## CATERING HANDBOOK

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## Welcome



#### Welcome to OneCamp!

This Catering Handbook outlines the menu for each day, plus menu cards for each meal to help your OneCamp Unit eat well every day!

If at any time you need extra supplies, please visit Food Distribution Point A. Nobody should go hungry – if there is something you need, let us know and we'll do our best to source it!

OneCamp Units will collect catering supplies in the afternoon for the following 24 hour period, including supplies for dinner, supper, breakfast, morning tea, lunch, and afternoon tea. Each OneCamp Unit will need a trek cart / trolley to collect their food supplies from the Food Distribution Point. Collection times are:

- 2:00pm for Village 5 at Food Distribution Point B
- 3:00pm for Villages 1-4 at Food Distribution Point A.

If you're heading off on a Mini-Expedition, the menu will be the same as outlined in this handbook. Catering supplies for each Mini-Expedition will be packed by our Food Distribution Team and delivered to your bus as you depart for your Mini-Expedition. You just need to pack morning tea, lunch, and afternoon tea from your campsite for Day 1 of your Mini-Expedition.

Modified diets will be catered for as identified in the OneCamp online event application system. Tips and hints for each meal are included throughout this handbook. If you have any questions about modified diets at any time, please ask.

If you have any questions during the event, please feel free to speak with one of our Catering Team:

- · Catering Director Nichol de Saxe
- · Catering Director Aeryn Telfer
- Food Distribution Lead Gavin Satie
- · Modified Diets Lead Sharon Goodwin.

You will find us at Food Distribution Point A or the Meeka Café (dining hall). You can also call the Event Operations Centre on (08) 6240 7777 and ask for a message to be passed to us.

Happy eating!

OneCamp Catering Team

## Menu



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Supper

Tuesday, 11 April		Fruit Muffins	Toasties	Fruit Popcorn Muesli bar	Chilli con carne loaded potatoes	Cake & ice cream	Milo Biscuit
Wednesday, 12 April	Cereal Baked beans Spaghetti Toast	Fruit Lamington	Ham Salami & Salad wraps	Fruit Popcorn Muesli bar	Teriyaki beef with noodles & veggies	Cake & custard	Milo Biscuit
Thursday, 13 April	Cereal Bacon Eggs Toast	Fruit Popcorn Muesli bar	Roast beef Polony Salad rolls	Fruit Shapes Tiny teddies	Chicken schnitzel & salad & mash	lce cream	Milo Biscuit
Friday, 14 April	Cereal Berries Pancakes Yoghurt Toast	Fruit Banana bread	Ham Salami Salad wraps	Fruit Popcorn Muesli bar	Hamburgers	Custard & tinned fruit	Milo Biscuit
Saturday, 15 April	Cereal Bacon Eggs Toast	Fruit Popcorn Muesli bar	Roast beef Polony Salad rolls	Fruit Chips Sultanas	Honey mustard chicken	Jelly & ice cream	Milo Biscuit
Sunday, 16 April	Cereal Sausages Eggs Toast	Fruit Muffin	Ham Salami Salad wraps	Fruit Shapes Tiny teddies	Nachos	Cake & custard	Milo Biscuit
Monday, 17 April	Cereal Bacon Eggs Toast	Fruit Popcorn Muesli bar	Roast beef Polony Salad rolls	Fruit Shapes Sultanas	Pasta Bolognese with salad & garlic bread	Apple pie & ice cream	Milo Biscuit
Tuesday, 18 April	Cereal French toast Berries	Fruit Sticky bun	Sausage sizzle	Fruit Pretzels	Camp stew Garlic bread Mash	Custard & tinned fruit	Milo Biscuit
Wednesday, 19 April	Cereal Bacon Eggs Toast	Fruit Popcorn Muesli bar	Toasties				

