, coleslaw & mixed vegetables.
7. Before eating, put a pot of water on the stove to boil for clean-up.
8. Say TMR Grace with your patrol.
9. Serve applesauce for dessert

## **FRIDAY DINNER**

**Roasted Pork**

**Corn**

**Red Potatoes**

**Strawberry Short Cake**

**\* Milk**

**\* Punch**

**\* = As needed**

### **FOOD LIST**

Pork steaks, corn, Red potatoes, strawberries, short cakes, whip cream.

### **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Bring a pot of water to a boil.
2. Boil potatoes. Keep warm.
3. Heat green beans in a pot.
4. Grease frying pan with oil.
5. Fry Pork steak on each side until brown, make sure pork is cooked thoroughly
6. Before eating, put a pot of water on the stove to boil for clean-up.
7. Say TMR Grace with your patrol.
8. Cut shortcake into pieces, place strawberries onto cake and top with whipped cream.

# **SATURDAY BREAKFAST**

**Scrambled Eggs**

**Home Fries**

**Cereal**

**Orange Juice**

**\* PB & J**

**\* Hot Chocolate**

**\* Milk**

**\* = As needed**

## **FOOD LIST**

Eggs, cereal, home fries, bread, and orange juice.

## **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Heat one frying and add a small amount of oil. Cook potatoes until they are brown.
2. Break eggs into a medium pot. Add 1 cup of milk and a pinch of salt. Beat eggs well.
3. Mix juice according to packages.
4. Heat frying pan. Grease pan with butter. Pour half of the egg mixture into the pan. Cook slowly over a low fire. As eggs cook around the edges of the pan, scrape them toward the middle. Keep doing this until they are cooked.
5. Set out juice, bread, milk and cereal
6. Before eating, put a pot of water on the stove to boil for clean-up.
7. Say TMR Grace with your patrol.

## **SATURDAY LUNCH**

**Shredded BBQ Sandwich**

**Corn Chips**

**Congo Bars**

**Apples**

**\* Milk**

**\* Beverage**

**\* PB & J**

**\* = As Needed**

### **FOOD LIST**

Shredded meat, barbecue sauce, corn chips, bread, apple, congo bar, and beverage

### **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Heat meat and BBQ sauce in a lightly greased frying pan until the meat is hot.
2. Assemble beef sandwich on bread or bun, and serve with corn chips.
3. Before eating, put a pot of water on the stove to boil for clean-up.
4. Say TMR Grace with your patrol.
5. Serve apples and Congo Bars for dessert.

## **SATURDAY DINNER**

**Chicken Stir Fry**  
**Rice Pilaf**  
**Green Beans**  
**Carrot Cake w/ Frosting**  
**\* Beverage**  
**\* Milk**  
**\* PB & J**

### **FOOD LIST**

Chicken pieces (pre-cooked), peppers, rice, green beans, oil

### **READ INSTRUCTIONS TWICE BEFORE STARTING**

1. Boil a pot of water for the rice. See # 2
2. Use 2 cups of water for every 1 cup of rice. When water is boiling, add rice. Lower the heat, and let the rice simmer for 15 minutes.
3. Sauté pepper and onions in pan first. When veggies are tender add pre-cooked chicken pieces to pan. Also add any seasoning for desired taste.
4. Open a can of beans, and empty the entire can into a small pot, heat beans until hot, do not overcook!
5. Before eating, put a pot of water on the stove to boil for clean-up.
6. Say TMR Grace with your patrol.
7. Serve cake for dessert

**\*\* Variation: Add possible cans of pineapple chunks or sweet-n-sour sauce.**

