

Greetings from your 2019 World Jamboree Food Team!

We are pleased to share the Troop Cookbook and Troop Food Market grocery lists for the 2019 World Jamboree. Information for Gluten-Sensitive, Nut-Sensitive, Kosher, and Halal specific meals will be posted in April at <http://jamboreefoodteam.org/2019-catering-info/>

There are some very specific assumptions we made that influenced these suggested options:

- Troops are free to plan their meals based on anything available in their Troop Food Market. Normally with any food service project, some sort of menu becomes the starting point. Because the troops may choose their own meals every time at this World Jamboree these menus are therefore only suggestions. We did include preparation instructions for breakfasts and dinners like a cookbook.
- We are striving to package many of our items to serve a group of 20. This will give Troops a chance to more easily manage situations when there is a split in the Troop regarding what meal items to prepare. The final item list (to be distributed in May 2019) will indicate specific size and estimated serving counts for each item, as well as the point value of each item.
- All meat and egg products are precooked except for pre-scrambled eggs in a carton. This helps us stay safe from many food-born illnesses and makes meal prep easier and faster, so Troops can enjoy more activities.
- All lunch suggestions are non-refrigerated, highly portable, single-serving items that the Troop members assemble into a lunch each morning to carry with them. The Summit site is large and going back to camp to cook a lunch will severely limit your Troop's activities. With some days being quite warm, we are also guarding against consuming heat-spoiled lunches.
- Cooking oil is NOT on the list, but canola oil spray is. Our waste-water system in the Troop sites at the Summit is not designed to be able to process the quantities of cooking oil required for most deep-fried food.
- We will post the commercial ingredient labels of all items several weeks in advance of the Jamboree, so families can review them for their specific dietary concerns, especially allergies.

There is a great video showing how the Troop Food Market process works at <http://wsj2019.us/2017/12/12/cooking-preview/>

Thank You!



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CURLEWS (English)

Check [www.JamboreeFoodTeam.org](http://www.JamboreeFoodTeam.org) for all your official Jamboree Food information

## EGGS, SAUSAGE, AND CHEESE SANDWICH BREAKFAST

Ease of Preparation: Regular

Egg Patties (Precooked and thawed)

Sausage Patties (Precooked and thawed)

Cheese Slices

Sliced Bread (white/wheat)

Bananas

Grape Juice

Milk

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place at least one inch of water in large steam table pan. Place two smaller steam table pans on top, and spray with cooking spray. Spread out thawed egg patties in pans. Cover and place on medium heat, turning eggs occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
4. Place at least one inch of water in another large steam table pan. Place two smaller steam table pans on top, and spray with cooking spray. Shingle thawed sausage patties in the pans. This arrangement allows you to make enough space to cook all the sausage patties at once, overlapping as necessary to fit in the pan. Cover and place on medium heat, turning patties occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
5. Set serving tables with table cover, fruit, juice and milk.
6. Place egg patty on one slice of bread. Place sausage and cheese on the egg and place the other slice of bread on top of the sandwich.
7. When egg, sausage and cheese sandwiches are ready, bring them to the table.
8. Remind everyone to wash their hands.
9. Bless the meal in your own tradition.
10. After breakfast, clean up and dispose of waste properly.
11. Everyone then packs up their Summit2Go lunches and fills their water bottles.

CURLEWS (English)

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## FAST HOT BREAKFAST

Ease of Preparation: Regular

Assorted instant oatmeal packets

Hot cocoa packets

Milk

Nutri Grain Bars

English Muffins

Margarine/Jelly

Oranges

Apple Juice

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place two gallons of water in pots and bring to boil. Keep hot for making oatmeal and cocoa later. Add more water to the pot often to make sure everyone has enough.
4. Set serving tables with table cover, packages of Oatmeal, English muffins, Nutri Grain bars, margarine, jelly, fruit, juice, cocoa mix and milk.
5. Remind everyone to wash their hands.
6. Bless the meal in your own tradition.
7. All members of the unit can mix hot water with oatmeal, or cocoa for themselves.
8. After breakfast, clean up and dispose of waste properly.
9. Everyone then packs up their Summit2Go lunches and fills their water bottles.