## Initial Issue



Category	Item	Quantity
Cleaning	Hand soap antibacterial pump pack 250mL	4
Cleaning	Chux wipes roll 25 pack	2
Cleaning	Hand sanitiser pump pack 500mL	2
Cleaning	Paper towel 2 pack	2
Cleaning	Surface kitchen clearer spray bottle 750mL	2
Cleaning	Bin bags 56L pack of 20	1
Cleaning	Dish brush	1
Cleaning	Dishwashing detergent 1L	1
Kitchen supplies	Aluminium foil 60m	1
Kitchen supplies	Cling wrap 60m	1
Kitchen supplies	Zip lock bags medium 30 pack	1
Pantry	BBQ sauce squeeze btl 750mL	1
Pantry	Coffee instant jar 200g	1
Pantry	Dressing salad French 300mL	1
Pantry	Flour plain bag 2kg	1
Pantry	Flour SR bag 2kg	1
Pantry	Garlic minced jar 250g	1
Pantry	Gravy powder tin 120g	1
Pantry	Honey squeeze bottle 500g	1
Pantry	Jam strawberry jar 500g	1
Pantry	Mustard squeeze btl 750mL	1
Pantry	Oil spray 400g	1
Pantry	Oil vegetable 2L	1
Pantry	Pepper black shaker 100g	1
Pantry	Salt table shaker 750g	1
Pantry	Sugar bag 2kg	1
Pantry	Tea bags black box 100 bags	1
Pantry	Tomato sauce squeeze btl 750mL	1
Pantry	Vanilla imitation flavour 300mL	1
Pantry	Vegemite jar 380g	1









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## Morning tea Fruit and muffin



(see recipe card on page 19)

### Afternoon tea

Fruit, popcorn and muesli bar



#### Dinner

Chilli con carne loaded potatoes (see recipe card on page 20)



### Dessert

Cake and ice cream



Supper Milo and biscuits



#### **Tuesday 11 April**

Modified diet	Lunch	Dinner	Dessert
Vegetarian	Tinned beans or spaghetti in place of deli meats/cheese	Either fresh or tinned mushrooms can be added to con carne, plus mixed beans. Omit beef mince, use tinned mixed beans and/or mushrooms.	If dairy free, omit ice cream and replace with icy pole or jelly.
Gluten free	Use gluten free bread and avoid the salami. The ham supplied is gluten free.	Mission taco seasoning is gluten free	Cluten free cake or muffin. Omit ice cream and replace with ice poly or jelly.
Modified dairy	Omit cheese if milk protein allergy.	Omit sour cream and cheese for milk protein allergy. Egg mayonnaise may be used in place of sour cream if desired. Lactose free individuals can use cheddar cheese.	Omit custard and replace with icy pole or jelly.
Additive free	Preservative free wraps may be used if required for toasties.		

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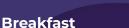
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## DAILY MENU





Cereal, baked beans or spaghetti on toast (see recipe card on page 15)

Morning tea Fruit and lamington

Lunch Ham, salami and salad wraps

Fruit, popcorn and muesli bar

Afternoon tea

#### Dinner

Teriyaki beef with noodles and veggies (see recipe card on page 21)



#### Dessert

Cake and custard

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Supper Milo and biscuit





## **MODIFIED DIETS**

#### Wednesday 12 April

Modified diet	Breakfast	Lunch	Dinner	Dessert
Vegetarian	NA	Tinned tuna could be used in place of deli meats.	Use firm tofu, teriyaki sauce, mixed vegetables in place of teriyaki beef stir-fry mix.	If dairy free, omit custard and replace with icy pole or jelly.
Cluten free	Use gluten free bread for toast, choose gluten free cereal	Use gluten free wraps, do not use salami. Ham is gluten free.	Use gluten free pasta or rice	Choose gluten free cake or muffin.
Modified dairy	Use alternate milk if desired Oat or soy milk can be used in place of cow milk for cereal. If lactose intolerant, use lactose free milk.	Omit cheese if milk protein allergy, cheese is ok for lactose free individuals.	NA	Omit custard, replace with icy pole or jelly
Additive free	Choose plain cereal such as wheat biscuits, rice puffs or corn flakes. Frooty rings contain sulphites, so avoid if sensitive.	Use preservative free wraps		







