LIGHT COOK MENU 2020

Staple List

The following items are “staples” that come with Sunday’s evening meal. You can request any of these items in writing; on a piece of paper, write your request, Troop #, and the campsite name that you are staying and clip it to the wooden stand in front of your site with the clip provided. The driver will pick it up and deliver it to you on the next run.

Matches
Salt
Ketchup
Scrubber
Pepper
Mustard
Sanitizer Tablets
Syrup
Peanut Butter
Garbage Bags
Loaf of Bread
Jelly
Paper Towels
Ramen Noodles
Ranch Dressing
Oatmeal
Cold Cereal
Mayo

Fruit will be delivered with Monday lunch and feel free to request more when you run out!

Please return food crates after each meal – check your staple crate often and make sure to let your driver know if you need anything!

Granny’s Tips for success:

1. Plan ahead. Know patrol roles ahead of time
2. Check the food crate for all the listed items on the menu for the meal
3. Heat a large pot of water for dishes at the beginning of the meal
4. Always wash your hands before handling food and eating
**SUNDAY SUPPER:** Sliced Ham and Cheese Hoagie

- Sliced Ham: 3 slices/person
- Hoagie Bun: 1 bun/person
- Cheese Slices: 2 slices/person
- Shredded Lettuce: 1 bag/patrol
- Chips: 1 bag/patrol
- Drink Mix: 1 bag/patrol
- Cookies: 1 serving/person

Make the drink mix according to the directions on the package. Make your own sandwich. This allows plenty of time to finish setting up and get to your meetings and camp tours on time.

**MONDAY BREAKFAST:** Cold Cereal, Donut, and Milk

**MONDAY LUNCH:** Cheeseburgers & Potato Chips

- Hamburger: 2/person
- Buns: 2/person
- Cheese: 2/person
- Chips: 1 bag/patrol
- Drink Mix: 1 bag/patrol
- Baked Beans: 1 serving

Heat the pre-cooked hamburgers up on a griddle over a medium flame. When they begin to sizzle, turn them over and lay a slice of cheese on each one. Follow the directions on the drink mix package. Pour can of beans into a pot; place over heat until the liquid starts to boil.

**MONDAY SUPPER:** Chicken Tenders & Hash Brown Patties

- Chicken Tenders: 3/person
- Hash brown patty: 2/person
- Salad: 1 bag/patrol
- Oatmeal Cream Pie: 1/person
- Milk: 8 oz/person

Warm chicken tenders and hash brown patties on a griddle over a low to medium heat. Both are best when lightly brown. Dressing for the salad is in the staple crate.
**TUESDAY BREAKFAST**: Scrambled Eggs & Bacon

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>2/person</td>
</tr>
<tr>
<td>Bacon</td>
<td>2 slices/person</td>
</tr>
<tr>
<td>Bread</td>
<td>3 slices/person</td>
</tr>
<tr>
<td>Butter</td>
<td>1 stick/patrol</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>1/2 gal./patrol</td>
</tr>
</tbody>
</table>

Crack eggs and mix them thoroughly in a bowl and add a little milk to stretch. Melt butter into a large frying pan and pour half of the eggs into the pan. Move them around in the pan with a spatula to prevent sticking. When they’re done, remove from pan. Repeat steps to cook the rest of the eggs. Fry bacon over a low flame and turn slices frequently to prevent curling.

**TUESDAY LUNCH**: Cold Cuts

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sliced Ham</td>
<td>3 slices/person</td>
</tr>
<tr>
<td>Sliced Turkey</td>
<td>2 slices/person</td>
</tr>
<tr>
<td>Bread</td>
<td>4 slices/person</td>
</tr>
<tr>
<td>Sliced Cheese</td>
<td>2 slices/person</td>
</tr>
<tr>
<td>Chips</td>
<td>bag/patrol</td>
</tr>
<tr>
<td>Drink Mix</td>
<td>bag/patrol</td>
</tr>
<tr>
<td>Grapes</td>
<td>1 bag/patrol</td>
</tr>
</tbody>
</table>

Make the drink mix according to the directions on the package. Make your own sandwich.

