



Welcome Home!

Within this guide you'll find a detailed menu with preparation instructions for each meal

Important Information regarding our foodservice

Your Bin

Each unit is issued a heavy duty storage bin. This bin is to be used to transport your ingredients to and from the campsite. We ask that the bin stay clean and be returned to the commissary promptly after each meal. Our team is sometimes 2-3 meals ahead of the meal being passed out and a clean bin returned in a timely manner allows us to keep portions organized by meal by troop.

Health & Safety Kit

Each unit will receive a kit containing items to safely handle & prepare food in a campsite kitchen. Each kit contains items like a food thermometer, food handling gloves, and sanitizer tablets for dishwashing. If your unit runs out of any of these items, more can be obtained at the commissary. Please return your kit when you return your bin Friday after dinner to avoid a replacement charge at Saturday morning checkout



About Our Menu

As part of our state licensing and the practices outlined in the National Camp Accreditation Program (NCAP), our menu has been reviewed and approved by a licensed dietitian to provide a healthy and balanced week of meals. Meals are packed based on the portion sizes noted in this guide. We realize that appetites in growing youth can be unpredictable, especially considering the amount of physical activity while at camp. If portions are too small or too large, please notify the commissary to adjust them. This will help with food waste as well as making sure everyone is full and has the energy to get through the day. **Any food that has been opened and/or requires refrigeration cannot be accepted back into the Commissary after it is distributed.**

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Food Pick Up Times

Breakfast	7:00AM to 7:30AM
Lunch	11:30AM to 12:00PM
Dinner	4:30PM to 5:00PM

Please pick up your meals during the posted times to help the Commissary maintain your refrigerated items within safe temperature ranges prior to cooking and serving. Late pick up can result in lower quality or potentially unsafe ingredients being passed out. Timely pick up also allows our team to stay on time with the next meal. Please help your scouts to understand that these times may conflict with program but allows for enough time to safely prepare, eat, and clean up the meal prior to the start of program. Camp staff are prepared to excuse Scouts that are on pick up duty.

Guests in Camp

If you are expecting visitors throughout the week that will be dining with you, please notify the Commissary to adjust your counts. There is a nominal fee for guest meals that can be paid in the business office or at check-out on Saturday.

Breakfast:	\$7.00	Lunch:	\$10.00	Dinner:	\$15.00
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Food on the River

If your unit is taking a river trip that may affect meal times or pick up. Please notify the Commissary. Meals can be swapped or substituted to meet the needs of your trip. This will allow for the team to have your meal ready when you need it. This includes early & late pick ups as well as meals eaten on the river. Coolers and Ice are provided, but the unit is responsible for pick up at the Commissary.

Substitutions & Dietary Restrictions

Every effort is made to use the same products throughout the entire summer to maintain consistency in our menu. Occasionally the need arises due to circumstances out of our control to make a substitution. If this scenario arises, the commissary will notify you at pick up that an alternative product has been used.

The policy for Dietary restrictions can be found on the Leader's Guide and within your registration. We make every effort to provide substitutions for known food allergies, pre-existing medical conditions, and religious principles. This information should have been obtained during registration. All dietary substitutions will be provided in a separate container and clearly labeled. Any questions about our substitutions can be made to the Food Service Director. We simply ask that you do so before or after meal pick-up times as not to disrupt the pass out process.

Trash

Each campsite should contain carts that can be used for the pick up of food as well as the drop off of trash. There are 3 dumpsters located in the center of the main lot and a 4th at the north end of camp.

Dishwashing

We hope that prior to arrival, our units are familiar with washing dishes at camp. The recommended practice is to use the 3 compartment method of wash, rinse, and sanitize. Please do not use the sink at the restrooms for dishwashing. No campsite restrooms have hot running water and food waste causes unnecessary stress on the plumbing.



Ice Policy & Refrigerators

Each unit can request up to two free bags of ice a day. Units of 20 or more can request four free bags. Additional bags of ice are available for unit or personal use for \$2.00 per bag. We can charge the unit at checkout or they can be paid for in the Business Office or River Store

Through the adopt-a-site program, some campsites may have refrigeration. It is the responsibility of the unit to keep them clean and monitor their temperature during the week.

Replacement thermometers and "Keep it Cold" charts can be obtained from the Commissary or from our camp commissioners. Please report any issues to the Business Office for review by the camp rangers or quartermasters.

