

NASSAU COUNTY COUNCIL

BOY SCOUTS OF AMERICA

D. Maynes

MENU GUIDE
AND
MEAL PLANNER



_____ AT ONTEORA
SCOUT RESERVATION, LIVINGSTON MANOR N.Y.

TUESDAY LUNCH
FRANKFURTERS
 POTATO CHIPS
 FRESH TOMATOES
 ROLLS
 MUSTARD
 FRESH FRUIT
 FRUIT PUNCH

Food List:

3 lbs. frankfurters (30)	10 pieces fruit
1 8 oz. box potato chips	5 qts. punch
2 lbs. fresh tomatoes	
1 jar mustard	30 frankfurter rolls
From staples: salt, pepper	

Utensils: 1 grill for broiling

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: Large surface broiling fire for franks.

Chefs: Make it a Picnic!!

1. Wash your hands.
2. Set out potato chips, washed tomatoes (whole or cut in quarters), mustard, punch and drinking water.
3. When almost ready to eat, place 10 frankfurters on a grill over the coals to broil. Serve. Broil the remaining frankfurters so that they can be served hot off the grill. Don't over-do; franks are already cooked.
4. Serve fruit for dessert.

TUESDAY DINNER
 CORNED BEEF HASH
 KETCHUP
 BOILED POTATOES
 CARROTS AND PEAS
 BREAD, BUTTER
 CANNED FRUIT AND COOKIES
 MILK

Food List:

3 - #1 cans corned beef	2 - #2 $\frac{1}{2}$ cans fruit
5 lbs. potatoes	1 box cookies
1 bottle catsup	5 qts. milk
1 loaf bread	4 ozs. butter
3 cans carrots and peas	
From staples: salt, pepper, shortening	

Utensils: 1 pot for potatoes - 2 frying pans for hash
 1 pot for carrots and peas.

Preparation: Read FULL instructions TWICE before starting.
 Lumberjack: 1 heating fire for beans. 2 frying fires
 for 2 pans.

Chefs:

1. Wash your hands.
2. Peel, wash and boil potatoes early.
3. Mash thoroughly about $\frac{1}{4}$ of the potatoes. Break corn beef up carefully and mix with potatoes. Place in fry pan with shortening. Heat thoroughly.
4. Heat carrots and peas in separate pot.
5. Set out catsup, bread, milk and drinking water.
6. Serve fruit and the cookies for dessert.

WEDNESDAY BREAKFAST

PINEAPPLE JUICE

SHREDDED WHEAT

FRENCH TOAST

SYRUP

BUTTER

COCOA

Food List:

1-46oz. can pineapple juice 1 bottle maple syrup

10 individual boxes shredded wheat 10 pkgs. cocoa

3 qts. milk (for cereal & french toast)

2-loaves bread $\frac{1}{2}$ dz. eggs

4 oz. butter

From staples: shortening, sugar

Utensils: 1 pot for boiling water, 1 bowl for french toast mix, 2 frying pansPreparation: Read FULL instructions TWICE before starting.

Lumberjack: 1 boiling fire for water, 2 frying fires for 2 pans.

Chefs:

1. Wash your hands.
2. Put on 10-12 cups of water to boil for cocoa.
3. Set out fruit juice, butter, syrup, milk & drinking water.
4. Make H shape cut on side of cereal boxes. Open up so that box can be used for bowl.
5. For French Toast, beat up with fork 6 eggs and approximately 2/3 qts. milk.
6. Grease both pans with a piece of paper dipped in shortening. Dip (do not soak) the slices of bread in French Toast mix and fry them on both sides until brown. Watch carefully as French Toast browns easily. Grease pans before each batch of toast. Use up any leftover bread you may have.
7. When water boils, pour it over contents of package of cocoa in each cup. Stir well.

WEDNESDAY LUNCH

COLD CUTS

CHEESE

LETTUCE

BREAD, BUTTER

CAKE

FRUIT PUNCH

Food List:

- | | |
|-----------------------------|------------------------|
| 10 slices cheese | 2 boxes cake mix |
| 10 slices luncheon meat | 1 large head lettuce |
| 10 slices bologna | 10 slices ham bologna |
| 1 jar mustard | 2 qts. milk (for cake) |
| 3 loaves bread | 5 qts. punch |
| 4 ozs. butter | 1 box cake topping |
| From staples: salt, pepper. | |

Utensils: pans for cakePreparation:

Read FULL instructions TWICE before starting.

Lumberjack: coals for dutch oven.

Chefs:

1. Wash your hands
2. Prepare cake as directed on box.
3. Wash Lettucé
4. Set out lettuce, bread, cold cuts, mustard, butter, punch and drinking water, in buffet style.
5. Serve cake for dessert.

WEDNESDAY DINNER

ONTEORA MULLIGAN CABBAGE SALAD BREAD, BUTTER, MILK
CAKE WITH SAUCE

Food List:

2 lbs. ground beef	2 plain cakes	1 jar preserves
1 lb. onions	5 qts. milk	1 loaf bread
2-3 odd cans vegetables (if desired)	4 ozs. butter	
2 lb. elbow macaroni	1 $1\frac{1}{2}$ lb. head cabbage	
1 jar salad dressing	3 cans tomato soup	

From staples: shortening, salt, pepper

Utensils: 2 pots for mulligan. 1 bowl for salad.

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: 2 boiling fires.

Chefs:

1. Wash your hands.
2. Put 4 qts. of water over fire to boil.
3. Peel onions and chop them up fine. Put 2 tablespoons shortening in a pot and place over fire. When hot, fry onions in the shortening until light brown. Add the broken-up beef and fry, stirring occasionally. When meat is slightly browned, pour in the 3 cans of condensed tomato soup. Add 1 cup water, 1 level teaspoon sugar and $\frac{1}{2}$ level teaspoon salt. Heat to simmering; add the other vegetables. Simmer for 10 minutes.
4. Make the cabbage salad: Cut cabbage in halves, then in quarters, finally in eighths. Cut out hard center. Grate up cabbage on the course side of the grater. Mix with enough salad dressing to make salad. Add small amount of salt and a pinch of pepper.
5. With a sharp knife, and using a sawing motion cut the cake in 10 pieces and place them in 10 separate dishes. Mix preserves with $\frac{1}{2}$ cup hot water into a sauce to be poured over the cake slices just before serving.
6. When the water boils vigorously, add 1 teaspoon salt to it, then, while stirring, pour in the elbow macaroni gradually, so that the water does not stop boiling. Boil briskly for ten minutes, or until macaroni is tender. DO NOT OVERCOOK. Stir occasionally to prevent sticking. Drain off water. Add the thoroughly drained macaroni to meat mixture. Put over fire & let simmer for few min. before serving.
7. Set out bread, butter, milk & drinking water.
8. Serve cake with sauce for dessert.

THURSDAY BREAKFASTCANNED FRUITOATMEALBREAD, BUTTER, JAMSWEET BUNSCCCOAFood List:2 # 2 $\frac{1}{2}$ cans fruit

1 box quick oats

1 loaf bread

4 oz. butter

1 jar jam

2 pkgs. sweet buns

10 pkgs. cocoa powder

2 qts. milk (for cereal)

From staples: sugar

Utensils: 2 pots for boiling water for cocoa and oatmeal.Preparation: Read FULL instructions TWICE before starting.

Lumberjack: 2 boiling fires for water for cocoa and oatmeal.

Chefs:

1. Wash your hands.
2. Put on 10-12 cups of water to boil for cocoa.
3. Put on 10-12 cups of water to boil for oatmeal.
4. Set out fruit, butter, jam, bread, milk and drinking water.
5. Cook oatmeal as directed on package. "Quick Oats" may be placed in each individual cup. When water boils, pour over cereal, mix well, and let it set for five minutes to cook.
6. When water boils, pour it over contents of package of cocoa in each cup. Stir well.
7. Separate buns and place on table.

