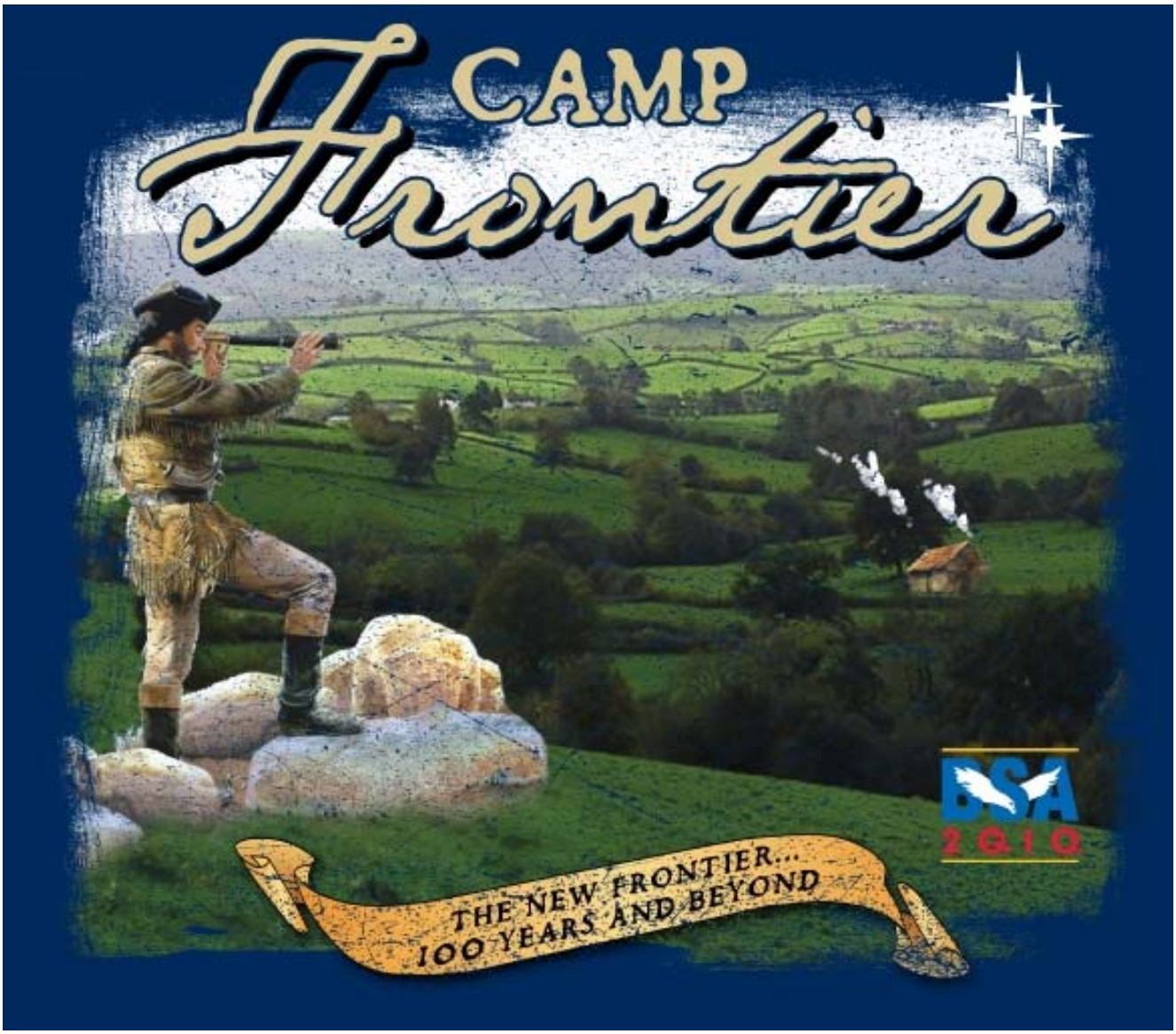

Plan B Menu and Cooking Instructions
Pioneer Scout Reservation

Erie Shores Council
Boy Scouts of America, 2010

STAPLES
ISSUE AND REFILL

STAPLES

Staple items such as bread, jelly, peanut butter, catsup, salt, pepper and oil are to be maintained in patrol boxes for snacking as desired by Troop members. Most of these items will be distributed on Sunday evening to your campsite. Leaders may check out instant coffee and tea bags as needed. Unopened and unused non-perishable food should be returned in coolers to the food delivery person.

