

Typical Patrol Menus (Suggested)

The menus that follow are only suggestions of what might be offered. Each menu is planned for eight people. Adjustments will have to be made locally for the size of the patrol and guests.

Ask for professional help in menu planning and food purchasing. These are resources available. It should be remembered that seasonal foods will lower the cost per camper and should be substituted in a menu. Buy shrewdly but don't be "chintz" about food quality; people tend to be emotional about what they eat.

The quartermaster, with the approval of the course director, may make up the conference menus. If you choose to prepare your own menus, be sure to have a balanced diet.

Boiled dinners are a "must" in New England, as is chili in Texas; therefore, tailor the menu to the locale. The following menus should serve only as a guide. Beware of "hidden" ingredients not mentioned or obvious in a menu but necessary to the meal. The *Cooking* merit badge pamphlet and the *Fieldbook* are helpful.

When the course is conducted in a patrol cooking camp, consider using the regular camp menu and modifying it to provide a real learning experience.

Make the meals at the beginning of the course simple to prepare and more complex as the course continues. Cooking instructions are omitted later in the course; patrols are on their own.

Provide sufficient copies of these menus so that all patrols have one for each day.

List of Staples

(Include with the first food issue.)

1 lb. flour	1 can pepper
1 pt. vinegar	2 lbs. sugar
1 blt. catsup	1 blt. detergent
1 pt. mayonnaise/salad dressing	1 bar hand soap (for soaping pots)
1 pkg. napkins (100's)	1 box matches
1 12-oz. blt. cooking oil	1 jar jelly or jam
1 box biscuit mix	1 pkg. sanitize tablets, No. 1923 (in the Supply Catalog)
1 jar peanut butter	cinnamon
1 box small soap pads (12)	aluminum foil
1 lb. salt	

The quartermaster must be prepared to resupply the above items upon request, and the patrols must be alert to make such requests when their supply of these items is low or near exhaustion. The quartermaster should call seemingly excessive use to the attention of the troop guide. The troop guide also should check the food box from time to time anyway.

Suggested Menu 1* (Day One)

Opening Luncheon

Buffet (unless bag lunches have been specified)

A variety of cold cuts
Sliced cheese
Fresh bread
Mustard
Salad dressing
Fresh tomatoes
Celery

Lettuce
Butter
Salt and pepper
Fresh fruit, cookies
Milk, cold drink
Napkins

Consider using paper plates, paper cups, and plastic utensils. (These items are not included in quartermaster supplies.)

This is a friendly time for good Scouting fellowship. It might set the tone for the entire conference.

Staff members should be on the lookout for participants who seem to be uptight and should visit with them to relieve their anxieties or at least try to determine the reason for the tension.

Supper

Frankfurters, potato chips, baked beans, fresh tomatoes, relish, mustard, pineapple, and milk

Food list (use up for this meal):

24 frankfurters*
2 lb. tomatoes
1 jar relish
3 qt. milk
2 loaves bread

1 12-oz. package potato chips
3 cans (no. 2 1/2) baked beans*
1 jar mustard
2 cans sliced pineapple
1 stick butter/margarine

Utensils: Griddle, 1 pot

Preparation: Read complete instructions *twice* before starting.

Fireman: One fire for cooking and one fire for dishwater.

Cooks:

1. Pour the beans into the pot and heat over a low fire. The beans are already cooked. You need only heat them. Stir occasionally to prevent sticking.
2. Wash and slice the tomatoes or cut them into sections.
3. Set out the potato chips, tomatoes, relish, mustard, milk, bread, and butter. Pour water in cups.
4. When you are almost ready to eat, place the frankfurters on the griddle and heat, browning lightly. They are precooked; you need only heat them. Don't *overcook*.
5. Serve pineapple for dessert.

* increase amounts for this menu if more than eight people are eating.