Your Food Thermometer

Most food thermometers will give an accurate reading within 2 to 4 degrees F (see Calibration). However, the reading will only be correct if the thermometer is placed in the proper location of the food. If not inserted correctly, or if the food thermometer is placed in the wrong area, the reading will not accurately reflect the internal temperature of the food.

The food thermometer should be placed in the thickest part of the food, away from bone, fat or gristle. For thin foods, the food thermometer should be inserted through the side until it reaches the center of the food.

Always check each piece of food to ensure they have reached the safe internal temperature. Size, quantity and distribution of food when cooking causes the pieces of food to reach a safe internal temperature at different times. When the food being cooked is large or irregularly shaped, such as with a beef roast, check the temperature in several places. - fsis.usda.gov

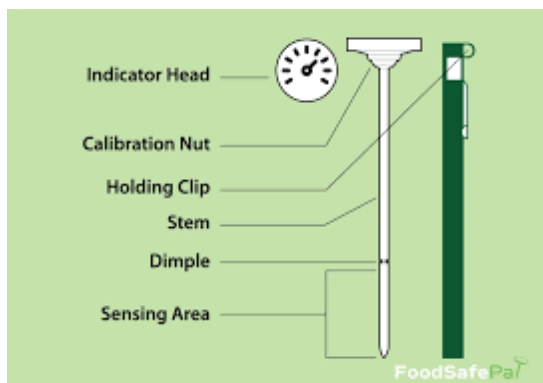


Is your thermometer accurate?

Calibration is the process of checking the accuracy of a food thermometer. Many thermometers have a calibration nut under the dial that can be adjusted. There are two ways to check the accuracy of a food thermometer. One method uses ice water, and the other uses boiling water.

To use the ice water method, fill a large glass with ice cubes. Add drinking water to the glass and stir well. Immerse the food thermometer stem a minimum of 2 inches into the mixture, touching neither the sides nor the bottom of the glass. Wait a minimum of 30 seconds and check the reading without removing the stem from the water. It should read 32 degrees F; if it does, the thermometer is calibrated. If not, adjust according to manufacturer instructions (some thermometers have a calibration nut or dial you can adjust).

-fsis.usda.gov



If you are uncertain if your thermometer is properly calibrated, please exchange at the Commissary.

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Menu at a glance

Day	Breakfast	Lunch	Dinner
Sunday			Campwide Burger Bar!
Monday	Breakfast Sandwich	Submarine Sandwiches	The Beast Feast!
Tuesday	Bacon & Eggs	Mini Pizzas	Taco Tuesday!
Wednesday	French Toast	Chicken Patty on a bun	Spaghetti Night
Thursday	Breakfast Burritos	Philly Cheesesteak	Grilled Chicken Pitas
Friday	Flapjack Friday!	Grilled Ham & Cheese Sandwiches	Steak Night!
Saturday	Campwide Continental Breakfast		

The Pantry

Located in the XO Mess is our camp pantry which Scouts will need to visit at each pick up in order to obtain the rest of the ingredients to prepare each meal. The pantry concept helps camp cut down on food waste while allowing units to customize their meals. Items are stocked based on the menu for the day. Every effort is made to keep a variety of items stocked, but due to delivery schedules and suppliers, some items may be limited in quantity. **A Scout is Courteous and Thrifty.** We ask that units please stick to the recommended portions and do not take more than is needed. This guide and other tools will be available to assist in making sure everyone gets enough of what they want.

Typical Pantry Items

Juice-Orange, Apple, Grape, Pineapple, etc.

Salty Snacks- Assorted Chips, Pretzels, Tortilla Chips

Hand Fruit- Apples, Oranges, Bananas, etc.

Condiments- Ketchup, Mustard, Mayo, Hot Sauce, Steak Sauce, etc.

Salad Dressing- Ranch, Italian, French, etc.

Bug Juice- Various flavors of powdered drink mix and liquid concentrate

If you don't see something, it doesn't hurt to ask the food service team. Space in the pantry is limited and of course does not include items that require refrigeration.

Alternative Options

Aside from dietary restrictions and substitutions made for river trips, the food service team is prepared to make reasonable accommodations and alternative options available by request.

