



CAMP BALDWIN PATROL MENUS

Enclosed are menus to help you prepare each meal while you are at Camp Baldwin. Please read the instructions for each meal twice before you begin; it will help you understand the instructions better, and will result in a better dining experience.

Should you have any questions, please contact the commissary, or any member of the Baldwin staff.

PATROL DUTY ROSTER

	Monday	Tuesday	Wednesday	Thursday	Friday
Food Pick-Up 1					
Food Pick-Up 2					
Cook					
Assistant Cook					
Cleanup					
Assistant Cleanup					
Fire building					
Campsite Cleanup					

A Patrol Duty Roster can make your camping experience better by allowing every member of the patrol to pitch in and help. This prevents confusion about who is supposed to do which camp chores.

To use this duty roster, fill in patrol members' names in the grid so that each member has at least one duty each day, rotating the duties so that everybody has a chance to do each job through the week. There is room to add more duties as needed.

Staple Box

Included in your staple box:

- | | | |
|-----------------|----------------------|---------------|
| ~ Menu Booklet | ~ Aluminum Foil | ~ Sugar |
| ~ Bread | ~ Juice Pitcher | ~ Cold Cereal |
| ~ Butter | ~ Cutting Board | ~ Oatmeal |
| ~ Salt & Pepper | ~ Paper Towels | ~ Fresh Fruit |
| ~ Trash Bag | ~ Sanitation Tablets | ~ Punch Mix |
| ~ Ketchup | ~ Dish Soap | |
| ~ Cooking Oil | ~ Scouring Pad | |
| ~ Syrup | ~ Dish Drainer | |

Should you need refills of any item, please ask at the commissary, or at the food truck when you pick up your food. Bring any empty container to exchange for a full container.

Wash hands before food preparation and before eating

It is very important that ALL cooks WASH THEIR HANDS THOROUGHLY before beginning any food preparation. Wash with soap and water, cleaning all fingers and nails.

Also be sure that everyone washes their hands thoroughly before the meal is served.

Sanitation Tablets

These tablets are to be used for dish washing. The correct amount to use is **ONE** Tablet in black bucket while boiling dishwater. Do not use more than this amount, or sickness may result.

Proper dish washing procedures

The correct dish washing method is the 'three sink method,' which means that there are three 'sinks' of water used:

First: Warm water with dish washing soap

Second: Warm rinse water.

Third: Hot water for sanitizing.

To wash dishes, set out three wash-basins. Fill the first two about 1/2 full and the third full with sanitized boiling water. Add dish soap and cold water to the first basin until comfortable to touch; add cold water only to the second basin until comfortable to touch, and add nothing to the third basin.

Wash each dish in the soap water, rinse fully in the second tub, and dip fully in the third tub.

All dishes should be AIR-DRIED, not toweled off.

Storing Food in Camp

Any perishable food stored in camp should be kept in the provided cooler on ice.

Milk and meats should not be stored more than a few hours.

Keep the cooler in the shade so the ice lasts longer.

The cooler is not meant for long term storage of food.

You may get more ice on the food truck or at the commissary.

MONDAY

BREAKFAST

Pancakes, Bacon, Fruit, Cocoa

ITEM	QUANTITY
Pancake Mix	3/4 cup mix for three (3 pancakes)
Hot Cocoa Packet	1 package per person
Bacon	3 strips per person
Fruit	1 piece or 1/3 can per person if canned
Milk	8oz. Per person

STAPLES

Syrup	<i>Staples are available at the Commissary or on the delivery truck whenever you need additional supplies</i>
Butter	
Jelly	
Oil	

INSTRUCTIONS:

- ~ Wash hands and read directions twice before starting.
- ~ Start heating the clean-up water over the fire.
- ~ Heat water for cocoa.
- ~ Fry Bacon slowly in frying pan until golden brown
- ~ Mix pancake batter by gradually adding water to pancake mix, about 1/2 cup water per serving of mix plus about 1 tablespoon oil. Stir until mixed.
- ~ Oil griddle and make sure it is hot by dropping a few drops of water on it. If they dance around, it's hot enough.
- ~ Pour pancake mix on griddle slowly, to make 4 inch circles. When edges of cakes look dry, and small bubble holes appear in center, then flip.
- ~ Wash or prepare fruit as necessary.

