

BLAIR ATHOLL



CAMP MENU

General Notes on patrol self catering at Blair Atholl

Our aim is to make you feel as much at home as possible during your stay on camp. Some simple rules need to be observed so that we can all enjoy ourselves safely.

Collections

- You collect your food twice daily at **07:40 & 16:40**
- QM will provide you with plastic boxes to carry your provisions.
- You should keep these clean as they are used to carry your food supplies.
- Please remember to bring back your empty boxes each time you visit otherwise you will be sent back to collect them before we give out the full boxes.
- When collecting you will need to send 2 patrol members.
One of the 2 people should ideally be your patrol QM.

Cleanliness / Food Hygiene

- Personal hygiene, hot water and keeping your site clean are **ESSENTIAL!!**
- You will need to keep your dining shelter surfaces clean using hot water and the anti-bacterial cleaner. Don't leave scraps of food on the table or on the ground or you will be woken very early by scavenging gulls.
- One of your patrol will be required to attend a short food hygiene course which will cover all aspects of Blair Atholl patrol catering. This person should be designated your Patrol QM.
- Your kitchen store **MUST** be kept clean and tidy. If you have any surplus UNOPENED food from a meal please hand it to your subcamp staff or bring it back to us at next issue. (QM will not reuse any food you return if it has been OPENED).
- All dairy products and any perishable products you may have should be kept in a cool box or in cold water.
- Use the containers you brought from home to keep surplus food in that doesn't need refrigerated and keep the lids sealed.

Menu

- On the following pages you will find the menu diary for the camp. There are some hints & tips and recipes for you to follow for different mealtimes. If you spend some time following these recipes you will find your mealtimes more enjoyable and filling. However if you feel you can make better use of the ingredients you are given please feel free to experiment. Although if you spoil the food you have, we don't carry enough stock to resupply you.
- Please try to sit down as a whole patrol when possible for meals. It's far more sociable and you will get to know one another better.
- If you are on site for lunch, this will be provided by your subcamp staff.
- If you are off site all day, lunch will be provided by the activity leaders, you will however need your water bottle with you.
- Supper is provided centrally from your subcamp marquee at a time set by your subcamp team.
- Where you find (V) this means that ingredient is a vegetarian replacement.
- Where you see (VE) this means that ingredient is a vegan replacement.
- Where you see (GF) this means an ingredient is Gluten Free.

You will be given the following stock items at the start of the camp.

J Cloths	Washing up Liquid	Tinfoil	Salt
Scourers	Firelighters	Jam	Pepper
Brillo Pads	Matches	Tomato sauce	Sugar
Anti bac cleaner	Cooking Oil	Brown sauce	
Handwash	Clingfilm		

- Extra stock items should be requested at issue time. You have this booklet so plan ahead for each meal and ask for any extra items you may need. Please remember that QM can be very busy and we may not have time to deal with your requests out-with issue times.
- Please only ask for these items if you require them.
- Some items will be available from subcamp leaders, these are; tea, hot chocolate, cup a soups & bin bags.
- Anti-bac, handwash, diluting juice & washing up liquid will also be available from your subcamp leaders. Do not throw out your initial bottles as you can then refill them as you need it.

Allergy and dietary information

Each subcamp has a leader responsible for QM liaison. Also at the QM where you pick up your daily allocation you can find Alison who is responsible for allergies/dietary requirements.

Within your Subcamp there will be a cool box marked for Allergies food. This will contain free-from milk, yogurts, cream, custard, desserts, cheese etc. If you use the last of something let your Subcamp QM leader know so they can get it re-stocked.

Your Subcamp will have gluten free (GF) bread products for you to use, at lunchtime you may need to ask for them. GF products in your patrol QM boxes that you collect am and pm are specifically for that meal.

We want to make sure you have an enjoyable camp and are properly fed, if you do not think your allergies are being catered for properly, tell your Subcamp QM or let the main QM team know and they will address this concern with Alison.

Monday 15th	Welcome to Blair Atholl. Your first stock issue is tonight at 16:40. Dinner will be provided centrally by your subcamp staff.
Tuesday 16th	Your overseas guests arrive today. Make sure and remember to cook enough for dinner as they will be joining you this evening.
Thursday 18th	Camp Dinner — you'll be joined for dinner by 4 or 5 members of the staff team. Good chance to let others help with the cooking and enjoy the craic !
Saturday 20th	VISITORS DAY!!!! Dinner will be issued with your breakfast provisions Please advise your subcamp leaders if you are staying in or going out so they know if you need fed.
Sunday 21st	Subcamp Sunday. You will spend the majority of the day on or around your subcamp. There is no evening collection today. Dinner will be delivered to your subcamp and you will be joined by the staff team for a BBQ
Tuesday 23rd	Start trying to use up any open stock items you have left over.
Wednesday 24th	Scottish day, enjoy your Scottish themed meals !
Thursday 25th	Dinner will be provided centrally. Please throw out all left over opened or perishable food tonight.

