

JAMBOREE MEALS

Meals will be a highlight of the Jamboree. Much friendship and good comradeship will be developed during meals. The meals will be nourishing, tasty and easily prepared so that each participant uses a minimum of time away from other Jamboree activities.

Cooking on light-weight equipment will be a new experience for many participants so it is important that the Unit members have practised cooking the food shown in the Jamboree menus and food lists prior to the Jamboree.

The Unit will have to learn by experience to cook on pressure-type stoves as no open fires will be allowed.

NOTE:

Where a pressure-type cooking stove is used, follow these steps after use:

1. Turn stove off
2. Allow stove to cool
3. Keeping face well away from fuel cap, open the cap to release pressure
4. Tighten cap again.

MEAL PREPARATION

All meals for a Unit of up to 8 persons can be cooked on a 2-burner stove:

Units with 9 or 10 persons may require 3 burners but with practice, can be cooked with 2 burners.

CLEAN-UP AFTER MEALS

In accordance with instructions received from the Medical Health Officer for the County, all dishes must be washed in hot, soapy water; rinsed in hot water; passed through a disinfectant and air dried, covered with cheese cloth.

UNIT RATIONS

Your food will be supplied in a Unit Ration Box twice daily. Breakfast and lunch will be supplied on one delivery in the morning. Dinner will be delivered in the afternoon, prior to the evening meal. You must remember to save your lunch food to eat at your noon meal.

Units will pick up their Ration Box at the Ration Distribution Tent, contained in the Service Module of each Subcamp Cluster.

Breakfast and Lunch Rations can be picked up commencing at 6:00 a.m.

Dinner Rations can be picked up commencing at 4:00 p.m.

Bread, milk, butter, vegetables, frozen meat, etc., (perishables) will not be in the Ration Box. They will be issued separately at the Ration Distribution Tent at the same time, from the refrigerator truck, when you pick up your Unit Ration Box.

UNIT RATION BOX

Food will be issued in a Unit Ration Box which must be returned to the Ration Distribution Tent at the time you pick up your next meal — NO BOX — NO MEAL. Ration Boxes must be kept clean. Two people will be required to carry the Ration Box.

NOTE:

On the day of departure, the Unit Ration Box must be cleaned and returned to the Ration Distribution Tent before you receive Site Clearance.

Unused food in unopened containers/tins may be returned with your Ration Box at any time when picking up further rations.

UNIT RATION CARD

When Units check into the Jamboree, a Unit Ration Card will be issued. The card must be presented at the Ration Distribution Tent each time rations are received, in addition to your return Ration Box.

LATE ARRIVALS

Should your Unit miss its supply due to a late return from a trip or a Jamboree organized activity, notify your Subcamp Headquarters and your rations will be delivered to your Subcamp Headquarters for pick up.

STAPLES AND CONDIMENTS

When your Unit checks into the Jamboree, it will be issued a cardboard box which will be retained and used for storage of certain staples and condiments such as salt, pepper, coffee, tea, hot chocolate and canned goods which are unopened.

Condiments will be issued once each day, with your Breakfast rations. The issue is intended to support the day's three meals.

THERE IS NO REFRIGERATION ON THE SITE

NOTE:

One container of detergent and one container of disinfectant will be issued which will support all of your clean-ups while at the Jamboree.

Ensure that cheese cloth is included in your Unit equipment as it will not be supplied.

SNACKS

To avoid keeping perishable food beyond the evening meal we suggest individual evening snack items should be purchased at the Canteens.

CANTEEN OPERATIONS

CANTEENS

Canteens will be operated as follows:

- Katimavik - located in the Katimavik Area — to provide service for all visitors and participants
- Service Modules - in each service module serving a cluster of Subcamps
- Mobile Canteen - to be located in Program areas.

Each will serve pop, ice cream, milk, hot dogs, potato chips, chocolate bars, coffee, tea, gum, nuts, etc. Ice machines will be located in the Canteen areas also.

HOURS OF OPERATION

Canteens will operate from 09:00 to 21:00 hrs. during the Jamboree. During Arrival, Departure periods, Katimavik and Mobile Canteens will operate 24 hours daily.

RETURN OF POP CANS

There will be a charge for pop cans which is refundable on return. Look for instructions at your local Canteen.