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#### **Breakfast**

Eggs and bacon on toast (see recipe card on page 16)

Morning tea Fruit, popcorn and muesli bar

Lunch Ham, salami and salad rolls

Afternoon tea Fruit, shapes and tiny teddies



#### Dinner

Chicken schnitzel, salad and mash (see recipe card on page 22)



#### Dessert



Supper Milo and biscuit



#### **Thursday 13 April**

Modified diet	Breakfast	Lunch	Dinner	Dessert
Vegetarian	Omit bacon and/or egg if necessary, choose cereal or toast with spread.	Boiled and sliced or mashed egg in place of deli meats Boil egg at breakfast time to use at lunch.	Omit schnitzel, replace with vegetarian sausages.	If dairy free – omit ice cream, replace with icy pole or jelly.
Cluten free	Use gluten free bread for toast, choose gluten free cereal.	Use gluten free bread, do not use salami, Ham is gluten free.	Use plain chicken in place of schnitzel. Cook plain chicken on clean BBQ before the schnitzels are cooked, or on a separate BBQ plate.	NA
Modified dairy	Use alternate milk if desired. Oat or soy milk can be used in place of cow milk for cereal. If lactose intolerant, use lactose free milk.	Omit cheese if milk protein allergy, ok for lactose free individuals	Omit cow's milk from mash and choose an alternative milk. Coles regular spread can be used.	Omit ice cream, replace with icy pole or jelly.
Additive free	Choose plain cereal such as wheat biscuits, rice puffs or corn flakes. Frooty rings contain sulphites – so avoid if sensitive.	Preservative free wrap		







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#### **Breakfast**

Cereal and toast, pancakes with berries and yoghurt (see recipe card on page 17)

Morning tea Fruit and banana bread •

Lunch Ham, salami and salad wraps

Afternoon tea Fruit, popcorn and muesli bars



#### Dinner (see recipe card on page 23)



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Dessert Custard and tinned fruit



Milo and biscuit

## **MODIFIED DIETS**

Friday 14 April

Modified diet	Breakfast	Lunch	Dinner	Dessert
Vegetarian	Omit yoghurt if dairy free, omit pancake if egg free	Tinned tuna could be used in place of deli meats.	Replace hamburger pattie with lentil pattie	lf dairy free – omit custard, replace with icy pole or jelly
Cluten free	Use gluten free bread for toast, choose gluten free cereal	Use gluten free wraps, do not use salami. Ham is gluten free.	Use gluten free bread in place of hamburger roll	NA
Modified dairy	Use alternate milk if desired. Oat or soy milk can be used in place of cow milk for cereal. If lactose intolerant, use lactose free milk.	Omit cheese if milk protein allergy, ok for lactose free individuals	Omit cheese if dairy free, egg mayonnaise is ok to use. Cheddar cheese ok to use for lactose free individuals	Omit custard, replace with jelly
Additive free	Choose plain cereal such as wheat biscuits, rice puffs or corn flakes. Frooty rings contain sulphites – so avoid if sensitive	Preservative free wrap	NA	NA







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#### **Breakfast**

Eggs and bacon on toast (see recipe card on page 16)

Morning tea Fruit, popcorn and muesli bars

Lunch Ham, salami and salad rolls

Afternoon tea Fruit, chips and sultana box

or corn flakes. Frooty rings

contain sulphites so avoid if sensitive



#### Dinner

mash (see recipe card on page 24)



