

Welcome to Camp Waubeeka

We are glad you are here! We have put together some basic guidelines for food service at Waubeeka. Please remember that the Commissary staff are here to make your culinary experience this summer the best it can be. If there is anything we can do to improve that experience, please let us know how we can assist. If you have questions or need additional supplies, please ask!



To cut down on waste, the Commissary staff have determined appropriate portions for you and your fellow scouts. If you feel that you need more food or less food, please let the Commissary staff know and we will make the appropriate adjustments to your portions.

Food Pick Up Times are: 6:45AM, 11:45AM, and 4:45PM

To avoid too much repetition on the menus here are some basic guidelines for meal preparation:

- For each meal, you will need to select the appropriate amount of cooks and assistants
- Make sure that all scouts working with food have thoroughly washed their hands before working with food, and that scouts handling food wear the provided plastic gloves.
- Gloves should be changed anytime the food handler switches from working with raw food to other foods. It is very important to prevent cross-contamination between different foods.
- Make sure different utensils cutting boards are used to prepare different types of food (ex. Don't use the same board for meat and for vegetables)
- Remember to follow the 3-bucket method when washing dishes
- You will be provided with a meat thermometer to make sure that food has been cooked properly. Insert the tip of the thermometer into the center of the piece of food.
 - Beef should be cooked to a minimum of 155°F
 - Chicken should be cooked to a minimum of 165°F

NOTE: Some staff members will be joining you for lunch and dinner meals.

If there is anything that you'd like to discuss please feel free to talk with the Camp director or the Food Services Team.

Please make sure that the Commissary Staff is aware of any dietary restrictions and/or allergies.

Enjoy your stay in Sunny Camp Waubeeka,

- The Commissary Staff

Camp Waubeeka Menu

Sunday:

Dinner: Hot Dinner @ McIntyre

Monday:

Breakfast: Omelette and Bacon

Lunch: Hot Lunch @ McIntyre

Dinner: Quesadillas

Tuesday:

Breakfast: Pancakes

Lunch: Grilled Cheese

Dinner: Spaghetti and Meatballs (Weeks 1, 3, and 5) or Ravioli and Meat Sauce (Weeks 2 and 4)

Wednesday:

Breakfast: Biscuits and Sausage Gravy

Lunch: Cold Cuts

Dinner: Sloppy Joes, Baked Beans and Mashed Potatoes

Thursday:

Breakfast: Hot Cereal (Cream of Wheat or Oatmeal), Fruit, and Danishes

Lunch: Pizza Wraps

Dinner: Teriyaki Chicken w/ Egg Noodles

Friday:

Breakfast: French Toast

Lunch: Hot Lunch @ McIntyre

Dinner: BBQ

Saturday:

Breakfast: Grab and Go @McIntyre

Waubeeka: Monday Breakfast

Food Items needed for this meal:

Eggs	Cheddar Cheese
Peppers	Onions
Tomato	Bacon
Juice	Cereal
Milk	Fresh Fruit
Cooking Oil	Plates and Utensils

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Place bacon on preheated skillet making sure that it is flat
- Fry until brown and crispy, then place on a plate with a paper towel and cover
TIP: you can save the bacon grease to cook with later as it adds flavor
- Dice the onion, tomato, and pepper making sure to carefully remove the seeds
- Combine ~1 tbsp of oil (can add bacon grease here) and heat until small bubbles form
- Cook onion and pepper first until the onion is translucent and the pepper becomes soft
- Add tomato and stir until desired texture is reached
- While the veggies cook crack your eggs (~2 per person) in a bowl, whisking them together with some salt and pepper
- Make sure there is still enough grease in the pan so the eggs don't stick and pour them over the veggie mix
- Let cook undisturbed until small bubbles appear on the top, then flip
TIP: cooking an omelet is very similar to cooking pancakes this way
- Sprinkle cheese over half of the omelet and fold
- Follow instructions on the juice can and mix with water in a jug/pitcher, DO NOT DRINK FROM THE CAN as it is very concentrated

Be sure to say grace before the meal and enjoy your breakfast

Reminder: Monday Lunch is at McIntyre Pavilion,

Waubeeeka Monday Dinner*

Quesadillas
Salad

Food items needed for this meal:

Tortillas	Chicken
Butter	Cooking Oil
Onions	Salsa
Salad Veggies	Salad Dressing
Bug Juice	Plates and Utensils
Cheese	