LUNCH

Sub Sandwiches, Fresh Vegis, Fruit

ITEM	QUANTITY
Sliced Turkey	1 per person
Sliced Cheese	2 per person
Hoagie Roll	1 per person
Carrots	3 oz per person
Lettuce	1/4 head per patrol
Tomato	1 per 3 people
Fruit	1 piece or 1/3 can per person if canned
Mustard	1 packs per person
Mayonaise	1 packs per person
Ranch	1 packet per 3 people
Punch	

STAPLES

Punch	<i>Staples are available at the Commissary or on the delivery truck whenever you need additional supplies</i>
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INSTRUCTIONS:

- ~ Wash hands and read directions twice before starting.
- ~ Start heating the clean-up water over the fire.
- ~ Mix punch in the pitcher.
- ~ Wash and cut fresh vegis as necessary.
- ~ Wash fruit if needed and set out.
- ~ Set sandwich ingredients on table and have everyone make their own sandwiches. Make sure each person only takes 1 slice of lunch meat and 2 cheese, or there may not be enough to go around.
- ~ Call the patrol in for lunch and say grace.

DINNER

Teriyaki Chicken with Rice and Vegetables, Cookie

ITEM	QUANTITY
Rice	1/4 cup per person (uncooked)
Cooked Chicken	3 oz per person
Soy Sauce	1 packet per person
Teriyaki Sauce	1 container per patrol
Broccoli	1 stalk per patrol
Carrots	3oz per person
Celery	1/2 stalk per person
Onion	1 per patrol
Fortune Cookie	1 per person
Milk	16oz per person

STAPLES

Oil	<i>Staples are available at the Commissary or on the delivery truck whenever you need additional supplies</i>
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INSTRUCTIONS:

- ~ Wash hands and read directions twice before starting.
- ~ Start heating the clean-up water over the fire.
- ~ Combine 1/2 cup water per serving with dry rice in a pot and place over burner until water boils. Turn down to low heat and simmer until rice absorbs almost all water, stirring occasionally. When most water is absorbed, turn off heat and cover pot. Set aside until ready to serve.
- ~ Cut broccoli, carrots, celery, and onion into bite-sized pieces.
- ~ Combine all vegetables and chicken pieces in frying pan or small pot with oil. Cook until vegetables are soft and meat is warmed through. Add water if mixture becomes dry.
- ~ Dish the chicken with veggies and rice out evenly onto plates for each person and place soy sauce packets and teriyaki on table.
- ~ Call everyone in, say grace, and serve dinner.

TUESDAY

BREAKFAST

Breakfast Sandwiches

ITEM	QUANTITY
Eggs	2 per person
Sliced Cheese	2 per person
Ham	2 per person
English Muffin	2 per person
Fruit	1 piece or 1/3 can per person if canned
Hot Cocoa Packet	1 package per person
Milk	8oz per person

STAPLES

Butter	<i>Staples are available at the Commissary or on the delivery truck whenever you need additional supplies</i>
Oil	
Salt	
Pepper	

INSTRUCTIONS:

- ~ Wash hands and read directions twice before starting.
- ~ Start heating the clean-up water over the fire.
- ~ Heat water for cocoa.
- ~ Warm ham in fry pan.
- To fry eggs, heat pan with oil, add eggs, cook eggs to desired preference and flip, be cautious of hot grease.
- ~ To scramble eggs start by adding 1/4 cup milk per 4 eggs. Beat well with a fork until smooth and bubbly, then pour into a hot frying pan that has been lightly greased. Frequently stir the bottom of the pan with a spatula. When the eggs are no longer runny, they are done.
- ~ Toast english muffin on a griddle over medium heat if desired. Watch carefully so they don't burn.
- ~ Wash or prepare fruit as necessary.
- ~ Set out the food so everyone can make their sandwich. Be sure that the food is distributed evenly.
- ~ See that the table is set , say grace, and serve breakfast.

LUNCH

Hot Dogs, Chips, Fruit

ITEM	QUANTITY
Hot Dogs	2 per person
Buns	2 per person
Chips	1 pack per person
Fruit	1 piece or 1/3 can per person if canned
Mustard	2 packs per person
Relish	2 packs per person
Punch	

STAPLES

Ketchup	<i>Staples are available at the Commissary or on the delivery truck whenever you need additional supplies</i>
Punch	

INSTRUCTIONS:

- ~ Wash hands and read directions twice before starting.
- ~ Start heating the clean-up water over the fire.
- ~ Put a pot of water on to boil. Place hot dogs into pot to cook. When nice and plump set them aside for service.
- ~ Mix punch in a pitcher
- ~ Wash or prepare fruit as necessary.
- ~ Place remaining ingredients on table
- ~ Call the patrol in for lunch and say grace.