MENUS, FOOD LISTS and COOKING INSTRUCTIONS

DAY 1, July 3, 1985

MENU

Breakfast	Lunch	Dinner
Oranges	Vegetable Soup	Chili Con Carne
Scrambled Eggs	Crackers	Bread and Butter
Cereal	Meat Sandwiches	Fruit Cocktail
Bread	Carrot Sticks	Donnuts
Jam	Cookies	Milk
Peanut Butter	Juice	
Milk		

FOOD LIST

Breakfast	Lunch	Dinner
8 Oranges	4 Cans Vegetable Soup (284 ml)	3 Cans Kidney Beans (796 ml)
12 Eggs	8 Individual Crackers	3 Cans Tomato Soup (284 ml)
8 Individual Cereal (29g)	1 Pkg. Sliced Bologna (454g)	1.36 kg Hamburger
1 Loaf Bread	1 Pkg. Sliced Salami (454g)	3 Med. Onions
2 Margarine (113g)	1 Head Lettuce	1 Pkg. Chili Mix
8 Individual Ketchup	2 Leaves Bread	1 Can Mushroom Pieces (284ml)
3 Cartons Milk (litre)	8 Carrots	1 Loaf Bread
	1 Pkg. Cookies (284g)	2 Margarine (113g)
	16 Individual Mustard	1 Celery
	8 Individual Juice (250 ml)	8 Individual Fruit Cocktail (142g)
	2 Margarine (113g)	8 Donnuts
		3 Cartons Milk (litre)

COOKING INSTRUCTIONS

Breakfast Scrambled Eggs

1. Break eggs in a bowl and beat with a fork. Add 454 ml (2 cups) of milk, salt and pepper. Mix well.
2. Melt 57g (2 oz.) of margarine in a frying pan.
3. Pour egg mixture into a frying pan, stirring occasionally with a fork.

Lunch**Vegetable Soup**

Pour cans of soup into a pot, add water as directed and heat. (Do not boil).

Lunch**Meat Sandwiches**

1. Wash and tear lettuce into small pieces.
2. Spread margarine on 2 slices of bread.
3. On one slice of bread put slice of meat with piece of lettuce, add mustard, salt and pepper to taste, cover with other slice of bread.

Lunch**Carrot Sticks**

Peel and wash carrots, cut into 3 or 4 strips.

Dinner**Chili Con Carne**

1. Melt 57g (2 oz) margarine in frying pan.
2. Place Hamburger in pan, break into small pieces and heat until brown.
3. Add chopped celery, tomato soup, kidney beans, mushrooms and chili mix.
4. Let simmer for 30 minutes and serve.

DAY 2, July 3, 1985**MENU**

Breakfast	Lunch	Dinner
Apple Juice	Wieners and Beans	Minute Steaks
Cereal	Bread and Butter	Potatoes
Fried Eggs	Cookies	Peas
Bran Muffins	Bananas	Bread and Butter
Peanut Butter	Juice	Chocolate Pudding
Jam		Milk
Milk		

FOOD LISTS

Breakfast	Lunch	Dinner
8 Ind. Apple Juice (250 ml)	12 Wieners	8 Minute Steaks (170g)
8 Ind. Cereal (29g)	4 Cans Beans (796 ml)	8 Medium Potatoes
18 Eggs	1 Loaf Bread	3 Cans Peas (397g)
8 Bran Muffins	1 Margarine (113g)	1 Loaf Bread
3 Cartons Milk (litre)	8 Bananas	4 Margarine (113g)
2 Margarine (113g)	8 Ind. Juice (250 ml)	8 Ind. Chocolate Pudding (142g)
8 Ind. Ketchup	1 Pkg. Cookies (284g)	3 Cartons Milk (litre)
		8 Ind. Ketchup

COOKING INSTRUCTIONS

Breakfast

Fried Eggs

1. Melt 57g (2 oz.) margarine in a frying pan.
2. Break eggs into frying pan. Use a low heat and cook slowly.
3. Put cover over frying pan so top of eggs can cook.

Lunch

Wieners and Beans

1. Pour beans into a sauce pan.
2. Slice wieners and add to beans.
3. Heat, over low heat, being careful not to burn and stirring occasionally.

Dinner

Potatoes

Wash and peel potatoes. Cut into quarters and place in pot with salted water. Boil for approximately 30 minutes.

Dinner

Peas

Remove lid from cans and place on stove between burners to heat.

Dinner

Minute Steaks

1. Melt margarine in a frying pan.
2. Put in minute steaks and cook until golden brown.
3. Medium done is about 5-7 minutes.

