

CUYUNA SCOUT CAMP

TWIN VALLEY COUNCIL

2010 Cuyuna Cooker

Summer Camp Menu & Cooking Instructions

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COMMISSARY / FOOD SERVICE ORIENTATION

These menus and preparation instructions have been designed to make patrol food preparation as simple and time conserving as possible while keeping a balanced diet. Each menu has its own preparation instructions and should be followed for the most desirable results. If you have advanced cooks in the patrol, there are other ways to prepare the food that is issued and if the patrol members are agreeable, the assigned cook may alter the preparation. Some meals may be cooked in a Dutch oven rather than on the stove or over an open fire. We also suggest you try some baking.

Food may be picked up at the commissary at the hours listed below. It is necessary that the fires be ready for cooking and that boiling water be available at that time. If any food is missing, please send a runner to the commissary. We'll correct the error as best we can to make sure you have a complete and balanced meal.

Commissary Food Pickup Hours

Breakfast: 6:30 am – 7:20 am

Lunch: 11:00 am – 12:00 pm

Supper: 4:30 pm – 5:45 pm

The commissary will provide a starter basket containing the following staple items for each patrol.

Staples List Kitchen issue (by patrol cooking unit of 8 people)

Salt, pepper	Liquid sanitizer
1 scrubbing pad	Garbage Bag
1 bottle liquid dish soap	
1 book matches	<i>Upon Request</i>
Shortening or oil	Peanut Butter
Toilet paper	Jelly
Syrup	Bread/butter

* A new garbage bag will be issued daily, but all other staples must be requested as you need them. They don't come with meals unless you ask for them. Refillable containers need to be brought in at food pickup time and refills requested.

* All reusable items (syrup bottles, soap bottles, etc.) are to be returned in usable condition on Saturday morning. Missing or damaged bottles will result in a fee being charged to the troop at check-out. Do not throw away dish soap, sanitizer, syrup, or any other plastic containers. Please return them to the commissary to avoid a fine.

* All left-over staples should be returned to the commissary before campfire on Friday night.

* Please do not throw away egg cartons – return them to the commissary.

* If any plastic food containers and lids are issued, they must be returned clean after meal clean-up so that they can be used for the next meal.

* If your patrol members are older scouts who are big eaters, certain items on each menu may be increased if you ask the commissary director. If you have problems, talk to the commissary director.

* Leaders of boys with special dietary requirements should discuss these needs with the commissary director or business manager prior to arriving at camp so that necessary arrangements will be made.

* The deprivation of food or meals as a method of discipline may not be used in this or any other scout camp.

MANNERS & GRACE

Meal time is not the time for scouts to work off their aboriginal instincts. It should be a time of relaxation, good manners, and pleasant conversation. "Please" and "Thank you" should be used by all, and often!

We suggest that this is an opportunity to teach Scouts how to set a table properly. A neat dining table can help make the meal more pleasant. We also suggest that your patrols pause before each meal and give thanks for what they have. Here are a few simple graces:

Philmont Grace

For food, for raiment
For life, for opportunity
For friendship and fellowship
We thank thee O Lord.

Boundary Waters Prayer

For food, for raiment
For life, for opportunity
For sun and rain
For water and portage trails
For friendship and fellowship
We thank thee O Lord.

Johnny Appleseed (sung)

O the Lord is good to me
And so I thank the Lord
For giving me the things I need
The sun and the rain and the apple seed
The Lord is good to me.

Thank You God (Michael Row)

Thank you for the world so sweet Alleluia
Thank you for the food we eat Alleluia
Thank you for the birds that sing Alleluia
Thank you god for everything Alleluia

For Health and Strength (sung in round or spoken)

For health and strength
And daily food
We praise thy name O Lord.

Patrol Prayer

Father, thank you
For your goodness of food,
Shelter, friends, respect,
And achievement in
Your service today. Amen.

Rock Grace (Rock Around the Clock)

God is great, God is good
And we thank Him for our food
We're going to thank Him
Morning, noon and night
'Cause God, God, God is
Out of sight. Amen.

Wesley Grace

(Traditional, Flintstones, Adams Family, Lone Ranger)
Be present at our table, Lord
Be here and everywhere adored.
These mercies bless and grant that we
May feast in paradise with Thee.

