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# SUMMER CAMP MENU

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## Welcome to my camp menu guide!

Having filled every role in the kitchen, I have had the opportunity to observe what makes a great dish washing team, a valuable helper, and a strong kitchen manager. I hope that this menu helps ease some of the great responsibility that you have so bravely accepted. Below are a few simple insights that developed during my years in the kitchen, particularly as kitchen manager. I hope they inspire you to take this opportunity as more than fulfilling the necessities of nutrition.

### My Philosophy

The kitchen should be a place for learning - For you, the kitchen staff, and the campers. Encourage staff to take on recipes they haven't before. Schedule a time for campers to help cook!

The kitchen should be colourful - Colourful food is healthy food, and colourful people make the hot, hectic space bearable. People should leave every meal feeling recharged and content. There should not only be enough food, there should be nutritious, balanced, and varied food.

The kitchen is an integral part of every camp - a happy kitchen is a happy camp. Remember that just because you may not work with the campers regularly, you have a huge impact on the way camp runs. Choose to make that impact noteworthy.

### Our Responsibility

Running a kitchen is a daunting, stressful, and often overwhelming task. With this in mind, remember that it is our responsibility as Spoon Weilders and Taste Testers to also be Laugh Laughers and Sneak Snackers. We must provide healthy, satisfying food that appeals to as many people as we can. We can not always cater to individual desires or aversions, but we can cater to ideals of variety, care, and home cooking.

The menus and recipes in this cookbook have been developed with love and care, and a healthy dose of trial and error. I have provided recipes I used for many things that are available pre-made, but I am sure you will find more satisfaction with homemade recipes and a remarkable decrease in spending. The savings you will have from making things from scratch helps make buying fruits and vegetables more manageable, and you might even have some left over to splurge on special occasions.

Good luck, happy cooking,

**Meghan 'Fhyllja' Morrison**

(CampHacker & Cairn Family of Camps Kitchen Manager 2011-2012)





## **Kitchen Equipment**

The recipes and menus in this package are designed for a industrial and well-equipped kitchen. Some of the presumptions of the recipes are that there is a flat-top grill available, several large burners, and multiple, industrial ovens. The kitchen I managed had four industrial ovens, two of which were convection ovens, and had a total of fourteen racks. It also had four burners, and one 2' by 4' flat top grill. When I refer to a large baking sheet, I am referring to the 18"x26" baking sheets most often found in industrial kitchens. When I refer to a large roasting pan, I am referring to the 12"x18" (4" - 6" deep) pans that are sometimes referred to as 'chafing dishes' for steam tables.

As for appliances, we had an industrial food processor, an industrial mixer, a conveyer toaster, a meat slicer, several popcorn poppers, an immersion blender, and several upright blenders. The recipes may call for any of this equipment, so please plan ahead and adjust according to your kitchen equipment.

We were lucky enough to have 2 walk-in fridges, 3 chest freezers, and a large pantry so we did not often run into issue with food storage. It is very important to keep food storage capacity in mind when ordering food - if need be make smaller orders more frequently.

## **Food Service Recommendations**

This section contains a few basic tips for maintaining a budget through effective service sourcing. Many kitchens rely solely one food provider. While developing relationships with multiple providers increases the time and energy dedicated to procuring food, the results yield variety, savings, and increased community exposure and connections. Below you will find recommendations regarding food service providers, produce providers, local grocers, and camp vegetable and herb gardens.

Food Service: I strongly recommend purchasing your groceries from a food service provider. I chose to go with Gordon Food Services, out of Milton, Ontario, because the prices were consistently lower than any other food service in my area, however the service representatives have been inconsistent. Once you have found a food service provider, get to know your online ordering system before camp starts - they are cumbersome and not especially user friendly. I suggest ordering with a calculator on hand for conversions as well as comparing price per unit.

If you have bad service or bad product - do not wallow in silence! Call your rep or customer service line. You are a big customer, and often these services are willing to ensure great service. I also recommend using the online ordering tools. Some kitchen

managers prefer to order over the phone through their rep, but this means they choose the product for you, and you may not be aware of all the products available.

