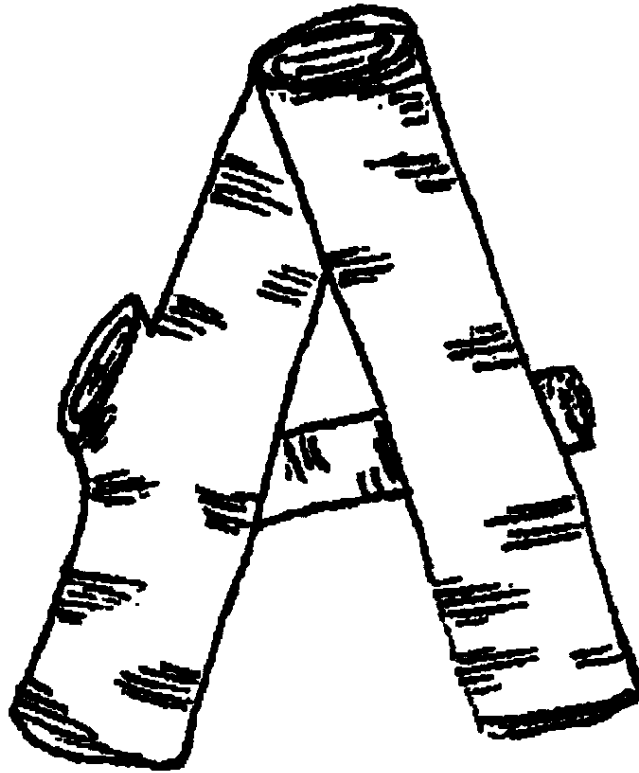


CAMP AQUEHONGA PATROL COOKING GUIDE SUMMER 2023



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 2023

AQUEHONGA

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cold Breakfast Cereal Yogurt Orange Juice Milk	Pancakes Syrup Sausage Cereal Apple Juice Milk	Scrambled Eggs Homefries Cereal Ham Orange Juice Milk	French Toast Syrup Bacon Cereal Apple Juice Milk	Scrambled Eggs Hash Browns Cereal Ham Orange Juice Milk	Pancakes Syrup sausage Cereal Apple Juice Milk	Cold departing Waffles W/Syrup Bacon Cereal Orange Juice Milk
Lunch	Bagged Lunch Sandwich or Uncrustables Will Rotate Chips Cookie Drink Fresh Fruit	Grilled Cheese Bacon/ Tomato French Fries Fresh fruit Milk Beverage	Beef Tacos Tortilla Shells Spanish Rice Tom/Lett/Cheese Corn Bread Milk Beverage	Pizza Cheese & Pepperoni Fresh Salad Cookies Milk Beverage	Chicken Nuggets W/ BBQ Sauce Mac & Cheese Pudding Milk Beverage	Turkey Club Pretzels Brownies Milk Beverage	Chicken Nuggets W/ BBQ Sauce Mac & Cheese Pudding Milk Beverage
Dinner	<u>Sunday BBQ</u>	Pasta W Meatballs Veggie	Brisket Dinner	Foil Dinner	Roasted Pork Red Potatoes	<u>CAMPWIDE BBQ</u> Hamburgers	Chicken Fajita
Site	Pulled Pork		Baked Potato	Chicken Fajita			
Cooking	Macaroni Salad Potato Chips Watermelon	Garlic Bread	Green Beans	Sour cream Salsa Tostitos	Corn	Hotdogs	Veggie
Menu		Baked Dessert	Fresh Bread	Baked Dessert	Apple Sauce	Chicken	Fresh bread
Heater	Salad	Penne	Mashed Potato Bowl	BBQ Chicken	Kielbasa Hash	Potato Chips	Baked Ziti
Stack	Beverage	Meat Sauce	Rice Krispie Treat PB&J	Roasted Red Potatoes Vegetable Blend Baked Dessert	Seasoned Carrots Apple Sauce Baked Dessert Fresh Fruit Beverage	Watermelon Relish Tray Beverage	with Meat Sauce Veggie Fresh bread Pudding

Menu Subject To Change

Fresh Fruit Available seasonally Lettuce Tomato Onions, PB&J, Bread Available upon Request

