



ONE CAMP
Eclipse
'23

CATERING HANDBOOK



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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



Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner

Dessert

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

Ice 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

DAILY MENU

Tuesday 11 April



Morning tea

Fruit and muffin



Dinner

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



Lunch

Cheese toasties (see recipe card on page 19)



Dessert

Cake and ice cream



Afternoon tea

Fruit, popcorn and muesli bar



Supper

Milo and biscuits



MODIFIED DIETS

Tuesday 11 April

Modified diet	Lunch	Dinner	Dessert
<p>Vegetarian</p>	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.
<p>Gluten free</p>	Use gluten free bread and avoid the salami. The ham supplied is gluten free.	Mission taco seasoning is gluten free	Gluten free cake or muffin. Omit ice cream and replace with ice poly or jelly.
<p>Modified dairy</p>	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.
<p>Additive free</p>	Preservative free wraps may be used if required for toasties.		

DAILY MENU

Wednesday 12 April



Breakfast

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



Morning tea

Fruit and lamington



Lunch

Ham, salami and salad wraps



Afternoon tea

Fruit, popcorn and muesli bar



Dinner

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



Dessert

Cake and custard



Supper

Milo and biscuit



MODIFIED DIETS

Wednesday 12 April

Modified diet	Breakfast	Lunch	Dinner	Dessert
<p>Vegetarian</p>	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.
<p>Gluten free</p>	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.
<p>Modified dairy</p>	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
<p>Additive free</p>	Choose plain cereal such as wheat biscuits, rice puffs or corn flakes. Frooty rings contain sulphites, so avoid if sensitive.	Use preservative free wraps		

DAILY MENU

Thursday 13 April



Breakfast

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



Dinner

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



Morning tea

Fruit, popcorn and muesli bar



Dessert

Ice cream



Lunch

Ham, salami and salad rolls



Supper

Milo and biscuit



Afternoon tea

Fruit, shapes and tiny teddies



MODIFIED DIETS

Thursday 13 April

Modified diet	Breakfast	Lunch	Dinner	Dessert
<p>Vegetarian</p>	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.
<p>Gluten free</p>	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
<p>Modified dairy</p>	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.
<p>Additive free</p>	Choose plain cereal such as wheat biscuits, rice puffs or corn flakes. Frooty rings contain sulphites – so avoid if sensitive.	Preservative free wrap		

DAILY MENU

Friday 14 April



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

Hamburgers (see recipe card on page 23)



Dessert

Custard and tinned fruit



Supper

Milo and biscuit



MODIFIED DIETS

Friday 14 April

Modified diet	Breakfast	Lunch	Dinner	Dessert
<p>Vegetarian</p>	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	If dairy free – omit custard, replace with icy pole or jelly
<p>Gluten free</p>	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
<p>Modified dairy</p>	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
<p>Additive free</p>	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

DAILY MENU

Saturday 15 April



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



Dinner

Honey mustard chicken, veggies and mash
(see recipe card on page 24)



Dessert

Jelly and ice cream



Supper

Milo and biscuit



MODIFIED DIETS

Saturday 15 April

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

DAILY MENU

Sunday 16 April



Breakfast

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



Dinner

Nachos
(see recipe card on page 25)



Morning tea

Fruit and muffin



Dessert

Cake and custard



Lunch

Ham, salami and salad wraps



Supper

Milo and biscuit



Afternoon tea

Fruit, shapes and tiny teddies



MODIFIED DIETS

Sunday 16 April

Modified diet	Breakfast	Lunch	Dinner	Dessert
<p>Vegetarian</p>	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
<p>Gluten free</p>	Use gluten free bread for toast, choose gluten free cereal	Use gluten free wrap, do not use salami. Ham is gluten free	NA	Gluten free cake or muffin
<p>Modified dairy</p>	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
<p>Additive free</p>	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

DAILY MENU

Monday 17 April



Breakfast

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



Dinner

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



Morning tea

Fruit, popcorn and muesli bar



Dessert

Apple pie and ice cream



Lunch

Ham, salami and salad roll



Supper

Milo and biscuit



Afternoon tea

Fruit, shapes and sultana box



MODIFIED DIETS

Monday 17 April

Modified diet	Breakfast	Lunch	Dinner	Dessert
<p>Vegetarian</p>	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
<p>Gluten free</p>	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
<p>Modified dairy</p>	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.
<p>Additive free</p>	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

