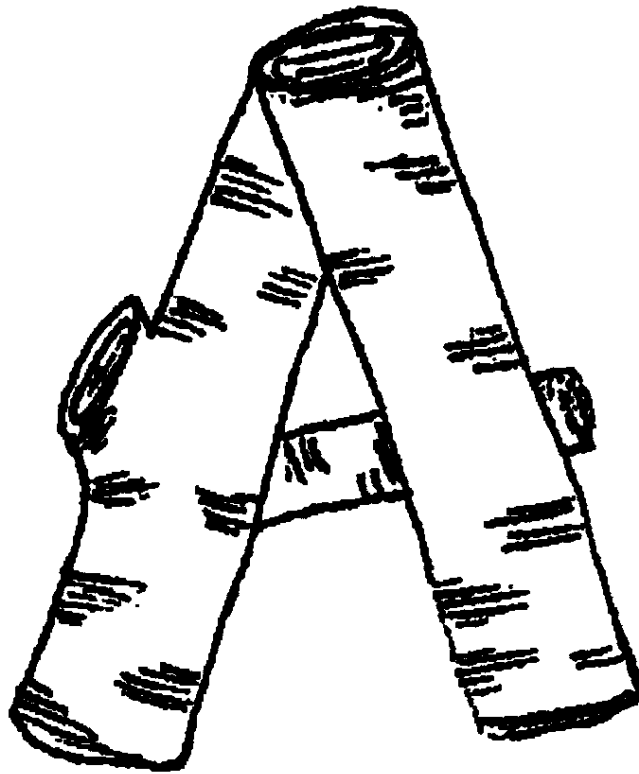


CAMP AQUEHONGA PATROL COOKING GUIDE SUMMER 2010

Weeks 2,4,6

CYCLE # A



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 2010
CYCLE #A
AQUEHONGA - PATROL COOKING

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRK	Continental Breakfast CEREAL ORANGE JUICE MILK PB & J	PANCAKES W/SYRUP BACON CEREAL APPLE JUICE MILK PB & J	SCRAMBLED EGGS HOMEFRIES CEREAL ORANGE JUICE MILK PB & J	FRENCH TOAST W/SYRUP SAUSAGE CEREAL APPLE JUICE MILK PB & J	SCRAMBLE EGGS HASHBROWNS CEREAL ORANGE JUICE MILK PB & J	PANCAKES W/SYRUP BACON APPLE JUICE CEREAL MILK PB & J	WAFFLES W/SYRUP HOMEFRIES CEREAL ORANGE JUICE MILK PB & J
LUNCH	BAG LUNCH CHIPS COOKIES FRUIT DRINK	CHICKEN PATTY ON A ROLL PRETZELSI COOKIES MILK BEVERAGE PB & J	SLOPPY JOE'S HAMBURG BUNS PICKLE SPEARS POTATO CHIPS BROWNIES PB & J MILK BEVERAGE	TURKEY CLUB SANDWICH CORN CHIPS PEACHES PB & J MILK BEVERAGE	CHICKEN CHEESE FAJITA TACO SAUCE BAKED BEANS VANILLA PUDDING FLOUR TORTILLA PB & J MILK BEVERAGE	PIZZA CHEESE & PEPPERONI SALAD PB & J MILK BEVERAGE	GRILLED CHEESE SAND POTATO CHIPS PLUMS MILK BEVERAGE PB & J
DINNER SITE COOKING MENU	<u>HEATER STACK</u> TURKEY W/ MASHED POTATO & GRAVY CARROTS APPLE PIE PB & J MILK BEVERAGE	ROASTED PORK ROASTED RED POTATOES CORN BAKED DESSERT MILK BEVERAGE	BEEF STEAK BAKED POTATO MIXED VEGETABLES FRESH BREAD LARGE COOKIE BEVERAGE MILK	<u>CAMPWIDE BBQ</u> HAMBURGERS & HOTDOGS CORN ON COB POTATO CHIPS WATERMELON MILK BEVERAGE LETT/TOM/ONIONS CHEESE	FOIL DINNER POTATO BEEF CARROTS/ONION FRESH BREAD BAKED BEVERAGE MILK PB & J	CHICKEN NUGGETS MAC & CHEESE VEGETABLES BAKED DESSERT BEVERAGE MILK	STIR FRY RICE VEGETABLE BAKED DESSERT BEVERAGE MILK
<u>HEATER STACK</u>		ROASTED PORK ROASTED POTATOES CORN COOKIES PB & J MILK BEVERAGE	BBQ CHICKEN BAKED BEANS ITALIAN VEGGIES Cake w/ Icing PB & J BEVERAGE MILK		PASTA W/ MEATBALLS MIXED VEGGIES BAKED DESSERT FRESH BREAD PB & J MILK BEVERAGE	CHICKEN NUGGETS MAC & CHEESE VEGETABLES BAKED DESSERT BEVERAGE MILK	MEATLOAF MASHED POT W/ GRAVY VEGGIE ICE CREAM PB & J BEVERAGE MILK

