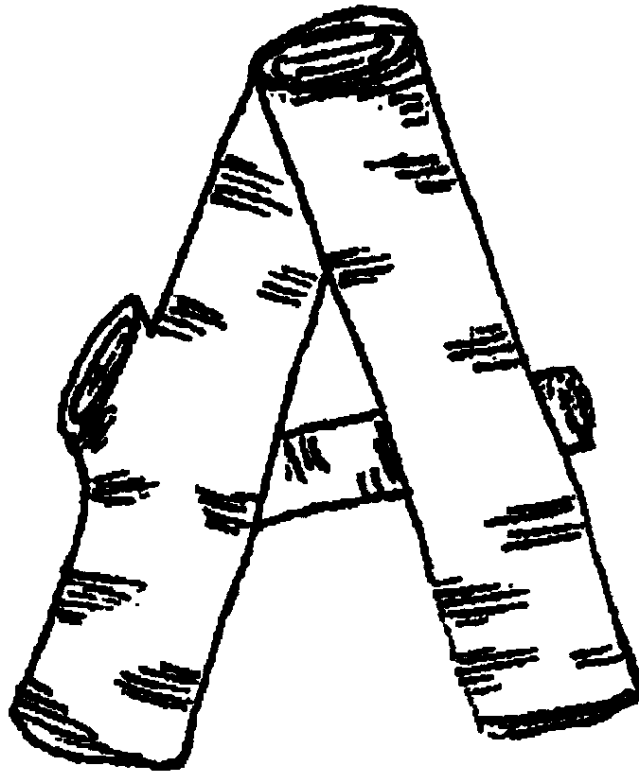


CAMP AQUEHONGA PATROL COOKING GUIDE SUMMER 2010

Weeks 1,3,5

CYCLE # B



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 # B
AQUEHONGA - PATROL COOKING

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	CONTINENTAL BREAKFAST CEREAL ORANGE JUICE MILK PB & J	PANCAKES W/SYRUP BACON APPLE JUICE MILK PB & J	SCRAMBLED EGGS BAGELS CEREAL ORANGE JUICE MILK PB & J	FRENCH TOAST W/SYRUP SAUSAGE CEREAL APPLE JUICE MILK PB & J	SCRAMBLED EGGS W/CHEESE HASH BROWNS 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 SANDWICH CHIPS COOKIES FRUIT BEVERAGE	CHICKEN NUGGETS W/ BBQ SAUCE MAC & CHEESE PUDDING PB & J MILK BEVERAGE	TACOS LETT/TOM/ CHEESE TACO SHELLS BAKED BEANS FRESH FRUIT PB & J MILK BEVERAGE	CLUB SANDWICHES PRETZELS BROWNIES MILK BEVERAGE PB & J	PIZZA W/CHEESE & PEPPERONI FRENCH FRIES COOKIES PB & J MILK BEVERAGE	GRILLED CHEESE SANDWICHES POTATO CHIPS APPLE SAUCE MILK BEVERAGE PB & J	CHICKEN PATTIES/BUN CORN CHIPS COOKIES PB&J MILK BEVERAGE
DINNER SITE COOKING MENU	HEATER STACK ROAST BEEF W/ GRAVY, BAKED POTATO GREEN BEANS CHERRY PIE MILK PB & J BEVERAGE	PASTA W/ MARINARA SAUCE GREEN BEANS GARLIC BREAD CAKE W/ICING PB & J BEVERAGE MILK	BEEF STEAK BAKED POTATO MIXED VEGETABLES FRESH BREAD LARGE COOKIE BEVERAGE MILK	<u>CAMPWIDE BBQ</u> HAMBURGERS & HOTDOGS CORN ON COB POTATO CHIPS WATERMELON BEVERAGE LETT/TOM/ONIONS CHEESE	BEEF & POTATO FOIL DINNER CARROTS/ONIONS FRESH BREAD BAKED DESSERT BEVERAGE MILK	ROASTED PORK CORN RED POTATOS DESSERT MILK BEVERAGE	STIR FRY RICE VEGETABLE DESSERT BEVERAGE MILK PB & J
HEATER STACK		SAUSAGE & PEPPERS RICE VEGETABLES Cake w/ Icing BEVERAGE MILK	TURKEY W/GRAVY MASHED POTATOES CORN LARGE COOKIE BEVERAGE MILK		CHEESE RAVIOLIS GARLIC BREAD MIXED VEGGIES CAKE W/ ICING PB & J MILK BEVERAGE	CHICKEN W/GRAVY MASHED POTATOS CARROTS BAKED DESSERT MILK BEVERAGE	SALISBURY STEAKS MASHED POTATO W/GRAVY VEGETABLE BAKED DESSERT

MENU SUBJECT TO CHANGE

FRESH FRUIT AVAILIABLE UPON REQUEST
LETTICUE TOMATOES ONIONS AVAILABLE UPON REQUEST

REV: 7/5/10

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

cereal and orange juice.