THURSDAY LUNCH

	SAUSAGES	
	BAKED BEANS	
	CARROT STICKS	
BREAD		BUTTER
	VANILLA PUDDING	
	FRUIT PUNCH	

Food List:

3 pkgs. Sausages (30)	4 oz. butter
4 cans Baked Beans	2 pkgs. Vanilla Pudding
2 bunches carrots	5 qts. fruit punch
1 loaf bread	1 bottle Catsup

From staples: salt, pepper, shortening

Utensils: 1 pot for beans, 2 fry pans for sausages, and
1 bowl for pudding

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: Fire for heating beans and 2 fry pans.

Chefs:

1. Wash your hands.
2. Mix pudding as directed on the package. Leave in cool place so it will set.
3. Place beans in pot and set over fire to heat. Stir occasionally to prevent sticking.
4. Peel carrots, slice into sticks.
5. Heat 2 fry pans. Fry sausage until brown.
6. Put out bread, butter, catsup, drinking water, and fruit punch.
7. Serve pudding for dessert.

THURSDAY DINNER

MEAT LOAF	CORN	BAKED POTATOES
BREAD, BUTTER	FRUIT	COOKIES, MILK

Food List:

4 lbs. chopped meat	4 ozs. butter
2 #2 cans corn	2 #2½ cans fruit
4 lbs. potatoes	1 box cookies
1 loaf bread	5 qts. milk
1 roll foil	

From staples: salt, pepper
 Others: (optional) 1 small box cereal (crunchy)
 bread crumbs ketchup, mustard, tomatoes,
 bacon, onion, egg.

Utensils: 1 pot for corn, 1 bowl for mixing.

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: 1 heating fire for corn. 1 large continuous bed of coals.

Chefs:

1. Wash your hands.
2. Mix in bowl 1 small box of a crunchy cereal or a cup of bread crumbs with an egg. Mix them with meat. Add chopped onion. Add salt, pepper, mustard-flavoring.
3. Form in pan shape with heavy aluminum foil. Pour over top ketchup or tomato sauce or strips of bacon. Use your imagination. Finish wrapping in foil and place in coals. May take about an hour to cook.
4. Wrap potatoes in aluminum foil and bake in coals.
5. Pour corn in pot and heat.
6. Set out bread, butter, milk and drinking water.
7. Serve fruit and cookies for dessert.

FRIDAY BREAKFAST
GRAPEFRUIT JUICE
 RICE KRISPIES
 FRIED EGGS
 BREAD, BUTTER, JAM
 COCOA

Food List:

1 46oz. can grapefruit juice 10 pkgs. cocoa powder
 10 indiv. boxes Rice Krispies 2 qts. milk (for cereal)
 20 eggs 1 loaf bread
 1 jar jam 4 czs. butter

From staples: shortening, sugar, salt, pepper

Utensils: 1 pot for boiling water, 2 frying pans
for eggs.

Preparation: Read FULL instructions TWICE before
starting.

Lumberjack: 1 boiling fire for water. 2 frying fires
for 2 pans.

Chefs:

1. Wash your hands.
2. Put on 10-12 cups of water to boil for cocoa.
3. Set out juice, bread, butter, jam, milk, drinking water.
4. Make H-shaped cut on side of cereal boxes. Open up so that box can be used for bowl.
5. Heat 1 tablespoon shortening in each pan. Put five eggs in each pan. Fry gently over low fire until whites are firm. Fry second batch of eggs in same manner.
6. When water boils, pour it over contents of package of cocoa in each cup. Stir well.

FRIDAY LUNCH

MACARONI AND CHEESE	HEARTS OF LETTUCE WITH
BISCUITS, BUTTER, JAM	DRESSING
FRUIT COCKTAIL	FRUIT PUNCH

Food List:

2 boxes macaroni	4 ozs. butter
2 cans grated cheese	1 jar jam
2 heads of lettuce	2 #2½ cans fruit cocktail
1 bottle salad dressing	1 box bisquick
5 qts. fruit punch	1 roll aluminum foil

Utensils: 1 pot for macaroni,
1 reflector oven or foil.

Preparation: Read FULL directions TWICE before starting.

Lumberjack: 1 heating fire for macaroni, 1 fire for reflector oven or coals for aluminum foil.

Chefs:

1. Wash your hands.
2. Place 2 qts. of water in pot to boil. Add 2 teaspoons of salt. Bring to boil and add macaroni. Stir occasionally. Cook for 15 min. or until soft.
3. When macaroni is cooked, drain, pour cold water over it and drain again. Sprinkle with cheese.
4. Cut open front of Bisquick box in H shape. Using small forked stick as a "mixer" pour small amount of water into Bisquick and "twix" out a biscuit. Either place on greased reflector oven or wrap in aluminum foil. Biscuits are done when small, smooth twig is pushed in and comes out dry and when biscuits are browned.
5. Wash lettuce. Cut into slices.
6. Set out jam, butter, salad dressing, fruit punch and drinking water.
7. Serve fruit cocktail for dessert.

FRIDAY DINNER

FISH FILET

BOILED POTATOES

PEAS

ROLLS, BUTTER

CANNED PEACHES, COOKIES

MILK

Food list:

3 lbs. frozen fish filet

4 lbs. potatoes

2 #2 cans peas

5 qts. milk

10 rolls

4 ozs. butter

2 # 2½ cans peaches

1 box cookies

From staples: salt, pepper, shortening, seasoned salt

Utensils: 2 pots for potatoes and peas, 2 fry pans for fish.Preparation: Read FULL instructions TWICE before starting.Lumberjack: 2 heating fires for potatoes and peas,
2 frying fires for 2 pans.Chefs:

1. Wash your hands.
2. Peel potatoes, place in water and boil.
3. Pour peas into pot and place over fire to heat.
4. Heat frying pans and put in small amount of shortening. Fry fish.
6. Set out rolls, butter, milk and drinking water.
7. Serve fruit and cookies for dessert.

SATURDAY BREAKFAST
STEWED DRIED FRUIT
 SUGAR SMACKS
 PANCAKES
 SYRUP, BUTTER
 COCOA

Food List:

2 pkgs. stewed dried fruit	1 bottle maple syrup
10 indiv. boxes sugar smacks	10 pkgs. cocoa powder
3 qts. milk (for cereal and pancake batter)	2 boxes pancake flour
	4 ozs. butter

From staples: shortening, sugar.

Utensils: 1 pot for boiling water, 1 bowl for mixing batter, 2 frying pans for pancakes, 1 pot for fruit.

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: 2 boiling fires for water, 2 frying fires for 2 pans.

Chefs:

1. Wash your hands.
2. Cook dried fruit according to direction on package.
3. Put on 10-12 cups of water to boil for cocoa.
4. To make pancake batter, follow instructions on box. Be careful not to make the batter too thin. It should have the consistency of melted ice cream.
5. Heat both frying pans and grease them with paper dipped in shortening. Pour a large spoonful of batter on the hot pans for each pancake. When bubbles start to break in the middle, turn cakes over and fry on other side. Grease pans before each batch of pancakes.
6. Set out fruit, syrup, butter, milk and drinking water.
7. Make H shaped cut on side of cereal boxes. Open up so that box can be used for bowl.
8. When water boils, pour it over contents of package of cocoa in each cup. Stir well.

--INTRODUCTION--

No one ever heard of successful camp without good eats. Boys want good tasty food. It does not need to be fancy, but it must be wholesome and substantial, enough to fortify the boys against the ravages of hunger during the hours between meals when they use up energy at a tremendous rate. But it is more than a question of satisfying hunger. It means meals that include the foods necessary for a boy's health and well being.