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:

BREAKFAST	7:00 A.M. – 7:45 A.M.
LUNCH	11:45 A.M. – 12:15 P.M.
DINNER	
PATROL COOKING	4:45 P.M. – 5:30 P.M.
HEATER STACKS	5:15 P.M. – 5:30 P.M.

?? Heater Stacks must be returned clean and dry between 6:45 P.M. – 7:30 P.M.

SUNDAY BREAKFAST

Continental Breakfast

Cereal

Orange Juice

*** Milk**

*** PB & J**

*** = As needed**

FOOD LIST

Continental Breakfast, cereal and orange juice mix.

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Mix juice and water according to instructions on the orange juice can.
2. Set out juice, breakfast, milk, and cereal.
3. Before eating, say TMR Grace with your patrol and put a pot of water on the stove to boil for clean-up

SUNDAY LUNCH

Bag Lunch

Chips

Cookies

Beverage

*** Milk**

*** PB & J**

FOOD LIST

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Open up bag and set out food.
2. Before eating, say TMR grace with your patrol and put a pot of water on the stove to boil for clean up.
3. Serve cookies for dessert.

SUNDAY DINNER

HEATER STACKS

Turkey w/Gravy
Mashed Potato & Gravy
Carrots
Apple Pie
Beverage
*** PB & J**
*** Milk**

*** = As Needed**

?? Before eating, say TMR Grace with your patrol and put a pot of water on the stove to boil for Clean-up

MONDAY BREAKFAST

Pancakes with syrup

Bacon

Cereal

Apple Juice

*** Milk**

*** PB & J**

*** = As Needed**

Food List

Pancake Mix, Bacon, syrup, cereal, 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 for 30 pancakes:
 - A. 3 cups of pancake mix
 - B. 1 ½ 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.
3. When finished cooking pancakes, place bacon on the shepherder stove and cook until brown.
4. Set out juice, syrup, butter, milk & cereal.
5. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for clean up.

MONDAY LUNCH

Chicken Patty on a Roll

Pretzels

Cookies

*** Milk**

*** PB & J**

*** Beverage**

*** = As Needed**

FOOD LIST

Chicken patty, roll, pretzels, cookies

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Grease frying pan with oil.
2. Place chicken patty into frying pan. Cook both sides until brown.
3. Set out milk and beverage.
4. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for clean up.
5. Serve Cookies for dessert.

MONDAY DINNER

Roasted Pork
Roasted Red Potato
Corn
Baked Dessert
*** Milk**
*** Punch**
*** PB & J**

*** = As needed**

FOOD LIST

Roasted Pork, corn, red potatoes, baked dessert

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Bring a pot of water to a boil.
2. While water is heating, Grease frying pan with oil
3. Fry pork steak on each side until lightly brown, do not overcook.
4. When water is boiling, add potatoes to pot. Stir frequently until soft. When potatoes are cooked, drain of all water.
5. Heat corn in a pot until done.
6. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for clean up.
7. Cut cake into pieces and serve for dessert.

TUESDAY BREAKFAST

Scrambled eggs

Home fries

Cereal

Orange Juice

*** Milk**

*** PB & J**

FOOD LIST

Eggs, home fries, cereal, orange juice & milk

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Heat frying pans, grease pans with oil. Place potatoes into pans, mix and stir & season with salt & pepper until golden brown. When potatoes are cooked, remove from frying pan to a pot and keep warm.
2. While potatoes are cooking, break eggs into a medium pot; add a little bit of milk & a pinch of salt. With a fork beat eggs and milk 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. Mix juice according to instructions on can.
5. Set out juice, milk, bread & cereal.
6. Before eating, say TMR grace with your patrol & Put a pot of water on the stove to boil for clean up.