Bless Our Friends (Edelweiss)

Bless our friends, bless our food
Come oh Lord and be with us
May our hearts glow with peace
Come with your love and surround us.
Friendship and peace may it bloom and grow
Bloom and grow forever
Bless our friends, bless our food
Bless Cuyuna forever

Superman Grace (sung)

Thank you God, for giving us food
Thank you God, for giving us food
For the food that we eat
For the friends that we meet
Thank you God, for giving us food

DISH WASHING

Successful patrol cooking, and health, depends upon efficient patrol dishwashing. Actually, the task should not take longer than 20 to 25 minutes if it is a team effort. The two cleanup scouts set up and supervise the operation, but each patrol member takes care of washing and rinsing his own personal eating gear. Here are the steps to follow:

* The first thing the cooks or water man should do to start the meal is to put on two large pots of water to be used for hot drinks, soups, cooking, etc., during the meal preparation. The pots can be refilled with water for dishwashing and placed over high heat before the patrol sits down to eat.

* Right after dinner, the cleanup scouts prepare dishwashing water in a second pot by adding soap to a mixture of hot and cold water. Leave remaining hot water over the fire as long as possible to keep it hot for rinsing. Spread out a plastic sheet or place a rack on a clean surface to air-dry dishes. For handling utensils in hot water, use hot-pot tongs.

NOTE: Chemical germicides and sanitizers like the one provided by camp do not maintain stability in extremely hot water. The “first rinse” water should be kept as hot as possible to aid air-drying of utensils, but the second rinse with sanitizing agent should be warm instead of boiling hot.

* Each patrol member wipes all food particles and grease from his personal eating gear into a garbage bag with leaves, dry grass, or paper towel before washing them (be sure to burn grass, leaves, or paper to cut down on trash). Two patrol members volunteer to do the personal dishes of the cleanup scouts; they should be the first in the dishwashing line. Cleanup scouts start scraping out cook pots.

* Each patrol member washes his own dishes. After being washed in soapy water, dishes are dunked in boiling rinse water for a minute, dunked in sanitizer water for 30 seconds to a minute, then placed on the plastic sheet or rack to air-dry (an important tip on pot washing: soap the outside of pots before using them over an open fire to aid in cleanup).

NOTE: Every patrol should have trash bags to carry out all trash and garbage. Please do not put garbage in the garbage can unless it is in a trash bag. This will save you lots of time Saturday morning before you leave.

* Store dishes and cook pots in a dry, fly-proof place such as a patrol food box, plastic bags, equipment packs, etc.

* Clean up fireplaces and stoves, then police the area. Clean, hang up, or put away all dishwashing equipment, especially towels and scrubbing pads, in a place where it will dry out thoroughly. Check the fire before leaving to be sure that it is completely out. This whole process can easily be completed by a well-organized patrol in a half hour or less.

Patrol Equipment for dishwashing

- Three large pots – one for washing (4-6 qt.), one for rinsing (6-8 qt.), and one for sanitizing. In long-term camping, larger pots are more convenient.
- One dish rag
- Liquid soap in plastic container (supplied by camp)
- Chemical sanitizing agent (supplied by camp)
- Two or three scouring pads or soft metal or abrasive cloth (one pad supplied by camp)
- Dunking equipment (hot-pot tongs and mesh dunking bag, if desired)
- Clean surface on which to air-dry dishes
- Water container
- Two or more large storage bags for dishes
- Roll of paper towels (supplied by camp)

TIPS FOR SHARING PATROL DUTIES

Firemen:

1. Use wood or charcoal fires for Dutch oven cooking. Start the fire ahead of time and let it burn down to a bed of glowing coals. A fire that is too hot will ruin your Dutch oven.
2. Propane Stoves
 - a. Keep your stove clean for safety, health, and efficiency. Clean it after every meal.
 - b. Keep propane tanks in the shade. Turn propane off at the tank after meals.
 - c. Burner knobs are easily broken. Be careful!
 - d. Turn off all burners and the valve on the tank when not in use. Propane is expensive.
 - e. If you have a problem with your stove, find your scoutmaster, a commissioner, or the ranger. Don't try to fix it yourself.
3. Five Steps for the fireman:
 - a. Develop the fireplace – clear and level, clean and safe. You must use the designated fire ring.
 - b. Gather all necessary materials – tinder, kindling and fuel. Keep it dry and within reach.
 - c. Light the fire. Pay attention to wind draft.
 - d. Tend the fire – keep burning, but under control.
 - e. Clean up ashes after the meal, replace tinder, kindling and fuel supply for next meal.
4. If using an open fire, have the fires lit and going well at least:
30 – 40 minutes before breakfast
40 – 50 minutes before lunch
80 – 90 minutes before supper

Cooks:

