



**Camp Sinoquipe Scout Reservation**

**Summer Camp Patrol Cooking Instructions**

## Weekly Menu

Day	Breakfast	Lunch	Dinner
Monday	Breakfast sandwich & assorted danish	Hot dog, potato bites, & fruit/applesauce cup	Taco salad & pretzel bites
Tuesday	Eggs your way, sausages, and hash browns	Chicken sandwiches, baked beans, carrot sticks, & cookie	Salisbury steak, potatoes, carrots, & pudding
Wednesday	Pancakes & sausages	Meatball hoagies, green beans, chips, & fruit/applesauce cup	Fajitas, pinto beans, & apple churros
Thursday	Western scramble & biscuits	Pulled pork sandwich, coleslaw, bbq beans, & cookie	Pasta with meat sauce, green beans, garlic bread, & ice cream
Friday	French toast & sausage	Grilled cheese, soup, carrot sticks, & cookie	

Shown here is the full weekly menu. The rest of this packet will explain the cooking procedures for each meal, grouped by the meal and then in order by day.

## Welcome to Camp Sinoquipe!

On behalf of the entire Shenandoah Area Council, thank you for choosing Camp Sinoquipe Scout Reservation as your summer camp destination! As a part of your summer camp experience, your unit has enrolled in the **patrol cooking** program. This packet includes instructions and helpful tips to ensure that your patrol meals are stress-free, delicious, and above all, safe!

### **PROVIDED EQUIPMENT:**

- 10'x10' pop-up style canopy
- Propane stove with hose, 5gal propane tank, and grill lighter
- 4' plastic folding table
- Storage tote with lid
- 5gal drink cooler and 5gal water jug
- Food storage cooler
- Patrol box w/
  - Water pail
  - Cast iron griddle
  - dutch oven w/handle
  - baking pan
  - large pot w/lid
  - 2 medium pots w/lid
  - sauce pan
  - colander
  - Mixing bowls
  - Spatula, tongs, knives, spoons, whisk
  - Measuring spoons and cups
  - Cutting board
  - Digital thermometer
  - Personal mess kits
    - plate, bowl, cup, knife, fork, spoon
  - Hot gloves
  - 3 dishwashing totes
  - Dish soap
  - Sanitizing tablets
  - Sponges, scrub pads
  - Dish rags

### **PROVIDED SUPPLIES:**

- non-stick cooking spray
- Aluminum foil
- 1gal ziplock bags
- Paper towels and napkins
- Salt & Pepper shakers
- Condiments
  - Ketchup, mustard, relish, mayonnaise and hot sauce
- Ice

**If you are missing any of these items, please notify the kitchen staff so that we may be of assistance.**

If you have feedback about the meals, cooking instructions, equipment or supplies please let us know, we want to make sure your experience this week is the best it can possibly be.

## Food Safety

**The United States Centers for Disease Control and Prevention estimate that 48 million Americans contract a foodborne illness each year. Unsafe cooking is the fastest way to ruin your experience at Camp Sinoquipe. A Scout is Clean.**

The USDA offers simple 4-step food safety basics. It is important that you do all of the following:

**CLEAN** - Wash hands, prep surfaces, and cooking surfaces frequently.

- Ensure cleanliness by using the 3-step washing process of WASH with soap and warm water, RINSE until all suds are removed, and SANITIZE with warm water and appropriate chemicals. Also note that **towel drying is not an acceptable part of safe dishwashing**. Everything except for your hands must be allowed to air dry completely. This applies to dishes AND surfaces. Hands must be washed with soap. Hand sanitizer or hand antiseptic are not substitutes for proper washing with hand soap.

**SEPARATE** - Prevent cross-contamination by separating ingredients.

- Ingredients such as raw meat and poultry carry unsafe pathogens and must be kept separate from anything that will not be cooked to the same temperature.

**COOK** - Cook everything to a safe temperature, verifying with a thermometer.

- This packet specifies the safe temperature for every component that requires it. When checking temperatures, place a thermometer into the thickest section of the food and wait for the temperature to stabilize for a full second. Be aware that thermometers used for raw meat must be sanitized before being used for other components.