Examples of such options would be substituting grilled chicken for ground beef, nacho chips instead of tortillas, and adding vegetables on pizza day. As the food service team is typically a couple meals ahead with their preparation, any changes to the menu require **at least 24 hours notice.**

Summer camp is a time to get out of your comfort zone and try new things and the meals shouldn't be an exception. However if there is a meal on the menu that falls flat, speak with the Food Service Director to explore alternative meal options.

How to use this manual

Each meal is presented on a separate page with the following information.

Ingredients

In this area, you will find all the ingredients and recommended portion sizes

Serving Size

Preparation Instructions:

This area provides guidance on how to prepare the meal.



Elevate your meal!

You'll find tips and tricks in this section that may require additional steps or some items from the grub box or camp pantry

All dietary restrictions will be clearly labeled in a separate container to prevent cross contamination

Verify you have received any substitutions and dietary restrictions and make sure to stop in the pantry for the rest of your ingredients!

Pantry Items

Make sure you grab your extras!

Not all items are automatically packed by the food service team. This allows you to customize each meal with different juice, chips, condiments, dressings, and of course fresh fruit. The food service team will remind scouts picking up food to visit the pantry and this guide will give them a list of what they might need to bring back to camp.

Ask for...

This section contains all the items that are not available in the pantry but are still provided by request.

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Sunday Dinner

Campwide Burger Bar!

Let us do the cooking on your first night at camp! No mess kits required!

Choose single, double, or double decker burger

Toppings include:

Cheese

Lettuce

Tomato

Onion

Pickles



Choose a bag of chips and grab plenty of our fresh fruits and veggies!

Stop by the condiment bar for ketchup, mustard, mayo, Thousand Island dressing, and more!

Drinks are under the pavilion and are self serve.

Visit the Outdoor Kitchen at the end of the line for dietary restrictions.

Cole Canoe Base Grace

Great Scoutmaster in the Sky, Here at Cole we give thanks, for our river and our trails, and for the friends who feel like family. Thank you for the food before us, the hands that prepared it, and the strength to live by the Scout Law each day. May we paddle forward with purpose, Serve others with kindness, and leave this camp better than we found it. Amen.

Monday Breakfast

Breakfast Sandwich

A quick and easy meal for your first day of camp program!

Ingredients

English Muffin
Egg Patty
Sausage Patty
American Cheese
Fresh Fruit
Juice
Milk

Serving Size

2 muffins
2 patties
2 patties
2 slices
1 piece
4oz
4oz

Preparation Instructions:

Preheat griddle or frying pan to 350 degrees
Grease cooking surface with cooking oil
Heat precooked egg patties and sausage
to 165 degrees
Assemble sandwich and enjoy!

Elevate your meal!

Try adding butter or margarine to muffin and
toasting it on the griddle.
Add the cheese to your sausage patty before
removing it from the griddle so it can melt.
Add ketchup or hot sauce to your sandwich

**Verify you have received any substitutions and dietary restrictions and make sure to stop in the pantry
for the rest of your ingredients!**

Pantry Items

Make sure you grab your extras!

Juice-
Fresh Fruit-
Condiments-

Select from a variety of breakfast juice
Select from a variety of fresh fruit
Ketchup for the eggs? Hot sauce give it an extra kick!

Ask for...

Margarine
Milk
Cooking Oil
Trash Bags
Soap
Toilet Paper
Ice



Monday Lunch

Submarine Sandwiches

Quick and Easy Lunchtime favorite for your first full day of camp!

Ingredients

Sub Bun	1 bun
Deli Meat	4 slices
Cheese	2 slices
Lettuce	2 ounces
Tomato	2 ounces
Pineapple	2 ounces
Chips	2 ounces
Bug Juice	8 ounces

Serving Size

Preparation Instructions:

Slice or dice tomato
Open cans of pineapple
Prepare Bug Juice- each package of powder drink mix makes 2 gallons
Organize items in the order most would assemble their sandwich

Elevate your meal!

Try adding butter or margarine to bun and toasting it on the griddle.



Verify you have received any substitutions and dietary restrictions and make sure to stop in the pantry for the rest of your ingredients!

Pantry Items

Make sure you grab your extras!

Bug Juice	Select from a variety of flavors!
Fresh Fruit-	Swap out pineapple for fresh fruit
Condiments-	Ketchup, Mustard, Mayo, Italian Dressing? Take your pick!
Chips-	Select from a variety of salty snacks

Ask for...

Margarine
Milk
Cooking Oil
Trash Bags
Soap
Toilet Paper
Ice

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Monday Dinner

The Beast Feast!