DINNER

Soft Shell Tacos, Refried Beans, Cookies

ITEM	QUANTITY
Ground Turkey	3oz per person
Cheese, Shredded	2oz per person
Flour Tortillas	2 per person
Refried beans	1/3 can per person
Taco Seasoning Mix	1-2 pack per patrol
Lettuce	1/2 head per patrol
Tomatoes	1 per patrol
Onion	1 per patrol
Taco Sauce	1 packet per person
Tortilla Chips	1 pack per patrol
Cookies	2 per person
Milk	16oz per person

STAPLES

	<i>Staples are available at the Commissary or on the delivery truck whenever you need additional supplies</i>
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INSTRUCTIONS:

- ~ Wash hands and read directions twice before starting.
- ~ Start heating the clean-up water over the fire.
- ~ Brown turkey in frying pan. When cooked, drain grease, and add 1 cup water per seasoning packet and taco seasoning. Let simmer five minutes, then remove from heat.
- ~ Heat refried beans in a pan on low until warm. Add water if too thick. Stir frequently to keep from burning.
- ~ Prepare lettuce, tomatoes, and onions by chopping them into small pieces while meat is simmering.
- ~ Set out the food for patrol members to make their own tacos. Each scout should be allowed to spoon TWO TABLESPOONS of meat so there is enough for everyone.
- ~ Call everyone in, say grace, and serve dinner.

WEDNESDAY

BREAKFAST

French Toast, Sausage, Fruit

ITEM	QUANTITY
Eggs	2 per person
Bread (staple item)	2 per person
Milk (Extra)	1 per 3 people for french toast
Sausage Links	2 per person
Fruit	1 piece or 1/3 can per person if canned
Hot Cider Packet	1 package per person
Milk	8oz per person

STAPLES

Bread	Sugar	<i>Staples are available at the Commissary or on the delivery truck whenever you need additional supplies</i>
Syrup		
Butter		
Oil		

INSTRUCTIONS:

- ~ Wash hands and read directions twice before starting.
- ~ Start heating the clean-up water over the fire.
- ~ Heat water for cocoa.
- ~ Break the eggs into a bowl. Beat well with a fork. Add 1/2 carton of milk per 6 eggs. Add sugar if desired. Beat well until smooth and bubbly. Oil skillet, dip bread into egg mixture on both sides, and set in hot skillet. Peek under the edges and turn over when light brown. Put by the fire in a covered pan to keep warm.
- ~ Fry sausage patty in fry pan.
- ~ Wash or prepare fruit as necessary.
- ~ See that the table is set, say grace, and serve breakfast.

LUNCH

Chicken Wraps, Veggie Sticks, Fruit

ITEM	QUANTITY
Diced Chicken	3 oz per person
Tortillas	2 per person
Sliced Cheese	4 per person
Lettuce	1/2 head per patrol
Tomato	1 per 3 people
Cucumber	1 per 3 people
Fruit	1 piece or 1/3 can per person if canned
Ranch	2 packet per 3 people
Graham Cracker	1 packet per person
Punch	

STAPLES

Punch	<i>Staples are available at the Commissary or on the delivery truck whenever you need additional supplies</i>

INSTRUCTIONS:

- ~ Wash hands and read directions twice before starting.
- ~ Start heating the clean-up water over the fire.
- ~ Mix the punch in a pitcher.
- ~ In a bowl mix diced chicken and ranch together.
- ~ Wash and cut fresh vegis as necessary.
- ~ Wash fruit if needed and set out.
- ~ Set wrap ingredients on table and have everyone make their own wraps. There is enough for 2 per person.
- ~Set out crackers, 1 pack per person.
- ~ Call the patrol in for lunch and say grace.