Breakfast Ideas

You will get a mixture of hot and cold breakfasts throughout camp. The following will provide you with a selection of ideas for variety each morning.



Cereal

Cereal will be available every morning. If you run out let us know at morning collection and we will supply your patrol with more.

Croissants/brioche/bagels/pancakes

All can be eaten hot or cold. If you wish to heat them, cut open and toast on a dry frying pan. Fillings vary, your choice.



Hot Rolls

Pretty straight forward cook the filling (varies per issue). Place on a buttered roll. Serve with sauce if required.

Tuesday 16th July

Macaroni cheese with sausage/peas

Ingredients

Macaroni
Smoked Sausage
Garden Peas
Sauce Mix
Grated Cheese



Read through the full recipe first before starting as you may need to do some prep before getting started.

1. Pot of boiling salted water, add the pasta, cook until soft.
2. Prepare the cheese sauce in a small pan—follow the instructions (vegan alternative in separate pan)
3. Slice and fry off the smoked sausage in small frying pan
4. Cook the peas in boiling water
5. Drain the pasta and combine with sauce; add sausage, peas, grated cheese to taste

Vegetarian option

No sausage

Vegan option

Use alternative sauce and add vegan cheese provided.

Gluten free option

Use gluten free pasta provided and alternative sauce.

Wednesday 17th July

Curry

Ingredients

Cooked chicken cubes
Boil in the bag rice (GF)
Carrots
Peas
Mushrooms
Onions
Curry sauce mix (VE, GF)
Chick Peas
Potato
Veg stock (VE, GF)



Double check the instructions on the rice, if it is overcooked it will become sticky and tasteless!

1. Put on a pot of water, add salt and bring to the boil.
2. Add the rice, cook slowly (around 15 minutes) or until soft.
3. In a separate pot heat oil, add chicken and heat through.
4. Add 500ml of boiling water to a large pot and add stock.
5. Add the vegetables and curry sauce , add a lid and cook for 20 minutes or until all cooked through and piping hot
6. Serve vegan and vegetarian portions before adding chicken.

Thursday 18th July

Beef or veg burrito

Ingredients

Mince or vegan mince
Onions
Chopped tomatoes
Kidney beans
Boil in the bag rice
Tortillas
Peppers
Grated cheese



Read through the full recipe first before starting as you may need to do some prep before getting started.

1. Put on a pot of water, add salt and bring to the boil, cook the rice as directed
2. In two separate pots if catering for vegetarian/vegan, fry off the onions in a little oil, crumble over the mince, cook until brown, pour in the chopped tomatoes, simmer then add the beans. Simmer for a further 20 minutes until thick gravy like consistency
3. Heat the tortillas in a dry hot frying pan
4. Pile some rice and burrito filling, add toppings of your choice, wrap and enjoy!

Vegetarian / Vegan option

Replace with plant based mince.

Vegans use vegan cheese provided

Gluten free options

Use gluten free wraps provided.

Friday 19th July

Pork & veg stir fry

Ingredients

Stir fry pork steak
Noodles
Stir fry mixed vegetables
Onions
Mushrooms
Stir fry sauce



Prep your dessert while cooking dinner and put on the fire while you eat so they are ready once finished mains.

1. Boil a pot of water with salt for the noodles.
2. In a large frying pan with hot oil, fry the vegetables and keep moving for 4 minutes.
3. Add the stir fry sauce.
4. Fry the pork in a separate frying pan.
5. Place the noodles into the boiling water and cook until soft. Gluten free noodles to be cooked in a separate pan if required.
6. Serve the stir fry on a bed of noodles.
7. Add pork for non vegetarian and vegan portions.

Chocolate bananas

Slice banana lengthways

Stuff with buttons (make sure everyone gets some)

Wrap in foil & stick on embers

Alternative chocolate will be provided for dairy free

Saturday 20th July

Tomato & smoked sausage pasta

Ingredients

Pasta
Smoked sausage
Chopped onion
Tomato puree
Chopped tomatoes
Stock
Peas
Red peppers



Herbs seasoning and grated cheese is available from your subcamp

1. Boil a pot of water with salt and add the pasta.
2. Slice the smoked sausage into discs and fry in a separate pan.
3. Lightly fry the chopped onion, add the tinned tomatoes, tomato puree, herbs and stock, simmer to thicken.
4. Drain the cooked pasta and add the sauce mix, add salt if needed.
5. Add smoked sausage to non vegetarian and vegan portions

Gluten free option

Alternative pasta will be provided

Monday 22nd July

Chilli and rice

Ingredients

Mince
Onions
Red Pepper
Tomato Puree
Veg Stock (VE, GF)
Chopped tomatoes
5 bean salad (tin)
Boil in the bag rice (GF)
Sugar
Sour cream
Grated cheese



Herbs and seasoning is available from your subcamp

1. Large pot boiling salted water, cook rice until soft. (15 minutes)
2. Prepare your vegetables.
3. Fry the mince and plant based mince in separate frying pans using a serving spoon to break up the meat, cook this until it is brown.
4. In one large pot, add oil, heat, then add the onions and seasonings, cook until soft.
5. Add the tomato puree, sugar, tinned tomatoes, 5 bean salad and red peppers.
6. Add 900ml hot water and the stock cubes, leave to simmer, stir frequently.
7. Share the sauce between both frying pans of mince.
8. Serve with sour cream, grated cheese & the boiled rice.