Anybody can open a couple of cans and sling a stack of bread slices on the table. It takes imagination to plan well-balanced meals. Sample menus, that satisfy the requirements of being well-balanced, are enclosed in this pamphlet.

These menus are intended for ten campers: eight boys, two leaders. If your gang isn't that large, cut the amounts proportionately. If you have only seven or eight to feed, for instance, cut the amounts by one-quarter. If you are five or six, buy only half. When it comes to staples, it's not possible to give exact amounts of such items as salt, sugar, flour, vinegar, mustard, salad dressing. Buy the smallest amount and make it last.

The most important line in the instructions is the one that reads like this: "Read FULL instructions TWICE before starting." As a matter of fact, that word "TWICE" should probably have been "THRICE" or even "FOUR TIMES." It's amazing how easy it is to ruin a meal if you fail to follow instructions! 'Nough said?

In the suggested menus, the breakfast is large. It should be. There are often 14 or 15 hours between the evening meal and the next morning breakfast. Therefore, have a big breakfast of fruit, cereal, main dish and hot beverage.

Lunch is rather light. It is hot in the middle of the day, and a heavy meal does not set too well. Stick to sandwiches and salads and other light dishes. Use hot soup if the day turns chilly.

Grace Will Be Observed Before Each Meal

The main meal of the day is best served in the evening. This is the time when it is most easily assimilated and put to best use. It should consist of meat or fish and vegetables and a dessert, and a beverage.

In determining the amounts of food stuffs to be purchased, it was kept in mind that a growing boy requires more food than a grown man.

COOKING ORGANIZATION - Cooking by Patrols is the easiest and most satisfactory way of preparing meals at camp. By having the Patrols cook for themselves you develop team work, strengthen Patrol unity, and give every boy a chance for practice by rotation of duties. The Patrol cooking assignments have been set up in this way. The Patrol Leader is the foreman of the Crew and must thoroughly understand and see that all responsibilities are met as scheduled and on time. The Patrol Ldr. does not take a part in the assignments.

The steps for the preparation of each meal are by no means complete to every detail. It must be assumed that a Scout will have some common sense. Originality should be encouraged. There are a variety of methods to cook, for example, meat loaf. However, the steps for preparing the meal were given to take the "experimentation" out of cooking. Some basic cooking ability or skill, such as required for 2nd and 1st Class Cooking, is desirable.

The Host System will be used at the table. The Chefs will serve as waiters and the Elephant Boy the Host, who will serve the food at the table.

(See cooking organization chart - separate mimeo sheet)

Remember that cooking is more than just preparing a meal, and think of Baden-Powell's words: "Patrol cooking is bound to be valuable because I am not looking merely to the successful camp, but to the making of self-reliant resourceful men."

It will add to the interest of the camp if occasionally another cooking method is "sprung" on the Scouts for a meal such as: Buddy cooking, individual cooking without utensils, the leaders preparing a feast; bean hole bean-ery or kabob.

COUNTRY STORE

A "Country Store" will be operated at Onteora Scout Reservation to supply all standard food for Units cooking all or part of their meals. The Country store will carry all food stuffs necessary for the suggested menus. In addition, the store will carry special trail foods, dehydrated foods, etc.

Items such as post cards, stationery, camping equipment, candy, ice cream, may be purchased at the Trading Post which is at a different location. Arrangements may be made to order any special food stuffs not stocked by the Country Store.

The Store will be operated in super market fashion. Items will be stocked on the shelves. Scouts may pick their own order and then be "Checked Out." Check-out slips will be made in duplicate, one for the unit and one for the store records. All unit purchases may be charged.

Unit Leaders pay for the amount charged to his unit at the close of each week. Checks are made payable to Nassau County Council, Boy Scouts of America.

All items will be sold at cost. Prices will be in line with those at super markets.

The store will open before breakfast so that perishable items may be bought. It will remain open for most hours during the day and evening.

COST OF MEALSFEES

Using current food prices and buying on the basis of 1 Patrol of 10 Campers the following costs were established from the suggested menus.

Average breakfast	\$.33 per camper
Average lunch	.48 per camper
Average dinner	.77 per camper

Therefore: For a two week period:

Scouts camping in troops purchasing all of their own food and doing all of their own cooking could expect to pay:

\$12.00	Camp Fee
4.62	Breakfast meals
6.24	Lunch meals
<u>10.78</u>	Dinner meals
\$33.64	Total

Where the one main evening meal is prepared and furnished to the troops, Scouts could expect to pay:

\$24.00	Camp Fee
4.62	Breakfast meals
<u>6.24</u>	Lunch meals
\$34.86	Total

Where two meals are prepared and furnished to Troops, Scouts could expect to pay:

\$30.00	Camp Fee
4.62	Breakfast Meals
<u>\$34.62</u>	Total

Comparison: Fees for Camp Wauwepex dining hall system - \$35.00

NOTE: Some Units may find it desirable to use paper plates, cups, dishes, etc. The cost for one meal a day for a two week period would be approximately \$.60 per Scout.

SATURDAY DINNER

COLD CUTS

CHEESE

MUSTARD

SLICED TOMATOES $\frac{1}{4}$ LETTUCE

POTATO CHIPS

BREAD, BUTTER

CAKE

MILK

Food List:

10 Slices Bologna	Large head of lettuce
10 Slices Luncheon Meat	4 Ozs. Butter
10 Slices Ham Bologna	2 Cakes
10 Slices Cheese	5 Qts. Milk
1 Jar Mustard	1 Large bag potato chips
2 lbs. fresh tomatoes	
3 loaves bread	

From Staples: salt and pepperUtensils: NonePreparation: Read FULL Instructions TWICE before starting.

Lumberjack - No Fires

Chefs: 1. Wash your hands

2. Wash lettuce and tomatoes. Slice tomatoes. Open end of bread wrapper.

3. Set out lettuce leaves, tomatoes, bread, cold cuts, mustard, butter, milk, potato chips and drinking water, in buffet style.

4. Serve cake for dessert.

SUNDAY BREAKFAST

7

Orange Juice
Sugar Smacks
French Toast
Syrup, Butter
Cocoa

Food List:

1 46 oz can orange juice 1 bottle maple syrup
10 individual boxes Sugar Smacks 10 pkgs. cocoa powder
3 qts. milk (for coreal - french toast mix)
2 loaves bread $\frac{1}{2}$ dz. eggs
4 ozs. butter

From staples: shortening, sugar

Utensils: 1 pot for boiling water, 1 bowl for mixing
French toast mix, 2 frying pans for French
Toast.

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: One boiling fire for water. Two frying fires
for the two pans.

Chefs: 1. Wash your hands.

2. Put on 10-12 cups of water to boil for cocoa.

3. Set out fruit juice, butter, syrup, milk and
drinking water.

4. Make H-shape cut on side of cereal boxes.
Open up so that box can be used for bowl.

5. For French toast, beat up with fork the eggs
and approximately $\frac{2}{3}$ qt. of milk.

6. Grease both pans with a piece of paper dipped
in shortening. DIP (do not soak) the slices in the
French Toast Mix and fry them on both sides until brown.
Watch carefully as French toast browns easily. Grease
pans before each batch of toast. Use up any left-over
bread you may have.