**TUESDAY SUPPER**: Spaghetti and Meatballs

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spaghetti Sauce</td>
<td>1/4 jar/person</td>
</tr>
<tr>
<td>Noodles</td>
<td>1 box/patrol</td>
</tr>
<tr>
<td>Meatballs</td>
<td>5/person</td>
</tr>
<tr>
<td>Nutty Bar</td>
<td>1/person</td>
</tr>
<tr>
<td>Milk</td>
<td>6 oz./person</td>
</tr>
<tr>
<td>Canned Corn</td>
<td>1 serving</td>
</tr>
</tbody>
</table>

Bring a large kettle ½ full of water to a boil; place the noodles into the pot when the water is boiling. Heat the sauce in a medium kettle over a low flame. Heat the meatballs in a pan over a medium heat; when the meatballs are fully cooked, mix them with the sauce. Noodles take roughly 12 minutes to cook; they should be soft but not mushy. Pour corn and liquid into a pot and heat it up.
**WEDNESDAY BREAKFAST:** Cold Cereal, Yogurt, Milk

**WEDNESDAY LUNCH:** Chicken Patties

- Chicken Patties: 2/person
- Buns: 2/person
- Grapes: 1 bag/patrol
- Drink Mix: 1 bag/patrol
- Chips: 1 bag/patrol

Cook the chicken patties on the griddle over a medium heat. Wash grapes before eating. Follow the directions on the drink mix package.

**WEDNESDAY SUPPER:** All Beef Hot Dogs, Buns, Chips, Apple, Cookies

- All Beef Hot Dog: 2/person
- Hot Dog Buns: 2/person
- Chips: 1/person
- Apple: 1/person
- Drink Mix: 1 bag/patrol
- Cosmic Brownie: 1 serving/person
**THURSDAY BREAKFAST:** Breakfast Sandwich

- Sausage Patties: 2/person
- Eggs: 2/person
- Cheese: 2 slices/person
- English Muffin: 2/person
- Orange Juice: 8 oz./person
- Butter: 1 stick/patrol

Heat a frying pan and melt a little butter to fry the eggs. Sausages are pre-cooked, so they only need to be heated up until they sizzle. Split the muffins in half, butter each side and place over heat to toast. Assemble the egg, sausage and cheese onto the English muffin as a sandwich.

**THURSDAY LUNCH:** Cold Cuts

- Sliced Ham: 3 slices/person
- Sliced Turkey: 2 slices/person
- Sliced Cheese: 2 slices/person
- Bread: 4 slices/person
- Chips: bag/patrol
- Drink Mix: bag/patrol
- Grapes: 1 bag/patrol

Make the drink mix according to the directions on the package. Make your own sandwich.

**THURSDAY SUPPER:** Beef Mac & Cheese

- Ground Beef: 3 oz./person
- Mac and Cheese: ½ box/person
- Tortilla Chips: bag/patrol
- Drink Mix: bag/patrol
- Milk: ½ pint/patrol
- Swiss Cake Roll: 1 pack/person

The ground beef is already browned so you only need to heat it up in a large skillet. Follow the directions on the Mac & Cheese box. When both are finished, mix the Mac & Cheese with the ground beef. Follow directions on the drink mix.
**FRIDAY BREAKFAST:** Bagel, Cream Cheese and Orange Juice

**FRIDAY LUNCH:** Taco in a Bag

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground Beef</td>
<td>4 oz./person</td>
</tr>
<tr>
<td>Taco Seasoning</td>
<td>1 pkg. per patrol</td>
</tr>
<tr>
<td>Shredded Cheese</td>
<td>1 bag/patrol</td>
</tr>
<tr>
<td>Shredded Lettuce</td>
<td>1 bag/patrol</td>
</tr>
<tr>
<td>Taco in a Bag Chips</td>
<td>1 bag/person</td>
</tr>
<tr>
<td>Drink Mix</td>
<td>1 bag/patrol</td>
</tr>
<tr>
<td>Salsa</td>
<td>1 jar/patrol</td>
</tr>
</tbody>
</table>

The ground beef is already browned so, heat it up in a large skillet and then stir in the seasoning. Each person can make their own.

**FRIDAY SUPPER:** Chicken Breast & Boiled Butter Potatoes

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Chicken Breast</td>
<td>1/person</td>
</tr>
<tr>
<td>Potatoes</td>
<td>1/person</td>
</tr>
<tr>
<td>Salad</td>
<td>1 bag/patrol</td>
</tr>
<tr>
<td>Milk</td>
<td>6 oz./person</td>
</tr>
<tr>
<td>Butter</td>
<td>1 stick/patrol</td>
</tr>
<tr>
<td>Star Crunch</td>
<td>1/person</td>
</tr>
</tbody>
</table>

Cook steak over a medium heat. When the bottom is browned, turn them over. Scrub and slice the potatoes in half. Put them in a large pot and cover them completely with water (sprinkle a little salt in the water) boil them for about 15-20 minutes or when potatoes are soft all the way through. When meat is dark on the outside and pink on the inside, they are done.

**SATURDAY BREAKFAST:**

Muffin, Banana, Hi-C packed troop style & delivered with Friday Supper