



A BOUNTIFUL KITCHEN

GIRL'S CAMP

MENU, DUTIES, AND TIMELINES





Unless noted, we will serve approximately 300-330 for each meal.

MONDAY

BREAKFAST:

At Home

LUNCH:

Girls/Leaders will bring own lunch sack

DINNER (232 TOTAL YOUTH AND LEADERS):

Baked Ziti, prepared at home in disposable pan

Garlic Bread, grill at camp

Caesar Salad: Lettuce, Croutons, Cardini's Dressing, Parm Cheese (all from Costco)

Small treat like Andes Mints

Dutch Oven Dessert (ward) — the Stake provides the ingredients, including briquets. The ward will light the fire and have the coals ready to cook dessert after the fireside.

PILLOW TREATS:

Two of our camp kitchen committe members

SNACK TABLE:

No snack table on Monday



TUESDAY

2nd year girls (about 40) need to make lunches to take on hike at 9:00 am (make sandwiches and take ziplock with carrots, apples, chips we have paper sacks and sandwich bags) We need to send them with a snack to take on hike.

Add about 22 (Bishops and wife) for dinner Tuesday. The ward/Bishops are also responsible for their own desserts on Tuesday night, including their own paper products for dessert.

BREAKFAST (~230 TOTAL):

French toast

Fresh Strawberries mixed with some frozen, sweetened strawberries, whipped cream

Ham

Hot chocolate, Milk, Syrup

SNACK TABLE:

One food committee member designated to set up

LUNCH:

Ham and Cheese, Turkey and Cheese Croissants (warmed in oven) also some leaf lettuce for girls who want to make a lettuce wrap. Hoagie buns (Costco) for girls on hike.

Carrots/ranch in small cups

whole small apples (for girls on hike)

Melon, cut up

Root beer Floats with straws

DINNER (~320 TOTAL):

Hamburgers and Hot Dogs, condiments including tomatoes, lettuce, onion, pickles Baked Beans, homemade

Chips in individual bags

Fresh veggies - carrots, celery, broccoli

DESSERT:

Bishop/Ward provides own in camp



WEDNESDAY

BREAKFAST:

Scrambled eggs with cheese

Hash browns

Biscuits (purchased frozen, we bake at camp) Grapes cut into small bunches

Oj, milk, hot chocolate, butter, jam

SNACK TABLE:

One food committee member designated to set up

LUNCH:

Teriyaki chicken and Spinach Pasta Salad (separate small portion made without nuts)

Watermelon wedges

Breadsticks, cooked in oven, brushed with butter

DINNER:

Chicken Taquitos (frozen from Costco, cooked in oven)

Southwest Salad with Cilantro Lime Dressing

chips and salsa, sour cream, guac all purchased

DESSERT:

Pound cakes with tri berry mix and strawberries
and cream (purchased Costco)



THURSDAY

BREAKFAST:

Whole grain pancakes (U.S. Foods mix)

bacon (pre cooked) heat in oven or on griddle

yogurt parfaits w frozen strawberries granola, (vanilla yogurt) milk, oj, hot choc, butter, syrup- maple and strawberry

SNACK TABLE:

One food committee member designated to set up

LUNCH:

French Dip (cook meat day/evening before slow cook and shred) fresh fruit, oranges

leftover pasta salad from Wednesday

bags of chips, individual

green salad with dressings, leftover Caesar, Ranch and other assorted

DINNER:

Chicken w BBQ sauce (pre cooked chicken breasts boneless, skinless, heat with sauce)

mashed potatoes with butter (premade from US Foods)

green beans, frozen Costco

rolls (US Foods, frozen, heat in oven)

carrot, celery, olives

any leftover salad from lunch

DESSERT:

Homemade hot fudge with (boxed) Ghiradelli
Brownies and ice cream, served at 9pm after the
fireside in dining area.



FRIDAY

BREAKFAST:

Breakfast casseroles made with any leftover bread/rolls eggs, cheese, ham etc. any leftover yogurt from Thurs

Any leftover fruit

Cereal, Milk, Orange Juice

Casseroles made thursday evening and placed in fridge



Assign a person to be in charge of each meal, and a dessert person for dinner and snack person each day. Usually three different people, each day, on a rotating basis. They are the go-to person when there are questions about where items are stored, what needs to be done etc.