7. When water boils, pour it over contents of
package of cocoa in each cup. Stir well.

SUNDAY LUNCH

Tomato Soup ~~and~~ Macaroni Elbows - *Cheered*
 Peanut Butter Sandwiches
 Green Salad
 Fresh Fruit
 Fruit Punch

Food List:

2 - 1 lb. box macaroni	5 qts fruit punch
4 Cans Tomato Soup	10 pieces fruit
3 loaves bread	2 heads lettuce
4 cz. butter	1 bunch celery
1 jar jam	1 cucumber
2 jars peanut butter	

From staples: salt, pepper, sugar, vinegar

Utensils: 2 pots for soup and macaroni, 1 bowl for salad

Preparation:

Read FULL instructions TWICE before starting.

Lumberjack: Heating fires for two pots.

Chefs; 1. Wash your hands.

2. Place 1 qt. of water in pot to boil.

Add teaspoon of salt. Bring to boil and add macaroni. Stir occasionally. Cook for 15 minutes or until soft.

3. Pour tomato soup into pot, add water as directed.

4. When macaroni is cooked, drain, pour cold water over it and drain again. Add to tomato soup. Mix, serve hot.

5. Cut up lettuce, celery and cucumber. Mix in bowl, add vinegar.

6. Set out bread, butter, jam, peanut butter, salad, fruit punch, drinking water and fruit.

SUNDAY DINNERBEEF STEW

CARROT AND RAISIN SALAD

BREAD, BUTTER

CANNED PEARS, COOKIES

MILK

Food List:

4 lb. chuck beef
 2 bunches carrots
 $\frac{1}{2}$ lb. onions
 6 potatoes
 5 qts. milk
 1 box cookies

1 pkg. raisins
 1 jar salad dressing
 1 loaf bread
 4 oz. butter
 2 #2 $\frac{1}{2}$ cans pears

From staples: salt, flour, pepper, shortening

Utensils: 1 fry pan for meat
 1 bowl for salad

1 pot for stew

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: 2 fires for meat and stew.

Chefs:

1. Wash your hands.
2. Cut beef into 1" cubes. Roll insalted flour. Melt fat in fry pan and place meat in fry pan, stirring constantly to sear all meat quickly.
3. Peel potatoes, cut into $\frac{1}{2}$ " cubes. Wash carrots and cut into pieces $\frac{1}{2}$ " long. Peel onions. Slice one onion in to fry pan when beef is browning.
4. When meat is well browned, place in pot, add potatoes, carrots, the other onions (which have been quartered) and a qt. of water. Add tablespoon of salt.
5. Cover pot and simmer over moderate fire for 45 min. Stir occasionally. Test meat and vegetables with fork. When tender, stew is done. May be necessary to add water while cooking, but stew should be thick when done.
6. Scrape 2nd bunch of carrots, then grate. Mix in bowl with raisins and salad dressing.
7. Set out bread, butter, milk and drinking water.
8. Serve pears and cookies for dessert.

MONDAY BREAKFAST

~~Tomato Juice~~ 7oz
 Rice Krispies
 Scrambled Eggs
 Sweet Bun
 Cocoa

Food List:

1 46oz. can tomato juice 10 pkgs. cocoa powder
 10 individual boxes Rice Krispies 20 eggs
 2 qts. milk (for cereal) 10 sweet Buns

From Staples: shortening, salt, pepper, sugar

Utensils: 1 Pot for boiling water, 1 bowl for mixing
 eggs, 2 frying pans for eggs.

Preparation: Read FULL instructions TWICE before starting.
 Lumberjack: One boiling fire for water. Two frying fires
 for two pans.

Chefs: 1. Wash your hands.

2. Put on 10-12 cups of water to boil for cocoa.
3. Set out tomato juice, sweet buns, milk and
 drinking water.
4. Make H-shaped cut on side of cereal boxes.
 Open up so that box can be used for bowl.
5. Break 20 eggs into bowl. Add $1\frac{1}{2}$ cup water and $\frac{1}{2}$ level
 teaspoon salt. Beat well with fork.
6. Heat both frying pans. Melt 1 tablespoon shortening
 in each. Pour half of the egg mixture in each pan.
 Cook gently over low fire. As the eggs set around the
 edge of the pan, scrape them toward the center. Keep
 doing this until the whole mixture is set, but not too
 dry.
7. When water boils, pour it over contents of package of
 cocoa in each cup. Stir well.

MONDAY LUNCH
HAMBURGERS
 ROLLS
 POTATO CHIPS
 PEAS
 SLICED ONIONS
 FRUIT w/COOKIES
 FRUIT PUNCH

Food List:

4 lbs. chopped meat	2 - #2½ cans fruit
20 hamburger rolls	1 box cookies
1 bag potato chips	5 qts. fruit punch
3 cans peas	3 large onions
1 bottle ketsup	

From staples: salt, pepper, shortening.

Utensils: 2 fry pans for hamburgers
 1 pot for peas

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: Two fires for pans and pot.

Chefs:

1. Wash your hands.
2. Make hamburgers into flat cakes, about two inches in diameter. Put 1 tablespoon of shortening in each pan and heat. Fry hamburger until brown on both sides.
3. Place peas in pot and heat.
4. Slice onions.
5. Set out rolls, potato chips, onions, ketchup, fruit punch and drinking water.
6. Serve fruit and cookies for dessert.

MONDAY DINNER

SPAGHETTI WITH MEAT SAUCE
~~carrot sticks~~ TOSSED SALAD
 BREAD, BUTTER
 FRUIT, COOKIES
 MILK

Food List:

2 lbs. spaghetti	4 tomatoes
3 cans tomato soup	1 bunch celery
1 lb. loaf bread	1 bunch carrots
4 oz. butter	1 head lettuce
2 - #2 $\frac{1}{2}$ cans fruit	1 jar salad dressing
1 box cookies	5 qts. milk
2 lb. ground chuck	1 can cheese

From staples: salt, pepper

Utensils: 1 pot for spaghetti, 1 pot for sauce, 1 bowl
 for salad. 1 fry pan for meat.

Preparation: Read FULL instructions TWICE before serving.

Lumberjack: Two heating fires for spaghetti and sauce.

Chefs:

1. Wash your hands.
2. Bring 2 qts. of water to a brisk boil. Salt it before 1 tablespoon of salt. Take spaghetti in hand and dip ends in boiling water. As it softens it will bend easily and may be coiled under water. Boil 20 minutes or until soft. Stir to prevent scorching. Drain and rinse with cold water.
3. Place tomato soup (do not dilute concentrate fully) in pot and heat until hot. Cook meat in fry pan and add to tomato sauce as it becomes cooked. Season with salt and pepper.
4. Cut vegetables for salad. Mix with salad dressing.
5. Set out bread, butter, milk, can of cheese and drinking water.
6. Serve fruit and cookies for dessert.

TUESDAY BREAKFAST
ORANGE AND GRAPEFRUIT JUICE
 CORN FLAKES
 HARD BOILED EGGS
 BACON
 BREAD, BUTTER, JAM
 CCCOA

Food List:

(blended)

- | | |
|--|--------------|
| 1 - 46 oz. can orange-grapefruit juice | 1 lb. bacon |
| 10 - individual boxes corn flaked | 20 eggs |
| 2 qts. milk (for cereal) | 1 loaf bread |
| 10 pkgs. cocoa powder | 4 oz. butter |
| 1 jar jam | |

From staples: sugar.

Utensils:

- 2 pots for boiling water for cocoa and eggs
- 1 fry pan for bacon

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: 2 boiling fires for water for cocoa and eggs

Chefs:

1. Wash your hands
2. Put on 10-12 cups of water to boil for cocoa
- * 3. Put eggs in pot and cover eggs with water. Place on fire.
4. Fry bacon in fry pan until crisp.
5. Set out fruit juice, butter, bread, jam, milk and drinking water. Make H-shaped cut on side of cereal boxes. Open top so that box can be used for bowl.
6. When water boils, pour it over contents of package of cocoa in each cup. Stir well.