Dessert

Jelly and ice cream

Supper

## **MODIFIED DIETS**

#### Saturday 15 April

**Modified diet** Breakfast Lunch Dinner Dessert Replace chicken with plant based 'chicken' pieces or Omit bacon and / or egg if Replace deli meats with mince. Plant based 'chicken' necessary, choose cereal or Omit ice-cream if dairy free tinned tuna if desired can be warmed separately toast with spread and honey mustard sauce added as desired Vegetarian Use MASTERFOODS brand simmer sauce for gluten free meals. Coles brand Use gluten free bread for Use gluten free bread, do not Honey Mustard Sauce toast, choose gluten free contains wheat and gluten use salami. Ham is gluten free cereal and therefore needs to be replaced with Masterfoods **Gluten free** brand for Coeliac Use alternative milk for cereal. Oat or soy milk can be used in Omit cheese if milk protein Omit simmer sauce if milk place of cow's milk for cereal. allergy, ok for lactose free protein allergy, ok to use for Omit ice cream or use lactose free milk – if individuals lactose free individuals lactose intolerant Modified dairy Choose plain cereal such as wheat biscuits, rice puffs

NA

Additive free

Preservative free wrap







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#### **Breakfast**

Cereal, scrambled eggs on toast (see recipe card on page 16)



Lunch Ham, salami and salad wraps

Afternoon tea Fruit, shapes and tiny teddies



Dinner (see recipe card on page 25)



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Dessert Cake and custard

Supper

Milo and biscuit

## **MODIFIED DIETS**

#### Sunday 16 April

Modified diet	Breakfast	Lunch	Dinner	Dessert
Vegetarian	Omit egg if necessary, choose cereal or toast with spread	Boiled and sliced or mashed egg in place of deli meats. Boil egg at breakfast time to use at lunch	Omit beef mince, replace with mixed beans	Omit custard if dairy free, replace with icypole or jelly
Cluten free	Use gluten free bread for toast, choose gluten free cereal	Use gluten free wrap, do not use salami. Ham is gluten free	NA	Cluten free cake or muffin
Modified dairy	Use alternate milk if desired. Oat or soy milk can be used in place of cow milk for cereal. If lactose intolerant, use lactose free milk.	Omit cheese if milk protein allergy, ok for lactose free individuals	Omit cheese if milk protein allergy, ok for lactose free individuals	Omit custard, replace with icypole or jelly
Additive free	Choose plain cereal such as wheat biscuits, rice puffs or corn flakes. Frooty rings contain sulphites – so avoid if sensitive.	Preservative free wrap	If preservative free omit guacamole	NA







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#### Breakfast

Cereal, eggs and bacon on toast (see recipe card on page 16)

Morning tea Fruit, popcorn and muesli bar

Lunch Ham, salami and salad roll

Afternoon tea Fruit, shapes and sultana box



#### Dinner

Pasta bolognese with salad and garlic bread (see recipe card on page 26)



#### Dessert

Apple pie and ice cream



Supper Milo and biscuit

## **MODIFIED DIETS**

#### Monday 17 April

Modified diet	Breakfast	Lunch	Dinner	Dessert
Vegetarian	Omit bacon and / or egg if necessary, choose cereal or toast with spread	Boiled and sliced or mashed egg in place of deli meats. Boil eggs at breakfast time to use for lunch	Omit beef, use tinned beans, lentils, chickpeas or plant based mince (if available)	NA
Cluten free	Use gluten free bread for toast, choose gluten free cereal	Use gluten free wrap / bread, do not use salami. Ham is gluten free	Use gluten free pasta. If garlic bread is desired, gluten free bread can be spread with margarine and minced garlic mix and toasted on the BBQ	Omit apple pie, replace with gluten free muffin
Modified dairy	Use alternate milk if desired. Oat or soy milk can be used in place of cow milk for cereal. If lactose intolerant, use lactose free milk.	Omit cheese if milk protein allergy, ok for lactose free individuals	Omit cheese if milk protein allergy, ok for lactose free individuals.	Omit ice-cream, replace with icy pole or jelly.
Additive free	Choose plain cereal such as wheat biscuits, rice puffs or corn flakes. Frooty rings contain sulphites – so avoid if sensitive	Preservative free wrap	NA	NA