MONDAY PERSON IN CHARGE: _____

☐ 2:00 PM – SET ZITI OUT ON COUNTER

DINNER: Baked Ziti Garlic Bread, Caesar Salad, Dutch Oven dessert (ward)

Ziti will probably take more than one hour to bake because the oven will be full of pans.

NEEDS TO BE BAKED STARTING AT ABOUT 3:30 AT 300 DEGREES

Preheat oven at least one hour (2:30) before cooking. Make sure all pans will fit into oven, otherwise, bake in shifts.

Bake one and one half to two hours on 300-325, cool ten minutes

☐ 2:45 PM – SNACK SET OUT

☐ SALAD

Wash all lettuce, spin

Chop lettuce

Assemble salads, lettuce, parm cheese, place in fridge

Add croutons and dressing just before serving salads

☐ BREAD

Thaw bread a few hours before serving, grill on flat grills keep in warmer.

☐ PAPER GOODS

Drink cups, Dinner Plate, Forks, Napkins.
Small bowls and spoons for dessert

☐ 5:30 - 6:30 PM – DINNER SERVED

☐ 6:30 PM – DUTCH OVEN DESSERTS SERVED



MONDAY CONT.

AFTERNOON / EVENING PREP FOR BREAKFAST

- ☐ Place the hamburger patties for Tues dinner in the fridge. Fan out into pan to thaw, cover. Test to see how long it takes water to come to boil in large pots.
- ☐ Wash and cut up strawberries
- ☐ Thaw some of the frozen, sweetened strawberries
- ☐ Cut ham for morning
- ☐ Portion cups for butter
- ☐ Fill large pot with water for hot choc
- ☐ Ranch portion cups for lunch on Tues
- ☐ Freeze the Capri Suns for girls going on hike
- ☐ Cut up melons for lunch tues
- ☐ If time, portion out meat and cheese onto a tray. Use scale. Save enough meat for the girls leaving for hike. 40-50
- ☐ Make enough piles of meat/cheese to fill all of the croissants.

NOTES:



TUESDAY BREAKFAST IN CHARGE: _____

6:00 - 8:00 AM — BREAKFAST PREP

BREAKFAST: French Toast, Fresh & Frozen Strawberries, Whip Cream Spray, Ham, Hot Chocolate, Milk

6:00 — Boil water for hot chocolate, pour into one of the drink dispensers.

6:30 — Warm/cook ham on griddle, place on pans, cover and place in warming rack.

Pour egg mixture into two bowls with some milk and vanilla for french toast, whisk

7:15 — Start grilling fr toast 30-45 min before breakfast is served. Use Texas Toast First
Place in warming unit.

BREAKFAST SETUP

Portion cups for syrup, about 175 (1 1/2 oz cups)

Portion cups for butter about 100

Cover tables with paper, set out paper products

Pour milk just before breakfast is served

Place whip cream spray in bowl with ice

PAPER GOODS

Drink cups, hot cups, lunch plates, forks, spoons (for hot chocolate), napkins

NOTES



TUESDAY LUNCH

IN CHARGE: _____



9:00 AM – HIKING GIRLS PREPARE THEIR LUNCHES

SACK LUNCHES: Hoagie buns, meat and cheese, whole apples, granola bar, Capri Sun, fruit snacks or Famous Amos cookies

Fill the croissants with meat/cheese (some of the cheese is being used for burgers Tue evening) -preheat oven one hour before using

Bake sandwiches on low temp, covered (275 about 1 hour before serving)

Fill three coolers with water and ice, no lemonade today, rb floats instead



2:45 PM – SNACKS SET OUT

LUNCH: Ham and Cheese and Turkey and Cheese croissants, Bread with pb & J as an alternate, Carrots, Ranch dressing, Melons, Rootbeer Floats

Place carrots in bowl

Set out cups of ranch

Set out cut up melons

Set out paper products

Pour root beer, scoop ice cream, place straw in cup



LUNCH PREP FOR WEDNESDAY

Make dressing for pasta salad

Drain mandarin oranges

Drain and chop water chestnuts

Toss chicken with some of the Veri Teriyaki Sauce



PAPER GOODS

9 oz drink cups for Rootbeer Floats,
Portions cups, Straws, Spoons, Napkins

NOTES



How are we doing on Lemonade? Ice? Milk? If we need any, have someone make a grocery run.