1. Care in preparing and serving meals on time are your two most important responsibilities.
2. Always wash your hands and face with soap and water before cooking a meal and wear clean clothing during preparation of the meal.
3. When you are ready to cook a meal, lay all the items for that meal out on your table. Assemble all items for meal preparation (food and utensils) before starting to cook. This way, you won't miss anything.
4. Read full instructions twice before starting your meal.
5. When the instructions call for 1 cup, this means 8 ounces. Use a patrol cook kit cup as a measuring cup.
6. While the meal is being cooked, set the table neatly, the way you would set it at home if you expected guests for dinner.
7. The cooks are the servers. See to it that everyone, especially guests, gets a fair share of everything.

Serving Food:

1. Good food deserves to be well-served. Put it on the table in an attractive manner.
2. Time the meal preparation so that everything is ready at the same time – and at the appropriate serving time. Sit down with your whole patrol and guests at meal time.
3. The host should see to it that a guest has utensils needed for the meal, that he/she is introduced to the patrol members, and that he/she is made to feel welcome.
4. A rotation seating pattern should be established. This will encourage people to have conversations with new people each day and increase patrol fellowship.
5. Grace should be said before each meal. This honor goes to the host or guest. Sometimes, a patrol, individual, or silent Grace may be appropriate before eating, but don't be afraid to try singing a Grace!

Watermen:

1. If your patrol is planning to do some or all of its cooking over an open fire, the cook and assistant cook should not have to tend fires or get water. It is your responsibility to fill your patrol's water containers before the cooks begin meal preparations.
2. The waterman should see to it that water is available at all times. Make sure you have enough water for cooking and that water for dish washing is put on to heat as soon as the fireman has the fire going.
3. Always make sure that there is enough water to safely extinguish your cooking fire in an emergency.
4. Double check any fire buckets your patrol or troop has near the campfire ring to make sure you have enough water to put out an out-of-control fire here as well.

Cleanup Scouts:

1. As soon as the cooking is done and before sitting down to eat, put two pots of water on the fire so that you will have hot dishwater when you have finished eating. This is your job.
2. Clean off the patrol table. Put unneeded staple items back in the patrol kitchen box.
3. Put some hot water into the dishwashing pot and add cold water until you reach the desired temperature. Add one squirt of liquid detergent and mix thoroughly. Use the rest of the hot water for rinsing. Finally, put sanitizing agent in the appropriate tub of hot water.
4. Washing dishes in the correct order will minimize the amount of water and soap you need.
 - a. Wipe, then wash, all silverware and utensils. Wiping them ahead of time will help you keep your wash water clean.
 - b. Wipe, then wash, all plates and cups. Sterilize plates, cups, cutlery, and utensils by placing these items into boiling hot water, then into water with sanitizing agent added. Allow items to remain in each rinse for one minute. When removing items from these tubs, shake off excess water. Allow plates, cups, cutlery, and utensils to air dry in a dry, insect-free area.
 - c. Wipe, then wash, greasy pots and pans last. Sanitize in boiling water, followed by rinse water with liquid sanitizer.
5. Place all garbage in a garbage bag, tie the bag shut, and place it in the garbage can provided.
6. Rinse all recyclable items (cans, plastic and glass bottles, etc.) and place them in the recycling crate.

Remember, not all troops follow this pattern. The key is to learn how your troop or patrol functions and works together at mealtime, and then pitch in to do your share. No one likes having to track down and find a scout who isn't doing his designated duties, just as no one likes getting in trouble for skipping duties. Learn the jobs, check the duty roster often, and do your share. When everyone in the patrol is doing his fair share, meal time jobs are simple and quick. The entire patrol will enjoy their meals more, and you'll end up with more time to go do the things you want to do.

TERMS, ABBREVIATIONS, CONVERSIONS & HINTS

Cooking Terms

Before you can use recipes with any success you need to understand the meaning of the many cooking terms you will see in those recipes.