STAPLES ISSUED

Jelly	Syrup	Dish Soap
Peanut Butter	Butter	Sanitizer Tablets*
Bread	Mustard	Matches*
Catsup	Salad Dressing	Sponge*
Salt	Hot Cocoa	Paper Towels*
Pepper	Cereal	
Cooking Oil	Punch	

All un-starred items may be replaced by filing out a staples request card, cleaning and returning the container, and placing it in your cooler.

Dish soap should be placed on coolers after Friday's lunch

Punch will be issued as follows…Each patrol will receive 2 bottles of 9:1 (one on Sunday night and one on Wednesday night). Additional bottles of 9:1 punch mix may be purchased in the trading post.

Please **DO NOT** throw away any egg cartons. They need to be returned to the food delivery person

NOTE: If your patrol members are big eaters certain items on each menu may be increased if you ask the Commissary Director. If you have concerns, ask your Scoutmaster to talk to the Commissary Director.

HELPFUL INFORMATION AND TIPS

Each Scout and Leader should provide his/her own plate, cup, bowl, knife, fork and spoon. We DO NOT recommend using paper and plastic table service.

Food Delivery

Food will be delivered to each campsite between the following times…

Breakfast: The Night Before Lunch: 10:30-11:00 Dinner: 4:00-4:30

Food will be delivered in coolers for each patrol. Coolers need to be emptied and cleaned immediately following the meal for pick up. You may request an extra cooler to keep in your site for troop staples (ie butter, dressing, jelly, etc.) This cooler will be delivered to your site. The cooler should be placed by the road on Friday with your other coolers after lunch to be picked up.

IMPORTANT: ALL COOLERS NEED TO BE PLACED BY THE ROAD DIRECTLY AFTER MEALS FOR PICKUP. IF A COOLER IS MISSING AFTER A MEAL, WE WILL NOT HAVE THE COOLER READY FOR THE NEXT MEAL. IN OTHER WORDS, IF WE PICK UP THREE COOLERS WE WILL DROP OFF THREE COOLERS.

Trash, Garbage, and Dish Water Disposal

A trash bag will be supplied in each morning's breakfast delivery. Additional trash bags can be obtained at the Quartermaster as needed. Camp Frontier asks that you separate aluminum cans from the regular trash. There will be a can at every campsite strictly for recycling these cans. We thank you in advance for you cooperation.

When you are finished washing dishes, do this:

1. Empty dishwater and rinse water down your latrine stool.
2. Empty the sanitized rinse water down your urinal.

INSTRUCTIONS FOR EASY MEAL PREPARTION

Tips to Fireman:

1. Use wood fires for Dutch oven cooking. Start fire one hour ahead of time and let it burn down to a bed of glowing coals. Too hot a fire will ruin you Dutch oven.

2. Propane Stoves:
    A. Keep your stove clean. Clean it after every meal.
    B. Keep propane tank in the shade. Turn propane off at the tank after meals.
    C. Please turn off burners and tank when not in use. Propane is expensive.

Tips to Cooks:

1. IMPORTANT: Care in preparation and serving meals on time are your two most IMPORTANT responsibilities. The food you receive is top grade- turn it into top grade meals.
2. When you are ready to cook a meal, lay all the items for that meal out on your table. This way you won't miss anything.
3. Always wash your hands with soap and water before cooking a meal.
4. Read full instructions TWICE before starting your meal.
5. When the instructions call for 1 cup, this means 8 ounces.

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, including Guests, gets a fair share of everything.

Tips for Clean-Up:

1. As soon as the cooking is done, and BEFORE SITTING DOWN TO EAT, put the tubs of water on the fire so that you will have hot dishwater when you have finished eating. This is your job.
2. Clean off your patrol table. Put staple items back in the patrol kitchen box.
3. Put some hot and cold water into dishwashing pot; add one squirt of liquid detergent. Use the rest of the hot water for rinsing. Then put the sanitizing tablet in the other tub of hot water.
4. Wipe then wash all silverware and utensils.
5. Wipe then wash all plates and cups. Sterilize plates, cups, cutlery, and utensils by placing these items into the water to which the sterilizing tablet has been added. Allow items to remain in the solution for three minutes. When removing items from this tub shake off excess water. Allow plates, cups, cutlery and utensils to air dry. DO NOT TOWEL DRY – this can spread germs.
6. Wash pots and pans. Sterilize in rinse water for three minutes also.
7. Place all garbage in a garbage bag. Place all aluminum cans in the recycle can.