CURLEWS (English)

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## PANCAKES, SAUSAGE, AND EGGS BREAKFAST

Ease of Preparation: Long

Pancakes  
Scrambled Eggs Mixture  
Shredded Cheese  
Ham (Precooked and thawed)  
Green Peppers  
Onions  
Sausage Patties (Precooked and thawed)  
Sliced bread (white and wheat)  
Bananas  
Apple Juice  
Milk  
Syrup/Margarine/Jelly  
Cooking spray

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place at least one inch of water in large steam table pan. Place smaller steam table pans on top, and spray with cooking spray. Spread out pancakes in pans. Cover and place on medium heat, turning occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
4. Place at least one inch of water in another large steam table pan. Place two smaller steam table pans on top, and spray with cooking spray. Shingle thawed sausage patties in the pans. This arrangement allows you to make enough space to cook all the sausage patties at once, overlapping as necessary to fit in the pan. Cover and place on medium heat, turning patties occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
5. Chop ham, onion, and green peppers into small pieces. Stir liquid eggs, ham, onion, and green pepper pieces in a bowl. **OPTION:** Lightly spray a warm skillet with cooking spray and precook the diced onions and peppers first on medium heat.
6. Spray skillet with cooking spray. Pour egg mixture in the pan and add shredded cheese. Use spatula to scramble. Cook eggs until they are fluffy and no liquid is left in the pan. Repeat until all egg mixture is cooked.
7. Set serving tables with table cover, bread (white/wheat), squeeze margarine, jelly, syrup, fruit, juice and milk.
8. When pancakes, sausage and eggs are done bring them to the serving table.
9. Remind everyone to wash their hands.
10. Bless the meal in your own tradition.
11. After breakfast, clean up and dispose of waste properly.
12. Everyone then packs up their Summit2Go lunches and fills their water bottles.

CURLEWS (English)

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## SCRAMBLED EGGS BREAKFAST

Ease of Preparation: Long

Scrambled Eggs Mixture

Shredded cheese

Sliced Bread (wheat or white)

Sliced Ham

Margarine/Jelly

Apples

Grape Juice

Milk

Cooking spray

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Lightly spray warm skillets with cooking spray. Place enough ham in the skillets to cover the bottom of the pans and heat on medium until hot. Repeat until all ham is heated.
4. Spray skillet with cooking spray. Pour egg mixture in the pan and add shredded cheese. Use spatula to scramble. Cook eggs until they are fluffy and no liquid is left in the pan.
5. Set serving tables with table cover, margarine, jelly, fruit, juice, milk, and bread.
6. When eggs and ham are done bring them to the serving table.
7. Remind everyone to wash their hands.
8. Bless the meal in your own tradition.
9. After breakfast, clean up and dispose of waste properly.
10. Everyone then packs up their Summit2Go lunches and fills their water bottles.

CURLEWS (English)

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## PANCAKE BREAKFAST

Ease of Preparation: Regular

Pancakes (Precooked and thawed)  
Sausage patties (Precooked and thawed)  
Syrup (regular or sugar-free)/Margarine  
Bananas  
Orange Juice  
Milk

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place at least one inch of water in large steam table pan. Place smaller steam table pans on top, and spray with cooking spray. Spread out pancakes in pans. Cover and place on medium heat, turning occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
4. Place at least one inch of water in another large steam table pan. Place two smaller steam table pans on top, and spray with cooking spray. Shingle thawed sausage patties in the pans. This arrangement allows you to make enough space to cook all the sausage patties at once, overlapping as necessary to fit in the pan. Cover and place on medium heat, turning patties occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
5. Set serving tables with table cover, syrup, fruit, juice and milk.
6. When pancakes and sausage are done bring them to the serving table.
7. Remind everyone to wash their hands.
8. Bless the meal in your own tradition.
9. After breakfast, clean up and dispose of waste properly.
10. Everyone then packs up their Summit2Go lunches and fills their water bottles.

CURLEWS (English)

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## BAGEL BREAKFAST

Ease of Preparation: Easy

Bagels

Cream Cheese

Granola Bars

Assorted Cereal

Milk

Apples

Orange Juice

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Set serving tables with table cover, bagels, cream cheese, granola bars, cereal, fruit, juice and milk.
4. Remind everyone to wash their hands.
5. Bless the meal in your own tradition.
6. After breakfast, clean up and dispose of waste properly.
7. Everyone then packs up their Summit2Go lunches and fills their water bottles.

CURLEWS (English)

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## LET'S GO BREAKFAST

Ease of Preparation: Easy

Assorted Danish

Nutri Grain Bars

Assorted Cereal

Milk

Oranges

Apple Juice

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Set serving tables with table cover, Danish, Nutri Grain bars, cereal, fruit, juice and milk.
4. Remind everyone to wash their hands.
5. Bless the meal in your own tradition.
6. After breakfast, clean up and dispose of waste properly.
7. Everyone then packs up their Summit2Go lunches and fills their water bottles.