Term	Meaning
Bake	To cook by dry heat as in conventional oven, Dutch oven, or in aluminum foil.
Blend	To combine all ingredients thoroughly
Boil	To cook in water when liquid bubbles well
Braise	To cook meat by browning in hot fat, then cooking in covered pan, usually with added liquid.
Bread	To dip in a beaten egg mixture and then coat with crumbs of flour
Broil	To cook meat directly over or in front of an open fire.
Brown	To cook on all sides in an open pan or container in a small amount of oil
Chop	To cut into small pieces
Combine	To mix thoroughly
Dice	To cut into small cubes
Fry	To cook in an open pan with a small amount of fat or oil
Grill	To cook on a grill or grate placed over direct heat of the fire
Mince	To cut into very small pieces
Mix	To combine ingredients thoroughly
Pan Broil	To cook meat in a very hot skillet with minimum fat.
Poach	To cook just below the boiling point of (usually) water
Scramble	To cook eggs while stirring together whites and yolks
Simmer	To cook in liquid with a small amount of bubbles, usually in a covered container
Stir	To mix ingredients with a spoon
Toast	To brown on grill with direct heat or on the bottom of a heated pan

Abbreviations

oz = ounce	tsp. = teaspoon	tbsp = tablespoon	lb = pound
pkg = package	qt = quart	ml = milliliter	

Mixing Hints

Camper's measurements

1/2 cup	=	1 open fistful (medium size hand)
1 tablespoon	=	4 fingers + thumb pinch
1 teaspoon	=	3 fingers + thumb pinch
1/8 teaspoon	=	1 finger + thumb pinch

For shortening, butter, etc.

1 tablespoon	=	3 finger gob
1 teaspoon	=	1 finger gob

Conversions

3 tsp. = 1 tbsp 2 tbsp. = 1 oz 4 tbsp = 1/4 cup 1 cup = 8 oz
2 cups = 1 pint 2 pints = 1 qt 4 qts = 1 gallon

Food Substitutes

If you find that you lack some basic food items, you can often substitute another ingredient to allow you to prepare the food. These are some basic ideas to remember.

Missing Item	Substitute
1 tbsp cornstarch	2 tbsp flour
1 cup sugar	3/4 cup honey
<i>(You may want to reduce other liquids in your recipe to compensate for the honey liquid volume)</i>	
1 cup milk	1/2 cup evaporated milk + 1/2 cup water
1 cup milk	1/2 cup dry milk plus 7/8 cup water
1 cup margarine	1 cup butter 7/8 cup cooking oil
1 cup sour cream	1 cup yogurt
1 oz square of unsweetened chocolate	1 tsp. margarine + 3 tbsp cocoa

Other Handy Hints

- * Place a tablespoon of cooking oil in the pan when making rice or pasta. The oil will calm the contents to reduce boiling over and help prevent the rice or pasta from sticking together.
- * Keep pancake or waffle syrup warm by placing the pitcher or bottle in a larger container of hot water. Remove the lid so pressure will not increase when the bottle is heated.
- * To better store and use paper towels, remove the end of the wrapper from the roll, then twist and remove the cardboard core of the roll. This allows removal of each sheet of paper towel from the center while keeping the roll intact and without the outside sheets being loose. Protect the contained roll of towels by keeping the roll in a gallon can, cardboard box, or plastic bag.
- * To reduce the water in the bottom of your cooler, place ice in a sealable plastic container. A large plastic jar or Ziploc bag is great for this. Water can be placed in clean one gallon or half gallon plastic bottles and frozen in the home freezer or at the commissary. These can later be used in the cooler. Do not use milk cartons. Do not use water from thawed ice for drinking water.
- * Cooking oil can be stored in a plastic jar to avoid use of a breakable bottle. Be certain the lid seals well.
- * Remove eggs from cooler and have them at room temperature before using them.
- * Check a baking cake for doneness by inserting a straw or toothpick to the bottom of the pan. Pull the straw from the cake. Any crumb or batter adhering to the straw indicates the cake is not done; a clean straw indicates that the cake is done.
- * Six double graham crackers crushed equals a cup.

CAMP CUYUNA MENU

	<u>Breakfast</u>	<u>Lunch</u>	<u>Supper</u>
Monday	Scrambled eggs Bread/Toast Fruit Cocoa	Crosslake Hoagie Potato Chips Fruit	Spaghetti Meat sauce Carrots Pudding
Tuesday	Pancakes Sausage Syrup Juice	Tacos -beef -cheese -shells -lettuce Fruit	Chicken Stew Dumplings Lettuce Salad Peach Cobbler
Wednesday	French Toast Syrup Bacon	Bear burger Buns Baked Beans Potato chips Fruit	Tin Foil Meals Brownies
Thursday	Fried Eggs Oatmeal Sugar Cocoa	Hot Dogs Baked Beans Buns Fruit Cookies	Porcupine Meatballs Green Beans Celery Sticks Apple Crisp
Friday	Pancakes Bacon Syrup Juice	Soup Crackers Grilled Cheese Sandwich Fruit	Camp-wide meal Bring utensils, plates, cups, etc.
Saturday	Cereal Doughnut Fruit Juice		

MONDAY

MONDAY BREAKFAST

Menu

Scrambled eggs	Fruit
Bread/Toast	Cocoa
	Milk

Issue List

Bread	Eggs
Fresh Fruit	Butter
1 Garbage bag	Milk
	Cocoa mix

Preparation: read twice before starting & wash hands!

