

Menu Plan Options: Camping Meals

To Do:

1. Look at the following menu plan options for inspiration and meal ideas while camping.
2. Choose one dinner from the options below to cook while camping. Copy and paste the dinner into your **Menu Plan** on Google Classroom.
3. You may substitute ingredients to suit your group's dietary needs/ preferences (i.e. tofu instead of chicken)

Breakfast Options	
<i>We Don't Need No Eggs-and-Bacon ♪</i>	
<u>Pancakes/ Crepes</u>	<u>Bagels</u>
Fruit: <input type="checkbox"/> Berries or other fruit Grain: <input type="checkbox"/> Pancakes or Crepes (precooked) (2 each) Extra(s): <input type="checkbox"/> Syrup (small container) <input type="checkbox"/> Cinnamon Hot drink: <input type="checkbox"/> Hot Chocolate or Tea	Fruit: <input type="checkbox"/> Dried Fruit Dairy: <input type="checkbox"/> Cream cheese (1 container) Grain: <input type="checkbox"/> Bagels (1 each) Extra(s): <input type="checkbox"/> Jam (small container) Hot drink: <input type="checkbox"/> Hot Chocolate or Tea
<u>Granola</u>	<u>Oatmeal</u>
Fruit: <input type="checkbox"/> Dried Fruit Grain: <input type="checkbox"/> Granola (no nuts) Extra(s): <input type="checkbox"/> Powdered milk Hot drink: <input type="checkbox"/> Hot Chocolate or Tea	Fruit: <input type="checkbox"/> Dried Fruit Grain: <input type="checkbox"/> Instant Oatmeal (2 pkgs. each) Extra(s): <input type="checkbox"/> Cinnamon <input type="checkbox"/> Seeds (sunflower, pumpkin etc.) Hot drink: <input type="checkbox"/> Hot Chocolate or Tea
Sack Lunch Superstar Options	
<u>Wraps</u>	<u>Pita Bread</u>
Vegetables: <input type="checkbox"/> Mini carrot sticks <input type="checkbox"/> Spinach Protein: <input type="checkbox"/> Tuna (1 can) Dairy: <input type="checkbox"/> Cheddar cheese Grain: <input type="checkbox"/> Pita bread (2 each) Extra(s): <input type="checkbox"/> Hummus	Vegetables: <input type="checkbox"/> Broccoli <input type="checkbox"/> Celery Protein: <input type="checkbox"/> Tuna (2 cans) Dairy: <input type="checkbox"/> Mozzarella cheese Grain: <input type="checkbox"/> Pita bread (2 each) Extra(s): <input type="checkbox"/> Hummus

G8W- Menu Plan Options

More Lunch Options	
<p style="text-align: center;"><u>Rice Cakes</u></p> <p>Vegetables: <input type="checkbox"/> Snap Peas</p> <p>Protein: <input type="checkbox"/> Salmon (1 can)</p> <p>Dairy: <input type="checkbox"/> Cream cheese (1 container)</p> <p>Grain: <input type="checkbox"/> Rice crackers (4 each)</p> <p>Extra(s): <input type="checkbox"/> Capers <input type="checkbox"/> Jam (small container) <input type="checkbox"/> Juice powder (¼ cup each)</p>	<p style="text-align: center;"><u>Wasa Crackers</u></p> <p>Vegetables: <input type="checkbox"/> Sliced red pepper</p> <p>Protein: <input type="checkbox"/> Ham (3 slices each)</p> <p>Dairy: <input type="checkbox"/> Havarti cheese (3 slices each)</p> <p>Grain: <input type="checkbox"/> Wasa crackers (4 each)</p> <p>Extra(s): <input type="checkbox"/> Hummus (1 container)</p>
<p style="text-align: center;"><u>Bagels</u></p> <p>Vegetables: <input type="checkbox"/> Pre-cut cucumbers</p> <p>Protein: <input type="checkbox"/> Sliced deli meat</p> <p>Dairy: <input type="checkbox"/> Cream cheese (1 container)</p> <p>Grain: <input type="checkbox"/> Bagels</p> <p>Extra(s): <input type="checkbox"/> Juice powder (¼ cup each)</p>	<p style="text-align: center;"><u>Sammies</u></p> <p>Vegetables: <input type="checkbox"/> Lettuce</p> <p>Protein: <input type="checkbox"/> Sliced deli meat</p> <p>Dairy: <input type="checkbox"/> Cheese</p> <p>Grain: <input type="checkbox"/> Sliced bread</p> <p>Extra(s): <input type="checkbox"/> Hummus <input type="checkbox"/> Juice powder (¼ cup each)</p>
Yummy Snacks	Divine Desserts
<ul style="list-style-type: none"> ● Dried Fruit ● Trail Mix: Sunflower seeds, pumpkin seeds (no nuts) ● Crackers ● Pepperoni sticks ● Chocolate ● Pretzels ● Fruit leathers ● Yogurt covered raisins ● NUT FREE granola bars ● Beef jerky ● Sesame snaps 	<ul style="list-style-type: none"> ● Cookies ● Brownies ● Chocolates ● Muffins