REV: 7/3/23

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 the bag and take out the 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

Camp Barbeque

**Pulled Pork
Macaroni Salad
Potato Chips
Watermelon
Salad
Beverage**

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

Sausage

Apple Juice

***PB & J**

*** Milk**

FOOD LIST

Pancake mix, sausage, 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 the correct amount of water and pancake mix in a bowl.
 - Mix well until blended. Start by adding 1 cup of water. Add more water as needed until the mix is at desired consistency. (Should not be too lumpy or too watery. Should pour into the pan smoothly.)
 - Fire should not be too hot.
2. Grease the stove or pan with oil. Pour one spoonful of batter onto a hot shepherd stove for each pancake. When bubbles start to break in the middle, turn pancakes over and brown.
3. Place sausage on the stove or in the frying pan & cook until golden brown or desired crispiness. This bacon is pre-cooked
4. Mix apple juice with water according to instructions on the can.
5. Set table. Set out syrup, milk, and juice.
6. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for cleaning up.

MONDAY LUNCH

Grilled Cheese

Tomato

French Fries

Fresh Fruit

*** 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 slices of bread together to make a grilled cheese sandwich.
5. Use a frying pan, Dutch oven or medium sized pot to heat oil.
6. Place French fries in pan & heat until fries turn a light golden brown or are completely cooked.
7. Serve grilled cheese sandwiches and French Fries.
8. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for cleanup.
9. Serve applesauce for dessert

MONDAY DINNER

Pasta w/ Meatballs & Marinara sauce

Green Beans

Garlic Bread

Baked Dessert

*** Milk**

*** Punch**

*** PB & J**

*** = As needed**

FOOD LIST

Pasta, Meatballs, tomato sauce, green beans, and baked dessert.

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Place a large pot of water on the stove to boil. When water boils add pasta. Stir frequently until done. Drain water.
2. While pasta is cooking, place meatballs and marinara sauce in a pot. Bring to a simmer, place sauce over cooked pasta.
3. Heat green beans until done.
4. Set the table. Set out milk, beverage, bread, PB&J
5. Before eating, say TMR Grace with your patrol and put a pot of water on the stove to boil for clean-up

Cut Baked Dessert and serve for dessert

TUESDAY BREAKFAST

Scrambled eggs

Home fries

Coffee Cake

Cereal

Orange Juice

*** Milk**

*** PB & J**

FOOD LIST

Eggs, home fries, Coffee Cake, 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 the 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 the 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 the 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

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 a pot.
5. Grease a skillet with oil
6. Put ground beef into the skillet and brown completely.
7. Add taco seasoning to meat.
8. Set the table. Set out milk, bread, PB&J 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

Brisket
Potato
Corn or peas & carrots
Fresh Bread
Large Cookie
Beverage
*** Milk**
*** Punch**

*** = As needed**

FOOD LIST

Beef Brisket, Baked potato, vegetable, fresh bread.

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Wash raw potatoes in cold water to remove soil. Place potatoes in a pot and add water to cover them. Place a pot of potatoes on the stove and bring to a boil. Check for doneness by inserting a fork into the potato. Fork should go into the potato easily.
2. Heat can of vegetables until hot. Do not overcook
3. Place the brisket on the grill. Cook one side, brisket and cook on the 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. Set table. Set out milk beverage, PB&J
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.

WEDNESDAY BREAKFAST

French toast w/syrup

Bacon

Cereal

Apple Juice

*** Milk**

*** PB & J**

Food List

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

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Place Bacon into a 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 the grill, and grill until golden brown on both sides.
6. Mix juice according to instructions on can
7. Set the table. 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

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 the pizza crust over and add sauce, cheese and pepperoni if desired.
5. Heat until the cheese is melted. Cut into four pieces and serve.
6. Set the table. Set out beverage, salad dressing, bread & PB&J
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 cookies for dessert

WEDNESDAY DINNER

Foil Dinner
Chicken Fajita
Peppers/Onions
Sour Cream
Salsa
Tostitos

Baked Dessert
*** Beverage**
*** Milk**
*** PB & J**

*** = As needed**

FOOD LIST

Chicken, Peppers, Onions, Sour Cream, Salsa, Tostitos, Baked Dessert

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Wash cut peppers and onions into bite sized pieces and place into foil.
2. Place Chicken 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 a 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.