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#### Breakfast

Cereal, french toast and berries and bacon (see recipe card on page 18)

Morning tea Fruit and sticky bun

Afternoon tea

Fruit, shapes and sultana box

Lunch Sausage sizzle

zle



#### Dinner

Camp stew, garlic bread and mash (see recipe card on page 27)



#### Dessert

Custard and tinned fruit

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Supper Milo and biscuit



#### **Tuesday 18 April**

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Modified diet	Breakfast	Lunch	Dinner	Dessert
Vegetarian	NA	Use vegetarian sausages	Omit diced beef, replace with lentiis, tinned beans and/or mushrooms, Beans, lentils, and mushrooms can make this stew a hearty vegetarian dish.	Omit custard if dairy free, replace with icy pole or jelly.
Gluten free	Use gluten free bread for toast, choose gluten free cereal.	Use gluten free bread / bun	Gluten free bread can be made into French toast, in the usual way, just remember to use a clean BBQ before you start cooking.	NĂ
Modified dairy	Use alternate milk if desired. Oat or soy milk can be used in place of cow milk for cereal. If lactose intolerant, use lactose free milk.	NA	NA	Omit custard, replace with icy pole or jelly.
Additive free	Choose plain cereal such as wheat biscuits, rice puffs or corn flakes. Frooty rings contain sulphites – so avoid if sensitive	Preservative free wrap	Omit Coles stock cube if MSC free Massell brand is ok)	NA



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## **DAILY MENU**





Morning tea

Eggs and bacon on toast (see recipe card on page 16)



#### Lunch Cheese toasties

(see recipe card on page 19)



**MODIFIED DIETS** 

#### Wednesday 19 April

Modified diet	Breakfast	Lunch
Vegetarian	Omit bacon and/or egg if necessary, choose cereal or toast with spread	NĂ
Gluten free	Use gluten free bread for toast, choose gluten free cereal	Use gluten free bread
Modified dairy	Use alternate milk if desired. Oat or soy milk can be used in place of cow milk for cereal. If lactose intolerant, use lactose free milk.	Omit cheese if milk protein allergy, use egg mayonnaise instead, with other fillings if desired
Additive free	Choose plain cereal such as wheat biscuits, rice puffs or corn flakes. Frooty rings contain sulphites – so avoid if sensitive	Preservative free wrap

### Baked Beans or Spaghetti on Toast



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Cereal Fresh milk Bread loaf Juice

#### **QP** Equipment

BBQ Two large pots Heat proof gloves - Baked beans tinned Spaghetti tinned Margarine

### 🗇 Hints

Serving spoon

Tongs

Quick and easy breakfast to get you started and energized for the day.

You'll also have cereal, milk, bread and assorted spread for those who want something different.

	Recipe
0	Heat the BBQ and make sure it's nice and clean.
2	Get two large pots and fill them with water (enough so you can fit your tins in with the water). Bring to the boil, then turn down to a simmer.
3	Add in your tins. They will need 30 minutes to cook evenly through. Once done, drain the water and take out the tins using heatproof gloves. Have a friend (or adult) help with this.
4	Now lay out all the toast on the BBQ. It won't take long so keep an eye on it.
5	Serve and enjoy.

### Scrambled Eggs and Bacon / Sausages on Toast



### , Ingredients

Margarine Cereal Fresh milk Bread

#### <sup>9</sup> Equipment

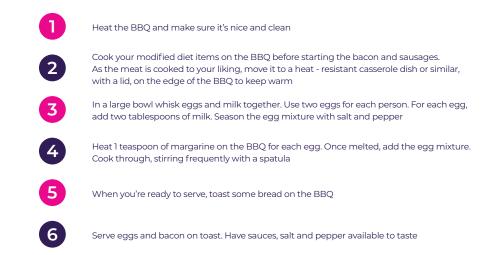
BBQ Tongs Spatula Serving spoon Juice Eggs Sausages OR bacon

#### Serving tray Whisk Heat-resistant dish Zip lock bags

#### • Hints Good old-fas

Good old-fashioned eggs and bacon. You can't go wrong with this brekkie. But make sure you've planned suitable substitutes for the various mod diets in your Unit.