- * Water should boil 3min. for soft boiled eggs,
 10 min. for hard boiled eggs.

SATURDAY LUNCHFRANKFURTERSBAKED BEANSPICKLES, MUSTARDROLLSCAKEFRUIT PUNCHFood List:

- | | |
|--------------------------|------------------------|
| 3 lbs. frankfurters (30) | 30 frankfurters rolls |
| 4 cans baked beans | 2 boxes cake mix |
| | 2 qts. milk (for cake) |
| 1 jar pickles | 5 qts. fruit punch |
| 1 jar mustard | 1 box cake topping |

From staples: salt, pepper.

Utensils: 1 grill for broiling, 1 pot for beans.

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: Large surface broiling fire for franks, heating fire for beans.

Chefs:

1. Wash your hands.
2. Prepare cake as directed on package.
3. Heat beans in pot, stir frequently to prevent sticking to bottom.
5. Set out pickles, mustard, rolls, punch and drinking water.
6. When almost ready to eat, place 10 franks on the grill over the coals to broil. Serve with beans. Broil the remaining frankfurters so they can be served hot off the grill.
7. Serve cake for dessert.

SATURDAY DINNER

CHARCOAL BROILED STEAK

FRIED POTATOES WITH ONIONS

LETTUCE AND DRESSING

BREAD, BUTTER, MILK

CHOCOLATE PUDDING

Food List:

6 lbs. steak

4 cans white potatoes

1 lb. onions

1 bottle catsup

2 heads lettuce

1 bottle salad dressing

1 loaf bread

4 ozs. butter

5 qts. milk

2 pkgs. chocolate pudding

From staples: shortening, salt, pepper, vinegar, sugar,
seasoned salt.Utensils: 2 pans for potatoes, 1 pot for pudding
1 grill for broiling.Preparation: Read FULL instructions TWICE before starting.Lumberjack: 2 fires for 2 pans. Large-surface broiling
fire for steaks.Chefs:

1. Wash your hands.
2. Cut the potatoes in slices. Peel the onions and cut in thin slices.
3. Heat frying pans and melt 2 tablespoons shortening in each pan. Place one half of the sliced onion in each pan. Fry the onion until light brown, then add to each pan half of the sliced potatoes. Season to taste with salt. Fry thoroughly.
4. Cut lettuce into 10 segments. Place on table with French dressing.
5. Prepare pudding early as directed on package and let set in cool place.
6. Place steak on grill over charcoal bed to broil. If fire is too hot, slow it down by sprinkling water on coals. Broil steak 10-12 min. on each side for med. doneness-less for rare, more for well done. Cut into side to see if done to liking. NOTE: If frozen, thaw out before broiling. If fat flares up in fire, sprinkle water on it from finger tips. When done, cut steak in 10 equal portions.
7. Set catsup, bread, butter, milk and drinking water.
8. Serve pudding for dessert.

SUNDAY BREAKFASTFRESH FRUITCORN FLAKESBACON AND EGG SCRAMBLEBREAD, BUTTER, JAMCOCOAFood List:

- | | |
|-----------------------------|-----------------------|
| 10 pieces fresh fruit | 10 pkgs. cocoa powder |
| 10 indiv. boxes corn flakes | 1 jar jam |
| 20 eggs | 1 qt. milk |
| 1 lb. bacon | 1 loaf bread |
| 4 oz. butter | |

From staples; shortening, salt.

Utensils: 1 pot for boiling water. 1 bowl for egg mix.
2 frying pans for eggs.

Preparation: Read FULL instructions TWICE before starting.
Lumberjack: 1 boiling fire for water, 2 frying fires for
2 pans.

Chefs:

1. Wash your hands.
2. Put on 10-12 cups of water to boil for cocoa.
3. Cut bacon into $\frac{1}{2}$ " pieces and fry until crisp.
Break eggs in bowl and stir with fork. Pour mixture into bacon grease in fry pans and cook over slow fire. As the eggs set around the edge of the pan, scrape them toward the center. Keep doing this until the whole mixture is set, but not too dry.
4. Set out fruit, butter, jam, bread and drinking water. Make H-shaped cut on side of cereal boxes. Open up so box can be used for bowl.
5. When water boils, pour it over contents of package of cocoa in each cup. Stir well.

SUNDAY LUNCH

VEGETABLE BEEF SOUP

CRACKERS

(GRILLED CHEESE SANDWICHES
WITH BACON)

APPLE SAUCE

FRUIT PUNCH

Food List:

4 cans vegetable soup	3 cans apple sauce
10 boxes indiv. saltines	1 jar mustart
2 loaves bread	$\frac{1}{2}$ lb. bacon
20 slices cheese	5 qts. fruit punch
from staples: salt, pepper	

Utensils: 1 pot for soup, 1 grill for sandwiches,
1 pan for cheese.

Preparation: Read ALL instructions TWICE before starting.

Lumberjack: 1 fire for heating soup, 1 fire for melting
cheese, 1 bed of coals for grill for toasting.

Chefs:

1. Wash your hands.
2. Place vegetable soup in pot, add water as directed and place on fire.
3. Melt cheese in pan until it will spread easily. Spread on toasted bread with knife and place on grill for few minutes and serve hot.
4. Fry bacon, place on top of cheese sandwiches.
5. Set out crackers, punch, mustard, applesauce and drinking water.

SUNDAY DINNER
ROAST BEEF
 CORN
 MASHED POTATOES
 GRAVY
 BREAD, BUTTER
 ICE CREAM
 MILK

Note: Takes almost 2 hours to prepare.

Food List:

5-7 lb roast beef	4 oz. butter
2 #2 cans corn	10 Ice Cream
4 lbs. potatoes	5 qts. milk
1 loaf bread	

From staples: salt, pepper, shortening

Utensils: 2 pots for potatoes and corn, 1 fry pan, aluminum foil or spit for meat.

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: 2 heating fires for potatoes and corn.

1 large, continuous bed of coals for meat.

Chefs:

1. Wash your hands.
2. Heat fry pan and grease with shortening. Salt and flour meat and brown all sides in frying pan.
3. After browning wrap in aluminum foil and place in coals or meat can be prepared (including browning) with a spit.- meat will take 1 hour to 1½ hours to cook, depending on fire. Be sure to give a double heavy wrapping of aluminum foil and bury fully in coals.
4. Peel potatoes and place in water over fire. After cooking, drain water, add milk and mash.
5. Pour corn into pot and heat.
6. Make gravy from meat juices, flour and hot water.
7. Set out bread, butter, milk and drinking water.
8. Serve Ice Cream for dessert.

MONDAY BREAKFAST

ORANGE JUICE

WHEATIES

FRENCH TOAST, SYRUP, BUTTER
COCOAFood List:

1 - 46oz. can orange juice	1 bottle maple syrup
10 individual boxes wheaties	10 pkgs. cocoa powder
3 qts. milk (for cereal & french toast)	$\frac{1}{2}$ dz. eggs
1 loaf bread	4 ozs. butter

From staples: shortening, sugar.

Utensils: 1 pot for boiling water. 1 bowl for French toast mix. 2 frying pans for French Toast.

Preparation: READ FULL INSTRUCTIONS TWICE BEFORE STARTING.

Lumberjack: 1 boiling fire for water. 2 frying fires for 2 pans.

Chefs:

1. Wash your hands.
2. Put on 10-12 cups of water to boil for cocoa.
3. Set out fruit juice, butter, syrup, milk & drinking water.
4. Make H-shaped cut on side of cereal boxes. Open up so that box can be used for bowl.
5. For French toast, beat up with a fork eggs and milk.
6. Grease both pans with a piece of paper dipped in shortening. DIP (do not soak) the slices of bread in the French toast mix and fry then on both sides until brown. Watch carefully, as French toast browns easily. Grease pans before each batch of toast. Use up any leftover bread you may have.
7. When water boils, pour it over contents of package of cocoa in each cup. Stir well.