**CHILL** - Refrigerate everything as needed to prevent growth of mold and pathogens.

- We will provide everything to you coming out of a cooler with ice. For your safety, it is recommended to transfer it directly into your own cooler for safe storage until the moment when you are ready to use it.

**If you suspect that any ingredient or equipment provided to you by the staff has arrived to you in an unsafe condition, please set it aside and contact kitchen staff as soon as possible for appropriate accommodations.**

## Allergies and Dietary Restrictions

If there is a member of your unit with a dietary restriction **which is known to the kitchen staff**, we will provide appropriate alternative food items in separate, sealed packaging. *We are able to provide gluten free, vegetarian and pork free options.*

Below are a few general considerations when cooking for people with dietary restrictions:

- Cross-contamination is especially harmful when dealing with dietary restrictions. Always take immense care to ensure that alternative food never comes into contact with the food it is substituted for under any circumstance. This includes, but is not limited to, direct contact, contact with contaminated surfaces, contact with contaminated utensils or hands, and contact with contaminated cookware.
- It is recommended to always have a plan for how to safely prepare the dietary alternative each meal. Generally, preparing the dietary alternative first and then preparing everything else afterwards is a good way to ensure safety.

**If you did not report your dietary restriction using the form on our website, please notify the kitchen as soon as possible so that you will be accounted for and provided with appropriate accommodations.**

Ingestion of an allergen will cause a reaction ranging from mildly discomforting to life-threateningly severe. If a Scout carries an EpiPen, it is crucial that several adults and youth know where it is kept and that it is easily accessible to others at all times.

Signs of a reaction: Hives, skin rashing, watery eyes, tingling sensation in mouth or lips

- In case of a mild reaction, bring Scout to the health lodge with a buddy immediately and ensure proper hydration.

Signs of anaphylaxis: Tightening throat, difficulty swallowing or breathing, dizziness or fainting, rapid pulse

- **In case of anaphylaxis, remain calm and immediately administer epinephrine according to the instructions on the injector. Locate a staff member to contact the health lodge. Do not attempt to move the Scout. Ensure Scout is properly hydrated. Scout may fall unconscious. When medical staff arrive, allow them to take over and contact the parents/guardians of Scout to notify them of the incident. Anaphylaxis is a lethal condition and must be treated as a medical emergency.**

## Stove and Fire Safety

The safe use of stoves requires supervision and care. The equipment provided is safe, but can be dangerous if used carelessly. Follow the guidelines below.

- Stoves should be placed on a level surface in an area cleared of flammable objects.
- Stoves may only be fueled, ignited, and used with the active supervision of an adult leader.
- All youth should receive coaching from knowledgeable adults before operating a stove.
- Do not tamper with provided equipment. If your equipment is damaged or otherwise inoperable, ensure that propane is not leaking and contact staff.
- In case of a grease fire, remain calm and do the following:
  - **DO NOT ATTEMPT TO EXTINGUISH A GREASE FIRE USING WATER. THE WATER WILL DISPERSE THE FLAMING GREASE AND CAUSE THE FIRE TO SPREAD.**
  - Locate a non-flammable, non-meltable object which will completely cover the flames.
  - Place the object over the flames and smother until extinguished.
- If a fire escapes your control, remain at a safe distance to monitor and send Scouts to notify staff immediately.

If you run out of propane for the stove during the week, notify staff and a replacement will be provided.

**Food Preparation & Cooking Instructions**

## **Breakfast Meals**

At the beginning of the week, you will be provided with the following staple items. You may request refills using the provided form.

- Assorted dry cereal
- Oatmeal packets
- Sliced bread w/ margarine spread, peanut butter, & jelly packets
- Ketchup, mustard, relish, mayonnaise and hot sauce packets
- Assorted fresh fruit
- Yogurt cups
- Ice

### **MONDAY BREAKFAST Breakfast Sandwich and Danish**

Portions: (per person)

Egg	3oz each
Canadian bacon	1 each
Sliced cheese	1 each
English muffin	1 each
Assorted danish	1 each

#### Cooking Methods:

On the griddle (entire meal):

Heat griddle on stove 5 min prior to use.