Bring your appetite to Outdoor Skills and enjoy samples from staff sponsored stations and the cooking contest!



COLE CANOE BASE | Alger, MI

As featured in Scouting Magazine, Cole Canoe Base is home to “The Largest Outdoor Cooking Demonstration in Scouting.” A ginormous potluck of everyone in camp, Monday dinner at Outdoor Skills is a staple CCB tradition and one of our highest rated programs. Each unit is asked to bring at least one dish for the Cooking Contest to provide samples to at least 25+ people. We encourage units to bring multiple dishes for the other judged categories, including Main Entrees, Side Dishes / Appetizers, Drinks, Special Diet Dishes, and (most importantly) Desserts. Creativity with dishes is encouraged and adds to the fun!

Staff Sponsored Stations Include...

Log Jam Hot Dog Hut
Me-Goose-ta Quesadillas
The Doe Box
Arrowhead Sliders
Cole Pie Co.
Roots Smoothie Bar
Fry Station

Hotdogs and Veggie dogs
Quesadillas made on Sheherd stoves
Deep fried donuts
Chicken sliders
Dutch Oven Cobbler
Yogurt Parfaits
Seasoned french fries and other fried favorites

Cooking Contest

Wander the different stations presented by units to complete your meal. This part is what makes each Beast Feast unique!

Tuesday Breakfast

Bacon & Eggs

Hearty breakfast staples packed with protein!

Ingredients	Serving Size	Preparation Instructions:
Liquid Egg Mix	4 ounces	Preheat griddle or frying pan to 350 degrees
Bacon	3 slices	Gently place bacon to avoid grease splash
Hashbrown Patty	2 patties	Cook bacon to desired crispiness (at least 140 degrees) flipping half way through
Fresh Fruit	1 piece	Grease griddle and start hashbrown patties.
Juice	4 ounces	Cook hashbrowns by flipping halfway through to brown on both sides (165 degrees)
Milk	4 ounces	Grease cooking surface with cooking oil Heat raw egg, stirring consistently until mix is no longer runny

Elevate your meal!
Stir or shake in a little milk to the eggs to make them more fluffy.

Verify you have received any substitutions and dietary restrictions and make sure to stop in the pantry for the rest of your ingredients!

Pantry Items	Make sure you grab your extras!
Juice-	Select from a variety of Breakfast Juice
Fresh Fruit-	Select from a variety of Fresh Fruit
Condiments-	Ketchup for the eggs? Hot sauce gives it an extra kick!

Ask for...
Margarine
Milk
Cooking Oil
Trash Bags
Soap
Toilet Paper
Ice



Tuesday Lunch

Mini Pizzas

Pizza?!? At camp?!? Cowabunga!

Ingredients	Serving Size	Preparation Instructions:
Flatbread	1- 6.75 in flatbread	This meal is designed to eat hot or cold.
Mozzerella Cheese	2 ounces	Prepare your flatbread with sauce, cheese, and toppings.
Pepperoni	2 ounces	
Red Sauce	2 ounces	Prepare bug juice- each package of powder drink mix makes 2 gallons
Chips	2 ounces	
Fresh Veggies	4 ounces	
Fresh Fruit	1 piece	
Bug Juice	8 ounces	

Elevate your meal!

Try placing flatbread on griddle to melt cheese and warm toppings. Don't use too much heat or you will burn flatbread before the top is ready. Try covering it with a metal bowl or pot to create a mini oven effect to help with melting.

Verify you have received any substitutions and dietary restrictions and make sure to stop in the pantry for the rest of your ingredients!

Pantry Items	Make sure you grab your extras!
Bug Juice	Select from a variety of flavors!
Fresh Fruit-	Select from a variety of fresh fruit
Condiments-	Do you need ranch for your pizza?
Chips-	Select from a variety of salty snacks

Ask for...

Margarine
Milk
Cooking Oil
Trash Bags
Soap
Toilet Paper
Ice



Tuesday Dinner

Taco Tuesday!

First Pizza, now Tacos? This place is amazing!