TABLE MANNERS AND GRACE

Mealtime is the time for Scouts to be on their best behavior. It should be a time of relaxation, good manners and pleasant conversation. “Please” and “Thank You” should be the order of the day.

We suggest that this is an opportunity to teach Scouts how to set a table properly. A neat appearing dining table can help make the meal taste better.

We also suggest that your patrols pause before each meal and give thanks.

FRONTIER GRACE

For gifts of food and freedom
And the woods which in we roam.
For the beautiful crimson sunsets,
And the camp, that is our home.
For the starry skies at night,
And the gentle wind in the trees,
We Thank you, Great Spirit, for giving us all of these.

MONDAY BREAKFAST

Eggs
Sausage Patty or Sliced Ham
Toast
Home Fries
Cereal/Milk
Fruit Juice
Hot Chocolate

Grocery List	Staples	Tools
Eggs	Syrup	Griddle
Sausage patty or Sliced Ham	Jelly	Frying Pan
Juice	Oil	Cocoa Pot
Milk	Butter	Serving Tools
Potatoes	Bread	
Bread	Hot Chocolate	
	Cereal	

Instructions (Read Twice)

1. Gather food and needed cooking utensils
2. Wash hands
3. Read full instructions TWICE before starting meal
4. Slice potatoes, add to frying pan w/oil. Season with salt and pepper. Cook until soft, stirring and turning as needed
5. Fry sausage patties or ham in frying pan until thoroughly heated. Meat is precooked
6. Cook eggs to your liking remember to add oil to the frying pan
7. Put water on for hot cocoa
8. Set table with juice, cocoa, cereal, and milk
9. Put your buckets of water on the stove to heat for dishes
10. Say GRACE before eating

MONDAY LUNCH

Coney Dogs
Mac N Cheese
Chips
Punch
Dessert

Grocery List	Staples	Tools
Hot Dogs	Mustard	Pot
Buns	Catsup	Frying Pan or griddle
Mac N Cheese	Butter	Serving Utensils
Dessert		Pot
Chili Sauce		
Onion		
Milk		

Instructions (Read Twice)

1. Gather food and needed cooking utensils.
2. Wash hands
3. Read full instructions TWICE before starting meal.
4. Follow directions on box to prepare Mac N cheese.
5. Cook hot dogs on griddle or cut a stick and cook over an open fire.
6. Heat Chili Sauce
7. Set table with buns, chips, mustard, catsup, and dessert.
8. Put your buckets of water on the stove to heat for dishes.
9. Say GRACE before eating.

MONDAY DINNER

Salisbury steak
Mashed potatoes
Gravy
Corn
Salad
Milk

Grocery List	Staples	Tools
Salisbury Steak	Oil	Pots
Mashed potatoes	Bread	Serving Utensils
Gravy	Butter	
Lettuce	Salad Dressing	
Canned fruit		
Milk		
Dessert		
Corn		

Instructions (Read Twice)

1. Gather food and needed cooking utensils.
2. Wash hands
3. Read full instructions TWICE before starting meal.
4. Heat Salisbury steak, meat is precooked.
5. Follow instructions for potatoes that are on the box.
6. Follow gravy instructions on packet
7. Open corn put in pan and warm
8. Put your buckets of water on the stove to heat for dishes.
9. Say GRACE before eating.

TUESDAY BREAKFAST

Pancakes/Syrup
Sausage
Cereal/Milk
Juice/Fruit
Hot Chocolate

Grocery List	Staples	Tools
Pancake Mix	Syrup	Griddle
Sausage	Jelly	Frying Pan
Fruit	Oil	Cocoa Pot
Juice	Butter	Serving Utensils
Milk	Pepper	Pot
	Salt	

Instructions (Read Twice)

1. Gather food and needed cooking utensils.
2. Wash hands
3. Read full instructions TWICE before starting meal.
4. Fry sausage in frying pan until thoroughly heated, meat is precooked.
5. Mix pancake mix and water in the pot to make pancake batter. Drop batter on a hot greased griddle. Turn when bubbles appear on pancake. Cook until golden brown on both sides. Serve with butter, syrup, or jelly.
6. Put water on for hot cocoa.
7. Set table with juice, fruit, cocoa, cereal, and milk.
8. Put your buckets of water on the stove to heat for dishes.
9. Say GRACE before eating.