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Dinner Options	
Ingredients	Steps
<p style="text-align: center;"><u>Morven Mulligatawny Stew</u></p> <p>Vegetables:</p> <ul style="list-style-type: none"> <input type="checkbox"/> pre-chopped carrots <input type="checkbox"/> pre-chopped broccoli <input type="checkbox"/> pre-chopped onion <p>Protein:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 cup pre-cooked chicken or tofu <p>Grain:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 pkgs of Uncle Ben's Basmati Ready Rice <p>Extra(s):</p> <ul style="list-style-type: none"> <input type="checkbox"/> coconut milk powder <input type="checkbox"/> 4-5 tsp curry powder <input type="checkbox"/> 2 tsp cumin <input type="checkbox"/> 1 bouillon cube <input type="checkbox"/> 4 cups water <p>Hot drink:</p> <ul style="list-style-type: none"> <input type="checkbox"/> hot chocolate or tea 	<p><i>Make hot drink first</i></p> <ol style="list-style-type: none"> 1. Add bouillon cube and 4 cups water to pot. Wait for bouillon cube to dissolve and water to boil. 2. Add curry powder and cumin. 3. Stir in coconut milk powder. 4. Add vegetables. Stir constantly. 5. Knead the rice package to break up clumps, add rice. 6. Stir until soup is heated to the desired temperature. 7. Add pre-cooked chicken. 8. Ladle into bowls and enjoy.
<p style="text-align: center;"><u>Chili Mac House & Cheese</u></p> <p>Vegetables:</p> <ul style="list-style-type: none"> <input type="checkbox"/> small chopped sweet onion <input type="checkbox"/> repackaged can of diced tomatoes <p>Protein:</p> <ul style="list-style-type: none"> <input type="checkbox"/> repackaged can of pinto beans <input type="checkbox"/> optional pre-cooked ground beef or tempeh <p>Dairy:</p> <ul style="list-style-type: none"> <input type="checkbox"/> shredded cheddar cheese <p>Grain:</p> <ul style="list-style-type: none"> <input type="checkbox"/> macaroni pasta (<i>1 cup per person</i>) <p>Extra(s):</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 tsp chili powder <input type="checkbox"/> 1 tsp cumin <input type="checkbox"/> 1 bouillon cube <input type="checkbox"/> 2 cups of water <p>Hot drink:</p> <ul style="list-style-type: none"> <input type="checkbox"/> hot chocolate or tea 	<p><i>Make hot drink first</i></p> <ol style="list-style-type: none"> 1. Add bouillon cube and 2 cups water to pot. Wait for bouillon cube to dissolve and for water to boil. 2. Add chopped onion, tomatoes, pinto beans, chili powder, cumin and bring to a boil. 3. Once boiling, add macaroni pasta. 4. Once pasta is cooked, add beef. 5. Serve into dishes and add cheese on top.