TUESDAY DINNER

IN CHARGE: _____



DINNER PREP

After lunch asses the amount of ice cream left, should be enough for hot fudge brownies on Thurs, if not get some this week.

Wash lettuce, cut tomatoes, onions. pour pickles into bowl

Make baked beans, let sit on stove and slow cook

Veggies, wash and place in bowls

Fill two large pots with water for corn on cob. Wipe out coolers.

Boil water and pour into large coolers, up to two hours before dinner is served



5:30 - 6:30 PM — DINNER

DINNER: Burgers, condiments including lettuce, tomatoes, onion, pickles; Baked Beans, Corn Cob, Fresh Veggies, Lemonade, Water, Dessert: Bishop

Make au jus, place in pan. set burgers into au jus, keep warm in warning unit. Can finish off on grill.

Portion cups for ranch

Make 2 containers of lemonade

2 containers filled with water and ice

Cooler Corn on Cob, butter



BREAKFAST PREP FOR WED

Fill pots with water set on stove for boiling in morning. 1 for hot chocolate, 2-3 xlarge for eggs. place biscuits on trays to warm.

Wash and cut up grapes

Mix oj, set in fridge

portion butter, jam



PAPER GOODS

Dinner plates, Knives, Forks, Drink cups, Napkins

NOTES



WEDNESDAY BREAKFAST IN CHARGE: _____

☐ 6:00 - 8:00 AM — BREAKFAST PREP

6:00-6:15 turn on ovens

6:30 boil water for egg pouches and hot chocolate

7:15 Heat griddles for cooking hash browns

7:30 cook hash browns, keep in warming unit

7:30 heat up biscuits

Set out butter, jam, drinks

☐ 8:00 - 9:00 AM — BREAKFAST SERVED

BREAKFAST: Scrambled eggs and cheese, Hash browns, Biscuits, Butter, Jam, Grapes, Hot chocolate, Milk, OJ

☐ PAPER GOODS

Lunch plates, Forks, Knives, Drink cups,
Hot cups, Spoons, Napkins

NOTES



WEDNESDAY LUNCH IN CHARGE: _____



LUNCH PREP

Wash watermelon

Cut up watermelon wedges, place on trays and into fridge

Heat up oven no later than 10:00

Take out bacon for Thurs breakfast, make sure it is thawed if frozen



11:45 - 12:45 PM – LUNCH SERVED

Spinach, Chicken and Bowtie Pasta Salad, Watermelon Slices, Breadsticks, Water, lemonade

11:15 - Cook breadsticks brushed with butter

Drain chicken from marinade if any and chop if needed

Small portion for gluten free pasta

Combine salad ingredients except nuts, make a separate bowl without nuts (allergy) -

Make lemonade, fill water coolers



2:45 PM – SNACK SERVED



PAPER GOODS

Lunch plates, Forks, Drink cups, Napkins

NOTES



WEDNESDAY DINNER IN CHARGE: _____

☐ DINNER PREP

Wash, spin and chop lettuce for salad dinner

Chop green onions, red peppers, cut grape tomatoes in half

Wash cilantro, remove from stems with knife, chop

Make dressing, Chop avocado

Layer salad ingredients according to recipe, refrigerate

Start to thaw berries for dinner in walk-in

☐ 11:45 - 12:45 PM — LUNCH SERVED

DINNER: Southwest Salad with Cilantro Lime Dressing, Chicken Taquitos, Chips, salsa, guac, sour cream, Lemonade, water, Dessert- Pound cakes with triberry mix and whipped cream

Do any dinner prep that was not done earlier

Turn ovens on 3:30

Bake taquitos at 4:30-4:45 keep warm in heating unit -fill drink containers

Fill portion cups with salsa (3 1/4 oz cups)

Fill portion cups with sour cream

Chips into large bowls, Have girls serve chips with gloves

Drizzle salads with dressing, serve with additional dressing

☐ DESSERT

Cut up cakes, Triberry mix, mix with sugar

Whip cream with powdered sugar and vanilla

☐ PAPER GOODS

Dinner plates, Drink cups, Forks, Napkins, Portions cups, Dessert plates, Forks for dessert

☐ THURSDAY PREP

Set chicken for Thursday dinner to thaw onto trays in fridge.

