

YEAR 7 Recreation Camp – Menu & Food Tips

To develop your camping skills and help prepare for future programs, the Year 7 camp will require you to provide and cook some meals. The meals you will need to pack are as follows:

- 1 x Lunch (Day 1)
- 1 x Snack (Day 1)
- 1 x Dinner for Bush Camp (cooked on camp Trangia stove) (Day 1)

It is not easy cooking a full meal on a Trangia stove for the first time. Some of you may have used camp stoves previously and know they take a little longer than a usual stove to cook your meals. Here are a few suggestions to assist you in preparing your food for the camp. It's a guide only and you can make alterations. **Search the internet for 'Trangia Meal Ideas' to assist in planning.**

TIPS	SOME DON'Ts
<ul style="list-style-type: none"> • A good meal affects your mood – choose something you will look forward to! • Ensure meals are nutritionally balanced • Remove all excess food packaging and place food into snap lock bags, e.g. muesli bar wrappers removed and all put into the same snap lock bag • Ensure the quantities are correct, e.g. if you only need a table spoon of oil then put a table spoon into a film canister and leave the rest of the bottle at home • Your meals should be relatively quick and easy to prepare and clean • Choose recipes with fewer and reasonably light ingredients – attempt to avoid glass and tins as they are heavy and are bulky • Avoid foods that require refrigeration • Use a combination of long life and powdered milk • Write on the outside of the food container which day and meal that particular food is to be used • Depending on what you are cooking aluminum foil or oil can make all the difference! E.g. bush pizzas 	<ul style="list-style-type: none"> • Do not bring meats such as steak, bacon and sausages as the meat spoils quickly and can cause food poisoning • No eggs as they are messy, hard to cook and difficult to pack • No pancakes as they are also messy, time consuming and for all the effort of cooking and cleaning they are quickly consumed • Two-minute noodles don't qualify as a meal – as an entrée or snack is fine • No soft drink, energy drinks coffee or chewing gum
LUNCH	
<p>Generally lunch is something quick and easy and does not require too much preparation.</p> <p>Expedition Lunch Menu Example</p> <ul style="list-style-type: none"> • 3 Slices of Mountain Bread per person, • 1 Squeeze pack Dijonaise, • 2 Tomatoes per person • 1/4 Continental Cucumber, • 1/4 Block Cheddar Cheese • 1 Tuna Tempter (sachets) • 1/4 of a large salami • 1 Piece of Fruit per person • 8 Biscuits 	<ul style="list-style-type: none"> • Biscuits – Dry Biscuits of your choice • Toppings – Tuna cans or sashes, salami, cheese, tomato, sprouts, cucumber, mayonnaise, • On the side – celery and carrot sticks with dip, Sakata crackers or shapes • Spreads – butter, mustard, sweet spreads as desired • Fruit and fruit cake • Muesli bars • Guacamole (mix the following ingredients and use as a dip or spread) <ul style="list-style-type: none"> ○ 1 Avocado, Juice from ½ a lemon ○ ½ Tomato, diced A pinch of Chilli powder ○ 1 clove of garlic, finely chopped A large spoonful of Mayonnaise



DINNER	
<p>Dinner Recipe Ideas</p> <p>After a big day of activity, it is great fun to sit down and create a full meal for you to enjoy. For those who would like something quick and easy there are dehydrated meals available for purchase from most outdoor stores. However, they can be expensive and they can be very bland.</p> <p>Dehydrated and canned meat are exceptions, as is salami or metwurst. Please choose meats wisely, exercise caution.</p> <p>If you wish to make your meal from scratch then the following menu items are just a guide. You can add or substitute ingredients and you are also welcome to create your own expedition meal.</p>	<p>Stir Fry</p> <p>1/4 of large Fermented meat e.g. salami 1/4 Onion 1/4 Red Capsicum Freeze dried Peas & Corn 1 Handful of Snow peas 6 Mushrooms 1 Carrot (1 stick of celery optional) 1 full film canister of soy sauce 1 full film canister of honey</p> <p><i>Method:</i></p> <p>Cut up all veggies into bite size pieces. (YOU CAN PRECUT VEGGIES AT HOME) Cook onions in Trangia bowl with a tablespoon of oil, add other veggies and stir-fry. Don't overcook. Crisp is best. Add honey, soy sauce, corn & peas, mix in fried noodles. Serve vegetarians first, and then add any meat.</p>
DESSERTS	
<p>Desserts</p> <p>It is always nice to finish your meal off with a dessert. The following options can be used or ideas of your own are certainly welcome.</p> <p>Other Ideas:</p> <p>Packet Cheese Cake, Banana Split with cream & topping; Instant Pudding (Cottees, Whitewings), Fresh Fruit, Custard, Sweet Biscuits.</p>	<p>Apple or Apricot Crunch</p> <p>½ Packet Butternut Snap Biscuits 1 Small packet of dried apple rings or apricots A pinch of Cinnamon Fruit box size of long-life cream or custard</p> <p><i>Method:</i></p> <p>Simmer apple rings in very small amount of water until soft and plump (fully rehydrated). Keep adding small amounts of water as it is absorbed. Add a pinch of cinnamon to the apple. Whilst you are cooking the apple you can use your mug and the Trangia lid to crush the biscuit for the crumble. Sprinkle the crumble on the apple and serve with cream or custard.</p>
DRINKS	
<p>Drinks</p> <p>It is important that you keep your fluids up throughout the expedition to ensure you enjoy your entire time on camp. Water is the best source!</p>	<p>For some variety add Tang or Vita Fresh sachets to some of your water. Powerade is also okay as long as it is not all you are drinking. Milo, Ovaltine, Nesquik and Hot Chocolate sachets can also be used to make both hot and cold drinks around mealtimes.</p>