1. Put water on to boil for cocoa. Place on table when ready to serve breakfast.
2. Prepare eggs by mixing eggs in small kettle with 1 tablespoon of milk for each egg. Add salt and pepper to taste. Mix thoroughly with a fork. Grease pan and fry egg mixture slowly on low heat. Keep scrambling (stirring) to avoid burning eggs until eggs are firm.
3. Set out fruit, cereal, sugar, bread and milk.
4. Put dishwater on to heat, say Grace and eat.

MONDAY LUNCH

Menu

Crosslake Hoagies	Potato Chips
Cheese	Cookies
Fresh Fruit	Beverage
Milk	

Issue List

Sandwich Meat	Milk
Cheese	Loaf of Bread or Buns
Chips	Lettuce
Fruit	Cookies
Mayonnaise	Drink Mix

Preparation: read twice before starting & wash hands!

1. Set out meat, buns, cheese, lettuce, and mayonnaise.
2. Set out fruit, potato chips, and cookies.
3. Mix beverage according to directions and place on table.
4. Put dishwater on to heat. Say Grace and eat.

MONDAY DINNER

Menu

Spaghetti	Pudding
Meat sauce	Bread
Carrots	Milk

Issue List

Spaghetti noodles	Ground Beef
Spaghetti sauce	Onion
Carrots	Pudding
Milk	Bread (upon request)
	Butter (upon request)

Preparation: read twice before starting & wash hands!

1. Fill a large pot with water and heat to a rolling boil.
2. Fry hamburger until no pink color remains and drain grease. Add sauce and heat.
3. Add spaghetti to boiling water and cook for 10 minutes or until soft. Drain water from noodles.
4. Prepare pudding by adding ½ cup milk per person to dry mix. Mix thoroughly and let stand at least 10 minutes in a cooler or other cold area before serving.
5. Set out bread, butter, milk, carrots, spaghetti and sauce.
6. Put dishwater on to heat, say Grace and eat.

TUESDAY

TUESDAY BREAKFAST

Menu

Pancakes	Sausage
Syrup	Butter
Bread/Toast	Milk
Juice	

Issue List

Pancake Mix	Syrup/Butter (on request)
Sausage	Bread (on request)
Milk	1 Garbage Bag
Juice	

Preparation: read twice before starting & wash hands!

1. Begin frying sausage - turn occasionally to avoid burning. Cook until no pink remains inside sausage.
2. When sausage is done, place on paper towel to absorb grease.
3. Prepare pancake batter while sausage is frying. Add water to desired consistency. (Runny batter gives you large, thin pancakes; thicker batter gives you smaller, thicker pancakes. You should use around ¾ cup of water per cup of dry pancake mix.) Mix well and fry on griddle greased with shortening, butter, or oil.
4. Make 3 pancakes (4-5 inches across) per person. Cook over low heat until small bubbles pop, flip pancakes.
5. Set out juice, milk, butter and syrup.
6. Set meat and pancakes on table.
7. Put dishwasher on to heat. Say Grace and eat.

TUESDAY LUNCH

Menu

Tacos
Fruit
Beverage

Issue List

Ground Beef	Taco Sauce
Taco Seasoning	Taco Shells
Cheese	Lettuce
Onion	Tomato
Fruit	Milk/juice mix (on request)

Preparation: read twice before starting & wash hands!

1. Crumble and fry hamburger until no pink remains, drain and add taco spice and 1 cup water for each pound (4 patties) of hamburger. Reheat and boil off excess water.
2. Cut lettuce, cheese, onion, and tomato.
3. Set out bread, butter, beverage, shells, meat, and fixings.
4. Put dishwasher on to heat, say Grace and eat.

TUESDAY DINNER

Menu

Chicken Stew	Dumplings
Lettuce Salad	Bread
Butter	Peach Cobbler
Milk	

Issue List

Chicken Noodle Soup	Lettuce
Biscuit Mix	Onion
Salad Dressing	Milk
Sliced Peaches	Bread/Butter (on request)
	Cake mix

Preparation: read twice before starting & wash hands!