Ingredients	Serving Size	Preparation Instructions:
Tortilla	2 tortillas	Preparation Instructions: Brown ground beef on heated griddle or pan Add 1 portion of taco seasoning for every pound of ground beef while browning the meat. In a sauce pan, heat refried beans. Stir occasionally to prevent sticking or overheating Elevate your meal! Heat tortillas on griddle or over flame just to get them warm. Try spreading refried beans between your two tortillas to make a double decker taco
Ground Beef	6 ounces	
Shredded Cheese	2 ounces	
Salsa	2 ounces	
Lettuce	2 ounces	
Sour Cream	1 ounce	
Refried Beans	4 ounces	
Bug Juice	8 ounces	
Taco Seasoning*	1 portion per pound	

*gluten free

Verify you have received any substitutions and dietary restrictions and make sure to stop in the pantry for the rest of your ingredients!

Pantry Items	Make sure you grab your extras!
Bug Juice	Select from a variety of flavors!
Condiments-	Hot sauce!

- Ask for...**
- Margarine
 - Milk
 - Cooking Oil
 - Trash Bags
 - Soap
 - Toilet Paper
 - Ice



Wednesday Breakfast

French Toast

You'll be berry pleased with this camp favorite!

Ingredients

Liquid Egg Mix	4 ounces
Texas Toast	2 slices
Sausage Links	3 Links
Strawberries	4 ounces
Juice	4 ounces
Milk	4 ounces
Imitation Vanilla	1 portion per loaf
Cinnamon	1 portion per loaf

Serving Size

Preparation Instructions:

Preheat griddle or frying pan to 350 degrees
Grease cooking surface with cooking oil
Prepare batter by combining equal parts milk and egg mix with vanilla and cinnamon
Dunk both sides of bread in mixture and place on griddle, flip to cook other side
Heat sausage links to 165 degrees
Add strawberries and enjoy!

Elevate your meal!

The trick is consistent heat for the bread. If the griddle or pan is too hot the outside will brown before the middle cooks.

Verify you have received any substitutions and dietary restrictions and make sure to stop in the pantry for the rest of your ingredients!

Pantry Items

Make sure you grab your extras!

Juice-	Select from a variety of breakfast juice
Fresh Fruit-	Select from a variety of fresh fruit
Condiments-	Strawberries are great, but what about syrop (ask for at window)

Ask for...

SYRUP!

Margarine
Milk
Cooking Oil
Trash Bags
Soap
Toilet Paper
Ice



Wednesday Lunch

Chicken Patty on a bun

Golden breaded perfection on a bun!

Ingredients

Hamburger Bun	2 buns
Chicken Patty	2 patties
Sliced Cheese	2 slices
Shredded Lettuce	2 ounces
Chips	2 ounces
Fresh Fruit	4 ounces
Bug Juice	8 ounces

Serving Size

Preparation Instructions:

Preheat cooking surface to 350 degrees

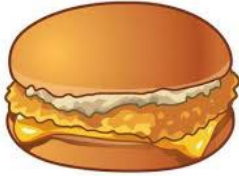
Heat chicken patties to 165 degrees

Prepare bug juice- each package of powder drink mix makes 2 gallons

Elevate your meal!

After heating patties, try frying them in a little oil to make them crispy

Feeling Saucy? Now's the time to experiment Mix BBQ, Mayo, and ranch to make your own campfire sauce! What about yellow mustard, honey, and mayo for honey mustard



Verify you have received any substitutions and dietary restrictions and make sure to stop in the pantry for the rest of your ingredients!

Pantry Items

Make sure you grab your extras!

Bug Juice	Select from a variety of flavors!
Fresh Fruit-	Select from a variety of Fresh Fruit
Condiments-	ketchup, BBQ, ranch, or ingredients for your own creation!
Chips-	Select from a variety of salty snacks

Ask for...

Margarine
Milk
Cooking Oil
Trash Bags
Soap
Toilet Paper
Ice

Wednesday Dinner

Spaghetti Night

A taste of Italy in the middle of the week

Ingredients	Serving Size	Preparation Instructions:
Pasta Noodles	4 ounces	Heat sauce in large pot, save can
Ground Beef	4 ounces	Brown ground beef on heated griddle or pan
Red Sauce	4 ounces	Drain grease into sauce can for disposal
Applesauce	4 ounces	and add beef to pot of sauce
Breadstick	1 breadstick	Boil water for noodles in large pot
Salad Mix	4 ounces	Drain noodles and serve on the side or add
Grated Parmesan	2 ounces	to pot with meat sauce. Chef's choice!
Milk	8 ounces	

Elevate your meal!

Warm breadsticks, brush with butter and sprinkle some of that parmesan cheese on top. Your patrol will thank you!