****Lunch Prep for Thurs French Dips: Place meat in pans, season and cook on low overnight.****



THURSDAY BREAKFAST IN CHARGE: _____



BREAKFAST PREP — DONE WEDNESDAY AFTERNOON

Make yogurt Parfaits in cups
Portion cups for granola
Water on stove for hot chocolate
Mix OJ in pitchers



8:00 - 9:00 AM — BREAKFAST SERVED

BREAKFAST: Pancakes, syrup, Bacon, Yogurt parfaits with granola cups hot choc, milk

Boil water start at 6:30
Turn on griddles by 6:30
Start cooking/warming bacon at 6:45
Clean griddle and start cooking pancakes at 7:45
Portion cups butter and syrup

NOTES



PAPER GOODS

Portion cups for syrup, Lunch plates,
Fork, 8 oz short cups for parfaits, Hot
cups, Drink cups, Napkins



THURSDAY LUNCH IN CHARGE: _____

☐ LUNCH PREP — DONE IN MORNING

Make au jus

Set out portion cups on trays for au jus

Cut up orange slices

Wash greens for salad

Chop any leftover veggies (less carrots and celery for dinner) add to salad check to see if rolls for dinner are thawed

☐ 11:45 - 12:45 PM — LUNCH SERVED

LUNCH: French Dip with Au Jus, Orange Slices, Bags of chips (individual), Green Salad with dressings, any leftover pasta salad or southwest salad

Start at 10:30 grill bread for french dips

Portion out meat for sandwiches onto buns

Place slice of provolone cheese on meat

Keep in warm unit, these sandwiches need to be cut in half at some point.

Heat au jus

Toss salad with croutons leftover from Caesar salad Monday

Set out all dressings, place into squeeze bottles if needed

Set out chips and any leftover pasta salad from Wednesday

Water coolers, lemonade if any left

NOTES

☐ PAPER GOODS

4 oz cup for au jus, dinner plates, forks, napkins



THURSDAY DINNER IN CHARGE: _____

☐ DINNER PREP — DONE IN AFTERNOON

Turn on oven for chicken at 3:00

Green beans into steam table pans, season

Carrots, celery, olives into bowls

Take mashed potato pouches out set at room temp for an hour start boiling water for mashed potatoes at 3:30

Take out pans of brownies

Make hot fudge

☐ 5:30 - 6:30 PM — DINNER SERVED

DINNER: Chicken with BBQ Sauce, Mashed Potatoes, Fresh Green Beans, Rolls, Butter, Jam, Carrots, Celery, Olives Dessert- Hot Fudge Brownies

Set chicken onto trays to go in oven, brush with bbq sauce, warm, then set in oven or warming unit. covered.

Cook mashed potatoes in boiling water, squeeze into steam table pans, mix with butter

Cook green beans (steam tables)

Set rolls onto trays, brush with butter, bake

Portion cups butter and jam leftover from breakfast

Drinks- any leftover lemonade, water in coolers

Count how many for dessert at fireside

☐ 9:00 PM — DESSERT

By 8:30 cut up brownies

Scoop ice cream, top with hot fudge

☐ PAPER GOODS

Dinner plates, small portion cups for butter, jam, forks, knives. small bowl and spoon for dessert

Clean up kitchen tonight!



FRIDAY BREAKFAST IN CHARGE: _____



BREAKFAST PREP – THE NIGHT BEFORE

Make breakfast casseroles with any leftover eggs, cheese, meat, breads, hash browns set in fridge.



8:00 - 9:00 AM – BREAKFAST SERVED

BREAKFAST: Breakfast casseroles, Fruit, any leftover, any leftover yogurt make in to parfaits if have ingredients Cereal, milk, juice

Heat up oven at 5:45 AM

Bake casseroles at 6:30- 6:45 AM

set out leftover fruit

cut up casseroles and serve

cereals, milk, juice, ketchup and salsa

NOTES



PAPER GOODS

Plate donations from wards, forks, bowls, spoons, napkins

Final clean up/ pack up: Everyone

We made it!!!!!!!!!!!!!!!!!!!! Hooray :D



COOKING EQUIPMENT LIST

This list may be more than you need, if using a LDS Church property, some of the items listed may already be available at camp. Some of the large items may be available in ward buildings or Scout trailers for loan I have * those items. Also, make sure to check the Stake YW supplies before purchasing items. Mark EVERYTHING you bring from home and other locations on the equipment or masking tape using a Sharpie.