DINNER

Salisbury Steak, Mashed Potatoes, Corn, Fruit

ITEM	QUANTITY
Ground Beef	4oz per person
Instant Potatoes	2/3 cup per person
Gravy Mix	1 pack per 3 people
Corn	1/3 can per person
Fruit	1 piece or 1/3 can per person
Pudding	1 pack per patrol
Milk (Extra)	1 per person for pudding
Milk	16oz per person

STAPLES

Butter	<i>Staples are available at the Commissary or on the delivery truck whenever you need additional supplies</i>
Salt	
Pepper	

INSTRUCTIONS:

- ~ Wash hands and read directions twice before starting.
- ~ Start heating the clean-up water over the fire.
- ~ Put on water to boil for potatoes. 1cup per serving size of food crate.
- ~Mix the package of pudding with one carton of milk per patrol number on your crate in a bowl. Set in cooler to thicken.
- ~Divide Ground Beef into even amouts to form enough patties for everyone.
- ~ Place patties in a pan and start browning. When patties are cooked through, remove patties to a plate and cover to keep warm.
- ~ Make gravy in the pan following the package directions.
- ~Once the gravy is made, return patties to the pan to warm and simmer in the gravy for a few minutes.
- ~ Once the water is boiling add the instant potatoes and season as desired.

THURSDAY

BREAKFAST

Pancakes, Sausage, Fruit

ITEM	QUANTITY
Pancake Mix	3/4 cup per person (3 pancakes)
Sausage Patty	1 per person
Fruit	1 piece or 1/3 can per person if canned
Hot Cider Packet	1 pack per person
Milk	8oz per person

STAPLES

Butter	<i>Staples are available at the</i>
Syrup	<i>Commissary or on the delivery</i>
Oil	<i>truck whenever you need</i>
	<i>additional supplies</i>

INSTRUCTIONS:

- ~ Wash hands and read directions twice before starting.
- ~ Start heating the clean-up water over the fire.
- ~ Fry sausage in pan. Keep it warm by putting it in a covered pan and setting near the fire.
- ~ Heat water for cocoa.
- ~ Mix pancake batter: gradually add water to pancake mix, about 1/2 cup water per serving of mix, plus about 1 tablespoon oil.
- ~ Oil griddle and make sure it is hot by dropping a few drops of water on it. If they dance around, it's hot enough.
- ~ Pour pancake batter on griddle to make 4 inch cakes. When edges of pancake look dry and small holes appear in center, then flip.
- ~ Wash or prepare fruit as necessary.
- ~ Call the patrol in, say grace, and serve breakfast.

LUNCH

Cheeseburgers, Chips, Fruit

ITEM	QUANTITY
Hamburger Patty	2 patties per person
Bun	2 per person
Lettuce	1/2 head per patrol
Fruit	1 piece or 1/3 can per person if canned
Cheese	2 slices per person
Tomato	1 per patrol
Mayo	2 pack per person
Mustard	2 pack per person
Relish	2 pack per person
Chips	1 bag per person
Punch	

STAPLES

Ketchup	<i>Staples are available at the</i>
Punch	<i>Commissary or on the delivery</i>
	<i>truck whenever you need</i>
	<i>additional supplies</i>

INSTRUCTIONS:

- ~ Wash hands and read directions twice before starting.
- ~ Start heating the clean-up water over the fire.
- ~ Mix punch in the pitcher.
- ~ Fry hamburger patties on both sides until brown and cooked through.
- ~ Slice the tomato, prepare lettuce and set out for the patrol.
- ~ Wash or prepare fruit as necessary.
- ~ Set ingredients out on the table
- ~ Call the patrol to lunch, and say grace

DINNER

Spaghetti, French Bread, Green Beans, Cookies

ITEM	QUANTITY
Spaghetti Noodles	4oz per person
Tomato Sauce	5oz per person
Ground Beef	3oz per person
Italian Seasoning	1 pack per patrol
French Bread	2 slices per person
Green Beans	1/2 cup per person
Cookies	2 per person
Milk	16oz per person

STAPLES

Butter	<i>Staples are available at the</i>
Oil	<i>Commissary or on the delivery</i>
Salt	<i>truck whenever you need</i>
Pepper	<i>additional supplies</i>

INSTRUCTIONS:

- ~ Wash hands and read directions twice before starting.
- ~ Start heating the clean-up water over the fire.
- ~ Start a pot of water to boiling for the spaghetti.
- ~ Fry ground beef in skillet til well done. Drain grease.
- ~ Add sauce, diced tomatoes and seasoning to ground beef and warm over medium heat. Stir occasionally.
- ~ Put a few drops of oil in the spaghetti water to keep the noodles from sticking if desired.
- ~ Add spaghetti to boiling water. Cook 8-10 minutes or until tender.
- ~ Drain water from spaghetti, cover to keep warm.
- ~ Green Beans need only to be warmed up in a pot before serving.
- ~ Call everyone in, say grace, and serve dinner.