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Mix juice according to instructions.
2. Set out juice, coffee cake, 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**

*** = As needed**

FOOD LIST

Cookies, potato chips

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Open up bag and take out contents.
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 as dessert

SUNDAY DINNER

HEATER STACKS

Roast Pork w/ Gravy

Baked Potato

Green Beans

Cherry Pie

*** Beverage**

*** Milk**

*** PB & J**

READ INSTRUCTIONS TWICE BEFORE STARTING

1. 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 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. 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 sheepherder stove for each pancake. When bubbles start to break in the middle, turn pancakes over and brown.
3. Place bacon on stove or in frying pan & cook until golden brown or desired crispiness. This bacon is pre-cooked
4. Mix apple juice with water according to instructions on can.
5. Before eating, say TMR grace with your patrol & put a pot of hot water on the stove to boil for clean up.

MONDAY LUNCH

Chicken Nuggets with BBQ sauce

Macaroni and Cheese

Pudding

*** Milk**

*** Beverage**

*** PB & J**

FOOD LIST

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

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. 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, say TMR grace with your patrol & put a pot of hot water on the stove to boil for clean up.
6. Serve pudding for dessert.

MONDAY DINNER

Pasta w/ Marinara sauce

Green Beans

Garlic Bread

Cake w/icing

*** Milk**

*** Punch**

*** PB & J**

*** = As needed**

FOOD LIST

Pasta, tomato sauce, green beans, and cake.

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

Cut cake and serve for dessert

TUESDAY BREAKFAST

Eggs

Bagels W/ Cream Cheese

Cereal

Orange Juice

*** Hot Chocolate**

*** Milk**

*** PB & J**

*** = As needed**

FOOD LIST

Eggs, bagels, cream cheese, cereal, orange juice, 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.
Mix juice according to the instructions on the can.
4. Mix juice according to the instructions on the can.
5. Set out bagels, cream cheese, juice, milk & cereal.
6. Before eating, say TMR grace with your patrol & put a pot of hot water on the stove to boil for clean up.

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

TUESDAY DINNER

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

*** = As needed**

FOOD LIST

Beef steak, Baked 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, say TMR Grace with your patrol and put a pot of water on the stove to boil for clean-up
6. Serve cookies for dessert.

WEDNESDAY BREAKFAST

French toast w/syrup

Sausage

Cereal

Apple Juice

*** Milk**

*** PB & J**

Food List

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

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Place sausage 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. Mix juice according to instructions on can
7. Set out juice, syrup, butter, milk & cereal.
8. 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

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 cut tomatoes.
2. Assemble sandwiches using turkey, lettuce and tomatoes.
3. Wash other vegetable.
4. Before eating, say TMR Grace with your patrol and put a pot of water on the stove to boil for clean-up
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. Mix juice according to instructions on can
5. 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.
6. Set out juice, milk, and cereal.
7. When water is hot, pour over hot chocolate in each cup and stir.
8. Before eating, say TMR Grace with your patrol and put a pot of water on the stove to boil for clean-up

THURSDAY 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.
6. Before eating, say TMR Grace with your patrol and put a pot of water on the stove to boil for clean-up
7. Serve cookies for dessert

THURSDAY DINNER

Foil Dinner Potato

8 oz beef

Carrots/Onions

Homemade bread

Brownies

*** 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

Cereal

Apple juice

*** Milk**

*** PB & J**

FOOD LIST

Pancakes mix, cereal, syrup, bacon & apple juice

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Grease frying pan with oil, heat bacon 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 shepherder stove for each pancake. When bubbles start to break in the middle, turn pancakes over and brown.
4. Mix apple juice with water according to instructions on can.
5. Before eating, say TMR grace with your patrol & put a pot of hot water on the stove to boil for clean up.

FRIDAY LUNCH

Grilled Cheese

Potato Chips

Apple sauce

*** Milk**

*** Beverage**

*** PB & J**

*** as needed**

FOOD LIST

Bread, cheese, potato chips, & applesauce

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. Serve grilled cheese sandwiches and potato chips.
6. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for clean up.
7. Serve applesauce for dessert

FRIDAY DINNER

Roasted Pork
Corn
Red Potatoes
Baked dessert
*** Milk**
*** Punch**

*** = As needed**

FOOD LIST

Pork steaks, corn, Red potatoes, baked dessert.

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, say TMR grace with your patrol & put a pot of water on the stove to boil for clean up.
7. Serve dessert.

SATURDAY BREAKFAST

Waffles
Syrup
Home Fries
Cereal
Orange Juice
*** PB & J**
*** Hot Chocolate**
*** Milk**

*** = As needed**

FOOD LIST

Waffles, syrup, 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. Heat waffles on sheepherder until brown.
3. Mix juice according to packages.
4. Set out juice, bread, milk and cereal
5. Before eating, say TMR Grace with your patrol and put a pot of water on the stove to boil for clean-up

SATURDAY LUNCH

Chicken Patty on a Roll

Corn Chips

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.

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