DAY 3, July 5, 1985

MENU

Breakfast

Orange Juice
French Toast
Porridge
Bread
Jam
Peanut Butter
Milk

Lunch

Spaghetti and
Meatballs
Bread and Butter
Cookies
Apples
Juice

Dinner

Fish Sticks
Potatoes
Corn
Individual Pies
Milk

FOOD LIST

Breakfast	Lunch	Dinner
8 Ind. Orange Juice (250 ml)	4 Cans Spaghetti and Meatballs (796 ml)	24 Fish Sticks 8 Medium Potatoes
8 Ind. Pkgs. Porridge (29g)	1 Loaf Bread	3 Cans Corn (397g) 1 Loaf Bread
18 Eggs	1 Margarine (113g)	3 Margarine (113g)
2 Loaves Bread	1 Pkg. Cookies (284g)	16 Ind. Ketchup 8 Ind. Fruit Pies
16 Ind. Syrup	8 Ind. Juice (250 ml)	3 Cartons Milk (litre)
4 Margarine (113g)		
4 Cartons Milk (litre)		

COOKING INSTRUCTIONS

Breakfast French Toast

1. Beat eggs with fork in a bowl. Add 567 ml of milk and 20g salt.
2. Melt 57g margarine in a frying pan.
3. Dip bread into egg mixture.
4. Put egg-covered bread into frying pan, fry until golden brown.
5. Serve with syrup.

Lunch Spaghetti and Meatballs

Pour cans of spaghetti and meatballs into pot, heat slowly over low heat, stirring occasionally, being careful not to burn.

Dinner Potatoes

Wash and peel potatoes. Cut into quarters and place in pot with salted water. Boil for approximately 30 minutes.

Dinner Corn

Remove lid from cans and place on stove between burners to heat.

Dinner Fish Sticks

Melt 57g of margarine in a frying pan. Fry fish sticks until golden brown.

DAY 4, July 6, 1985

MENU

Breakfast	Lunch	Dinner
Oranges	Stew	Cheeseburgers
Scrambled Eggs	Bread and Butter	Potato Chips
Cereal	Carrot Sticks	Butterscotch pudding
Danishes	Cookies	Milk
Milk	Juice	

FOOD LIST

Breakfast	Lunch	Dinner
8 Oranges	4 Cans Stew	16 Hamburger Patties
12 Eggs	(796 ml)	16 Cheese Slices
8 Ind. Cereal	1 Loaf Bread	16 Hamburger Buns
(29g)	1 Margarine (113g)	2 Medium Onions
8 Danishes	8 Carrots	4 Medium Tomatoes
1 Loaf Bread	1 Pkg. Cookies	3 Margarine (113g)
2 Margarine (113g)	(284g)	16 Ind. Ketchup
4 Cartons Milk	8 Ind. Juices	16 Ind. Mustard
(litre)	8 Ind. Ketchup	16 Ind. Relish
8 Ind. Ketchup		8 Ind. Butterscotch
		Pudding (142g)
		3 Cartons Milk (litre)
		3 Bags Potato Chips
		(227g)

COOKING INSTRUCTIONS

Breakfast Scrambled Eggs

See instructions for Day 1.

Lunch

Stew

Put stew in pot and heat gently over low heat until stew bubbles, stirring occasionally, being careful not to burn.

Lunch

Carrot Sticks

See instructions for Day 1.

Dinner**Cheeseburgers**

1. Melt 57g of margarine in a frying pan and fry patties over medium heat.
2. When patties are cooked, add a slice of cheese, wash and sliced tomato, slice of onion if desired and add condiments.
3. Serve on a hamburger bun with a side dish of potato chips.

DAY 5, July 7, 1985**MENU**

Breakfast	Lunch	Dinner
Apple Juice	Chicken Noodle Soup	Fried Chicken
French Toast	Crackers	Potatoes
Cereal	Grilled Cheese	Peas
Bran Muffins	Sandwiches	Fruit Cocktail
Peanut Butter	Carrot Sticks	Cookies
Jam	Bananas	Milk
Milk	Juice	

FOOD LIST

Breakfast	Lunch	Dinner
8 Ind. Apple Juice (250 ml)	4 Cans Chicken Noodle Soup (284 ml)	8 Chicken Legs
8 Ind. Cereal (29g)	8 Ind. Crackers	8 Medium Potatoes
18 Eggs	2 Loaves Bread	3 Cans Peas (397g)
2 Loaves Bread	3 Margarine (113g)	8 Ind. Fruit Cocktail (250 ml)
16 Ind. Syrup	16 Cheese Slices	1 Pkg. Cookies (284g)
4 Margarine (113g)	8 Carrots	3 Cartons Milk (litre)
4 Cartons Milk (litre)	8 Bananas	1 Loaf Bread
	8 Ind. Juices (250 ml)	3 Margarine (113g)
	16 Ind. Ketchup	

COOKING INSTRUCTIONS**Breakfast French Toast**

See instructions Day 3.