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Heat cooking oil in a pan until small bubbles form, add chicken and cook until browned and crispy making sure to stir frequently or it will stick to the pan
- OPTIONAL: dice some onion small and saute in the leftover oil until soft
- Sprinkle a tortilla with cheese, chicken, and onion, then place a second tortilla on top like a sandwich
- Melt ~1 tbsp of butter in a skillet and cook each side of the quesadilla on low heat so that the cheese can melt
- Cut in half and serve with salsa and/or sour cream
- For the salad, cut the vegetables to desired size and place into one container, serve using tongs
- Follow the instruction on the bag of juice mix and combine in a pitcher or jug

Be sure to say grace before the meal and enjoy your dinner

Waubeeka: Tuesday Breakfast

Pancakes
Canadian Bacon
Juice
Fresh Fruit

Food items needed for this meal:

Pancake Batter	Syrup
Butter	Canadian Bacon
Cereal	Fresh Fruit
Juice	Milk
Plates and Utensils	

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Preheat the skillet over medium heat.
- Place slices of Canadian bacon in the skillet, making sure they are flat and not overlapping.
- Cook for 2-3 minutes on each side, until they are golden brown (they should not be crispy like regular bacon but should be well-heated).
- Once cooked, remove the bacon from the skillet and place it on a plate with a paper towel to absorb any excess grease. Cover with a clean cloth to keep warm. (**TIP:** Clean the skillet properly after cooking the bacon to ensure your pancakes don't taste like Canadian bacon).
- Mix the pancake batter according to the instructions on the container in a large pot, making sure to whisk thoroughly to avoid any chunks
- Once the batter is mixed, preheat a large skillet, placing ~½ tbs of butter per pancake and heating it on low until it starts to bubble
- Pour batter into the pan using a ladle and let cook undisturbed until the edges begin to bubble
- Flip and allow to finish cooking
- Serve the pancakes with butter, fruit, syrup, and Canadian bacon
- Follow instructions on the juice can and mix with water in a jug/pitcher, **DO NOT DRINK FROM THE CAN** as it is very concentrated

Be sure to say grace before the meal and enjoy your breakfast

Waubeeka: Tuesday Lunch

Grilled Cheese
Soup
Chips
Crackers

Food items needed for this meal

Bread	Butter
American Cheese	Tomato Soup
Pickles	Chips
Bug Juice	Cookies
Soup Crackers	Plates and Utensils

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Be sure to cook on LOW HEAT for this meal or else the soup and sandwiches will burn
- You will need a 1:1 ratio of the soup base to water to make the soup
 - This means that however much soup base you add to the pot you add that much water
- Heat the soup on a low flame, stirring frequently until the soup is hot
- DO NOT BOIL, just simmer

- While the soup cooks, place 2 slices of cheese in between bread, and butter both sides
- Heat a skillet and place the sandwich on it
- Flip the sandwich once the bread has toasted
- COOK ON LOW so that the cheese can melt without the bread burning. You can also place a cover on the pan to keep the heat inside, but make sure to check frequently

Be sure to say grace before the meal and enjoy your lunch

Waubeeka Weeks 1, 2, and 4: Tuesday Dinner*

Spaghetti and Meatballs
Italian Veggies
Salad
Bread Sticks

Food items needed for this meal:

Spaghetti	Pasta Sauce
Meatballs	Cooking Oil
Parmesan	Bread Sticks
Green Beans	Salad Veggies
Salad Dressing	Bug Juice
Italian Seasoning	Plates and Utensils

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Bring a large pot of water to a boil, adding a pinch of salt
- Add spaghetti noodles to the pot and let cook for 8-10 minutes (8 if al dente)

- Cook your meatballs while the pasta cooks
- IF USING SAUCE
 - Pour pasta sauce into a saucepan or pot on the stovetop, letting it heat until warm
 - Add meatballs and bring the mixture to a boil over a medium-high heat
 - Reduce to a simmer and let cook, covered, for ~20 minutes
- IF NOT USING SAUCE
 - Heat a teaspoon of oil in a skillet
 - Sear the meatballs on all sides for ~15 minutes until cooked thoroughly
- The meatballs should have an internal temperature of 165°F

Note: Serving size for meatballs is roughly 3-4.