MONDAY LUNCH

COLD CUTS

CHEESE

LETTUCE

BREAD, BUTTER

CHOCOLATE PUDDING

FRUIT PUNCH

Food List

10 slices of luncheon meat

10 slices of bologna

10 slices of ham bologna

1 jar mustard

1 head lettuce

From staples: salt, pepper

4 ozs. butter

2 pkgs. choc. pudding

10 slices cheese

3 loaves bread

5 qts. fruit punch

Utensils: Pot for pudding

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: no fires

Chefs:

1. Wash your hands
- 2 Prepare pudding as directed on package. Place in cool spot.
3. Break lettuce apart. Open end of bread wrappers.
4. Set out lettuce, bread, cold cuts, mustard, butter, punch and drinking water, buffet style.
5. Serve pudding for dessert.

MONDAY DINNER
HAMBURGERS
 MASHED POTATOES
 GREEN BEANS
 SLICED ONIONS
 PICKLED BEETS
 BREAD, BUTTER
 CANNED PINEAPPLE, COOKIES
 MILK

Food List:

20 3-oz. pats hamburger	2 #2½ cans pineapple
or 4 lbs. ground chuck	2 boxes cookies
2 pkgs. instant potato	6 qts. milk
3 cans green beans	1 lb. onions
1 bottle catsup	2 jars pickled beets
1 loaf bread	4 ozs. butter
From staples: shortening, salt, pepper, vinegar, sugar	
Lumberjack: 2 heating fires for potatoes and green beans	
2 frying fires for 2 pans.	

Chefs:

1. Wash your hands.
2. Pour 5 measuring cups (40 ounces) water in a pot, add 1½ level teaspoons of salt & bring to boil.
3. Put the green beans into a pot and place over fire to heat.
4. Peel onions. Cut in thin slices to be eaten raw with hamburgers.
5. Heat 2 frying pans & melt 2 tablespoons shortening in each. Fry the hamburger pats until brown on both sides. Or broil hamburgers on grill over the glowing charcoal.
6. When the water boils, remove the pot from the fire. Add pint of milk. Commence stirring with a fork, then add slowly 2 pkgs. Instant Potato powder. Beat with the fork until light and fluffy. Add a lump of butter.
7. Set out catsup, bread, butter, milk, beets, and drinking water.
8. Serve canned pineapple and cookies for dessert.

TUESDAY BREAKFAST
 FRESH FRUIT
 WHOLE WHEAT CEREAL
 BISCUITS
 BUTTER, JAM
 COCOA

Food List:

- | | |
|--------------------------|--------------------------|
| 10 pieces fresh fruit | 1 roll aluminum foil |
| 1 box whole wheat cereal | 10 pkgs. cocoa powder |
| 1 box bisquick | 2 qts. milk (for cereal) |
| 4 cz. butter | 1 jar jam |
- From staples: shortening, sugar

Utensils: 2 pots for boiling water for cocoa and cereal.
 Reflector oven or aluminum foil for biscuits.

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: 2 boiling fires for 2 pots for water

Chefs:

1. Wash your hands.
2. Put on 10-12 cups of water to boil for cocoa.
3. Put on 10-12 cups of water to boil for oatmeal.
4. Set out fresh fruit, butter, jam, milk and drinking water.
5. Cook cereal according to directions on package.
6. Cut open front of Bisquick box in I shape. Using small forked stick as "twixer", pour small amount of water into Bisquick and "twix" out a biscuit. Either place on greased reflector over or wrap in aluminum foil. Biscuits are done when small smooth twig is pushed in and comes out dry and when biscuits are browned.
7. When water boils, pour it over contents of package of cocoa in each cup. Stir well.

TUESDAY LUNCH
 CHICKEN NOODLE SOUP
 HASH ROYALE
 CORN
 BREAD, PEANUT BUTTER
 JAM
 DOUGHNUTS
 FRUIT PUNCH

Food List:

4 cans chicken noodle soup	1 jar jam
4 - 1 lb cans hash	20 doughnuts
3 cans corn	5 qts. fruit punch
2 loaves bread	1 jar peanut butter
1 bottle ketsup	
<u>From staples:</u> salt, pepper	

Utensils: 1 pot for soup, fry pan for hash, 1 pot for corn.

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: 2 boiling fires, 1 frying fire

Chefs:

1. Wash your hands.
2. Pour soup into pot and heat. Be sure to add water if directed.
3. Heat hash in frying pan.
4. Heat corn in pot.
5. Set out bread, peanut butter, jam, fruit punch, and drinking water.
6. Serve doughnuts for dessert.

TUESDAY DINNER

SAUSAGES

BAKED BEANS

FRESH TOMATOES

BREAD, BUTTER

PUDDING

MILK

Food List:

3 pkgs. sausages (30)	6 qts. milk (1 for pudding)
1 loaf bread	4 oz. butter
4 cans baked beans	2 pkgs. instant pudding
2 lbs. fresh tomatoes	1 bottle ketchup
From staples: salt, pepper, shortening	

Utensils:

1 pot for beans
 2 fry pans for sausages
 1 bowl for pudding

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: 1 heating fire for vegetales
 1 frying fire for meat

Chefs:

1. Wash your hands
2. Mix pudding as directed on box-leave in cool place so it will set.
3. Place beans in pot and set over fire to heat. Stir occasionally to prevent sticking.
4. Wash the tomatoes. Cut in quarters.
5. Heat 2 frying pans. Fry sausage until brown.
6. Put out bread, butter, ketchup, milk, and drinking water.
7. Serve pudding for dessert.

WEDNESDAY BREAKFAST

PINEAPPLE JUICE
SHREDDED WHEAT
SCRAMBLED EGGS
BREAD, BUTTER, MARMALADE
COCOA

Food List:

1 46 oz. can pineapple juice	10 pkgs cocoa powder
10 individual boxes shredded wheat	20 eggs
2 qts. milk (for cereal)	1 1½ lb. loaf bread
4 oz. butter	1 jar marmalade

From staples: shortening, sugar, salt, pepper.

Utensils: 1 pot for boiling water. 1 bowl for mixing eggs. 2 frying pans for eggs.

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: One boiling fire for water, two frying fires for pans.

Chefs:

1. Wash your hands.
2. Put on 10-12 cups of water to boil for cocoa.
3. Set out fruit juice, bread, butter, milk, marmalade and drinking water.
4. Make H-shaped cut on side of cereal boxes. Open up so that box can be used for bowl.
5. Break 20 eggs into bowl. Add 1½ cup water, and ½ level teaspoon salt. Beat well with fork.
6. Heat both frying pans. Melt 1 tablespoon shortening in each. Pour half of the egg mixture into each pan. Cook gently over low fire. As the eggs set around the edge of the pan, scrape them toward the center. Keep doing this until the whole mixture is set, but not too dry.
7. When water boils, pour it over contents of package of cocoa in each cup. Stir well.

Sat Dinner

WEDNESDAY LUNCH

HAMBURGERS

ROLLS

POTATO CHIPS

CARROT STICKS

SLICED ONIONS

FRUIT w/COOKIES

FRUIT PUNCH

Food List:

4 lbs. chopped meat

20 hamburger rolls

1 bag potato chips

1 bunch carrots

2 - #2 $\frac{1}{2}$ cans fruit

5 qts. fruit punch

1 bottle ketchup

3 large onions

1 box cookies

From staples: salt, pepper, shortening.

