



3.024 Sample Menu Overnight Camp

FRIDAY EVENING

- ◆ Donuts
- ◆ Hot Chocolate

SATURDAY BREAKFAST (in groups)

- ◆ Scrambled eggs
- ◆ Bacon
- ◆ Toast, Jam, Peanut Butter
- ◆ Juice
- ◆ Coffee, Tea

SATURDAY LUNCH

- ◆ Submarines (Ham, Lettuce, Cheese, Tomato)
- ◆ Soup (optional)
- ◆ Celery and Carrot sticks
- ◆ Fresh fruit (in season)
- ◆ Cold drink

SATURDAY DINNER (in groups)

- ◆ Tin Foil Supper
 - 1 chicken breast (pre-cooked at home)
 - sliced potatoes
 - sliced carrots
 - sliced onions
 - season to taste

Place all above in tin foil sheet, doubled, fold over and seal completely. Cook in hot coals for approximately 1 hour.

- ◆ Canned fruit
- ◆ Cookies
- ◆ Cold Drink, Milk, Coffee, Tea