DAILY MENU

Tuesday 18 April



Breakfast

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



Morning tea

Fruit and sticky bun



Lunch

Sausage sizzle



Afternoon tea

Fruit, shapes and sultana box



Dinner

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



Dessert

Custard and tinned fruit



Supper

Milo and biscuit



MODIFIED DIETS

Tuesday 18 April

Modified diet	Breakfast	Lunch	Dinner	Dessert
<p>Vegetarian</p>	NA	Use vegetarian sausages	Omit diced beef, replace with lentils, 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.
<p>Gluten free</p>	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.	NA
<p>Modified dairy</p>	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.
<p>Additive free</p>	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 MSG free (Massell brand is ok)	NA

DAILY MENU

Wednesday 19 April



Breakfast

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



Lunch

Cheese toasties
(see recipe card on page 19)







Morning tea

Fruit, popcorn and muesli bar



MODIFIED DIETS

Wednesday 19 April

Modified diet	Breakfast	Lunch
 Vegetarian	Omit bacon and/or egg if necessary, choose cereal or toast with spread	NA
 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



Ingredients

Cereal
Fresh milk
Bread loaf
Juice

Baked beans tinned
Spaghetti tinned
Margarine



Equipment

BBQ
Two large pots
Heat proof gloves

Tongs
Serving spoon



Hints

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

1

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

Juice
Eggs
Sausages OR bacon



Equipment

BBQ
Tongs
Spatula
Serving spoon

Serving tray
Whisk
Heat-resistant dish
Zip lock bags



Hints

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

1

Heat the BBQ and make sure it's nice and clean

2

Cook your modified diet items on the BBQ before starting the bacon and sausages. As the meat is cooked to your liking, move it to a heat - resistant casserole dish or similar, with a lid, on the edge of the BBQ to keep warm

3

In a large bowl whisk eggs and milk together. Use two eggs for each person. For each egg, add two tablespoons of milk. Season the egg mixture with salt and pepper

4

Heat 1 teaspoon of margarine on the BBQ for each egg. Once melted, add the egg mixture. Cook through, stirring frequently with a spatula

5

When you're ready to serve, toast some bread on the BBQ

6

Serve eggs and bacon on toast. Have sauces, salt and pepper available to taste

Pancakes with Berries and Yoghurt



Ingredients

Eggs	Fresh milk
Flour SR	Bread
Sugar	Frozen berries
Margarine	Juice
Maple syrup	Lemons
Cereal	Yoghurt assorted pouch



Equipment

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



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.

Recipe

1

Heat the BBQ and make sure it's nice and clean

2

Whisk 2 eggs, 1 3/4 cup of milk and a few drops of vanilla essence together in a jug. Sift 2 cups of self-raising flour into a large bowl. Stir in 1/3 cup sugar. Make a well in the centre. Add milk mixture. Whisk until just combined."

3

Spread a good chunk of marg over the BBQ to prevent the pancakes from sticking. Using a ladle, spoon the pancake mix onto BBQ. Cook until bubbling then flip and cook till golden brown

4

Cut lemon into wedges and place into a bowl for people to use if they wish. Put a small amount of sugar into a little bowl or cup, so as to not contaminate the whole packet

5

As the pancakes are cooked, place into a large tray on the edge of the BBQ to keep warm. Cover with foil

6

Serve with berries and yoghurt, and top with sugar, maple syrup and other spreads in your pantry

French Toast and Berries and Bacon



Ingredients

Margarine
Maple syrup
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.

Recipe

1

Heat up the BBQ and make sure it's nice and clean. In a big bowl, crack the eggs and add milk (use 500mL of milk for a dozen of eggs). Whisk together

2

Spread a good chunk of marg over one side of the BBQ to prevent the french toast from sticking

3

On the other side of your BBQ, start cooking your bacon

4

Dip a piece of bread into the egg mixture, making sure it's well coated but not so soggy that it falls apart. Place straight on the BBQ

5

Cook until golden (about 2 -3min) then flip and cook the other side

6

Serve hot, and enjoy topped with frozen berries, bacon, maple syrup or jam from your pantry

Cheese Toasties



Ingredients

Margarine
Cheese tasty block
Bread

Tomatoes
Ham slice
Salami slice



Equipment

BBQ
Cheese slicer
Egg flip

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.