Utensils: 2 fry pans for hamburgersPreparation: Read FULL instructions TWICE before starting.

Lumberjack: Two frying fires for two pans.

Chefs:

1. Wash your hands.

2. Make hamburgers into flat cakes, about two inches in diameter. Put 1 tablespoon of shortening in each pan and heat. Fry hamburger until brown on both sides.

3. Slice onions and cut carrot sticks.

4. Set out rolls, potato chips, carrot sticks, onions, ketchup, fruit punch and drinking water.

5. Serve fruit and cookies for dessert.

WEDNESDAY DINNER: Fried Chicken

Celery Green Beans
Rolls, Butter Pie or Cake

Potatoes

Cranberry Sauce
Milk

Food List:

10 chicken legs and thighs

5 qts. milk

2 cans green beans

1 stalk celery

2 cans cranberry sauce

20 rolls

4 ozs. butter

2 pies or cakes

2 cans potatoes

From Staples: shortening, salt, pepper, flour,
seasoned salt.

Utensils: 2 pots for potatoes and beans. 2 pans with lids
or aluminum foil for chicken.

Preparation: Read FULL instructions TWICE before starting.
Lumberjack: Two heating fires for potatoes and green beans.
Two frying fires for two pans, OR large-surface broiling
fire for cooking chicken in aluminum foil.

Chefs: 1. Wash your hands.

2. Dip the pieces of chicken in seasoned flour (simplest
method is to place 1 cup of flour and 1 tablespoon seas-
oned salt in a paper bag and shake the chicken pieces
around in the bag.) Heat 3 tablespoons shortening in each
pan. Fry chicken pieces until brown on all sides. Then
add $\frac{1}{2}$ cup of water to each pan. COVER PANS WITH LIDS and
keep over LOW FIRE to STEAM for about 30 to 40 minutes, or
until tender - you will know that the chicken is done if
you can pull the muscle fibers apart with a fork. If you
have no lids for your pans, cover them tightly with alum-
inum foil to keep steam in. OR INSTEAD OF PAN FRYING, COOK
CHICKEN IN ALUMINUM FOIL: Wrap unfloured pieces in double
layer of aluminum foil rubbed on inside with shortening.
Place foil-wrapped pieces directly on coals, or slightly
above them on a grill. If fire is too hot, slow it down by
sprinkling water on the coals. Turn repeatedly until done,
about 20 to 30 min.

3. Pour green beans into a pot and heat.

4. Place potatoes in pot. Heat over low fire,
turning occasionally.

5. Pull celery stalk apart into single leaves.

6. Set out cranberry sauce, rolls, butter, milk and
drinking water.

7. Cut each pie or cake into 5 pieces and serve for

THURSDAY BREAKFASTGRAPEFRUIT JUICE

SUGAR SMACKS

PANCAKES

SYRUP, BUTTER

COCO:

Food List:

1 - 46oz. can grapefruit juice 10 pkgs. cocoa powder
 10 individual boxes sugar snacks 4 ozs. butter
 3 qts. milk (for cereal & pancakes) 1 bottle maple
 2 boxes pancake flour syrup.
 From staples: shortening, sugar.

Utensils: 1 pot for boiling water, 1 bowl for mixing
 batter, 2 frying pans for pancakes.

Preparation: Read FULL instructions TWICE before
 starting.

Lumberjack: 1 boiling fire for water, 2 frying fires
 for 2 pans.

Chefs:

1. Wash your hands.
2. Put on 10-12 cups of water to boil for cocoa.
3. To make pancake batter, follow instructions on the box. Be careful not to make the batter too thin. It should have the consistency of melted ice cream.
4. Heat both frying pans and grease them with paper dipped in shortening. Pour a large spoonful of batter on the hot pans for each pancake. When bubbles start to break in the middle, turn cakes over and fry on other side. Grease pans before each batch of pancakes.
5. Set out fruit juice, syrup, butter, milk and drinking water.
6. Make H shaped cut on side of cereal boxes. Open up so that box can be used for bowl.
7. When water boils, pour it over contents of package of cocoa in each cup. Stir well.

THURSDAY LUNCH

Cold Cuts
 Cheese
 Fresh Tomatoes and Lettuce
 Bread, Butter
 Cup cakes
 Fruit Punch

Food List:

10 slices bologna	large head of lettuce
10 slices luncheon meat	4 ozs. butter
10 slices salami	20 cup cakes
10 slices cheese	5 qts. fruit punch
1 jar mustard	3 loaves bread
2 lbs. fresh tomatoes	

From Staples: salt and pepper

Utensils: None

Preparation:

Read FULL instructions TWICE before starting.

Lumberjacks: No fires

Chefs: 1. Wash your hands.

2. Wash the tomatoes. Cut in fairly thick slices. Open end of bread wrapper.

3. Set out lettuce, bread, cold cuts, mustard, butter, milk and drinking water, in buffet style.

4. Serve cup cakes for dessert.

THURSDAY DINNER

Roast Leg of Lamb:

Peas

Mashed Potatoes

Gravy

Bread, Butter

Fruit, Cookies

Milk

Note: Takes about 2 hours to prepare

Food List:

5 - 7 lb roast	5 qts.	Milk
2 cans peas	4 ozs. butter	
4 lbs. potatoes	2 #2½ cans fruit	
1 loaf bread	1 box cookies	

From staples: salt, pepper, shortening

Utensils: 2 pots for peas and potatoes, 1 fry pan, aluminum foil or spit for meat.Preparation: Read FULL instructions TWICE before starting.

Lumberjack: Two heating fires for potatoes and peas, one large, continuous bed of coals for meat.

Chefs: 1. Wash your hands

2. Heat fry pan and grease with shortening.

Salt and flour meat and brown all sides in frying pan.

3. After browning wrap in aluminum foil and place on coals or meat can be prepared (including browning) with a spit. Meat will take 1½ to 2 hours to cook, depending on fire. Lamb should be well done. Be sure to give a double heavy wrapping of aluminum foil and bury fully in coals.

4. Peel potatoes and place in water over fire.

After cooking, drain water, add milk and mash.

5. Pour peas into pot and heat.

6. Make gravy from meat juices, flour and hot water.

7. Set out bread, butter, milk and drinking water.

8. Serve fruit and cookies for dessert.

FRIDAY BREAKFAST

TOMATO JUICE Tang
 OATMEAL
 BREAD, BUTTER, JAM
 COFFEE CAKE
 COCOA, Coffee

Food List:

1 46 oz. can tomato juice
 1 box Quick Oats
 2 qts. milk (for oatmeal)
 1 loaf bread
 1 jar jam
 From staples: sugar, salt

4 oz. butter
 10 pkgs. cocoa powder
 2 coffee cakes

Utensils: 2 pots for boiling water for cocoa and oatmeal.

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: Two boiling fires for water.

Chefs: 1. Wash your hands.

2. Put on 10-12 cups of water to boil for cocoa.

3. Put on 10-12 cups of water to boil for oatmeal.

4. Set out tomato juice, bread, butter, jam, milk and drinking water.

5. Cook according to directions on package.

6. When water boils, pour it over contents of package of cocoa in each cup. Stir well.

7. The Coffee Cake should be cut into 20 pieces.

FRIDAY LUNCH

TUNA FISH SANDWICHES

CHEESE SANDWICHES

SLICED CUCUMBERS, LETTUCE

VANILLA PUDDING w/PINEAPPLE

FRUIT PUNCH

Food List:

- | | |
|-------------------------|------------------------|
| 2 cans grated tuna fish | 2 pkgs Vanilla Pudding |
| 1 jar mayonnaise | 5 qts Fruit Punch |
| 1 head lettuce | 1 jar jam |
| 3 loaves bread | 4 ozs. butter |
| 2 cucumbers | 1 can pineapple |
| 10 slices cheese | |

From staples: salt, pepper, vinegar, sugar

Utensils: 1 bowl for tuna fish salad

1 pct for cucumbers

1 pot for pudding

Preparation: Read FULL instructions TWICE before starting

Lumberjack: No fires

Chefs: 1. Wash your hands.