Suggested Menu 2* (Day Two)

Breakfast

Apple juice, cereal, milk scrambled eggs, bread, butter, jam, and cocoa

Food list (use up for this meal):

1 can apple juice	18 eggs *
3 qt. milk	1 stick butter/margarine
1 loaf bread	8 individuals packages cocoa
1 jar jam	salt
8 individual cereals	

Utensils: 2 pots, 2 frying pans

Preparation: Read complete instructions *twice* before starting.

Fireman: One fire for cooking, one fire for dishwater.

Cooks:

1. Put water on to boil for cocoa.
2. Break 18 eggs into a pot. Add 1 1/2 cups of milk and 1 1/2 teaspoon of salt. Beat well with a fork.
3. Heat both frying pans and melt 1 tablespoon of butter/margarine in each. Pour half of the egg mixture in each pan. Cook gently over low fire. As the eggs set around the edges, scrape them toward the center. Keep doing this until the whole mixture is set but not too dry. Keep eggs near the fire to keep warm.
4. Set out juice, bread, butter, jam, cereal, and milk.
5. When the water boils, follow the directions on the package for cocoa.

Lunch

Corned-beef sandwiches, cottage cheese and pineapple salad on lettuce, applesauce, cookies , and milk

Food list (use up for this meal):

3 12-oz. cans corned beef	2 no. 2 1/2 cans applesauce
2 lb. cottage cheese	3 qt. milk
1 no. 2 can crushed pineapple	cookies
1 head lettuce	1 stick butter/margarine
mayonnaise	2 loaves bread
mustard	

Preparation: Read complete instructions *twice* before starting.

Fireman: One fire dishwater.

* increase amounts for this menu if more than eight people are eating.

Cooks:

1. Break the lettuce into separate leaves and make nine servings on the lettuce leaves of cottage cheese topped with crushed pineapple.
2. Cut the corned beef into thin slices and place it between buttered bread for 16 sandwiches. Use extra lettuce in sandwiches. Cut in half and cover.
3. Set out the milk and drinking water. Serve the water in each cup.

4. Serve the applesauce and cookies for dessert.

Supper

Note: Troop cookout. See special instructions in main text for conference syllabus.

Suggested Menu 3* (Day Three)

Breakfast

Orange juice, cereal, milk, French toast, syrup, butter, and cocoa

Food list (use up for this meal):

1 can orange juice
8 individuals cereals
3 qt. milk

1 stick butter/margarine
1 bottle syrup
3 loaves bread

6 eggs *

8 individual packages cocoa

Utensils: 2 pots, griddle

Preparation: Read complete instructions *twice* before starting.

Fireman: One fire for cooking, one fire for dishwater.

Cooks:

1. Put 10 cups of water on to boil for cocoa.
2. French toast mix: 1/2 qt. milk, 6 eggs, 1 tablespoon sugar, 1/4 teaspoon salt. Stir these ingredients together thoroughly.
3. Grease the griddle with a piece of paper dipped in shortening. *Dip (do not soak)* the slices of bread in the mix and fry them on both sides until brown. Watch carefully, as French toast burns easily. Grease the griddle before each batch of toast. Use any leftover bread you may have.
4. Set out the juice, butter, syrup, and milk.
5. When the water boils, follow the directions on the package for cocoa.

Lunch

Cold cuts, rolls, lettuce, mustard, bread, butter, fruit mix, and lemonade

Food list (use up for this meal):

8 slices of bologna *	2 no. 2 1/2 cans mixed fruit
8 slices cheese *	1 head lettuce
8 slices liverwurst *	1 stick butter/margarine
1 jar mustard	1 loaf bread
1 can lemonade	16 hard rolls *

Preparation: Read complete instructions *twice* before starting.

Fireman: One fire for dishwater.

Cooks:

1. Prepare the lemonade per the directions on the car.
2. Wash the lettuce and break apart. Open bread wrappers.
3. Set out buffet-style the bread, rolls, lettuce, cold cuts, mustard, butter, and lemonade.
4. Serve the mixed fruit for dessert.

