

Jamboree Food Guide



Please bring me to PJ!

INTRODUCTION

This Food Guide will tell you what you need to know about the biggest activity at PJ --- eating! You'll find the menus and food lists here, along with cooking instructions and some tips and guidelines.

Please read this Food Guide all the way through so that you can plan ahead and be prepared.

Please bring this Food Guide to PJ'11!

MENUS

We guessed that you would not want to spend a lot of time cooking and that you would not be interested in some of the stuff you have to eat at home.

So we designed meals that taste good, are nourishing and are quick. All the lunches, except for Sunday, can be taken with you to program activities, so you don't need to take extra time getting back to your site. A well-organized patrol will be efficient when preparing meals, leaving as much time as possible for PJ activities. Make sure you follow the instructions for each meal and ENJOY!

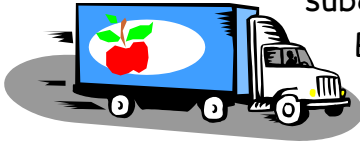
PROVISIONS

Staples

When you arrive at your subcamp, you'll get a box of staples. These are food items you'll need on a daily basis, such as ketchup, mustard, relish, jam, peanut butter, cooking oil, sugar, juice crystals, hot chocolate, margarine, salt & pepper, coffee, coffee mate, bleach, dish soap, scouring pads, cleaning cloths and garbage bags. If you run out during the camp, you can order more.

Stocking Your Larder

Twice a day, the supply truck drops provisions at the subcamp headquarters (SCHQ).



Breakfast and lunch are delivered at 7am, supper and mug-up at 5pm.

You'll need to send a pair of skookum Scouts to SCHQ to collect your patrol's food box. **Empty and clean the box right away and return it to SCHQ before your meal. If you are late turning in your box, you won't get your next meal, because we won't have anything to ship your food in.**

In this booklet, there is a provision list, menu and cooking instructions for each food delivery. If you are going on an overnight trip, you'll get a special food delivery.

Maintaining Your Kitchen

Keep your kitchen really clean! Clear away garbage after every meal (use the white Claytons bags supplied with staples). Turn in excess food to SCHQ; store your staples and non-perishable food in your food storage box. The last thing you want to do is share your food with bears or dogs!

Getting Help

If you have questions or if the food just isn't working out for you, tell your subcamp staff. They will contact the Food Services staff, who are at PJ every day, and we'll do all we can to fix things up. We want PJ'11 to be a great experience, so if you're having a problem, make sure you ask for help.

Special Diets

Some people need special diets for health, religious or philosophical reasons. We have adapted certain patrols' menus to accommodate these needs, based on your registration information and on your follow-up emails. If something still isn't working out, or if you're getting the wrong food, contact SCHQ.

Saturday, July 9

Overnight Events

If you have selected an overnight program activity, you'll get your food by special delivery. On the day you leave, you will get an extra food box with the morning delivery. This box will include your supper, mug-up and the next day's breakfast. When you return to the PJ site, (the next day about lunchtime) your lunch will be waiting for you at SCHQ.

Quality Control

The food for PJ'11 is being supplied by Claytons' Heritage Market in Sechelt. One of Claytons' staff, Bruce Morris, is in charge of feeding all the participants. As part of making sure you get the best service possible, Bruce will be touring the PJ site daily, talking with patrols, and gathering feedback. We'll also be in touch daily with each SCHQ, so if you leave a comment there, we'll get it.

Remember, if you've got a comment, pass it on. We can make changes to our system and menu very quickly.

Supper

BBQ chicken
Potato salad
Pasta salad
Watermelon
Cake
Milk

Mug-up

Hot chocolate & cookies*

Preparation instructions:

This is the easiest day! Everything is ready to serve. Just carve the chickens, serve and eat. No fighting over drumsticks!

*Save half the cookies for snacking tomorrow.

Sunday, July 10

Breakfast Apple juice
Pancakes
Bacon
Cereal* (save $\frac{1}{2}$ for Tues)
Milk
Syrup* (save $\frac{1}{2}$ for Tues)

Lunch Hot dogs
Baby carrots
Celery sticks
Doughnuts
Fruit
Juice

Preparation Instructions:

Breakfast: Follow the instructions on the pancake mix bag. Heat frying pan or griddle over medium heat. Add a small amount of margarine to grease the pan. Scoop spoonfuls of the batter onto the frying pan. When the top is bubbly and the edges a bit dry, turn over.

Lunch: Boil the hot dogs - make sure you boil them really well, so that they are cooked right through. This is for health reasons - we don't want anyone getting sick.

Supper	Spaghetti Meat sauce Garlic bread Salad Chocolate pudding Pop	Food list	dry spaghetti ground beef prepared sauce prepared garlic bread bagged salad dressings non-cook pudding milk (for pudding) pop
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Mug-up	Soup in mug Crackers & cheese*	Food list	instant soup stoned wheat thins cheddar cheese
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Preparation Instructions:

Spaghetti sauce: Brown the ground beef in a saucepan. When cooked, pour off excess fat. Add the sauce to the beef and simmer while the spaghetti pasta cooks, and you make the dessert.

Spaghetti pasta: Add the dry spaghetti to boiling water and cook for 10 - 12 minutes until tender but not soft. Drain the water off and serve with sauce over top.

Chocolate pudding: Follow the instructions on the packet. You could make this in a large baggie and save washing a bowl.

Mug-up: *Save half the crackers for Wed. mug-up.

Pop bottles: Please return these in your food box. Refunds for these bottles will not be given at the canteen.