TUESDAY LUNCH

Sloppy Joe Sandwiches

Pickle Spears

Potato Chips

Desert

*** Milk**

*** Beverage**

*** PB & J**

*** = As needed**

FOOD LIST

Ground beef, Sloppy Joe seasoning, rolls, pickles, tomato paste, potato chips and desert

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Heat frying pans.
2. Cook ground beef in frying pans, stirring as it browns.
3. Sprinkle Sloppy Joe seasoning mix into beef (season to taste do not put too much in.)
4. Add tomato paste to beef and seasoning.
5. Bring to a simmer; reduce heat by moving pan to edge of stove, stir and let meat simmer for 10 minutes. Make sure beef is completely cooked.
6. Spoon Sloppy Joes over hamburger buns.
7. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for clean up.
8. Serve dessert.

TUESDAY DINNER

Beef Steak
Baked Potato
Mixed Veggies
Fresh bread
Large Cookie
*** Beverage**
*** Milk**

*** = As needed**

FOOD LIST

Beef Steak, potato, mixed vegetables, fresh bread, & a large cookie.

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Wash and cut up potatoes into pieces. Place potatoes into a medium pot or dutch oven and add a little bit of oil (a cap full) cook until fork goes through easily. Do not over cook, or potatoes will crumble apart.
2. Place steak onto a lightly greased pan or stove. Cook one side, flip steak and cook other side, until evenly browned or done. Check the middle of the steak, to make sure meat is completely cooked, there should be no red.
- 3.
4. Heat can of mixed vegetables in a pot until hot.
5. Slice fresh bread – 10 slices per loaf.
6. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for clean up.
7. Serve cookies for dessert.

WEDNESDAY BREAKFAST

French toast w/syrup

Sausage

Cereal

Apple Juice

*** Milk**

*** PB & J**

*** = As needed**

FOOD LIST

Bread, eggs, syrup, sausage, apple juice, & cereal

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Place sausage into greased frying pan or stove, and cook until light brown. Remove from pan and keep warm.
2. While sausages are cooking, break eggs into medium pot. Add 1 cup of milk and beat mixture well..
3. Grease frying pan or grill with margarine. Dip bread slices in egg mixture and briefly soak both sides.
4. Place soaked bread onto grill or pan, and cook until golden brown on both sides.
5. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for clean up.

WEDNESDAY LUNCH

Turkey Club Sandwich

Corn Chips

Peaches

*** Beverage**

*** Milk**

*** PB & J**

*** = As needed**

FOOD LIST

Turkey, bread, corn chips, peaches

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Wash Tomatoes.
2. Assemble sandwiches using cold cuts, cheese, lettuce & tomatoes.
3. If desired add Italian dressing.
4. Before eating, say TMR grace with your patrol and put a pot of water on the stove to boil for clean up.
5. Serve corn chips and sliced peaches 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

Scrambled Eggs

Hash Browns

Cereal

Orange Juice

*** Milk**

*** PB & J**

*** = As needed**

FOOD LIST

Eggs, hash brown patties, cereal, orange juice & bread.

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Heat frying pans, grease pans with oil. Place hash browns into pans, mix and stir & season with salt & pepper until golden brown. Remove from pan and keep warm.
2. Break eggs into a medium pot; add a little bit of milk & a pinch of salt. Beat eggs and milk well.
3. Mix juice according to instructions on can.
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.
5. Set out juice, milk, bread & cereal.
6. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for clean up.

THURSDAY LUNCH

Cheese & Chicken Fajita

Taco Sauce

Baked Beans

Vanilla Pudding

Flour Tortilla

*** Bread**

*** Milk**

*** PB & J**

*** Beverage**

*** = As needed**

FOOD LIST

Shredded chicken pieces, soft fajita shell, taco sauce, baked beans, cheese, vanilla pudding

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Heat beans in pot.
2. Lightly grease frying pan or Shepherder with margarine or oil.
3. Put shredded chicken into skillet and warm or grill completely. The chicken can be cooked in the taco sauce if desired. Other wise taco sauce can be used as a topping.
4. Assemble fajitas, meat first, then cheese.
5. Serve baked beans.
6. Set out milk and punch.
7. Before eating, say TMR Grace with your patrol and put a pot of water on the stove to boil for clean-up
8. Serve pudding for dessert.