CURLEWS (English)

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## QUICK AND EASY BREAKFAST

Ease of Preparation: Easy

Assorted Muffins

Assorted Cereal

Granola Bars

Apples

Orange Juice

Milk

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Set serving tables with table cover, muffins, cereal, granola bars, fruit, juice and milk.
4. Remind everyone to wash their hands.
5. Bless the meal in your own tradition.
6. After breakfast, clean up and dispose of waste properly.
7. Everyone then packs up their Summit2Go lunches and fills their water bottles.

CURLEWS (English)

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## CEREAL AND DONUT BREAKFAST

Ease of Preparation: Easy

Assorted Cereal

Assorted Donuts

Milk

Pop Tarts

Bananas

Grape Juice

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Set serving tables with table cover, cereal, donuts, Pop Tarts, fruit, juice and milk.
4. Remind everyone to wash their hands.
5. Bless the meal in your own tradition.
6. After breakfast, clean up and dispose of waste properly.
7. Everyone then packs up their Summit2Go lunches and fills their water bottles.

CURLEWS (English)

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## FULL BREAKFAST

Ease of Preparation: Long

Scrambled Eggs Mixture  
Sliced Bread (white/wheat)  
Bacon  
Baked Beans  
Jelly/Margarine  
Apples  
Grape Juice  
Milk

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Lightly spray warm skillets with cooking spray. Place thawed bacon in the skillets to cover the bottom of the pans and heat on medium until hot. Repeat until all bacon is heated.
4. Lightly spray warm skillet with cooking spray. Pour egg mixture in the pan and add shredded cheese. Use spatula to scramble. Cook eggs until they are fluffy and no liquid is left in the pan.
5. Heat baked beans in another pot. Using medium heat, stir often until baked beans are heated thoroughly.
6. Set serving tables with table cover, margarine, jelly, fruit, juice bread, and milk.
7. When eggs, beans and bacon are done bring them to the serving table.
8. Remind everyone to wash their hands.
9. Bless the meal in your own tradition.
10. After breakfast, clean up and dispose of waste properly.
11. Everyone then packs up their Summit2Go lunches and fills their water bottles.

CURLEWS (English)

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## BREAKFAST TORTILLAS

Ease of Preparation: Long

Tortilla Wraps

Scrambled Eggs Mixture

Bacon

Shredded Cheese

Green peppers

Onion

Salsa

Apples

Orange Juice

Milk

Cooking spray

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place at least one inch of water in large steam table pan. Place smaller steam table pans on top, and spray with cooking spray. Spread out flour tortillas in pans. Cover and place on medium heat, turning occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
4. Lightly spray skillets with cooking spray. Place thawed bacon in the skillets to cover the bottom of the pans and heat on medium until hot. Repeat until all bacon is heated.
5. Chop onions and peppers into small pieces. Mix eggs, onion pieces and green pepper pieces in a bowl. **OPTION:** Lightly spray a warm skillet with cooking spray and precook the diced onions and peppers first on medium heat.
6. Spray skillet with cooking spray. Pour egg mixture in the pan and add shredded cheese. Use spatula to scramble. Cook eggs until they are fluffy and no liquid is left in the pan. Repeat until all egg mixture is cooked.
7. Set serving tables with table cover, fruit, juice, salsa, and milk.
8. When eggs, tortillas and bacon are done bring them to the serving table (to allow all persons to make their own tortilla wrap).
9. Remind everyone to wash their hands.
10. Bless the meal in your own tradition.
11. After breakfast, clean up and dispose of waste properly.
12. Everyone then packs up their Summit2Go lunches and fills their water bottles.

CURLEWS (English)

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## MUFFIN SANDWICHES

Ease of Preparation: Regular

English Muffins

Egg Patties (Precooked and thawed)

Ham slices (or meat of your choice)

Cheese Slices

Orange

Apple Juice

Milk

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place at least one inch of water in large steam table pan. Place two smaller steam table pans on top, and spray with cooking spray. Spread out thawed egg patties in pans. Cover and place on medium heat, turning eggs occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
4. Lightly spray skillets with cooking spray. Place enough ham in the skillets to cover the bottom of the pans and heat on medium until hot. Repeat until all ham is heated.
5. Split English muffin and place egg, ham and cheese to make a sandwich.
6. Set serving tables with table cover, fruit, juice and milk.
7. When egg, ham and cheese muffin sandwiches are ready, bring them to the table.
8. Remind everyone to wash their hands.
9. Bless the meal in your own tradition.
10. After breakfast, clean up and dispose of waste properly.
11. Everyone then packs up their Summit2Go lunches and fills their water bottles.