#### Recipe



### **Pancakes with Berries and Yoghurt**





#### Ingredients

Eggs Flour SR Sugar Margarine Maple syrup Cereal



#### Equipment

Large bowl Whisk Measuring cups Fry pan Egg flip Serving tray Ladle Aluminium foil

Yoghurt assorted pouch

Fresh milk

Bread Frozen berries

Juice

Lemons

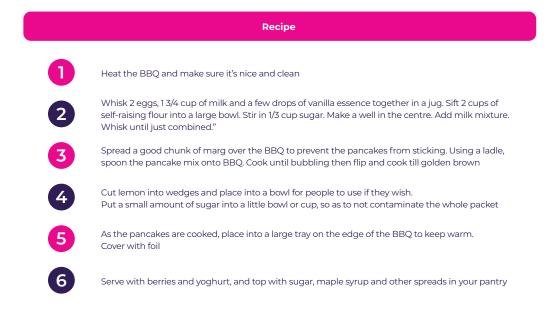
#### Hints

Pancakes with maple syrup, lemon and sugar - gourmet camp classic.

Don't worry if you don't eat them all at breakfast time.

Put in a container with a lid and store in the esky. They'll be great for an afternoon snack (don't keep any longer than 24 hours).

You'll also have cereal, milk, bread and assorted spread for those who want something different.



### French Toast and Berries and Bacon



#### 🧏 Ingredients

Margarı	ne
Maple s	yrup
Eggs	
Cereal	
Milk	

Frozen berries Bread loaf Juice Bacon

#### Equipment

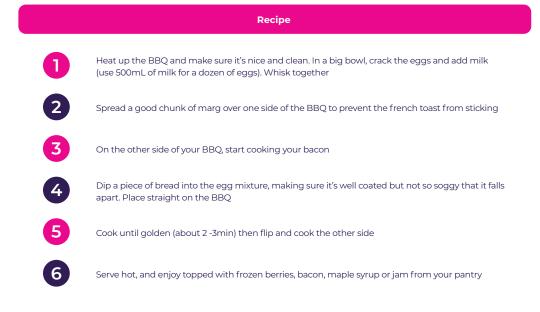
BBQ Tongs Large bowl Whisk

Egg flip Serving tray Large mixing bowl Serving spoon

#### Hints

French toast is a great way to use up any old bread, get some protein from the egg, and enjoy sweet sticky toppings. Add some bacon for an extra treat. You'll also have cereal, milk, bread and assorted spread

for those who want something different.



### **Cheese Toasties**



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#### Ingredients

Margarine Cheese tasty block Bread

#### <sup>®</sup> Equipment

BBQ Cheese slicer Egg flip

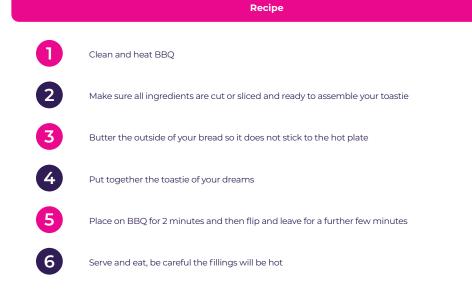
#### Tomatoes Ham slice Salami slice

Serrated knife Cutting board Serving tray

### Hints

You can't go wrong with a toastie. Easy to design to your liking whether you are vegetarian, nondairy or gluten free.

You could choose to not cook it if you would prefer a fresh S/W.