THURSDAY DINNER

Foil Dinner

Potato

Beef

Carrots/Onions

Homemade bread

Baked Desert

*** Beverage**

*** Milk**

*** PB & J**

*** = As needed**

FOOD LIST

Ground beef, baked potato, carrots, onions, loaf of bread & cake.

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Wash cut and peel carrots, onions, & potatoes into bit sized pieces and place into foil.
2. Place meat into foil with vegetables (cut meat into pieces if desired). Add 2 oz of water. Fold foil so that it covers up all ingredients; place onto hot grill.
3. Cook until done or until meat is no longer red.
4. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for clean up.
5. Cut & serve cake for dessert.

FRIDAY BREAKFAST

Pancakes w/syrup

Bacon

Apple Juice

Cereal

*** Milk**

*** PB & J**

*** = As needed**

FOOD LIST

Pancake mix, syrup, bacon, cereal, 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 for 30 pancakes:

A. 3 cups of pancake mix

B. 1 ½ 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.

3. When finished cooking pancakes, place bacon on the shepherder stove and cook until brown. Bacon is pre-cooked.

4. Mix juice according to instructions on can.

5. Set out juice, syrup, butter, milk & cereal.

6. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for clean up.

FRIDAY LUNCH

Pizza

Salad

Cookies

*** PB & J**

*** Milk**

*** Beverage**

*** = As needed**

FOOD LIST

Pizza crust, pizza sauce, cheese, pepperoni, salad, cookies

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Build a medium fire in the sheepherder.
2. Heat pizza sauce in a medium size pot.
3. Place pizza crust w/ topping side down on sheepherder for two minutes.
4. Turn pizza crust over and add sauce, cheese and pepperoni if desired.
5. Heat until cheese is melted. Cut into four pieces and serve.

Before eating, say TMR Grace with your patrol and put a pot of water on the stove to boil for clean-up

Serve cookies for dessert

FRIDAY DINNER

Chicken Nuggets

Mac & Cheese

Vegetable

Bread & Butter

Baked Desert

*** Milk**

*** Beverage**

*** = As needed**

FOOD LIST

Chicken nuggets, mac & cheese, vegetables, bread, apple cake

READ INTRUCTIONS TWICE BEFORE STARTING

1. Place a large pot of water on stove to boil. Place pasta in a pot of boiling water. Stir frequently until done. Drain water. Return pasta to the pot add butter and cheese.
2. While the pasta is cooking, place chicken nuggets in frying pan and fry until golden brown.
3. Heat canned vegetables until done, add a little water if necessary.
4. Before eating, say TMR Grace with your patrol and put a pot of water on the stove to boil for Clean-up
5. Cut pie into pieces and serve for dessert

SATURDAY BREAKFAST

Waffles
Homefries
Cereal
Orange Juice
*** Hot Chocolate**
*** Milk**
*** PB & J**

*** = As needed**

FOOD LIST

Waffles, homefries, cereal, orange juice, milk

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Grease frying pan with oil.
2. Heat homefries in frying pan until golden brown, and warm.
3. Mix juice according to the instructions on the package.
4. Heat the waffles on the grill until brown on both sides by placing foil over waffles.
5. Set out juice, milk, and cereal.
6. Before eating, say TMR Grace with your patrol and put a pot of water on the stove to boil for Clean-up.

SATURDAY LUNCH

Grilled Cheese sandwich

Potato Chips

Plums

*** Milk**

*** Beverage**

*** PB & J**

*** = As needed**

FOOD LIST

Cheese, bread, potato chips and plums

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Grease pan or stove with oil.
2. Butter bottom side 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 slice of bread together to make a grilled cheese sandwich.
5. Set out potato chips, milk, & beverage.
6. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for clean up.
7. Serve plums for dessert.

SATURDAY DINNER

Stir Fry
Rice
Vegetable
Baked Dessert
*** Beverage**
*** Milk**
*** PB & J**

FOOD LIST

Meat, rice, vegetable, 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 3-4 minutes.
3. Place a small amount of oil in frying pan; fry meat and make sure it is cooked thoroughly.
4. Open a can of vegetables, and empty the entire can into a small pot, heat until hot, do not over cook!
5. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for clean up.
6. Serve cake for dessert