Be sure to say grace before the meal and enjoy your dinner

Waubeeka Weeks 2 & 4 Tuesday Dinner:

Ravioli
Italian Veggies
Salad
Bread Sticks

Food items needed for this meal:

Ravioli	Pasta Sauce
Italian Seasoning	Parmesan
Bread Sticks	Italian Veggies
Salad Veggies	Salad Dressing
Bug Juice	Cooking Oil

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Bring a large pot of water to a boil, adding a pinch of salt
- Carefully add your ravioli (don't throw it in, the water is very hot) and cook for 4-5 minutes, stirring often
- Once the ravioli begins to float to the top of the water, allow it to cook for ~2 minutes before removing
- While the ravioli cook, place the pasta sauce into a saucepan on the stovetop and bring to a boil over medium-high heat until ready to serve
- Add the italian seasoning as it begins to boil
- Pour the sauce over the ravioli and cover until ready to serve
- Heat some oil in a pan
- Place the green beans with the seasoning, sauteeing until fully cooked
- Cover until ready to serve
- Toast the bread sticks on your flat top grill until brown and crispy on all sides
- For the salad, cut the vegetables to desired size and place into one container, serve using tongs
- Follow the instruction on the bag of juice mix and combine in a pitcher or jug

Be sure to say grace before the meal and enjoy your dinner

Waubeeka: Wednesday Breakfast*

Biscuits
Sausage and Sausage Gravy
Fresh Fruit
Juice

Food items needed for this meal:

Cooking Oil
Pork Sausage
Bisquick
Chicken Broth
Flour
Salt
Pepper
Fresh Fruit
Juice
Plates and Utensils

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Preheat your skillet over medium heat. Add oil.
- In a bowl, combine the Bisquick and water. Stir until just combined, making sure not to overmix (this keeps the biscuits light and fluffy).
- Drop spoonfuls of dough into your pre-oiled skillet, forming little biscuit rounds. If you want, you can also shape them with your hands into small, rough circles.
- Cover and cook over low heat for about 10–15 minutes, checking occasionally for doneness.
- Heat a skillet over medium heat. Add the sausage and cook until browned, breaking it up into small pieces as it cooks.
- Once the sausage is browned, sprinkle the flour over it, stirring to coat the sausage. Cook for about 1–2 minutes, stirring constantly, to create a thick paste (roux).

-Gradually add chicken broth to the sausage and flour mixture, stirring continuously to avoid lumps.

-Stir well until the gravy starts to thicken.

-Let the gravy simmer for 5–7 minutes, stirring frequently. It should thicken to a creamy consistency. If the gravy becomes too thick, you can add a bit more chicken broth or water to reach your desired consistency.

-Taste and add salt and pepper to season.

-Place Sausage and Gravy over Biscuits as desired. Serve fresh fruit cut or as is.

-Follow instructions on the juice can and mix with water in a jug/pitcher, DO NOT DRINK FROM THE CAN as it is very concentrated

Be sure to say grace before the meal and enjoy your breakfast

Waubeeka: Wednesday Lunch*

Cold Cuts

Salad

Chips

Food Items needed for this meal

White Bread

Ham

Turkey

American + Swiss Cheese

Condiments (Mayo and Mustard)

Lettuce

Tomato

Salad Veggies

Potato Chips

Bug Juice

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Add meat, condiments, veggies, and cheese to each sandwich as desired by each person.
- Serve salad and chips to each person as desired

Be sure to say grace before the meal and enjoy your lunch

Waubeeka: Wednesday Dinner*

Food Items Needed for this Meal:

Cooking Oil
Ground Beef
Sloppy Joe Sauce
Hamburger Buns
Salt and Pepper
Baked Beans
Dehydrated Mashed Potato Flakes
Butter
Bug Juice

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Heat a skillet over medium heat.
- Brown the ground beef in the skillet, breaking it up as it cooks.
- Drain any excess fat and add the sloppy joe sauce. Stir to combine.
- Let it simmer on low for 5–10 minutes, stirring occasionally. Add salt and pepper to taste.
- Toast the hamburger buns in a separate pan, if desired.
- Open the can of baked beans and pour it into the skillet or a separate pan.
- Heat over medium heat for 5 minutes, stirring occasionally until warm.
- In a pot, bring 2 cups of water to a boil.
- Once the water is boiling, remove from heat and stir in the mashed potato flakes.

-Mix well, adding butter if desired, and stir until smooth and creamy. Adjust the texture with extra water if it's too thick.

-Season with salt and pepper to taste.

-Serve all three components together and enjoy.

Be sure to say grace before the meal and enjoy your dinner

Waubeeka: Thursday Breakfast*

Cream of Wheat/Farina (Weeks 1, 3, and 5) OR Oatmeal (Weeks 2 + 4)

Fresh Fruit

Danishes

Food items needed for this meal

Oats/Cream of Wheat

Brown Sugar

Honey

Cinnamon

Cherry Danishes

Apples

Bananas

Mixed Berries

Juice

Bowls and Utensils

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

-Heat 1 cup of water per person in a pot over medium heat.