Be wary of ordering produce (fresh fruit and vegetables) from a food service. The quality is often poor, and the prices are often higher than a regular grocery store. I remember once paying \$2.00 per pound for bananas, when they are pretty much a standard \$0.67 in a grocery store. Grocery stores may not be the best place for produce, however, as it may be impractical to shop for hundreds of people in a shopping cart, and the quantities you need may not be available. See below for produce suggestions. Certain items, like pre-cut and washed romaine lettuce, may not be less expensive than produce from a produce provider, but the convenience and time savings can be worth it.

**Produce Provider:** Nothing saved me more money than my miracle working produce provider. I found a man who sold huge quantities of produce at farmers markets, and at the end of the market day he was more than happy to sell me that day's produce at a very low price, and often gave me things for free. Many, many camps and restaurants take this route for produce. It requires some flexibility in your menu - you may find yourself with 10 flats of strawberries that need to be consumed ASAP or turned into jam, but the savings and variety are worth the creative menu tweaking!

I suggest looking up farmers markets in your camp's area - very often one major produce provider does the market circuit, going to a different market every day. If you find an agreeable provider at a close market, you will save plenty of money (and have fun market field trips). The major drawbacks of this method are that it requires the presence of the kitchen manager to go to the market, a vehicle to transport all the produce, and the availability can be unpredictable. I carved out a weekday afternoon to do my market trip and go to the local McDonald's for free speedy internet to make my food service orders. Don't be afraid to barter for lower prices, and don't pay for produce you won't consume.

Depending on the size of the provider, you may also be able to order fruits and vegetables from them and pick it up at the market. If you have a good relationship with them, they may give you a discount or food at-cost for charitable organizations. Again, always compare prices to your food service provider.

**Local Grocer Relationships:** There will always be moments of panic when you realize you did not order buns for hamburgers and dinner is in 1 hour. At these times, you may need to take the financial hit and buy your groceries from a grocery store. It could also be that certain items are not available from your service, and you need to buy them from a store. I strongly recommend going in person to local grocers and developing a relationship, and maybe a discount. Some stores will offer a permanent 10-15% discount to your camp. It may not be much, but every saving is money invested elsewhere.

**Vegetable and Herb Gardens:** A wonderful way to involve campers in the kitchen is by having some kind of camper-maintained vegetable or herb garden. Herbs are perhaps the most useful as fresh herbs are expensive and difficult to keep once cut, and herbs attract less animal activity than vegetable gardens. The camp I come from has retired canoes that have been converted into herb and vegetable gardens. They are a wonderful sight and campers feel proud that they contribute to running camp! These gardens can also be a great way for kitchen staff to connect with nature and escape from the heat of the kitchen.

### Stocking Your Pantry

Rather than order certain items according to projected needs, there are a few staple items that should be on hand in every camp kitchen pantry. In the grocery lists provided in this package, I have not included specific measurements for some items (such as flour), as it is suggested that reasonable quantities are available in the pantry. Below is my must-have pantry list.

All Purpose Flour	Emergency Pasta	Cooking Oil
White Sugar	Powdered Beef Stock	Olive Oil
Icing Sugar	Powdered Chicken Stock	Cocoa Powder
Rolled Quick Oats	Powdered Vegetable Stock	Powdered Milk
Brown Sugar	Dried Fruit	Dehydrated Potato Flakes
White Rice	Vanilla	Corn Syrup
Honey	Baking Powder	Chocolate Chips
Jam	Baking Soda	Cooking Onions
Peanut Butter or Soy Butter	Salt	Crushed Garlic

## Stocking Your Spice Cupboard

Because we'll be cooking from scratch, there are quite a few spices I always keep on hand. Many of the spices below appear in the recipes in this package, so it would be wise to keep them on hand.

Garlic Salt	Sage	Cumin
Garlic Powder	Bay Leaves	Curry Powder
Onion Powder	Ginger	Cinnamon
Basil	Cayenne Pepper	Nutmeg
Rosemary	Montreal Steak Spice	Chili Powder
Thyme	Seasoning Salt	Mustard Powder
Oregano	Sesame Seeds	Italian Seasoning
Dill	Paprika	Garlic Plus type seasoning

# Recipes

The recipes below are grouped by meal, and ordered according to the menu plan. If an item repeats during the three-week schedule, I have repeated it below, for continuity's sake. I have replaced butter with margarine in most cases, as it is more budget friendly. Please feel free to substitute butter for margarine. For meals like sandwiches, tacos, and hamburgers, the assumption is that campers and staff can assemble their own according to taste. **All recipes are for quantities of 100.**