Verify you have received any substitutions and dietary restrictions and make sure to stop in the pantry for the rest of your ingredients!

Pantry Items Make sure you grab your extras!

Salad Dressing- Ranch, Italian, or something else. Just don't forget to grab some!
Condiments- Don't forget the parmesan cheese!

Ask for...

Margarine
Milk
Cooking Oil
Trash Bags
Soap
Toilet Paper
Ice



Thursday Breakfast

Breakfast Burritos

Start Lumberjack Day spicy!

Ingredients

Liquid Egg Mix
Tortilla
Bacon
Shredded Cheese
Fresh Fruit
Juice
Milk

Serving Size

4 ounces
2 tortillas
2 slices
2 ounces
1 piece
4 ounces
8 ounces

Preparation Instructions:

Preheat griddle or frying pan to 350 degrees
Grease cooking surface with cooking oil
Heat raw egg, stirring consistently until mix is no longer runny
Gently place bacon to avoid grease splash
Cook bacon to desired crispiness (at least 140 degrees) flipping half way through

Elevate your meal!

Stir or shake in a little milk to the eggs to make them more fluffy.
Heat tortillas on griddle or over flame just to get them warm
Add cheese to tortilla on griddle to melt it before adding eggs and bacon.

Verify you have received any substitutions and dietary restrictions and make sure to stop in the pantry for the rest of your ingredients!

Pantry Items

Make sure you grab your extras!

Juice-
Fresh Fruit-
Condiments-

Select from a variety of Breakfast Juice
Select from a variety of fresh fruit
Hot sauce, Ssalsa, or even ketchup!

Ask for...

Margarine
Milk
Cooking Oil
Trash Bags
Soap
Toilet Paper
Ice



Thursday Lunch

Philly Cheesesteak

Thin sliced beef & Swiss cheese... a match made in heaven

Ingredients

Sub Bun	1 bun
Thin Sliced Steak	4 slices
Sliced Cheese	2 slices
Veggie sticks	4 ounces
Chips	2 ounces
Fresh Fruit	1 piece
Bug Juice	8 ounces

Serving Size

Preparation Instructions:

Preheat cooking surface to 350 degrees
Grill sliced steak until there's hardly any pink left or no pink is visible.
Prepare bug juice- each package of powder drink mix makes 2 gallons

Elevate your meal!

Sautee some onions and peppers to add some extra flavor to your Philly.
When grilling meat, each portion is 4 slices
Don't leave it in a rectangle, shred it while it cooks to make it look and taste amazing!

Verify you have received any substitutions and dietary restrictions and make sure to stop in the pantry for the rest of your ingredients!

Pantry Items

Make sure you grab your extras!

Onions and Green Peppers	
Bug Juice	Select from a variety of flavors!
Fresh Fruit-	Select from a variety of fresh fruit
Condiments-	Italian dressing, hot sauce, ketchup. How do you eat your Philly?
Chips-	Select from a variety of salty snacks

Ask for...

Margarine
Milk
Cooking Oil
Trash Bags
Soap
Toilet Paper
Ice



Thursday Dinner

Grilled Chicken Pitas

There's no Hunger Games without Pita!

Ingredients

	Serving Size
Pita Bread	1 pita
Grilled Chicken Strips	4 ounces
Shredded Cheese	1 ounce
Lettuce	2 ounces
Fresh Fruit	1 piece
Bug Juice	8 ounces
Milk	8 ounces

Preparation Instructions:

Preheat cooking surface to 350 degrees
Warm chicken to 165 degrees
Prepare bug juice- each package of powder drink mix makes 2 gallons

Save room for ice cream tonight!



Elevate your meal!

Try lightly toasting the pitas to make them warm. Add the cheese while warming to make it like a melty chicken wrap from your favorite Coney Island.

Verify you have received any substitutions and dietary restrictions and make sure to stop in the pantry for the rest of your ingredients!

Pantry Items

Make sure you grab your extras!

Salad Dressing-	There's ranch, Italian, or mix it up a bit with Caesar!
Condiments-	BBQ sauce, ketchup, and other favorites.
Fresh Fruit	Select from a variety of fresh fruit.

Ask for...

Margarine
Milk
Cooking Oil
Trash Bags
Soap
Toilet Paper
Ice

Friday Breakfast

Flapjack Friday!

Pancakes, they're like a cake you make in a pan!