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More Dinner Options	
Ingredients	Steps:
<p style="text-align: center;"><u>Slickity Senft Pasta</u></p> <p>Vegetables:</p> <ul style="list-style-type: none"> <input type="checkbox"/> bunch of spinach <input type="checkbox"/> sun-dried tomatoes <p>Protein:</p> <ul style="list-style-type: none"> <input type="checkbox"/> pre-cooked chorizo sausage <p>Grain:</p> <ul style="list-style-type: none"> <input type="checkbox"/> pasta (tortellini, bow-tie, penne etc.) <p>Extra(s):</p> <ul style="list-style-type: none"> <input type="checkbox"/> pesto (no nuts) sauce <input type="checkbox"/> artichoke hearts <p>Hot drink:</p> <ul style="list-style-type: none"> <input type="checkbox"/> hot chocolate or tea 	<p><i>Make hot drink first</i></p> <ol style="list-style-type: none"> 1. Add 2 cups water to pot and wait for water to boil. 2. Add pasta and leave pot uncovered. 3. Once pasta is cooked, drain pasta water. 4. Add pesto, spinach and sundried tomatoes and pre-cooked chicken.
<p style="text-align: center;"><u>Bon Wrappetite</u></p> <p>Vegetables:</p> <ul style="list-style-type: none"> <input type="checkbox"/> chopped bell peppers <input type="checkbox"/> bunch of spinach <p>Protein:</p> <ul style="list-style-type: none"> <input type="checkbox"/> pre-cooked chicken, beef or tofu <p>Dairy:</p> <ul style="list-style-type: none"> <input type="checkbox"/> shredded cheddar cheese <p>Grain:</p> <ul style="list-style-type: none"> <input type="checkbox"/> quinoa (<i>1/2 cup per person minimum</i>) <input type="checkbox"/> wraps <p>Extra(s):</p> <ul style="list-style-type: none"> <input type="checkbox"/> taco seasoning <p>Hot drink:</p> <ul style="list-style-type: none"> <input type="checkbox"/> hot chocolate or tea 	<p><i>Make hot drink first</i></p> <ol style="list-style-type: none"> 1. Add 2 cups water to pot and taco seasoning. Wait for water to boil. 2. Add one cup of quinoa. Cover and let simmer until all the liquid is absorbed. 3. Add spinach and cover. 4. Warm wraps on pot lid. Add ingredients. Wrap it!
<p style="text-align: center;"><u>The Fun Gus Among Us Noodles</u></p> <p>Vegetables:</p> <ul style="list-style-type: none"> <input type="checkbox"/> bok choy or spinach <input type="checkbox"/> pre-chopped carrots <input type="checkbox"/> dried mushrooms <p>Protein:</p> <ul style="list-style-type: none"> <input type="checkbox"/> canned tuna <p>Grain:</p> <ul style="list-style-type: none"> <input type="checkbox"/> yakisoba noodles <p>Extra(s):</p> <ul style="list-style-type: none"> <input type="checkbox"/> bouillon cube <input type="checkbox"/> soya sauce <p>Hot drink:</p> <ul style="list-style-type: none"> <input type="checkbox"/> hot chocolate or tea 	<p><i>Make hot drink first</i></p> <ol style="list-style-type: none"> 1. Add bouillon cube, dried mushrooms and 2 cups water to pot. Wait for bouillon cube to dissolve and for water to boil. 2. Stir in Yaki-Soba until loosened and cooked through, about 2-3 minutes. 3. Stir in bok choy and carrots until the bok choy begins to wilt, about 2 minutes. 4. Add canned tuna and serve immediately.

G8W- Menu Plan Options

Cavalier Thai Curry

Vegetables:

- small chopped yellow onion
- chopped bell pepper
- bunch of spinach

Protein:

- pre-cooked chicken or tofu

Grain:

- linguine pasta

Extra(s):

- bouillon cube
- 2 tbs Simply Asia Thai Kitchen Red Curry Paste
- coconut milk powder

Hot drink:

- Hot Chocolate or Tea

Make hot drink first

1. Add bouillon cube and 2 cups water to pot.
Wait for bouillon cube to dissolve and for water to boil.
2. Add chopped onion, chopped bell pepper and curry paste
3. Add coconut milk. Stir to blend
4. Add linguine pasta and bring to a boil
5. Once pasta is cooked, stir in pre-cooked tofu and spinach. Stir constantly. Serve warm.