## Breakfast Recipes

### Granola Bars, Baked Beans, and Fruit

#### Granola Bars

Ingredients:

15 C rolled oats	3 ⅓ C honey
5 C rice crispies	1 ⅔ C packed brown sugar
5 C flour	5 C miniature semisweet chocolate chips
2 tbsp baking soda	5 C raisins
2 tbsp vanilla extract	2 ½ C Sunflower Seeds
5 C margarine, softened	2 ½ C dried apricots

Directions:

1. Preheat oven to 325 degrees F. Grease 2 18"x26" baking sheets.
2. In a large mixing bowl combine the oats, rice crispies, flour, baking soda, vanilla, margarine, honey and brown sugar.
3. Stir in the assorted chocolate chips, raisins, nuts etc.
4. Very firmly press mixture into the prepared pan. Bake for 18-22 minutes or until golden brown.
5. Firmly pack again. Let cool for 10 minutes then cut into 100 or more bars. Let bars cool completely in pan before removing or serving, or they will crumble.

#### Baked Beans

I find the industrial sized cans of baked beans to be of great value, and to make them from scratch requires a lot of work. I suggest using three 105 oz cans of maple-baked beans. Pour the beans into large roasting pan, cover, and bake at 400F until warmed through.

#### Fresh Fruit

Serve with orange slices. If serving with sliced apples, mix 1 C lemon juice with 2 C cold water, and dunk slices before serving to preserve colour. About 30 - 40 oranges will do.

## Pancakes with Berry Compote and Bacon

### Pancakes - Option to use pancake mix

Ingredients:

25 C flour	13 C milk
3/4 C baking powder	1 C melted margarine + 6 C margarine for serving
2 tbsp salt	12 C table syrup
4 1/4 C liquid egg	
12 C water	

Directions:

(Note - may need to do in several batches depending on mixer capacity)

1. Mix flour, baking powder, and salt in mixer.
2. Add milk, egg, and melted margarine. Stir until just blended.
3. Scoop onto flattop grill using a 1/4 C scoop. Flip when bubbles form on top of the pancake. Cook until golden brown
4. Store in large roasting pan in oven at 200F.
5. Serve with butter, syrup, berry compote, and bacon.

### Berry Compote

Ingredients:

8 -12 C frozen mixed berries (can include peaches)	4 C white sugar 2 C warm water
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Directions:

1. Heat all ingredients in a large heavy sauce pan, bring to a boil, stirring constantly
2. Reduce heat to low, and let simmer until thickens.

### Bacon

Amount needed depends on how thick the slices are. I recommend 18 - 22 slices per pound. Order for 3.5 slices per person, assuming an average of 20 slices per pound. For 100 people, you need 17.5 lbs bacon.

Directions:

1. Line large baking sheets with parchment paper, and arrange bacon in a single layer, without touching (or they will stick).
2. Bake at 350F for 15 minutes. Keep an eye on it, as different fat content and thickness cooks differently.



## Week 3 Grocery list

### Produce

- Apples - 165
- Bakers potatoes - 70
- Bananas - 100
- Basil (fresh) - 2 C
- Broccoli - 26 heads
- Cabbage - 3 large heads
- Cantaloupes - 8
- Carrots - 52
- Celery - 13 head
- Cucumber - 6
- Frozen broccoli - 7 ½ lbs
- Frozen green beans - 9 lbs
- Frozen peas - 10 lbs
- Frozen spinach - 4 C
- Garlic - 8 bulbs
- Grapes, red - 5 lbs
- Green peppers - 52
- Iceberg lettuce, shredded - 5 lbs
- Onions - 44
- Oranges - 33
- Raspberries - 10 C
- Red peppers - 26
- Romaine lettuce, chopped - 26 lbs
- Rosemary (fresh) - 1 sprig
- Spaghetti squash - 4
- Strawberries - 40 C
- Tomatoes - 14 lbs
- Zucchini - 16
- Watermelon - 5

### Meat

- Bacon - 10 lbs
- Black forest ham – 42 lbs
- Breakfast sausage - 80
- Chicken fingers - 45 lbs
- Ground beef - 20 lbs
- Hotdogs - 250
- Italian sausage - 35
- Meatballs - (.5oz) – 40 lbs
- Pepperoni, sliced - 5 lbs
- Pre-cooked, dice chicken - 10 lbs
- Stewing beef - 20 lbs