TUESDAY LUNCH

Chicken Fajitas
Refried Beans
Fruit Wagon
Punch
Salsa
Dessert

Grocery List	Staples	Tools
Chicken Strips	Oil	Pot
Taco Seasoning	Salsa	Fry Pan
Onion		Serving Utensils
Lettuce		
Tomato		
Cheese		
Sour cream		
Dessert		
Refried Beans		

Instructions (Read Twice)

1. Gather food and needed cooking utensils.
2. Wash hands
3. Read full instructions TWICE before starting meal.
4. Heat precooked chicken. Follow directions on seasoning packet
5. Heat beans in pot.
6. Cut and wash raw vegetables (Lettuce, onion, tomato) for Fajitas.
7. Set table with fajita's meat shells salsa sour cream cheese and refried beans
8. Put your buckets of water on the stove to heat for dishes.
9. Say GRACE before eating.

TUESDAY DINNER

Spaghetti
Sauce
Salad
Texas toast
Peaches
Dessert
Milk

Grocery List	Staples	Tools
Spaghetti	Oil	2 Pots
Spaghetti Sauce	Butter	Serving Utensils
Salad		Fry pan
Texas Toast		Griddle
Dessert		
Milk		
Fruit		

Instructions (Read Twice)

1. Gather food and needed cooking utensils.
2. Wash hands
3. Read full instructions TWICE before starting meal.
4. Bring pot of water to boil to cook spaghetti. Add a small amount of oil to pot to prevent spaghetti from sticking. Stir often while cooking. Do not overcook.
5. Heat sauce and add to spaghetti after it has been cooked and drained. Keep warm until served.
6. Butter one side of Texas toast and brown on griddle.
7. Prepare salad and serve with dressing.
8. Set table with toast, peaches, milk, and dessert.
9. Put your buckets of water on the stove to heat for dishes.
10. Say GRACE before eating.

WEDNESDAY BREAKFAST

Breakfast Sandwich
Hash browns
Cereal/Milk
Juice
Hot Chocolate

Grocery List	Staples	Tools
English Muffins or Biscuits	Syrup	Griddle
Eggs	Jelly	Frying Pan
Meat	Oil	Cocoa Pot
Cheese Slices	Butter	Serving Tools
Shredded Potatoes		
Juice		
Milk		

Instructions (Read Twice)

1. Gather food and needed cooking utensils
2. Wash hands
3. Read full instructions TWICE before starting meal.
4. Heat meat on the griddle. Meat is precooked.
5. Place small amount of oil in fry pan and fry eggs to cook yolks.
6. Place small amount of oil on griddle, fry shredded potatoes, turning as needed until browned and crisp.
7. Heat water for oatmeal and cook according to directions.
8. Set table with meat, eggs, English muffins or biscuits, cheese slices, hash browns, juice and milk.
9. Put your buckets of water on the stove to heat for dishes.
10. Say GRACE before eating.

WEDNESDAY LUNCH

Grilled meat and cheese sandwiches
Carrot Sticks
Chips
Soup
Punch
Fruit Wagon
Dessert

Grocery List	Staples	Tools
Bread	Butter	Pot
Cheese		Frying Pan or Griddle
Carrot Sticks		Serving Utensils
Celery Sticks		
Dessert		
Meat		
Chips		
Soup		
Punch Mix		

Instructions (Read Twice)

1. Gather food and needed cooking utensils.
2. Wash hands
3. Read full instructions TWICE before starting meal.
4. Butter bread on one side. Place cheese and meat on bread and top with second slice of bread that is buttered on outside.
5. Prepare carrot and celery sticks and place in cold water until served.
6. Heat soup in pot
7. Put your buckets of water on the stove to heat for dishes.
8. Say GRACE before eating.

WEDNESDAY DINNER

Hamburger/Cheeseburger
Baked Beans
Chips
Buns
Dessert
Fruit
Beverages

Grocery List	Staples	Tools
Hamburgers	Mustard	Pot
Buns	Catsup	Griddle
Frontier Beans		Serving Utensils
Cheese		
Chips		
Dessert		
Milk		
Fruit		
Onion		

Instructions (Read Twice)

1. Gather food and needed cooking utensils.
2. Wash hands
3. Read full instructions TWICE before starting meal.
4. Heat beans to warm. (These can be baked in a Dutch Oven)
5. Fry or grill burgers. Serve with cheese if desired.
6. Slice onion for sandwiches, chop some and put in the baked beans if desired.
7. Set table with chips, mustard, catsup, onions, beverages, fruit, and desserts.
8. Put water on stove to heat for dishes.
9. Say GRACE before eating.