* increase amounts for this menu if more than eight people are eating.

Supper

Beef stew, cucumbers, applesauce, bread, butter, milk, and cookies

Food list (use up for this meal):

3 lb. stew beef	2 loaves bread
4 pieces celery	2 no. 2 1/2 cans applesauce
2 lb. onions	3 qt. milk
3 lb. potatoes	1 stick butter/margarine
2 lb. carrots	1 lb. cookies
1 no. 303 can tomatoes	salt, pepper

2 cucumbers

Utensils: 2 pots

Preparation: Read complete instructions *twice* before starting.

Fireman: One fire for cooking, one fire for dishwater.

Cooks:

1. Cut the stew meat into 1/2-inch cubes. Place pieces in a large pot with a small amount of shortening. Brown well. This must be done as quickly as possible -- not later than 4:50p.m.
2. Peel and wash the potatoes, onions, carrots, and celery. Dice or slice them. Do this by 4:55 p.m.
3. When the meat is brown, add all the vegetables. Add 1/2 cup water and cook covered for 1 hour. After 1/2 hour, add the canned tomatoes, and salt and pepper to taste. Stir to prevent scorching.
4. Peel the cucumbers and slice them thinly. Mix 1/2 cup of vinegar, 1/2 cup of water, 4 teaspoons of sugar, and 1/2 teaspoon salt in a small pot. Add the cucumber slices.
5. Set out the mike, bread, and cucumber slices.
6. Serve the applesauce and cookies for dessert.

Note: If you are getting ahead on bread or any other items, notify the quartermaster and he can cut down your order.

Suggested Menu 4* (Day Four)

Breakfast

Juice, cereal, milk, eggs, and cocoa

Food list (use up for this meal):

1 can orange juice
2 qt. milk
1 loaf bread
1 jar jam

8 individual cereals
16 eggs
1 stick butter/margarine
8 individual packages cocoa

Utensils: As needed.

Preparation: As you like it. You're on your own from now on!

Lunch

Food list (use up for this meal):

27 slices luncheon meat
9 pieces fresh fruit
1 head lettuce
1 stick butter/margarine

1 loaf cake
2 loaves bread
3 qt. milk

Supper: "Cook's Delight"

Food list (use up for this meal):

9 half chickens
9 sweet potatoes
2 can green beans
1 box biscuit mix

4 oz. butter/margarine
2 no. 2 1/2 cans sliced peaches
3 qt. milk

* increase amounts for this menu if more than eight people are eating.

Suggested Menu 5* (Day Five)

Breakfast: "At Eight"

Food list (use up for this meal):

1 can pineapple juice
8 individual cereals
2 qt. milk
2 loaves bread

8 individual packages cocoa
18 eggs
1 jar jam
1 stick butter/margarine

Lunch: "Noon Surprise"

Food list (use up for this meal):

9 slices cheese
1 (1-lb.) can tuna

2 loaves bread
1 stick butter/margarine

1 jar mayonnaise
1 head lettuce
1 onion
2 qt. milk

9 pieces fresh fruit
2 cucumbers
1 jar pickle relish
1 pkg. fruit punch

Supper: “Cook’s Hurdle” **

Food list:

3 lbs. ground beef *
1 box biscuit mix
8 potatoes
3 onions
4 pieces celery

1 bunch carrots
1 box fig bars
6 candy bars
1 box aluminum foil

* increase amounts for this menu if more than eight people are eating.

****Note:** Trail food packets and peak trail stoves may be used instead of fresh foods. This is excellent training for the outdoor program

Suggested Menu 6* (Day Six)

Breakfast: “Eye Opener” **

Food list:

1 pkg. dried apricots
6 pkg. instant oatmeal
12 eggs.

6 pks. instant cocoa
staples from patrol box

Utensils: Do you need to carry all of your cooking kit?

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