Ingredients

Pancake Mix
Sausage Links
Fresh Fruit
Juice
Milk

Serving Size

2 pancakes
3 links
1 piece
4 ounces
4 ounces

Preparation Instructions:

Preheat griddle or frying pan to 350 degrees
Grease cooking surface with cooking oil
Follow included directions for batter
Carefully pour batter onto cooking surface
Small bubbles should form. It's time to flip the pancake when bubbles are have popped and you can see the edges raise up a bit.
Heat Sausage Links to 165 degrees

Elevate your meal!

When selecting fruit, think about what might be good on a pancake!
Jazz up the recipe by adding a touch of syrup or vanilla and cinnamon to your batter.

Verify you have received any substitutions and dietary restrictions and make sure to stop in the pantry for the rest of your ingredients!

Pantry Items

Make sure you grab your extras!

Juice-
Fresh Fruit-
Condiments-

Select from a variety of breakfast juice
Select from a variety of fresh fruit

Ask for...

Syrup

Vanilla & Cinnamon
Margarine
Milk
Cooking Oil
Trash Bags
Soap
Toilet Paper
Ice



Friday Lunch

Grilled Ham & Cheese Sandwiches

Ooey Goopy hot ham and cheese sandwich dipped in soup

Ingredients

Sandwich Bread
Sliced Ham
Sliced Cheese
Veggie sticks
Soup
Bug Juice

Serving Size

4 slices
4 slices
4 slices
4 ounces
4 ounces
8 ounces

Preparation Instructions:

Preheat cooking surface to 350 degrees
spread one side of bread with margarine
and place it face down on cooking surface.
Add cheese and ham. Top it off with another
slice of bread with margarine facing up.
Be sure to flip sandwich and repeat so both
sides are golden brown.
Soup is condensed, so add equal parts water
and heat to 165 degrees

Elevate your meal!

For creamy tomato soup, try adding milk
instead of water.
For the sandwich, have you tried using mayo
instead of butter? It sounds weird, but the
oil and egg in mayo will give it a rich taste.



Verify you have received any substitutions and dietary restrictions and make sure to stop in the pantry for the rest of your ingredients!

Pantry Items

Bug Juice
Fresh Fruit-
Condiments-

Make sure you grab your extras!

Select from a variety of flavors!
Select from a variety of fresh fruit
You know someone is going to want to add ketchup or ranch

Ask for...

Margarine
Milk
Cooking Oil
Trash Bags
Soap
Toilet Paper
Ice

Make sure the food service is aware of any guests coming for dinner! Additional meals can be requested and paid for in the business office or at checkout Saturday morning.

Friday Dinner

Steak Night!

Campers and Leaders wait all week for Steak!

Ingredients	Serving Size
8 oz Steak	1 Steak
Mushrooms	2 ounces
Onions	2 ounces
Diced Potatoes	2 ounces
Salad Mix	4 ounces
Canned Fruit	4 ounces
Cookies	2 cookies
Milk	8 ounces



Preparation Instructions:

Potatoes should be fried until golden brown or boiled until soft.

Heat cooking surface to high temperature Place steak on oiled or buttered surface and sear for 2-3 minutes. Do the same for other side. After 2-3 minutes reduce heat and add butter. When butter is melted spoon it over steak while cooking to desired temp.

Sautee onions and mushrooms in a bit of oil or margarine. Add salt & pepper to taste

Elevate your meal!

Everyone has a special way to cook steak but cast iron with some spices is always a winner.

Stir the potatoes gently so you don't smush them if using boiling method.

Verify you have received any substitutions and dietary restrictions and make sure to stop in the pantry for the rest of your ingredients!

Pantry Items Make sure you grab your extras!

Salad Dressing- Select from a variety of dressing
Condiments- Steak sauce

Ask for...

Margarine
Milk
Cooking Oil
Trash Bags
Soap
Toilet Paper
Ice



Cole Canoe Base
2026 Food Manual

Saturday Breakfast

Campwide Continental Breakfast

We hope you enjoyed your stay!

Featuring

Cereal & Milk
Oatmeal & Yogurt Bar
Fresh Fruit
Poptarts & Pastries
Bagels & Cream Cheese
Juice
Milk

Preparation Instructions:

Join us at the Dumas Pavilion for a quick continental breakfast buffet.



For dietary restrictions, ask a food service staff member for assistance.



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