1. Place peaches and juice in Dutch oven. Sprinkle cake mix evenly over fruit. Close oven and heat in wood fire coals (twice as many on top as under) until done (20-40 minutes depending on amount of coals used.)
2. In a large pot or Dutch oven, mix and heat soup and water according to directions on can.
3. Combine biscuit mix and milk to a wet, doughy consistency. Drop by spoonful onto stew, making 1 dumpling for each patrol member. Cook on low heat, uncovered for 10 minutes and covered for another 10 minutes. ***DO NOT STIR.*** If using a Dutch oven, use twice as much heat on top as on the bottom.
4. Prepare salad by hand-shredding lettuce. Garnish with leftover carrots, celery, or tomatoes if available.
5. Set out bread, butter, salad dressing, milk, and fruit.
6. Put dishwasher on to heat, say Grace and eat.

WEDNESDAY

WEDNESDAY BREAKFAST

<u>Menu</u>		<u>Issue List</u>	
French Toast	Bacon	Bread	1½eggs per Person
Butter	Syrup	Butter (on request)	Syrup (on request)
Bread/Toast	Milk (for Fr. Toast)	Bacon	Cocoa mix
Hot Cocoa	Juice	Milk	1 Garbage Bag

Preparation: read twice before starting & wash hands!

1. Put water on to boil for cocoa. Place on table when ready to serve breakfast.
2. Fry bacon in a large frying pan, draining grease as needed.
3. French Toast- For every 1 ½ eggs, add ¼ cup milk. Dip bread in egg batter, but do not soak. Place 1 tsp. of cooking oil in frying pan and brown French toast on both sides until egg batter is cooked. Keep warm.
4. Put out juice, syrup, and butter.
5. Put bacon and French toast on table.
6. Put dishwater on to heat. Say Grace and eat.

WEDNESDAY LUNCH

<u>Menu</u>		<u>Issue List</u>	
Bear Burger	Buns	Ground Beef	Hamburger Buns
Baked Beans	Potato Chips	Cheese	Canned Beans
Canned Fruit	Beverage	Potato Chips	Drink Mix
Milk		Canned Fruit	Catsup and Mustard
			Milk (on request)

Preparation: read twice before starting & wash hands!

1. Heat beans to a gentle boil in a small kettle, stirring often.
2. While beans are warming, shape beef into patties, about ¼ pound per person. Place in lightly greased skillet and fry 3-5 minutes on each side or until juices are clear. **There should be no pink in the burger.**
3. Put buns catsup, mustard, cheese and potato chips on the table.
4. Mix the beverage according to directions.
5. Put the fruit on the table.
6. Put dishwater on to heat. Say Grace and eat.

WEDNESDAY DINNER

<u>Menu</u>	<u>Issue List</u>	
Foil Meals	Ground Beef	Aluminum Foil
Brownies	Onions	Brownie Mix
Milk	Carrots	Bread (on request)
	Celery	Milk (on request)
	Potatoes	

Preparation: read twice before starting & wash hands!

1. Into one square of aluminum foil, place meat, 1 tsp butter (optional), and sliced onion, carrots, and potato. Season as desired. Wrap foil around food and seal shut. Take another piece of foil and wrap food again. Put the package on coals for 20-25 minutes or until done. One meal should be made for each person. An easy way to do this is have the cook cut up all the vegetables ahead of time and run the boys through in an assembly line.
2. Prepare brownie batter by adding about ¾ cup water to 4 cups brownie mix. Do not overmix; batter should be slightly lumpy. Lightly grease Dutch oven, pour in brownie batter, bake 10-20 minutes or until done.
3. Set out celery sticks, bread, butter, and milk.
4. Put on dishwater to heat. Say Grace and eat.

THURSDAY

THURSDAY BREAKFAST

Menu

Fried Eggs	Bread/Toast
Oatmeal	Milk
Butter	Sugar
Cocoa	

Issue List

2 Eggs per person	Oatmeal
Bread	Butter (on request)
Milk	Cocoa mix
Sugar	1 Garbage Bag

Preparation: read twice before starting & wash hands!

1. Put water on to boil for cocoa and oatmeal. Place cocoa water on table when ready to serve breakfast.
2. Put 1 tbsp oil into frying pan. When oil is hot, fry eggs gently over low heat until firm.
3. Prepare oatmeal using $\frac{3}{4}$ cup boiling water per $\frac{1}{2}$ cup oats. Cook about 1 minute or until done, stirring continuously. Add flavorings to your taste if your patrol has them available.
4. Set out bread, milk, and butter.
5. Put dishwater on to heat. Say Grace and eat.