#### Directions:

1. Lightly coat griddle with non-stick spray
2. Place English muffins face-down on griddle to toast, place aside when lightly browned and crisp
3. Place Canadian bacon on griddle, turn occasionally to prevent burning, **cook to 145°**
4. Wipe off griddle, lightly coat with non-stick spray
5. Cook eggs on griddle (fried or scrambled) using spatula until done
6. Assemble Canadian bacon, eggs, and cheese between toasted English muffins
7. Serve danish on the side

## **TUESDAY BREAKFAST Eggs Your Way, Sausage Links, and Hash Brown Patties**

Portions: (per person)

Egg	3 each
Sausage link	3 each
Hash brown patty	2 each

### Cooking Methods:

On the griddle (entire meal):

Heat griddle on stove 5 min prior to use.

### Directions:

1. Lightly coat griddle with non-stick spray
2. Place hash brown patties on griddle, flip occasionally to prevent burning, cook until golden brown and crisp on both sides, **cook to 135°**
3. Place sausage links on griddle, turn occasionally to prevent burning, **cook to 155°**
4. Wipe off griddle, lightly coat with non-stick spray
5. Crack open shell eggs and cook on griddle using spatula
6. Serve with ketchup and hot sauce as desired

*Want to add some extra flavor to your eggs? Consider using butter on the griddle instead of PAM or saving some of the grease from your sausages!*

**CAUTION: Sausage grease is flammable, and grease fires CANNOT BE PUT OUT USING WATER. If a grease fire starts, do the following:**

- 1. REMAIN CALM AND EXTINGUISH STOVE**
- 2. FIND THE NEAREST NON-FLAMMABLE, NON-MELTABLE OBJECT LARGE ENOUGH TO COMPLETELY COVER THE FIRE**
- 3. COMPLETELY COVER THE FIRE AND HOLD OBJECT DOWN UNTIL FIRE RUNS OUT OF OXYGEN AND EXTINGUISHES**
- 4. IF CHEMICAL FIRE EXTINGUISHER AVAILABLE, USE AS NEEDED AND NOTIFY CAMP STAFF**

***If a grease fire escapes your control and becomes a threat to cause damage to people or property, remain at a safe distance to monitor and send runners to notify camp staff IMMEDIATELY.***

## **WEDNESDAY BREAKFAST Pancakes and Sausage Patties**

Portions: (per person)

Pancakes	3 each
Sausage patty	2 each
Butter packet	1 each
Syrup	1 each

### Cooking Methods:

On the griddle (entire meal):

Heat griddle on stove 5 min prior to use.

### Directions:

1. Lightly coat griddle with non-stick spray
2. Place sausage patties on griddle, turn occasionally to prevent burning, **cook to 155°**
3. Wipe off griddle, lightly coat with non-stick spray
4. Prepare pancake batter according to instructions on package
5. Add pancake batter to griddle in small circles, flip occasionally to prevent burning, cook until golden brown on both sides
6. Serve with syrup and butter as desired

*Make sure to portion your pancake batter so that there's enough for everyone! We have accounted for 3 small pancakes per person, so use your judgement and make sure everyone gets their fill!*

**CAUTION: Sausage grease is flammable, and grease fires CANNOT BE PUT OUT USING WATER. If a grease fire starts, do the following:**

- 1. REMAIN CALM AND EXTINGUISH STOVE**
- 2. FIND THE NEAREST NON-FLAMMABLE, NON-MELTABLE OBJECT LARGE ENOUGH TO COMPLETELY COVER THE FIRE**
- 3. COMPLETELY COVER THE FIRE AND HOLD OBJECT DOWN UNTIL FIRE RUNS OUT OF OXYGEN AND EXTINGUISHES**
- 4. IF CHEMICAL FIRE EXTINGUISHER AVAILABLE, USE AS NEEDED AND NOTIFY CAMP STAFF**

***If a grease fire escapes your control and becomes a threat to cause damage to people or property, remain at a safe distance to monitor and send runners to notify camp staff IMMEDIATELY.***

## **THURSDAY BREAKFAST Western Scramble and Biscuits**

Portions: (per person)

Liquid egg	3oz each
Optional Add-ins	2oz each
Biscuit dough	1 each

Optional Add-ins Included:

- Diced ham
- Shredded cheddar cheese
- Diced onion
- Diced peppers

Cooking Methods:

On the griddle (omelet):

Heat griddle on stove 5 min prior to use.