2. Prepare pudding as directed on package and set in cool place.

3. Peel cucumbers, then cut in thin slices. Mix $\frac{1}{2}$ cup vinegar, 4 level teaspoons sugar, and $\frac{1}{2}$ level teaspoon salt in pot. Add cucumber slices.

4. Mix the grated tuna fish in a bowl with mayonnaise to make a smooth sandwich spread. Add a little salt to taste. Spread on 10 slices of bread. Cover each slice with lettuce leaves and a second slice of buttered bread. Cut sandwiches in halves. Cover sandwiches to protect them against sun and dust.

5. Make 10 cheese sandwiches. Cut in halves.

6. Set out punch, jam and drinking water.

7. Serve pudding with slice of pineapple for dessert.

FRIDAY DINNER
FRIED FISH FILLETS
BOILED POTATOES
WAX BEANS
BREAD, BUTTER, JAM
PIE
MILK

45

Food List:

3 lbs. frozen fish fillets	4 oz. butter
4 lbs. potatoes	1 jar jam
2 cans wax beans	2 pies
1 loaf bread	5 qts. milk

From Staples: Shortening, salt, pepper, seasoned salt, flour.

Utensils: 2 pots for potatoes and beans
2 frying pans for fish

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: Two heating fires for potatoes and beans. Two frying fires for two pans.

Chefs: 1. Wash your hands.
2. Peel Potatoes, place in water and boil.
3. Pour beans into pot and place over fire to heat.
4. Heat frying pans and put 2 tablespoons shortening in each pan to start with - Add more as needed. Dip the fish fillets in mixture of 1 cup flour and 1 tablespoon seasoned salt. Fry them until light brown on one side, then turn and brown the other side.
5. Set out bread, butter, jam, milk and drinking water.
6. Cut and serve pie for dessert.

SATURDAY BREAKFAST

Apple Juice
 Wheaties
 Fried Eggs and Bacon
 Bread, Butter, Jam
 Cocoa

Food List:

1 46 oz. can apple juice	1 lb bacon
10 individual boxes Wheaties	10 pkgs cocoa powder
2 qts. milk (for cereal)	
20 eggs	From staples:
1 loaf bread	sugar
1 jar jam	salt
4 ozs. butter	pepper

Utensils: 1 pot for boiling water
 2 frying pans for eggs

Preparation: Read FULL instructions TWICE before starting.

Lumberjack: 1 boiling fire for water
 2 frying fires for two pans

- Chefs:
1. Wash your hands.
 2. Put on 10-12 cups of water to boil for cocoa.
 3. Set out fruit juice, bread, butter, jam, milk and drinking water.
 4. Make H-shaped cut on side of cereal boxes. Open up so that box can be used for bowl.
 5. Fry bacon in fry pan, using bacon grease. Fry five eggs in each pan. Fry gently over low fire until whites are firm. Fry second batch of eggs in same manner.
 6. When water boils, pour it over contents of package of cocoa in each cup. Stir well.

SUPPLEMENTARY MENU SUGGESTIONS

BREAKFAST

Bacon and fried egg - an old standby Plan $1\frac{1}{3}$ lb of bacon and $1\frac{1}{2}$ eggs per person. Fry as needed.

Woodman Flapjacks - make usual batter. Cut slices of special meat into small piece or pieces of fruit. Dip in batter and fry in hot fry pan in deep fat. Turn once and serve hot.

LUNCHEON

Vegetable Salad - Combine peas, carrots and beans, and drain. Chill and mix with mayonnaise and vinegar. Serve on lettuce leaves. Use leftover vegetables as a clean up item.

Waldorf Salad - Dice apples and place lemon juice over cut fruit. Mix celery and nuts. Add mayonnaise to hold ingredients together. Arrange on crisp lettuce leaves. Use 2 lbs. apples, 1 lb. of celery, 2 oz. walnuts, 1 head lettuce, and $\frac{1}{2}$ pt. mayonnaise.

Cold meat plate - Assorted cold cuts served with pickle and raw vegetables.

Sandwich fillings -

1. Cottage cheese and apple butter (2 cups cheese, $1\frac{1}{3}$ cups apple butter).
2. Apple butter and nut ($1\frac{2}{3}$ cups apple butter, $\frac{3}{4}$ cup nuts).
3. Cheese and bacon.
4. Cheese spread with chopped celery and pickles.
5. Peanut butter and marmalade.

DINNER -

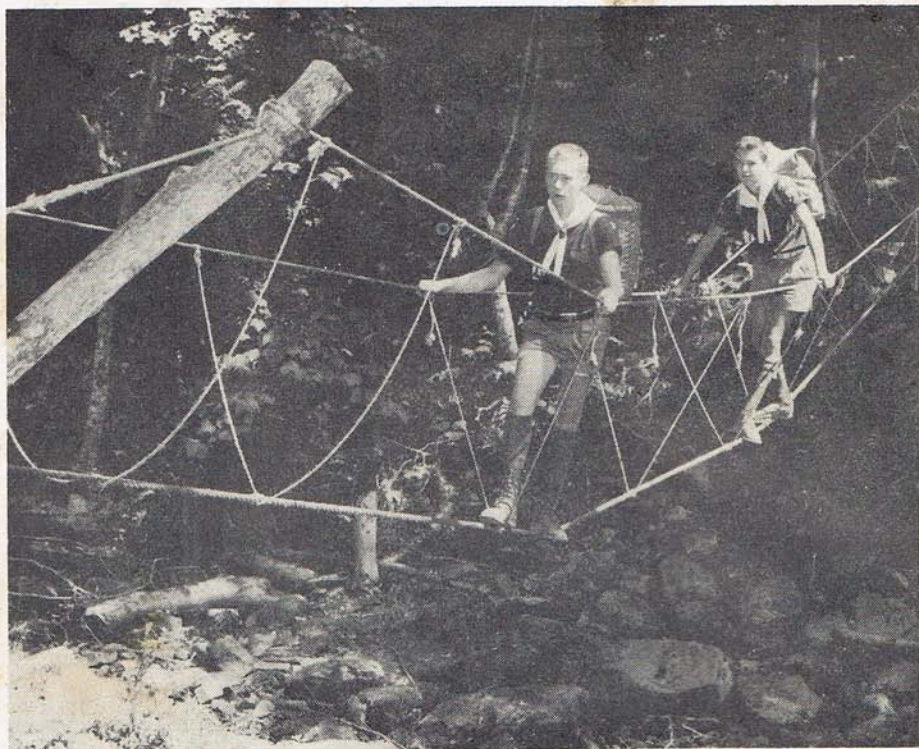
American chop suey - macaroni, hamburg, tomatoes and tomato soup.

Chicken Stew with carrots

Chicken Fricassee

Chops - Pork, Lamb

LAND IN THE SKY



Onteora Scout Reservation

Every hike and overnight camp is a rehearsal for the biggest event in the Scouting year; the Troop's Summer Camp, when the whole gang sets out for a week or more of real honest-to-goodness, out-of-door Scouting.

To a Scout, Summer Camp is the greatest adventure there is in Scouting.

To a Unit Leader, Summer Camp is the greatest chance he has to get to know each of his boys, and by knowing them, to help them grow, to help them become physically strong, mentally awake, and morally straight.

Adventure awaits you at the "Land In The Sky"