Lunch**Grilled Cheese Sandwiches**

1. Butter outside of bread.
2. Place slice of cheese between bread slices.
3. Melt 57g margarine in a frying pan.
4. Place sandwich in frying pan and fry until golden brown.

Lunch**Carrot Sticks**

See instructions Day 1.

Dinner**Potatoes**

See instructions Day 2.

Dinner**Peas**

See instructions Day 2.

Dinner**Chicken**

Melt 57g of margarine in a frying pan. Cook chicken for approximately 20-30 minutes until golden brown over a continuous medium heat.

DAY 6, July 8, 1985

MENU

Breakfast

Orange Juice
Porridge
Fried Eggs
Bread
Jam
Peanut Butter
Milk

Lunch

Kraft Dinner
Bread and Butter
Apples
Cookies
Juice

Dinner

Fried Ham and
Pineapple
Potatoes
Corn
Chocolate Pudding
Milk

FOOD LIST

Breakfast

8 Ind. Orange Juice
(250 ml)
8 Ind. Porridge
(29g)
18 Eggs
1 Loaf Bread
2 Margarine
(113g)
3 Cartons Milk
(litre)

Lunch

4 Boxes Kraft
Dinner
1 Loaf Bread
3 Margarine
(113g)
8 Apples
1 Pkg. Cookies
(284g)
8 Ind. Juice
(250 ml)
1 Carton Milk
(litre)

Dinner

2 Tins Canned Ham
(.68 kg)
1 Can Pineapple
Slices
8 Medium Potatoes
3 Cans Corn (397g)
1 Can Applesauce
(534g)
1 Loaf Bread
3 Margarine (113g)
8 Ind. Chocolate
Pudding (250 ml)
3 Cartons Milk (litre)

COOKING INSTRUCTIONS

Breakfast

Fried Eggs

See instructions for Day 2.

Lunch

Kraft Dinner

Prepare as directed on box.

Dinner

Potatoes

See instructions for Day 2.

Dinner

Corn

See instructions for Day 3.

Dinner

Ham

1. Slice ham and place in frying pan with pineapple slice on top. Pour enough juice over both to a depth of .6 cm (1/4 inch). Cover and cook over slow heat. After 10 minutes, turn ham slice over and replace pineapple on top. Cover and cook slowly for another 20 minutes being careful not to burn.
2. Remove cover and reduce heat in last 5 minutes.
3. Serve with applesauce.



DAY 7, July 9, 1985

MENU

Breakfast	Lunch	Dinner
Orange Juice	Wieners and Beans	Minute Steaks
Cereal	Bread and Butter	Potatoes
Fried Eggs and Sausages	Cheese and Crackers	Carrots
Danishes	Peaches	Individual Pies
Jam	Cookies	Milk
Peanut Butter	Juice	
Milk		

FOOD LIST

Breakfast	Lunch	Dinner
8 Ind. Orange Juice (250 ml)	12 Wieners	8 Minute Steaks (170g)
8 Ind. Cereal (29g)	4 Cans Beans (796 ml)	8 Medium Potatoes
18 Eggs	1 Loaf Bread	8 Carrots
16 Sausages	1 Margarine (113g)	8 Individual Pies
8 Danishes	8 Ind. Cheese and Crackers	1 Loaf Bread
1 Loaf Bread	8 Peaches	4 Margarine (113g)
2 Margarine (113g)	1 Pkg. Cookies (284g)	8 Ind. Fruit Pies
3 Cartons Milk (litre)	8 Ind. Juices (250 ml)	3 Cartons Milk (litre)
		8 Ind. Ketchup

COOKING INSTRUCTIONS

Breakfast Sausages

Fry sausages in a frying pan and cook until brown.

Breakfast Fried Eggs

See Instructions for Day 2.

Lunch Wieners and Beans

See Instructions for Day 2.

Dinner Minute Steaks

See Instructions for Day 2.

Dinner **Potatoes**
See Instructions for Day 2.

Dinner **Carrots**
Wash and peel carrots, slice into pot with boiling salted water.
Boil for approximately 30 minutes.