EQUIPMENT:

- ☐ Hand immersion blender with attachments
- ☐ Kitchenaid stand mixers
- ☐ Salad spinners for lettuce
- ☐ Baking/cookie sheets, disposables too*
- ☐ Large tins plastic and metal (aluminum)
- ☐ Large plastic bowls for mixing and serving
30-40 quart* scale to measure meat
- ☐ Cutting boards , I use some exclusively for meat, disposables may be used* large
pitchers - 4/1 gallon pitchers*
- ☐ Stoves and propane*
- ☐ Water and Juice Jugs with spout 5-10
gallon*
- ☐ Griddles*
- ☐ Briquettes, matches and/or lighter, long
handle* Sauce pans, fry pans
- ☐ Large stockpots*
- ☐ Dutch Ovens* with tools to lift
- ☐ Chimneys for Dutch ovens

SMALL UTENSILS:

- ☐ Can openers*
- ☐ Vegetable peelers*
- ☐ Graters*
- ☐ Ice cream scoops
- ☐ Small knives, large knives, bread knife
(mark and count if from home and keep
inventory) tongs for serving
- ☐ Long tongs for bbq
- ☐ Spatulas, metal and silicone (silicone for
teflon pans) and other cooking utensils
wire whisks

SERVING EQUIPMENT:

- ☐ Large bowls for mixing and serving 30-40 quart*
- ☐ Small and medium size serving bowls also used for
mixing
- ☐ Serving spoons, forks, regular and large size
- ☐ Serving tongs
- ☐ Plastic pitchers*
- ☐ Serving trays*
- ☐ Tablecloths plastic* also can be purchased at fabric
stores and cut to size and reused for years
tablecloths disposable to cover tables for crafts
(fold and throw away)
- ☐ Disposable aluminum steam table pans sold in bulk
at Sam's Club and Costco can be washed and
reused
- ☐ Jelly roll pans



KITCHEN MISC SUPPLIES:

- ☐ Extension cords for kitchen
- ☐ Powerstrips
- ☐ Food handlers gloves adult and small for girls clock to prop in kitchen on shelf
- ☐ Lantern or flashlight
- ☐ Garbage bags
- ☐ Extra bins with lids for storage
- ☐ Clothespins
- ☐ LOTS of Ziplock bags especially Gallon
- ☐ Size plastic wrap, foil, parchment sheets*
- ☐ Hot pads, oven mitts
- ☐ Fan for kitchen
- ☐ Salt and pepper, other condiments, seasonings cooking spray (PAM)

PERSONAL:

- ☐ Aprons
- ☐ Hair bands
- ☐ Bandanas
- ☐ Nail polish, remover, file
- ☐ Flashlights
- ☐ Ear plugs
- ☐ Insect repellent
- ☐ Sunscreen
- ☐ Chairs, folding for resting and taking to gatherings
- ☐ Medications also Advil, Tylenol, Excedrin

CLEANING:

- ☐ Dish cloths, dish towels
- ☐ Dish soap
- ☐ Hand soap
- ☐ Clorox, other cleaning supplies
- ☐ Dish washing gloves (rubber gloves)
- ☐ Laundry soap/drying sheets if facility has washer/dryer lotion for sink after washing hands
- ☐ Brooms, dustpan buckets cleaning Wipes scrubbing pads
- ☐ Scrub brushes with handle for dishes

MISC:

- ☐ First aid kit also aloe vera, lavender oil, ice & bags
- ☐ Gloves for heavy duty, such as moving Dutch ovens while hot*
- ☐ Sharpie markers
- ☐ Food handlers gloves (at least two boxes) including small sizes for girls helping scissors
- ☐ Tape, duct tape, masking tape
- ☐ Speaker for music in kitchen
- ☐ Various snacks/homemade treats for kitchen staff, drinks
- ☐ Clipboard and pen attached for posted menu and note taking after meals Binder with all menu and duties
- ☐ Extra paper for posting lists outside of fridge, freezer of contents