FRIDAY

BREAKFAST

Egg and Sausage Scramble, Cinnamon Toast, Fruit

ITEM	QUANTITY
Eggs	2 per person
Hashbrowns	6oz per person
Pork Sausage	2 oz. per person
Fruit	1 piece or 1/3 can per person if canned
Bread (staple item)	2 per per
Cinnamon Sugar	1 packet per patrol
Hot Cocoa Packet	1 packet per person
Milk	8 oz per person

STAPLES

Bread	<i>Staples are available at the Commissary or on the delivery truck whenever you need additional supplies</i>
Ketchup	
Butter	
Oil	

INSTRUCTIONS:

- ~ Wash hands and read directions twice before starting.
- ~ Start heating the clean-up water over the fire.
- ~ Heat water for cider.
- ~ Brown sausage in large fry pan and drain. Set aside
- ~ In the same frying pan heat and add about 1/4 cup oil. Place hashbrowns in the pan, and turn occasionally until they are cooked and brown.
- ~ Break eggs in to a bowl and beat well in with a fork.
- Combine eggs, sausage, and hashbrowns in lightly greased fry pan Stir frequently with spatula. When eggs are no longer runny, they are done.
- ~ Wash or prepare fruit as necessary.
- ~ Toast bread on a pan, watching to prevent burning.
- ~ Butter the toast, and sprinkle with cinnamon/sugar mix. Make sure that it is used evenly so that everyone gets some.
- ~ See that the table is set , say grace, and serve breakfast.

LUNCH

Sandwiches, Fruit, Fresh Veggies

ITEM	QUANTITY
Lunch meat	2 slices per person
Cheese	2 slices per person
Bread (staple item)	4 per person
Lettuce	1/4-1/2 head per patrol
Carrots	3 oz per person
Tomato	1 per 3 people
Fruit	1 piece or 1/3 can per person if canned
Mustard	2 packet per person
Mayo	2 packet per person
Ranch Packet	1 packet per 3 people
Graham Crackers	1 packet per person
Punch	

STAPLES

Bread	<i>Staples are available at the Commissary or on the delivery truck whenever you need additional supplies</i>
Ketchup	
Punch	

INSTRUCTIONS:

- ~ Wash hands and read directions twice before starting.
- ~ Start heating the clean-up water over the fire.
- ~ Mix punch in the pitcher.
- ~ Wash and cut fresh vegis as necessary and set out.
- ~ Wash fruit if needed and set out.
- ~ Set sandwich ingredients on table and have everyone make their own sandwiches. Make sure each person only takes 2 slices of Lunch meat and 2 cheese, or there may not be enough to go around.
- ~Set out crackers, 1 pack per person.
- ~ Call the patrol in for lunch and say grace.

DINNER

(Camp wide Meal)

ITEM	QUANTITY
	<p>No Food Pick-up. <i>This is a camp wide meal, which will be served at the parade grounds.</i></p>

STAPLES

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INSTRUCTIONS:

Camp Equipment Costs

Equipment provided for your use by Camp Baldwin is in your care, and your troop will be held responsible for its return in good condition. The list below shows the current cost of replacement for equipment you may have been issued:

Commissary Equipment

Cook's Utensil Kit

Ladle

Spatula

Lg Fork

Lg Knife

Lg Spoon

Peeler

Can Opener

Green Bag

Cook Kit

Lg Pot

Md Pot

Sm Pot

Lg Skillet

Sm Skillet

Coffee Pot

Serving Plate

Measure Cup

Dish Drainer \$10

Black Water Basin \$10

Plastic Washbasins \$3

Griddle \$20

Dutch Oven \$72

Dutch Oven Hook \$10

Campsite Equipment

Tent \$265

Hose \$10

Broom \$10

Shovel \$15

Saw \$10

Axe \$30

Patrol Box \$50

Dining Fly \$15

(Knife cuts in tents will be appraised for the cost of repair, or replacement of tent, depending on severity)

Troops will, of course, only be held responsible for equipment actually checked out from the commissary or in the campsite on arrival. **You will ONLY be charged for damage to or loss of equipment you checked out and signed for, and that which was in your campsite upon arrival.**