

Troop 206 Camping Menu Ideas April, 2011-

Remember to make a balanced meal!!

Breakfast

Pancakes, Blueberry pancakes, butter, syrup
Crepes, jam
Omelettes- cheese, vegetables
Frittata- saute vegetables, sausage, add eggs on top
Brown-and-serve sausages with eggs or biscuits
Breakfast quesadillas or burritos
Instant oatmeal, malt-o-meal, cream of wheat, corn meal mush
Toasted bagels, cream cheese, jam
Sausage biscuits
Granola, Muesli
Biscuits on a stick (over a fire)
French toast
Fresh fruit or applesauce
Stuffing mix with bacon bits and cranberries
Smokie sausages
Spamadillas
Orange juice

Lunch

Brown bread and butter
Pita bread, Nan bread, Pilot Crackers, tortillas, Rolls
Peanut butter and honey or jam
Canned meat-Tuna, Deviled ham, chicken
Hummus and pita or tortillas
Lunch meat (sliced ham, turkey, other whole meats)
Italian dry sausage, jerky, salami
Cookies, Candy bars, other candy for dessert
Energy bars- Clif, Luna, Promax, Granola, Odwalla
Fruit bars
Dried apricots, apples, peaches, mangoes
GORP
Cheese- gouda, cheese sticks, cheddar, gruyere, cream cheese
Chips
Bagels with cream cheese (Cucumbers)
Small packaged cheeses
Rye Bread, cheese, meat, dried fruit
Tortillas, peanut butter and honey, fruit
Pita bread, cheese, nuts, hummus
Cheese, crackers, meat, raspberry newtons

Happy Hour

Cheese, salami and crackers
Sliced veggies and dip or hummus
Pita and Hummus
Peanut butter and crackers
Smoked oysters, sardines, anchovies, etc.
Koolaid or Gatorade
Chips and dip or salsa

Dinner- combine items to make Balanced Meal

Anything in a Dutch Oven

Salad and dressing
Campfire Stew-Vegetable soup and ground beef
Baked beans, Boston brown bread
Chicken curry on rice or couscous with condiments
Soups -Knorr, Packaged dried, Ramen, Cup O'Noodles, Miso
Bread, crackers, rolls, tortillas
Spaghetti, noodles, instant rice, couscous, grits, etc. and some sort of sauce
Pasta and Pesto with Pine Nuts and Parmesan
Tuna Helper and similar mixes with some meat
Chicken or other meat cooked at home and frozen
Canned meats -chicken, tuna, turkey, beef.
Instant frijole mix, canned beans, chili
Crispy corn tortilla Beef Tacos or Burritos with cheese, sour cream, guacamole, beans, tomatoes, onions
Vegetables- sliced raw, corn on the cob
Tater Tots, sausage, ketchup
Foil Dinners over the coals- hamburger, potatoes, carrots, onions
Dinner Quesadillas- precooked chicken, cheese, salsa, lettuce, avocado
Toasted cheese (and ham) sandwiches
Rice, potatoes, bread, beans, polenta, barley, stuffing mix, noodles, pasta, Rice-a-roni, mashed potatoes with a sauce
Macaroni and cheese (with Ortega chilies)
Hamburger Helper and beef, tuna, or chicken
Chili Cheese Fries
Ramen with something- Tuna, chicken, broccoli, onions, vegetables
Rice with eggplant and zucchini curry
Hot dogs, buns with items to make balanced meal
Potatoes in foil; veggies and dressing
Freeze-dried meals from REI or Redwood Trading Post
Stuffing Mix with Cranberries and canned chicken
Spam Curry, Tuna Curry on rice, couscous, or mashed potatoes
Polenta with tomato sauce & Provolone
Mashed potatoes with Spam, gravy
Stir-fry vegetables and teriyaki beef on rice

Dessert

S'mores
Chocolate fondue- chocolate sauce, fruit, cake
Cookies- oatmeal, peanut butter, Fig Newtons
Brownies
Applesauce and gingersnaps
Jello (needs snow)
Pudding or Mousse
Cheesecake from mix
Dutch Oven Crisps and Cobblers