-Stir in 1/2 cup oats or Cream of wheat per person.

-Stir frequently to prevent sticking or lumps.

- **Oatmeal:** Simmer for about 5 minutes until thickened.
- **Cream of Wheat:** Simmer 2–3 minutes, stirring constantly.

-Remove from heat, and add toppings (honey, cinnamon, brown sugar, and any fruit) as desired.

- Serve individually packaged danishes as is.
- Serve Fresh fruit as is, or cut up and serve in the hot cereal.
- Follow instructions on the juice can and mix with water in a jug/pitcher, DO NOT DRINK FROM THE CAN as it is very concentrated

Be sure to say grace before the meal and enjoy your breakfast

Waubeeka: Thursday Lunch*

Pizza Wraps
Salad
Cookies

Food items needed for this meal:

Tortillas	Tomato Sauce
Mozzarella Cheese	Cooking Oil
Pepperoni	Salad Veggies
Salad Dressing	Cookies
Bug Juice	Plates and Utensils

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- On a flat surface portion out 2-4 tbsp of tomato sauce onto each tortilla
- Sprinkle with mozzarella cheese and lay out pepperoni

- Heat up some oil in a skillet
- Fold the tortillas in half and place in the pan, cooking until the bottom turns brown on low heat so that the cheese can melt
- Flip to the other side and repeat
- Let rest for a few minutes before serving

- For the salad, cut the vegetables to desired size and place into one container, serve using tongs

- Follow the instruction on the bag of juice mix and combine in a pitcher or jug

Be sure to say grace before the meal and enjoy your lunch

Waubeeka: Thursday Dinner*

Teriyaki Chicken
Egg Noodles
Green Beans
Dessert

Food items needed for this meal:

Chicken Strips	Teriyaki Sauce
Egg Noodles	Green Beans
Garlic Powder	Salad Veggies
Salad Dressing	Bug Juice
Plates and Utensils	

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Preheat some oil in a pan and add chopped up chicken strips, cooking until crispy on all sides on medium-high heat (5~7 minutes)
- Lower the heat and add the teriyaki sauce, letting the mixture simmer for ~10 minutes, stirring occasionally
- For the egg noodles, bring a pot of water with salt to a rolling boil and cook the pasta for 8~10 minutes or until tender
- Drain the pasta and add to the chicken and combine
- For the green beans, heat some oil in a skillet
- Toss the vegetables with some garlic powder, salt, and pepper then saute until tender
- For the salad, cut the vegetables to desired size and place into one container, serve using tongs
- Serve the chicken with a side of green beans and salad
- Follow the instruction on the bag of juice mix and combine in a pitcher or jug

Be sure to say grace before the meal and enjoy your dinner

Waubeeeka: Friday Breakfast*

French Toast
Bacon
Juice
Fresh Fruit

Food Items needed for this meal:

Bread	Eggs
Butter	Bacon
Syrup	Vanilla
Milk	Cereal
Juice	Fresh Fruit
Plates and Utensils	

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Place bacon on preheated skillet making sure that it is flat
- Fry until brown and crispy, then place on a plate with a paper towel and cover

- The French Toast batter is made of eggs, milk, cinnamon, and vanilla extract in a large pot
- Crack the eggs in a pot, adding cinnamon and vanilla to taste
- Add milk slowly until you reach a liquidy but still relatively thick
 - *The ratio of eggs to milk is usually 5 eggs to ½ cup*
- Add cinnamon and vanilla to taste, but remember, you can always add more but you can't remove if you add too much

- Heat a skillet over medium heat and melt some butter (~1 tbsp per serving)
- Dip the bread in the French Toast batter and add to the pan
- Once the bread begins to bubble around the edges, flip carefully and allow the other side to cook
- Serve with butter and syrup

- Follow instructions on the juice can and mix with water in a jug/pitcher, DO NOT DRINK FROM THE CAN as it is very concentrated

Be sure to say grace before the meal and enjoy your breakfast

NOTE: Lunch and Dinner are at McIntyre Pavilion.

Equipment Return:

- Please wash ALL cooking equipment before returning.
- Return times are from 1PM-4PM and 7PM-8:30PM on Friday
- Please do not come in between 4PM and 7PM as the commissary staff will be preparing the barbeque.
- Please remain at the quartermaster's window as the Quartermaster checks the equipment back in, and wait until they sign you off.
- If the Staff is busy with another troop or is not there DO NOT leave the equipment on the porch unattended. Every piece of gear must be checked by the Quartermaster