THURSDAY LUNCH

Menu

Hot dogs	Baked Beans
Buns	Cookies
Fruit	Beverage

Issue List

2 hot dogs per person	Fruit
2 buns per person	Drink Mix
Cookies	Mustard
	Catsup

Preparation: read twice before starting & wash hands!

1. Heat beans to a gentle boil in a small kettle, stirring often.
2. Hot dogs may be cooked in a pan of boiling water, on a hot skillet or grate over medium heat, or over an open campfire flame.
3. If desired, buns may be buttered and toasted on a hot skillet.
4. Mix beverage according to directions.
5. Set out catsup, mustard, and fruit.
6. Put dishwater on to heat. Say Grace and eat.

THURSDAY DINNER

Menu

Porcupine Meatballs	Bread
Green beans	Celery Sticks
	Apple Crisp

Issue List

Ground Beef	Celery
Rice	Bread
Onion	Butter
Eggs	Apple crisp topping
Tomato Soup	Milk (on request)
Apple Pie Filling or Sliced Apples	

Preparation: read twice before starting & wash hands!

1. Chop onion, then mix onion, ground beef, rice, and egg together. Shape into golf-ball-sized meatballs and cook in a skillet over medium heat. Turn meat balls often and cook until juices run clear thoroughly. ***There should be no pink left in the meat.*** Pour condensed soup over meatballs and simmer for 10 minutes.
2. Heat green beans to a boil in a small kettle.
3. Mix together butter and topping mix (oatmeal, cake mix, and sugar) until crumbly. Placed fruit in Dutch oven. For canned sliced apples, add no water. For apple pie filling, add half as much water as pie filling and mix thoroughly. Sprinkle topping mix on apples. Dot the top of the mixture with butter. Bake in a wood or charcoal fire with more heat on top than on the bottom until topping begins to brown and crisp.
4. Set out celery sticks, bread, butter, and milk.
5. Put on dishwater to heat. Say Grace and eat.
6. When apple crisp is done, serve for dessert.

FRIDAY

FRIDAY BREAKFAST

<u>Menu</u>		<u>Issue List</u>	
Pancakes	Bacon	Pancake mix	Bacon
Bread/Toast	Syrup	Syrup	Butter (on request)
Juice	Milk	Milk	Juice
			1 Garbage Bag

Preparation: read twice before starting & wash hands!

1. Fry bacon in large frying pan. Drain grease as needed. Place on paper towel to absorb grease.
2. Prepare pancake batter while bacon is frying. Add water to desired consistency. (Runny batter gives you large, thin pancakes; thicker batter gives you smaller, thicker pancakes. You should use around ¾ cup of water per cup of pancake mix.) Mix well and fry on griddle greased with shortening, butter, or oil.
3. Make 3 pancakes (4-5 inches across) per person. Cook over low heat until small bubbles pop, flip pancakes.
4. Set out juice, milk, butter and syrup.
5. Set bacon and pancakes on table.
6. Put dishwater on to heat. Say Grace and eat.

FRIDAY LUNCH

<u>Menu</u>		<u>Issue List</u>	
Soup	Crackers	Soup	Crackers
Grilled Cheese Sandwiches	Cookies	2 Cheese slices per person	Bread
Butter	Beverage	Butter (on request)	Drink Mix
Milk		Cookies	Milk

Preparation: read twice before starting & wash hands!

1. Mix beverage according to directions.
2. Lightly butter the outside of two pieces of bread. Place one piece, buttered side down, on a hot skillet. Place two pieces of cheese on bread. Place second piece of bread, buttered side up, on top of cheese. Brown both sides over medium heat flipping as needed to avoid burning. Keep warm.
3. Add water/milk and soup to saucepan according to directions on can and heat to a gentle boil. Stir continuously to avoid burning.
4. Put crackers, cookies, beverage, soup, and sandwiches on table.
5. Put dishwater on to heat, say Grace and eat.

FRIDAY DINNER

Camp-wide meal prepared and served by camp staff.
 6:00 pm @ camp-wide meal area (weather permitting) in scout uniforms.
 Bring your own plates, cups, and utensils.