### **Chilli Con Carne Loaded Potatoes**



### Ingredients

Sour cream Cheese tasty block Beef mince Potatoes (washed, unpeeled) Taco seasoning sachet Tomatoes Beans red kidney tin Corn tin

#### 🖗 Equipment

Baking trays Tongs BBQ Pots Grater

#### 🦻 Hints

This filling meal can be changed so easily to suit a modified diet. This high carb meal is super filling and equally as yummy. Design your own potato dinner.

#### Recipe



In another pot heat a little oil and brown mince

Heat a pot of water to boil whole washed unpeeled potatoes.

This will take some time so start this step early

When mince is cooked add in drained kidney beans, drained tinned corn and taco seasoning and let simmer for 6 minutes  $% \left( {{\rm A}}\right) =0$ 

Drain potatoes when cooked through and let them cool slightly, then score them with a knife with a X shape. Then give the potato a squeeze to make room for the toppings

Top potato with mince, cheese and sour cream

Let it sit for 30 seconds so the cheese melts a little, or if you can't wait dig in

## **Teriyaki Beef with Noodles** and Veggies



#### Ingredients

Egg noodles

Teriyaki beef marinade mix

Large serving spoon

Large pot

Colander

#### Equipment

BBQ Tongs Egg flip Serving dish

#### Hints

This easy to make meal is both filling and tasty. Add a teaspoon of oil to the pasta after you drain it to keep from sticking.

#### Recipe



## Chicken Schnitzel, Salad and Mash





#### 🔏 Ingredients

•	Tomato sauce squeez
	bottle
	Margarine
	Lettuce
	Gravy powder
	Cucumber

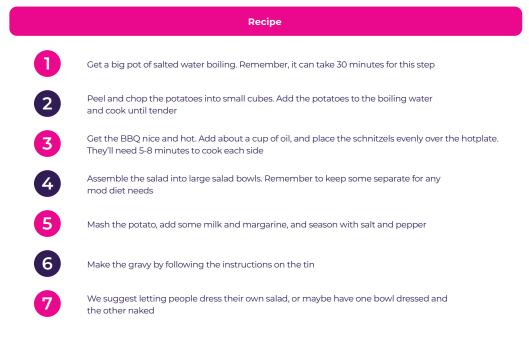


#### 🖗 Equipment

BBQ Tongs Scraper Big salad bowl Big pot Potato masher Pot for gravy

#### Hints

Schnitzel and mashed potato - comfort food. Everyone will love this dinner. Be a little careful when dishing out the mash, so you don't run out half way through serving your Unit. Err on the smaller side for servings, and people can always come back for seconds



### Hamburgers



#### Ingredients

Mustard squeeze bottle Tomato sauce squeeze bottle Cheese tasty block Lettuce Tinned beetroot



#### Equipment BBO

Serving trays.

Tinned pineapple Hamburger rolls Cucumbers Tomatoes Onions Hamburger patties

Cutting boards Sieve Serving spoons



#### Tongs Hints

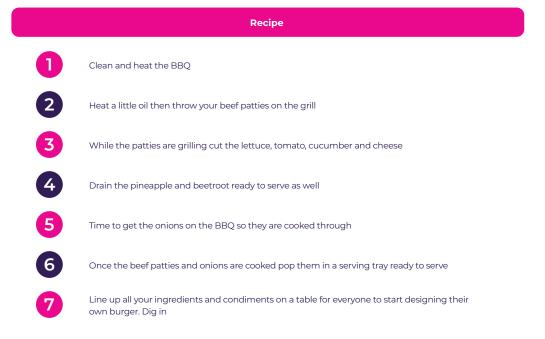
Egg flip

The hamburger is a classic and loved by all. Quick, easy and tasty.

With this versatile meal you can either load up with everything or keep it basic.

Easy to change if you have a modified diet requirement.

If you have left over eggs fry one up for your burger.