THURSDAY BREAKFAST

Eggs w/Cheese
Hash Browns
Ham
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 a pot of water on the stove to heat for hot chocolate.
2. Break eggs into a 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 Ham in Skillet
5. Mix juice according to instructions on can
6. Heat both frying pans. Grease pans with margarine. Pour half of the 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.
7. Set the table. Set out juice, milk, and cereal.
8. When water is hot, pour over hot chocolate in each cup and stir.
9. Before eating, say TMR Grace with your patrol and put a pot of water on the stove to boil for clean-up

THURSDAY LUNCH

Chicken Nuggets with BBQ sauce

Macaroni and Cheese

Pudding

*** Milk**

*** Beverage**

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 the stove to boil. When water boils add macaroni. Stir frequently until soft. Drain noodles of all water
2. While the macaroni is 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 the mixture is too thick, add more water. Bring to a simmer and add mixture to cooked macaroni.
5. Set the table. Set out milk, bread, BBQ sauce, PB&J and beverages.
6. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for cleaning up.
7. Serve pudding for dessert.

THURSDAY DINNER

Roasted Pork

Roasted Red Potato

Corn

Apple Sauce

*** Milk**

*** Punch**

*** PB & J**

*** = As needed**

FOOD LIST

Pork Steaks, corn, red potatoes, Applesauce

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 the pot. Stir frequently until soft. When potatoes are cooked, drain off all the 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 cleaning up.
7. Serve Apple Sauce for Dessert.

FRIDAY BREAKFAST

Pancakes w/syrup

Sausage

Cereal

Apple juice

*** Milk**

*** PB & J**

FOOD LIST

Pancakes mix, cereal, syrup, Sausage & apple juice

READ INSTRUCTIONS TWICE BEFORE STARTING

1. Grease frying pan with oil, heat sausage until brown. Remove from the 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 the correct amount of water and pancake mix in a bowl.
 - b. Mix well until blended. **Start by adding 1 cup of water.** Add more water as needed until the mix is at desired consistency. (Should not be too lumpy or too watery. Should pour into the pan smoothly.) Fire should not be too hot.
3. Grease the stove or pan with oil. Pour one spoonful of batter onto a hot sheepherder 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 the can.
5. Set the table. Set out milk, syrup
6. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for cleaning up.

FRIDAY 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. Set the table. Set out beverages.
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.

FRIDAY 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.

SATURDAY BREAKFAST

Waffles
Syrup
Bacon
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 Bacon until they are brown.
2. Heat waffles on shepherder until brown.
3. Mix juice according to package instructions
4. Set the table. 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 Nuggets with BBQ sauce

Macaroni and Cheese

Pudding

*** Milk**

*** Beverage**

FOOD LIST

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

READ INSTRUCTIONS TWICE BEFORE STARTING

8. Place a large pot of water on the stove to boil. When water boils add macaroni. Stir frequently until soft. Drain noodles of all water
9. While the macaroni is cooking, grease frying pan with oil
10. Fry chicken nuggets in the frying pan until golden brown.
11. 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 the mixture is too thick, add more water. Bring to a simmer and add mixture to cooked macaroni.
12. Set the table. Set out milk, bread, BBQ sauce, PB&J and beverages.
13. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for cleaning up.
14. Serve pudding for dessert.

SATURDAY DINNER

Chicken Fajita
Peppers/Onions
Sour Cream
Salsa
Tostitos

Baked Dessert
*** Beverage**
*** Milk**
*** PB & J**

*** = As needed**

FOOD LIST

Chicken, Peppers, Onions, Sour Cream, Salsa, Tostitos, Baked Dessert

READ INSTRUCTIONS TWICE BEFORE STARTING

6. Wash cut peppers and onions into bite sized pieces and place into foil.
7. Place Chicken 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 a hot grill.
8. Cook until done or until meat is no longer red.
9. Before eating, say TMR grace with your patrol & put a pot of water on the stove to boil for clean-up.
10. Cut & serve cake for dessert.