SATURDAY BREAKFAST

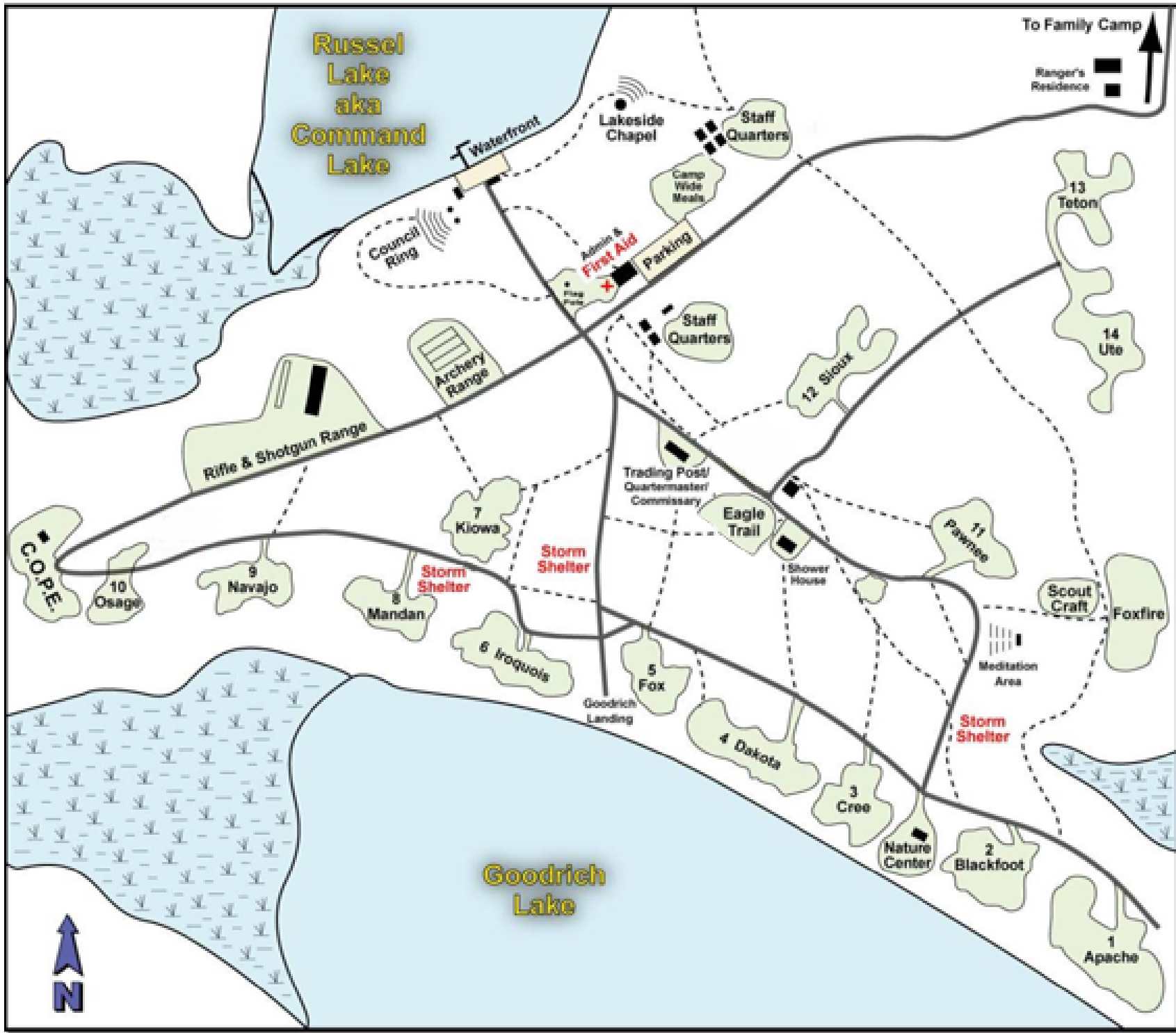
<u>Menu</u>		<u>Issue List</u>	
Cereal	Doughnuts	Cereal	Doughnuts
Fruit	Milk	Fruit	Milk
Juice		Juice	1 Garbage Bag

Preparation: read twice before starting & wash hands!

1. Put food on table. Say Grace and eat.

Cuyuna Duty Roster

		Cook	Asst. Cook	Cleanup	Cleanup	Fireman	Waterman	Host
Monday	Brkfst							
	Lunch							
	Dinner							
Tuesday	Brkfst							
	Lunch							
	Dinner							
Wednesday	Brkfst							
	Lunch							
	Dinner							
Thursday	Brkfst							
	Lunch							
	Dinner							
Friday	Brkfst							
	Lunch							
	Dinner	-----Camp-wide Meal-----						
Saturday	Brkfst							



C U Y U N A SCOUT CAMP