### Honey Mustard Chicken, Veggies and Mash





#### Ingredients

Margarine Beans frozen Chicken breast died Potatoes (peeled) Milk Broccoli Honey mustard simmer sauce Carrot

#### Equipment

2 x Big Pots 2 x Medium Pots Serving Spoons

#### Hints

This is a tasty dinner that's quick to prepare. It's super easy to cook all the components separately, eg have some chicken not cooked in the sauce. That way it's easy to let people have the components they want. We know you'll love it!

# Pecipe 1 Heat up a pan, add a small amount of oil. Add chicken and brown. Add simmer sauce and let simmer for 15 minutes, stirring often 2 Heat a pot of salted water and boil carrot, broccoli and beans. Once cooked drain and keep warm 3 Heat another pot of salted water and boil potatoes, once soft add milk and margarine and mash 4 Serve mash and chicken with veg on the side 5 Dig in

### Nachos





#### Ingredients

Sour cream Cheese tasty block Corn chips Guacamole tub Spring onion bunch Beef mince



#### Equipment

BBQ Pot Grater Mixing Bowls Serving trays

Bowls g trays Wooden spoon Can opener Sieve Peeler

Onions

Corn tin

Carrots

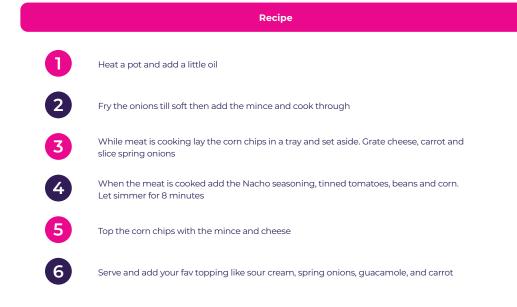
Tomato tin

Taco seasoning sachet

Beans red kidney tin



#### Its Nacho Sunday, time to bring this classic to life at camp. Easy to make this to suit all dietary needs with few changes.



### Pasta Bolognese with Salad & Garlic Bread





#### , Ingredients

Lettuce Cheese tasty block Cucumbers Beef mince Garlic bread loaf twin packet



#### Equipment

2 x Large Pots Serving Spoons 4 x Tongs Sharp Knife

Hints

Bowls Colander Scissors

Zucchinis

Pasta spiral

Tomatoes

Sauce pasta Bolognese

Onions

Carrots

Keep your salad items separate so that people can choose what they want. Use separate tongs for salad items and cheese to avoid crosscontamination.

Less is more – you can always comeback for seconds!

#### Recipe

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Heat the BBQ and fill your large pots with water and begin to boil. Once boiling, add some salt and your pasta and cook per the instructions on the packet. When cooked, carefully drain the keep pasta warm

Heat oil in a large saucepan over medium-high heat. Cook onion whilst stirring, until softened. Add mince. Cook, breaking up with a wooden spoon, for 6 to 8 minutes or until browned. Add tomatoes, grated zucchini and bolognese sauce. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 20 to 30 minutes or until thick. Season with salt and pepper."



2

While your pasta and Bolognese sauce are cooking, using a chopping board, cut your cucumber and cherry tomatoes and put in separate bowls



5

Heat the garlic bread on the BBQ, in its foil, for 2 minutes on each side. Using scissors, open your Bolognese sauce and add to drained pasta. Stir until combined

Serve salad mix, tomatoes, cucumber, salad dressing, cheese and garlic bread as desired. Enjoy!

### **Camp Stew, Garlic Bread and Mash**





#### Ingredients

Paprika satchel Stock cube vegetable Margarine Tomato paste tin Garlic bread loaf twin packet



#### Equipment

Large pots BBQ Ladle Tongs Egg flip Serving tray Masher Peeler Colander

Servina dish

Beef diced

Tomato tins

Capsicum

Potatoes

Onions

Carrots

### Hints

This hardy meal takes some time to cook but is worth the wait.

The garlic bread and mash soak up the sauce from the stew, so you don't miss a drop.

This is your last One camp dinner so sit around, enjoy the food with your newfound camp mates and share your fav camp story.