THURSDAY BREAKFAST

French Toast
Meat
Margarine/Syrup
Juice/Milk

Grocery List	Staples	Tools
Eggs	Syrup	Griddle
Meat	Jelly	Frying Pan
Bread	Oil	Cocoa Pot
Juice	Butter	Serving Utensils
milk		

1. Gather food and needed cooking utensils.
2. Wash hands
3. Read full instructions TWICE before starting meal.
4. Heat meat in skillet, meat is precooked.
5. Scramble eggs in bowl and add milk (1/3 c. per egg) and stir. Dip and turn bread to coat quickly (Do not let bread soak in mixture). Add oil to griddle. Fry bread and turn as needed until golden brown on both sides. Serve with margarine and syrup.
6. Put water on for cocoa if needed.
7. Set table with juice, cereal, and milk.
8. Put your buckets of water on the stove to heat for dishes.
9. Say GRACE before eating.

THURSDAY LUNCH

Sloppy Joe/Buns
Potato Salad
Punch
Fruit Wagon
Dessert

Grocery List	Staples	Tools
Ground Beef		Pot
Buns		Frying Pan or griddle
Sloppy Joe Mix		Serving Utensils
Dessert		
Potato Salad		
Fruit wagon		

Instructions (Read Twice)

1. Gather food and needed cooking utensils.
2. Wash hands
3. Read full instructions TWICE before starting meal.
4. To make sloppy joes, brown ground beef. Add sloppy joe mix and water. Simmer until thoroughly heated. Serve on buns.
5. Set table with buns, Potato salad and dessert.
6. Put your buckets of water on the stove to heat for dishes.
7. Say GRACE before eating.

THURSDAY DINNER

Turkey Gravy
Mashed Potatoes
Gravy
Salad
Corn
Fruit
Punch
Milk
Dessert

Grocery List	Staples	Tools
Turkey	Salad Dressing	Pot
Mashed Potatoes		Fry Pan
Lettuce		Flipper
Corn		Serving Utensils
Fruit		
Milk		
Gravy		
Dessert		

Instructions (Read Twice)

1. Gather food and needed cooking utensils.
2. Wash hands
3. Read full instructions TWICE before starting meal.
4. Fry turkey till done.
5. Follow instructions on box of potatoes to prepare
6. Follow instructions on gravy packet to prepare
7. Prepare salad and serve with dressing.
8. Set table with bread, butter, milk, and punch.
9. Put your buckets of water on the stove to heat for dishes.
10. Say GRACE before eating.

FRIDAY BREAKFAST

Breakfast Burrito
Cereal/Milk
Juice

Grocery List	Staples	Tools
Eggs	Butter	Griddle
Meat	Bread	Frying Pan
Flour Tortillas	Jelly	Cocoa Pot
Potatoes	Salsa	Serving Utensils
Onion		
Cheese		
Cereal		
Milk		
Juice		
Green Pepper		

Instructions (Read Twice)

1. Gather food and needed cooking utensils.
2. Wash hands
3. Read full instructions TWICE before starting meal.
4. Dice onion, green pepper, and potato.
5. Fry meat with above ingredients in an oiled frying pan until thoroughly cooked.
6. Mix eggs and a small amount of milk in the pot to make eggs. Add meat and vegetables to mix and fry until cooked. Add cheese to top of eggs or cook with them.
7. Add mixture to flour tortillas.
8. Set table with juice, cereal, and milk.
9. Put your buckets of water on the stove to heat for dishes.
10. Say GRACE before eating.

FRIDAY LUNCH

Sub Sandwich
Chips
Punch
Fruit Wagon
Cookies

Grocery List	Staples	Tools
Sub Buns	Mustard	Serving Utensils
Cheese	Catsup	
Meat		
Lettuce		
Onion		
Tomato		
Pickles		
Chips		
Dessert		

Instructions (Read Twice)

1. Gather food and needed cooking utensils.
2. Wash hands
3. Read full instructions TWICE before starting meal.
4. Slice tomatoes, onions, and lettuce for sandwiches.
5. Set out meats, cheese, rolls, and vegetables for sandwiches.
6. Mix punch as directed.
7. Set table with chips, punch, mustard, catsup, and cookies.
8. Put your buckets of water on the stove to heat for dishes.
9. Say GRACE before eating.
10. Clean out all coolers, patrol boxes, camp pots and pans and return.
11. Thoroughly clean cooking stoves and stands.
12. Place all coolers, crates and other food packer supplies by the road for pick up.