In dutch oven (biscuits):

Place baking tray into dutch oven and heat on stove 10 min prior to use.

Directions:

1. Lightly coat baking tray with non-stick spray
2. Place biscuits touching one another on baking tray, place lid on dutch oven, and cook until golden brown and fully set in center, biscuits will expand during cooking
3. While waiting for biscuits, lightly coat griddle with non-stick spray
4. Mix add-ins together on griddle and fry lightly until vegetables begin to become tender
5. Pour eggs over add-in mixture and scramble with a spatula until fully set

## **FRIDAY BREAKFAST French Toast and Sausage Patties**

Portions: (per person)

French toast	3 each
Sausage patty	2 each
Butter packet	1 each
Syrup	1 each

### Other Ingredients:

- Eggs (for French toast mix)
- Milk (for French toast mix)
- Cinnamon (for French toast mix)

### Cooking Methods:

On the griddle (entire meal):

Heat griddle on stove 5 min prior to use.

### Directions:

1. In a bowl, mix eggs, milk, and cinnamon until consistent
2. Soak bread slices in liquid mix, covering each slice completely
3. While preparing toast, lightly coat griddle in non-stick spray
4. Place sausage patties on griddle, turn occasionally to prevent burning, **cook to 155°**
5. Wipe off griddle, lightly coat with non-stick spray
6. Place soaked toast on griddle, turn occasionally to prevent burning, cook until golden brown
7. Serve with syrup and butter as desired

**CAUTION: Sausage grease is flammable, and grease fires CANNOT BE PUT OUT USING WATER. If a grease fire starts, do the following:**

- 1. REMAIN CALM AND EXTINGUISH STOVE**
- 2. FIND THE NEAREST NON-FLAMMABLE, NON-MELTABLE OBJECT LARGE ENOUGH TO COMPLETELY COVER THE FIRE (POTS ARE GOOD)**
- 3. COMPLETELY COVER THE FIRE AND HOLD OBJECT DOWN UNTIL FIRE RUNS OUT OF OXYGEN AND EXTINGUISHES**
- 4. IF CHEMICAL FIRE EXTINGUISHER AVAILABLE, USE AS NEEDED AND NOTIFY CAMP STAFF**

***If a grease fire escapes your control and becomes a threat to cause damage to people or property, remain at a safe distance to monitor and send runners to notify camp staff IMMEDIATELY.***

**Food Preparation & Cooking Instructions**

## Lunch Meals

At the beginning of the week, you will be provided with the following staple items. You may request refills using the provided form.

- Sliced bread w/ margarine spread, peanut butter, & jelly packets
- Ketchup, mustard, relish, mayonnaise and hot sauce packets
- Assorted fresh fruit
- Assorted granola bars
- Assorted condiments
- Ice

### MONDAY LUNCH Hot Dog, Potato Bites, and Frozen Fruit/Applesauce Cup

Portions: (per person)

Hot dog	2 each
Bun	2 each
Potato bites	4oz each
Fruit cup / applesauce	1 each

Other Ingredients:

- Seasoned salt

Cooking Methods:

On the griddle (entire meal):

Heat griddle on stove 5 min prior to use.

Directions:

1. Lightly coat griddle in non-stick spray
2. Place hot dogs on ridged side of griddle, turn occasionally to prevent burning, **cook to 155°**
3. Place potato bites on griddle (wipe and reapply non-stick spray as needed), use spatula to turn as needed to prevent burning, apply seasoning, and cook until golden brown and lightly crisp on all sides
4. Serve with frozen fruit cup or applesauce cup and condiments as desired

## **TUESDAY LUNCH Chicken Sandwich, Baked Beans, Carrot Sticks, and Cookie**

Portions: (per person)

Chicken breast	1 each
Bun	1 each
American cheese	1 each
Baked beans	3oz each
Carrot sticks	4 each
Ranch cup	1 each
Cookie	1 each

Other Ingredients:

- Lettuce
- Tomato

Cooking Methods:

On the griddle (hot dog):

Heat griddle on stove 5 min prior to use.

In a pot (beans):

Place pot on stove.