DAY 8, July 10, 1985

MENU

Breakfast	Lunch	Dinner
Apple Juice	Stew	Cheeseburgers
French Toast	Bread and Butter	Potato Chips
Cereal	Carrot Sticks	Butterscotch Pudding
Bread	Bananas	Cookies
Peanut Butter	Juice	Milk
Milk		

FOOD LIST

Breakfast	Lunch	Dinner
8 Ind. Apple Juice (250 ml)	4 Cans Stew (796 ml)	16 Hamburger Patties
8 Ind. Cereal (29g)	1 Loaf Bread	16 Cheese Slices
18 Eggs	1 Margarine (113g)	16 Hamburger Buns
2 Loaves Bread	8 Carrots	2 Medium Onions
16 Ind. Syrup	8 Bananas	4 Medium Tomatoes
4 Margarine (113g)	8 Ind. Juice (250 ml)	3 Margarine (113g)
4 Cartons Milk (litre)	8 Ind. Ketchup	16 Ind. Ketchup
		16 Ind. Mustard
		16 Ind. Relish
		8 Ind. Butterscotch Pudding
		3 Cartons Milk (litre)
		3 Bags Potato Chips (227g)

COOKING INSTRUCTIONS

Breakfast **French Toast**
See Instructions for Day 3.

Lunch**Stew and Carrot Sticks**

See Instructions for Day 4.

Dinner**Cheeseburgers**

See Instructions for Day 4.

DAY 9, July 11, 1985**MENU****Breakfast**

Oranges
 Bacon and Eggs
 Porridge
 Bran Muffins
 Jam
 Peanut Butter
 Milk

Lunch

Vegetable Soup
 Crackers
 Ham Sandwiches
 Carrot Sticks
 Cookies
 Juice

Dinner

Fried Chicken
 Potatoes
 Peas
 Fruit Cocktail
 Donuts
 Milk

FOOD LIST**Breakfast**

8 Oranges
 18 Eggs
 8 Ind. Porridge
 (284g)
 8 Bran Muffins
 1 Pkg. Bacon
 1 Loaf Bread
 1 Margarine
 (113g)
 3 Cartons Milk
 (litre)

Lunch

4 Cans Vegetable
 Soup (294g)
 2 Pkgs. Sliced Ham
 (454g)
 2 Loaves Bread
 2 Margarine (113g)
 1 Pkg. Cookies
 (284g)
 8 Ind. Juice
 (250 ml)
 16 Ind. Mustard

Dinner

8 Chicken Legs
 8 Medium Potatoes
 3 Cans Peas
 (397g)
 8 Ind. Fruit Cocktail
 (250 ml)
 1 Loaf Bread
 3 Margarine (113g)
 3 Cartons Milk
 (litre)

COOKING INSTRUCTIONS**Breakfast Bacon and Eggs**

1. Fry bacon in frying pan until brown on both sides.
2. Break eggs into frying pan after frying bacon. Use low heat and cook slowly. When egg is set, turn egg over and cook one minute more.

Lunch**Soup and Sandwiches**

See Instructions for Day 1.

Dinner**Fried Chicken, Potatoes and Peas**

See Instructions for Day 5.

DAY 10, July 12, 1985**MENU****Breakfast**

Orange Juice
 Scrambled Eggs
 Cereal
 Danishes
 Jam
 Peanut Butter
 Milk

Lunch

Spaghetti and
 Meatballs
 Bread and Butter
 Cookies
 Apples
 Juice

Dinner

Fish Sticks
 Potatoes
 Corn
 Chocolate Pudding
 Milk

FOOD LIST**Breakfast**

8 Ind. Orange Juice
 (250 ml)
 12 Eggs
 8 Ind. Cereal
 (284g)
 8 Danishes
 1 Loaf Bread
 2 Margarine
 (113g)
 4 Cartons Milk
 (litre)

Lunch

4 Cans Spaghetti and
 Meatballs
 (796 ml)
 1 Loaf Bread
 1 Margarine (113g)
 8 Apples (113g)
 8 Ind. Juices
 (250 ml)
 1 Pkg. Cookies
 (284g)

Dinner

24 Fish Sticks
 8 Medium Potatoes
 3 Cans Corn
 (397g)
 1 Loaf Bread
 3 Margarine (113g)
 8 Ind. Chocolate
 Pudding (142g)
 16 Ind. Ketchup

COOKING INSTRUCTIONS**Breakfast****Scrambled Eggs**

See Instructions for Day 1.

Lunch**Spaghetti and Meatballs**

See Instructions for Day 3.

Dinner**Fish, Potatoes and Corn**

See Instructions for Day 3.