

A FEW MENU IDEAS THAT HAVE BEEN TRIED
Ari Klein, Scoutmaster Troop 22 March 9, 1994

On the trail

Ramen with stuff in it (onion, tuna, chicken, beef sticks, etc)
pasta salad with alfredo sauce and tuna
spanish rice (change the spice and its a new meal)
noodles with stuff in it (whatever you like or have left)
beans/lentils/peas (soak 'em in a ziplock bag during while hiking)
spaghetti with dried sauce (sauce left to dry on wax paper)
mac and cheese
couscous with stuff in it
boiled cabbage (keeps a few days), canned corned beef and mashed potatoes.
Garlic noodles, tomatoes and shrimp
homemade beef jerky (Hungry Hiker book is excellent) by itself or cooked in a main dish
if packing in one day, freeze meat and wrap in plastic and paper
instant cheesecake, chocolate moose, jello, pudding, are all great

Bring a few spices in small containers to help flavors
Use butter buds in little packages not in shaker, instant milk also works fine.

Have cooler will travel

shishka bob
kilbase sauteed with basil and mixed with spaghetti and broccoli
spaghetti and meatballs
chile
grilled chicken
marinated chicken
chicken waikiki
beef stew
ground beef stew (easy meal, brown ground beef, drain grease, mix in alphabet soup)
 pot roast in dutch oven with veggies
 BBQ chicken
 taco salad
 shrimp and scallops sauteed mixed
 with pasta
 pasta salad with fake crab and veggies
 sloppy joes
 hobo pies with sloppy joe stuff inside
 hobo pizza pies
 turkey stew with corn base or barley
 Steak, baked potato and garlic bread
 apple fritters
 hash browns with cheese
 tortelini with meatballs in tomato sauce

Breakfasts

couscous with maple syrup
pancakes with fruit
oatmeal with fruit, cinnamon
and brown sugar
eggs, any style
frog in hole (bread with
hole, fry up an egg insdie)
fried shredded wheat with
kilbase
french toast
chipped beef

Baking can be done in dutch, cardboard box or reflector oven

There are tons of other great meals. Anything made at home will be better at camp.