

YEAR 8 Recreation Camp Menu & Food Tips



Bacchus Marsh
Grammar

To develop your camping skills and help prepare for future programs, the Year 8 camp will require you to provide and cook some meals. The meals you will need to pack are as follows:

Student Food Requirements

Food planner	Wednesday	Thursday	Friday
Breakfast	At home	School to provide	School to provide
Lunch	Student to provide	School to provide	School to provide
Dinner	Student to provide and cook on Trangia	School to provide	At home
Snacks	Student to provide	School to provide	School to provide

It is not easy cooking a full meal on a Trangia stove. 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 year 8 camp. It's a guide only and you can make alterations. Search the internet for 'Trangia Meal Ideas' to assist in planning.

TIP	SOME DON'Ts
<p>A good meal affects your mood – choose something you will look forward to!</p> <p>Ensure meals are nutritionally balanced</p> <p>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</p> <p>Ensure the quantities are correct.</p> <p>Your meals should be relatively quick and easy to prepare and clean</p> <p>Choose recipes with fewer and reasonably light ingredients – attempt to avoid glass and tins as they are heavy and are bulky</p> <p>Avoid foods that require refrigeration</p> <p>Use a combination of long life and powdered milk</p> <p>Depending on what you are cooking aluminum foil or oil can make all the difference! E.g. bush pizzas</p>	<p>Do not bring meats such as; steak, bacon and sausages as the meat spoils quickly and can cause food poisoning</p> <p>No eggs as they are messy, hard to cook and difficult to pack</p> <p>No pancakes as they are also messy, time consuming and for all the effort of cooking and cleaning they are quickly consumed</p> <p>Two minute noodles don't qualify as a meal – as an entrée or snack is fine</p> <p>No soft drink, energy drinks coffee or chewing gum</p>
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. 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 Onion 1/4 Red Capsicum</p> <p>Freeze dried Peas & Corn 1 Handful of Snow peas</p> <p>6 Mushrooms 1 Carrot (1 stick of celery optional)</p> <p>1 canister of soy sauce</p> <p>1 canister of honey</p> <p>Method:</p> <p>Cut up all veggies into bite size pieces. Cook onions in Trangia bowl with a tablespoon of oil, add other veggies and stir-fry. Don't over cook. 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</p> <p>1 Small packet of dried apple rings or apricots</p> <p>A pinch of Cinnamon</p> <p>Fruit box size of long life cream or custard (Devondale)</p> <p>Method:</p> <p>Simmer apple rings in very small amount of water until soft and plump (fully rehydrated).</p> <p>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 – WATER IS BEST	