Directions:

1. Place beans in pot over medium heat and let simmer, stir occasionally to ensure uniform heating, **cook to 140°**
2. While waiting for beans to cook, lightly coat griddle in non-stick spray
3. Place buns face-down on griddle, cook until lightly browned and crisp, set aside
4. Place chicken breasts on ridged side of griddle, turn occasionally to prevent burning, **cook to 165°**
5. Slice tomatoes
6. Assemble chicken breasts, lettuce, tomato, and cheese between toasted buns
7. Serve with beans, carrots, and cookie, apply condiments as desire

**WEDNESDAY LUNCH Italian Meatball Sandwich, Green Beans, Chips, and Frozen Fruit/Applesauce Cup**

Portions: (per person)

Meatballs	4 each
Hoagie roll	1 each
Green beans	3oz each
Bag of chips	1 each
Fruit cup / applesauce	1 each

Other Ingredients:

- Tomato sauce

Cooking Methods:

On the griddle (meatballs):

Heat griddle on stove 5 min prior to use.

In **SEPARATE** pots (green beans, sauce, and finishing meatballs):

Place pots on stove.

Directions:

1. Place green beans in pot over medium heat and let simmer, stir occasionally to ensure uniform heating, **cook to 140°**
2. Place tomato sauce in pot over medium heat and let simmer, stir occasionally to ensure uniform heating, **cook to 140°**
3. While waiting for sauce and beans to cook, lightly coat griddle in non-stick spray
4. Place meatballs on griddle and sear on high heat until flavorful brown crust forms, take care not to burn, meatballs do not need to be fully cooked at this step
5. After searing, place meatballs into tomato sauce and let simmer, stir occasionally to ensure uniform heating, **cook meatballs to 155°**
6. While simmering meatballs in sauce, wipe off griddle and lightly coat in non-stick spray
7. Place rolls face-down on griddle to toast, cook until lightly browned and crisp
8. Assemble meatballs, sauce, and toasted roll into sandwich, serve with green beans, a bag of chips, and a frozen fruit or applesauce cup

**THURSDAY LUNCH Pulled Pork Sandwich, Coleslaw, BBQ Beans, and Cookie**

Portions: (per person)

Pulled pork BBQ	4oz each
Bun	1 each
Coleslaw	3oz each
BBQ beans	3oz each
Cookie	1 each

Other Ingredients:

- BBQ Sauce

Cooking Methods:

In **SEPARATE** pots (entire meal):

Place pot on stove.

Directions:

1. Place pulled pork in pot over low-medium heat and close lid, **cook to 155°**
2. While cooking pork, place beans in pot and simmer on medium, **cook to 140°**
3. Optionally, toast buns on griddle with non-stick spray until lightly browned and crisp
4. Assemble pulled pork sandwich with BBQ sauce and coleslaw, or serve slaw on side, serve with beans and cookie

*Not a fan of barbeque sauce? Don't put it on your sandwich! The pork is perfectly fine on its own, and it also pairs well with hot sauce!*

## **FRIDAY LUNCH Grilled Cheese, Soup, Carrot Sticks, and Cookie**

Portions: (per person)

Sliced bread	4 each
American Cheese	4 each
Soup	1 bowl each
Carrot sticks	4 each
Ranch cup	1 each
Cookie	1 each

Other Ingredients:

- Butter

Cooking Methods:

On the griddle (grilled cheese):

Heat griddle on stove 5 min prior to use.

In a pot (soup):

Place pot on stove, optionally pre-heat for 5 min.

Directions:

1. Place soup in pot and simmer over low-medium heat, stirring occasionally to ensure uniform heating
2. Lightly coat griddle in non-stick spray
3. Lightly butter one side of each piece of bread
4. Assemble cheese sandwiches and place on griddle buttered side down over medium heat
5. Cook until cheese is melted and bread is golden brown and crisp on both sides, take care not to burn bread
6. Serve with soup, carrot sticks and ranch, and a cookie

*Grilled cheese is the perfect substitute for a spoon when eating your soup! It's a classic combo, and if you've never tried it, then there's no time like the present.*

**Food Preparation & Cooking Instructions**

## Dinner Meals

At the beginning of the week, you will be provided with the following staple items. You may request refills using the provided form.