Monday, July 11

Breakfast	Orange juice Oatmeal Toast Cereal Milk
Lunch	Rolls Peanut butter & jam Cold cuts Margarine Cookies * (save half for mug-up) Fruit Frozen juice boxes

Preparation instructions:

Breakfast: Here's an easy breakfast - just don't fight over the oatmeal flavours. Didn't bring a toaster rack for your stove? Be inventive and figure out a safe way to make toast.

Lunch: Today's lunch is the first to be packed and taken with you. All the rest of the lunches can be prepared the same way. You can make up your peanut butter & jam rolls right away. For meat rolls, do not put the meat in until lunch time! Keep the meat in its package and keep it cold with the frozen drink boxes while you do your morning activities. It'll take no time to add the meat to your rolls at lunch. Follow these simple instructions and stay healthy.

Supper	Hamburgers Cheese slices Potato chips Vegetables and dip Fruit cocktail Pop	Food list	pre-made patties hamburger buns cheese slices relish/mustard ketchup potato chips vegetables dip sauce fruit cocktail pop
Mug-up	Hot chocolate Cookies	Food list	instant (water base) hot chocolate oatmeal cookies

Preparation instructions:

Hamburger patties: Should be cooked well, so that if you press them, the juice runs clear. You can start frying them even if they're still frozen.

Vegetables: These can be cut into finger-sized bits for dipping.

Tuesday, July 12

Breakfast	Orange slices	Food list	oranges
	French toast		white bread
	Sausages		eggs
	Cereal		margarine
	Milk		breakfast sausages
	Syrup		cereal (from Sun.)
			milk
			syrup (from Sun.)

Lunch	Sub sandwich	Food list	sub buns
	Mayonnaise		mayo/mustard
	Lettuce & tomato		sliced ham
	Granola bars		sliced bologna
	Fruit		cheese slices
	Juice		lettuce/tomato
			granola bars
			apples
			juice boxes

Preparation instructions:

French toast: In a pot, mix eggs with 2 tablespoons of milk per egg, and a dash of salt. Quickly dip the bread into the egg mixture (both sides) and fry lightly using medium heat in a frying pan, until golden brown on both sides. Make sure you keep adding margarine to the pan so the bread doesn't stick.

Lunch: Make up the sub buns with mustard, cheese and veg. Remember - keep the meat and mayo separate until you are ready to eat. Use the drinking boxes to keep everything cool.

Supper

Burritos
 Corn chips with salsa
 Salad with dressings
 Chocolate cake
 Milk

Mug-up	Fruit	Food list	apples
			bananas

Preparation instructions:

Burritos: Heat in a pan with a lid, or double boiler (if you have one) on your stove - be careful not to burn them!

Corn chips: Do I really need to tell you what to do with these? Just save half the salsa for Friday's supper. (Keep it cool.)

Thursday, July 14

Breakfast	Orange juice Pancakes Bacon Cereal Milk Syrup
Lunch	Cold cheese or grilled cheese sandwiches Lettuce Granola bars Fruit Juice boxes

Preparation instructions:

Pancakes: Check out the instructions on the bag of pancake mix.

Lunch: If you're going to be near your site at lunch, you might want to have grilled cheese sandwiches, for a change. Got any pickles left from yesterday? They go well with cheese.

Supper	Chicken stir-fry with vegetables Rice Watermelon Milk	Food list	chicken breast stir-fry mix red & green peppers vegetables cooking oil soya sauce quick cooking rice watermelon milk
Mug-up	Hot chocolate Cookies (save $\frac{1}{2}$ for Fri. lunch)		

Preparation instructions:

Chicken stir-fry: Follow the instructions on the stir-fry mix packet. What? You didn't bring a wok? Never mind, just use your biggest frying pan. The key to good stir-frying is lots of heat, constant stirring and not over-cooking. Have all the vegetables cut in small pieces and ready to go before you start cooking. Make sure the chicken is cooked all the way through - no pink bits. And make the rice FIRST!

Rice: Here's the best way to make good rice at camp... follow the instructions on the box and measure accurately. Any questions?

Friday, July 15

Breakfast Apple juice
Scrambled eggs
Toast
Cereal
Milk

Lunch Rolls
Peanut butter & jam
Cold cuts
Margarine
Baby carrots & celery sticks
Cookies (from Thurs.)
Fruit
Juice boxes

Preparation instructions:

Breakfast: Crack eggs into a small bowl and mix up with a fork (remove bits of egg shell that fell in). Add a splash of milk. Melt margarine in frying pan over low heat and pour in eggs. **STIR CONTINUOUSLY** so the eggs cook evenly and don't burn on the bottom. Remove from heat when the eggs look done. Oh - clean your pan right away - dried egg is like concrete!

Lunch: Did you save cookies from yesterday?

Supper	Tacos Tortilla chips Chocolate cake Pop	Food list	taco shells ground beef taco seasoning cheddar cheese sour cream lettuce vegetables tortilla chips chocolate cake pop
Mug-up	Fruit		apples bananas

Preparation instructions:

Tacos: Follow the instructions on the taco shell box. To bake the shells, use a big pot on low heat. Put the shells in a single layer and heat for 2-3 minutes. You can grate the cheese or chop it into small bits. Did you save salsa from Tuesday?

Saturday, July 16

Breakfast Orange juice
Muffins

Lunch: Cheese or peanut butter sandwiches
Granola bars
Fruit
Juice



Preparation instructions:

Breakfast: This is the last meal at camp (sniff). And it's designed to be easy and quick.

Lunch: Make up bagged lunch for the journey home. Take and remaining food with you, if you wish - it's yours. Otherwise, take all that's left back to SCHQ.