### Dairy

- Cheddar Cheese - 48 lbs
- Cream cheese, plain - 3 lbs
- Crumbled feta - 8 C
- Liquid egg - 163 C
- Milk - 40 C
- Mozzarella cheese - 7 lbs
- Parmesan cheese - 16 C
- Processed melting cheese - 5 lbs
- Sour cream - 62 C
- White processed cheese - 250 slices
- Yogurt – twenty-four 3 C containers

### Grocery

- Angel food cake, ready made - 10
- Bacon bits - 4 C
- Basmati rice - 20 C
- Beef broth stock - 1 ¼ C
- Black beans - three 105 oz cans
- Blueberry pie filling - 8 C
- Bread crumbs - 12 C
- Caesar salad dressing - 16 C
- Canned corn - 27 C
- Canola or Vegetable oil - 21 C
- Caramel topping - 2 C
- Chic peas - two 105 oz can
- Chocolate chips - 16 C
- Coconut extract - 4 tsp
- Coconut, sweetened - 8 C
- Cooking sprat
- Corn tortilla chips - seven 1.5 lb bags
- Crushed garlic, in oil - 3 C
- Crushed pineapple - four 20 oz cans
- Crushed tomatoes - nine 105 oz cans
- Dried cranberries - 2 C
- Elbow Macaroni - 16.5 lbs
- French fries - 35 lbs
- Graham crumbs - 20 C
- Honey - 10 C
- Ketchup - 24 C
- Lemon juice - 2 ¼ C
- Light corn syrup - ¼ C
- Lime juice - 2 tbsp
- Margarine - 43 C
- Mayonnaise - 42 C
- Mustard - 24 C

- Olive oil - 5 ½ C
- Peaches - three 105 oz cans
- Penne pasta - 16.5 lbs
- Plum sauce - 8 C
- Pretzel sticks - nine 32 oz bags
- Ranch dressing - 23 C
- Rainbow sprinkles
- Raisins - 11 C
- Relish - 1 ½ C
- Salsa - 65 C
- Soya sauce - 9 ½ C

## Bread Products

- Hotdog buns - 250
- Pie crusts (unbaked) - 20
- Pizza crusts, pre-made, par-baked - 40
- Powdered mini donuts - 200
- Sub buns, foot long - 125

## Baking Supplies

- Baking soda - 1 C
- Baking powder - 1 ¼ C
- Brown sugar - 30 ½ C
- Cocoa powder - 2 2/3 C
- Cornmeal - 14 C
- Cornstarch - 3 C
- Dry yeast - 3 packages
- Ground flax seed - ¼ C
- Flour - 137 C

## Spices

- Basil - ¼ C
- Bay leaves - 6
- Cajun seasoning - ¼ C
- Cayenne pepper - 1 tsp
- Chili powder - 2 tbsp
- Cloves - ½ tsp
- Cinnamon - 1 ¼ C
- Chili powder - 2 tbsp
- Cumin - ½ C
- Garlic powder - ¾ C
- Garlic Plus seasoning - ¼ C
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- Stewed tomatoes - 15 C
- Sunflower seeds - 2 C
- Table Syrup - 12 C
- Taco seasoning - 2 C
- Taco shells - 300
- Tomato paste - 6 C
- Tuna, flaked in water - four 66.5oz cans
- Vinegar - 1 ¼ C
- Whip topping - 40 C prepared
- Worcestershire sauce - 2 tbsp

- White bread - 180 slices (9 loaves)
- Whole wheat bread - 180 slices (9 loaves)
- Whole wheat hamburger buns - 150
- Whole wheat tortillas, small - 550
- Whole wheat tortillas, large - 250

- Icing sugar - 37 C
- Molasses - ½ C
- Muffin mix - bran - 100 muffins worth
- Quick rolled oats - 48 C
- Shortening - 4 ¼ C
- Sugar - 66 C
- Unsweetened coconut - 1 C
- Vanilla - 1 ½ C

- Italian seasoning - ¼ C
- Montreal steak spice - ¼ C
- Mustard Powder - ½ C
- Nutmeg - 1/2 C
- Onion powder - 1/2 C
- Oregano - 1/2 C
- Paprika - 2 tbsp
- Pepper - 1 C
- Red pepper flakes - 2 tbsp
- Rosemary - 2 tbsp
- Salt - 2 C