Recipe

- 1 Clean and heat BBQ
- 2 Make sure all ingredients are cut or sliced and ready to assemble your toastie
- 3 Butter the outside of your bread so it does not stick to the hot plate
- 4 Put together the toastie of your dreams
- 5 Place on BBQ for 2 minutes and then flip and leave for a further few minutes
- 6 Serve and eat, be careful the fillings will be hot

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

1

Heat a pot of water to boil whole washed unpeeled potatoes. This will take some time so start this step early

2

In another pot heat a little oil and brown mince

3

When mince is cooked add in drained kidney beans, drained tinned corn and taco seasoning and let simmer for 6 minutes

4

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

5

Top potato with mince, cheese and sour cream

6

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



Equipment

BBQ

Tongs

Egg flip

Serving dish

Large pot

Large serving spoon

Colander



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

1

Clean BBQ and heat up

2

Boil a large pot of water to cook the pasta

3

Add noodles and cook till al dente, then drain and keep warm

4

While noodles is cooking stir-fry the beef veggie mix with a little oil until meat is cooked all the way through

5

Serve noodles first and place stir fry on top

Chicken Schnitzel, Salad and Mash



Ingredients

Tomato sauce squeeze bottle
Margarine
Lettuce
Gravy powder
Cucumber

Potatoes
Carrots
Tomatoes
Milk
Chicken schnitzels



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

Recipe

1

Get a big pot of salted water boiling. Remember, it can take 30 minutes for this step

2

Peel and chop the potatoes into small cubes. Add the potatoes to the boiling water and cook until tender

3

Get the BBQ nice and hot. Add about a cup of oil, and place the schnitzels evenly over the hotplate. They'll need 5-8 minutes to cook each side

4

Assemble the salad into large salad bowls. Remember to keep some separate for any mod diet needs

5

Mash the potato, add some milk and margarine, and season with salt and pepper

6

Make the gravy by following the instructions on the tin

7

We suggest letting people dress their own salad, or maybe have one bowl dressed and the other naked

Hamburgers



Ingredients

Mustard squeeze bottle
Tomato sauce squeeze bottle
Cheese tasty block
Lettuce
Tinned beetroot
Tinned pineapple
Hamburger rolls
Cucumbers
Tomatoes
Onions
Hamburger patties



Equipment

BBQ
Serving trays
Egg flip
Tongs
Cutting boards
Sieve
Serving spoons



Hints

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.

Recipe

- 1 Clean and heat the BBQ
- 2 Heat a little oil then throw your beef patties on the grill
- 3 While the patties are grilling cut the lettuce, tomato, cucumber and cheese
- 4 Drain the pineapple and beetroot ready to serve as well
- 5 Time to get the onions on the BBQ so they are cooked through
- 6 Once the beef patties and onions are cooked pop them in a serving tray ready to serve
- 7 Line up all your ingredients and condiments on a table for everyone to start designing their own burger. Dig in

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!

Recipe

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

Taco seasoning sachet
Onions
Beans red kidney tin
Corn tin
Tomato tin
Carrots



Equipment

BBQ
Pot
Grater
Mixing Bowls
Serving trays

Wooden spoon
Can opener
Sieve
Peeler



Hints

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

Recipe

- 1 Heat a pot and add a little oil
- 2 Fry the onions till soft then add the mince and cook through
- 3 While meat is cooking lay the corn chips in a tray and set aside. Grate cheese, carrot and slice spring onions
- 4 When the meat is cooked add the Nacho seasoning, tinned tomatoes, beans and corn. Let simmer for 8 minutes
- 5 Top the corn chips with the mince and cheese
- 6 Serve and add your fav topping like sour cream, spring onions, guacamole, and carrot

Pasta Bolognese with Salad & Garlic Bread



Ingredients

Lettuce
Cheese tasty block
Cucumbers
Beef mince
Garlic bread loaf twin packet
Zucchinis
Onions
Carrots
Pasta spiral
Sauce pasta Bolognese
Tomatoes



Equipment

2 x Large Pots
Serving Spoons
4 x Tongs
Sharp Knife
Bowls
Colander
Scissors



Hints

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

1

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

2

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."

3

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

4

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

5

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

Beef diced
Potatoes
Onions
Carrots
Tomato tins
Capsicum



Equipment

Large pots
BBQ
Ladle
Tongs
Egg flip

Serving tray
Masher
Peeler
Colander
Serving dish



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.

Recipe

1

Heat oil in a pot, add beef and brown, remove beef to a serving dish and keep warm

2

Brown onions, then add carrots, capsicum and cook for 5 mins

3

Add stock, paprika, tomato paste, tinned tomatoes and stir together

4

Add meat back in and simmer for at least an hour or until tender

5

Boil a pot of water and add potatoes, once soft drain and mash with milk and butter

6

Heat garlic bread

7

Serve stew over mash and serve with garlic bread