- Sliced bread w/ margarine spread, peanut butter, & jelly packets
- Ketchup, mustard, relish, mayonnaise and hot sauce packets
- Assorted fresh fruit
- Ice

Your unit will be provided with the following daily with each dinner meal:

- Tossed salad mix (incl. lettuce mix, tomato, cucumber, and dressing packets)

### MONDAY DINNER Taco Salad and Pretzel Bites

Portions: (per person)

Taco meat	6oz each
Pretzel bites	4 each

#### Other Ingredients:

- Tomatoes
- Shredded Lettuce
- Cheese
- Salsa
- Tortilla chips
- Caramel sauce

#### Cooking Methods:

##### In a pot (taco meat):

Place pot on stove.

##### In dutch oven (pretzel bites):

Place baking tray in dutch oven and heat on stove 10 min prior to use.

#### Directions:

1. Place taco meat in pot over medium-high, stirring to prevent burning and ensure uniform heating, **cook to 155°**
2. Gently spray pretzel bites with non-stick spray before sprinkling with salt
3. Place pretzel bites on non-stick coated baking tray in dutch oven over medium heat and bake until soft
4. Assemble taco salad with corn tortilla chips, taco meat, shredded lettuce, diced tomato, cheese, and salsa as desired
5. Serve pretzel bites with caramel sauce as desired

## **TUESDAY DINNER Salisbury Steak, Pan-Fried Potato, Carrots, and Pudding Cup**

Portions: (per person)

Salisbury steak	2 each
Gravy	6oz each
Potato	3oz each
Carrots	3oz each
Pudding cup	1 each

Other Ingredients:

- Seasoned salt (potatoes)
- Mixed garlic+onion powder (carrots)

Cooking Methods:

On the griddle (steaks and potatoes):

Heat griddle on stove for 5 min prior to use.

In **SEPARATE** pots (carrots and gravy):

Place pots on stove.

Directions:

1. Place carrots in pot, season as desired, simmer over low-medium heat until warm and tender, stir occasionally, **cook to 135°**
2. Find water measurements for gravy
3. Mix gravy powder with cool water while bringing the rest of the water to a full rolling boil
4. Once boiling, add gravy slurry to boiling water, mix thoroughly, and bring back to a boil
5. Turn down heat to simmer gravy until thickened
6. Lightly coat griddle in non-stick cooking spray
7. Place diced potatoes on griddle and season, turn occasionally to prevent burning, cook until golden brown and lightly crisp
8. Wipe griddle and lightly coat in non-stick cooking spray
9. Place steaks on griddle, turn occasionally to prevent burning, **cook to 155°**
10. Serve steaks with gravy, potatoes, carrots, and pudding

## **WEDNESDAY DINNER Fajitas, Pinto Beans, and Apple Churros**

Portions: (per person)

Chicken strips	6oz each
Beans	3oz each
Flour tortilla	2 each
Apple churro	1 each

Other Ingredients:

- Mixed peppers and onions
- Shredded cheese
- Salsa

Cooking Methods:

On the griddle (chicken and vegetables):

Heat griddle on stove for 5 min prior to use.

In a pot (beans):

Place pot on stove.

Directions:

1. Place beans in pot and simmer over low-medium heat, stir occasionally, **cook to 135°**
1. Lightly coat griddle in non-stick cooking spray
2. Place peppers and onions on griddle over high heat, move and turn regularly to prevent burning, sear until warm and tender
3. Wipe griddle and lightly coat in non-stick cooking spray
4. Place chicken strips on griddle over medium-high heat, turn to prevent burning, **cook to 140°** (they are fully cooked already)
5. After removing chicken, optionally place tortillas down on griddle over high heat to toast until lightly browned and warm
6. Assemble fajitas with tortillas, chicken, peppers, onions, cheese, and salsa as desired
7. Serve with apple churro

*For a more rustic option, consider wrapping the ingredients in a foil pack and cooking them all over hot coals! Throw everything together, put it over coals from a fire, and let it ride until hot. Serve on tortillas and enjoy a more classic camping experience.*

**THURSDAY DINNER Penne Pasta w/ Meat Sauce, Green Beans, Garlic Bread, and Ice Cream**

Portions: (per person)

Penne pasta	1oz each
Meat sauce	4oz each
Green beans	3oz each
Garlic bread	1 each
Ice cream cup	1 each

Other Ingredients:

- Tomato sauce
- Browned meat

Cooking Methods:

In **SEPARATE** pots (penne, sauce, green beans):

Place pot on stove. For pasta, bring water to a full rolling boil before beginning.