Dairy free option

Vegan cheese and sour cream alternative provided.

Tuesday 23rd July

Orzo pasta with peas and pancetta

Ingredients

Orzo pasta
Diced pancetta
Oil
Garlic puree
Frozen peas
Butter (4tbs.)
Parmesan cheese
Onions
Peppers
Mushrooms



Read through the full recipe first before starting as you may need to do some prep before getting started.

1. Place a large pot of boiling water on the fire, make sure to add salt.
2. Add the pasta, stir frequently until soft.
3. In a hot frying pan, add the oil, butter, garlic, and vegetables, once cooked add salt & pepper to taste.
4. Fry off the pancetta in a separate frying pan
5. Drain the water off the pasta, pour the frying pan mix into the pasta.
6. Serve vegetarian and vegan options before adding pancetta.
7. Serve with parmesan cheese. Dairy free alternative available.

Gluten free option

Gluten free orzo provided.

Wednesday 24th July

“Traditional” Mince & Tatties

Ingredients

Mince
Onions
Carrots
Peas
Potatoes
Gravy granules (VE, GF)



Traditionally this is served with mashed potatoes. If you wish to try this mash your boiled potatoes together with milk and some marg. You can get this from your subcamp leaders.

1. Cut potatoes into small pieces, place in a pot of cold water, add salt, boil until soft—this can take at least an hour on an open fire. Check regularly with a clean knife
2. In two separate pots if catering for vegetarian/vegan, heat a little oil in a pan, fry the diced onion until soft, add the mince/ plant based mince and cook until brown, keep stirring.
3. Wash, peel and slice the carrots, then re-wash them. Add to the mince and cover with cold water, leave to simmer.
4. Add the gravy granules (VE, GF) and peas, leave to simmer for 30 mins. Add more gravy granules as necessary.
5. Serve the mince with boiled potatoes.

Blue - Issued by your subcamp leaders	Monday 15th	Tuesday 16th	Wednesday 17th
Breakfast	N/A	Fruit juice, cereal, bread, croissants, jam	Fruit juice, cereal, bacon, rolls
Lunch	N/A	s/c Buffet Style	s/c Buffet Style
Dinner -main	Pies or vegan Pie, beans & mash	Macaroni Cheese (with sausage)	Chicken or Veg Curry & Rice
Dinner - sweet	Swiss Roll & custard	Angel delight & fruit	Apple Pie & cream
Supper	Shortbread & Biscuits	Cake	Iced Buns

Blue - Issued by your subcamp leaders	Thursday 18th	Friday 19th	Saturday 20th
Breakfast	Fruit juice, cereal, bread, brioche, jam	Fruit juice, cereal, sausage or veg sausage, rolls	Fruit juice, cereal, bread, bagel, cream cheese
Lunch	s/c Buffet Style	s/c Buffet Style	s/c Buffet Style
Dinner -main	Beef or Veg Burrito	Pork and/or Veg Stir Fry & noodles	Tomato & smoked sausage pasta
Dinner - sweet	Biscuits & cheese	Chocolate Bananas	Rice Pudding & tinned fruit
Supper	Hotdogs	Shortbread & Biscuits	Cake

Blue - Issued by your subcamp leaders	Sunday 21st	Monday 22nd	Tuesday 23rd
Breakfast	Fruit juice, cereal, bread, pancakes, butter, jam, maple syrup	Fruit juice, cereal, sausage or veg sausage, egg, rolls	Fruit juice, cereal, bread, croissants, jam
Lunch	s/c Buffet Style	s/c Buffet Style	s/c Buffet Style
Dinner -main	Subcamp BBQ & buffet	Chilli or 3-Bean Chilli & Rice	Orzo pasta with peas (& pancetta)
Dinner - sweet	Iced Buns	Swiss Roll & custard	Angel delight & fruit
Supper	Biscuits & cheese	Hotdogs	Cake

Blue - Issued by your subcamp leaders	Wednesday 24th	Thursday 25th	Friday 26th
Breakfast	Fruit juice, cereal, bacon, haggis, rolls	Fruit juice, cereal, sausage or veg sausage, rolls	Fruit juice, cereal, bread, croissants, jam
Lunch	s/c Buffet Style	s/c Buffet Style	Packed Lunches – grab & go table
Dinner -main	Mince & Potatoes	Chinese Meal with noodles	N/A
Dinner - sweet	Shortbread, cheese & biscuits	Apple Pie & Cream	N/A
Supper	Iced Buns	Biscuits & Cheese	N/A