On the griddle (garlic bread):

Heat griddle on stove for 5 min prior to use.

Directions:

1. Lightly coat baking tray in non-stick spray
2. Place garlic bread on griddle and toast until lightly crisp, fragrant, and warm
3. Place tomato sauce and browned meat in a pot, stir occasionally to ensure uniform heating, **cook to 155°**
4. Place green beans in a pot, stir occasionally, **cook to 135°**
5. When water boiling, pour in pasta and boil until al-dente (soft, but firm enough to be toothsome when bitten)
6. Strain cooked pasta through colander and serve with sauce, green beans, garlic bread, and ice cream

## Campsite Food Request Form

Submit this form to the kitchen to request refills of any of the items listed below

Unit/Patrol : \_\_\_\_\_ Campsite: \_\_\_\_\_

Day of Request (circle one): M Tu W Th F Meal: Breakfast Lunch Dinner

<b>We need more... (check the box)</b>	
<input type="checkbox"/> <b>Salt</b>	<input type="checkbox"/> <b>Napkins</b>
<input type="checkbox"/> <b>Pepper</b>	<input type="checkbox"/> <b>Paper towels</b>
<input type="checkbox"/> <b>PAM non-stick spray</b>	<input type="checkbox"/> <b>Aluminum foil</b>
<input type="checkbox"/> <b>Ketchup</b>	<input type="checkbox"/> <b>Ziplock bags</b>
<input type="checkbox"/> <b>Mustard</b>	<input type="checkbox"/> <b>Dish soap</b>
<input type="checkbox"/> <b>Mayonnaise</b>	<input type="checkbox"/> <b>Sanitizer tablets</b>
<input type="checkbox"/> <b>Relish</b>	<input type="checkbox"/> <b>Sponges</b>
<input type="checkbox"/> <b>Hot sauce</b>	<input type="checkbox"/> <b>Dish rags</b>
<input type="checkbox"/> <b>Peanut butter packets</b>	<input type="checkbox"/> <b>Propane</b>
<input type="checkbox"/> <b>Jelly packets</b>	<b>OTHER (write item below)</b>
<input type="checkbox"/> <b>Margarine packets</b>	
<input type="checkbox"/> <b>Bread</b>	
<input type="checkbox"/> <b>Asst. Cereal</b>	
<input type="checkbox"/> <b>Oatmeal packets</b>	
<input type="checkbox"/> <b>Apples</b>	
<input type="checkbox"/> <b>Oranges</b>	
<input type="checkbox"/> <b>Yogurt cups</b>	

## Food Preparation & Cooking Instructions

### **Staple Items**

Salt & Pepper shaker  
Pam non-stick spray -  
Condiment packets – ketchup, mustard, relish, mayo, hot sauce  
Sanitizer tabs -  
Dish soap -  
Jelly & peanut butter packets  
Sliced white bread  
Aluminum foil -  
Zip lock bags 1gal -  
Sponges -  
Dish rags -  
Paper towels -  
Napkins -  
Grill lighter -

### **Cooking Equipment**

Cast iron flat griddle  
Spatula  
Tongs  
Knife – small, large  
Spoon – small, large, large w/holes  
Mixing bowl  
Meal kit (per person) – plate, bowl, cup, knife, fork, spoon  
Dutch oven  
Baking pan – round  
Cutting board  
Pot – 2ea medium size  
Pot – 1ea large size  
Collendar  
Whisk  
Measuring cup/spoon set  
Digital Thermometer

### **General equipment**

Propane stove w/hose  
5gal propane tank w/milk crate  
Patrol box  
4' plastic folding table  
Pop up canopy  
Large storage tote w/lid  
Large pail  
5gal drink cooler  
5 gal water jug  
Large cooler  
Dish washing totes (3ea)  
Hot gloves