CURLEWS (English)

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## TERIYAKI BEEF JERKY LUNCH

Teriyaki Beef Jerky

Sun Chips

Mini Pretzels

Sweet N Salty Trail Mix

Welch Fruit Snack

Peach Iced tea drink sticks

CURLEWS (English)

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## BBQ CHICKEN LUNCH

BBQ chicken, premade, in shelf-stable individual serving easy-open cans

Bagel

Multigrain Sun Chips

Apple

Peanut Almond Mix

Chips Ahoy Cookie

Lemonade mix

CURLEWS (English)

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## BBQ BEEF LUNCH

BBQ Beef Bridgford Sandwich

Pop Chips

Peach Cup or hand fruit

All Energy Trail Mix

Pudding Cup

Fruit Punch drink sticks

CURLEWS (English)

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## TUNA SALAD LUNCH

Tuna Salad - premade, in shelf-stable individual serving easy-open cans

Bagel

Nutri Grain Bar

Raisins or hand fruit

Energizer Trail mix

Vanilla Crème Cookie

Peach Tea drink sticks

CURLEWS (English)

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## BEEF JERKY LUNCH

Beef Jerky

Pop Chips

Fig Bar

Apple Sauce

Sweet and Salty Mix

Chocolate Snackwells cookie

Fruit Punch drink sticks

CURLEWS (English)

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## CHICKEN SALAD WRAP LUNCH

Chicken Salad - premade, in shelf-stable individual serving easy-open cans

Tortilla

Fig Bars

Apple

Sunflower Seeds

Welch Fruit Snacks

Peach Tea drink sticks

CURLEWS (English)

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## PB&J LUNCH

Peanut Butter and Jelly  
Crackers or Tortilla wrap  
Chewy Granola Bar  
Mixed fruit cup or hand fruit  
Mini Pretzels  
Chips Ahoy Cookie  
Lemonade drink sticks

CURLEWS (English)

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## CHICKEN SALAD LUNCH

Chicken salad – premade, in shelf-stable individual serving easy-open cans  
Crackers  
Chewy Granola Bar  
Orange  
Sunflower Seeds  
Pudding Cup  
Fruit Punch drink sticks

CURLEWS (English)

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## SUN BUTTER LUNCH

Sun Butter  
Tortilla wrap  
Granola Bar  
Hand fruit  
Mango Pineapple Trail Mix  
Oreo cookie  
Lemonade drink sticks

CURLEWS (English)

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## MEXICAN-STYLE BEEF WRAP LUNCH

Mexican-style beef Bridgford wrap

Granola Bar

Hand fruit

Mango Pineapple Trail Mix

Oreo cookie

Lemonade drink sticks

CURLEWS (English)

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## SWEET & SOUR CHICKEN LUNCH

Sweet and Sour Chicken Bridgford Sandwich

Nutri Grain Bar

Orange

Sweet and Salty Trail Mix

Pudding Cup

Fruit Punch drink sticks

CURLEWS (English)

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## CHICKEN DINNER

Ease of Preparation: Regular

Sliced Grilled Chicken Breast (Precooked and thawed)

BBQ Sauce

Potato Salad

Corn

Sliced Bread (white/wheat) & margarine

Rice Krispy Treats

Powerade

Cooking spray

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place at least one inch of water in steam table pan. Note: That is enough water to cover the bottom, but not enough to cause the top tray to float. Place second steam table pan on top and spray it with cooking spray. Then spread sliced grilled chicken breast across the bottom of the pan, overlapping as necessary to fit in the pan. Cover and place on medium heat and stir chicken often. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
4. Open corn and place into pot. Add enough water to submerge the corn. Bring to a boil for 5 minutes.
5. Set serving tables with table cover, sauce, potato salad, sliced bread (white/wheat), squeeze margarine, Rice Krispy Treats.
6. Mix the flavored drink mix in the beverage cooler, following the directions on the package. Stir until all the mix is dissolved. Dispense several cups and pour back into the cooler to mix completely. Replace lid.
7. Bring chicken and corn to serving table.
8. Remind everyone to wash their hands.
9. Bless the meal in your own tradition.
10. After dinner, clean up and dispose of waste properly.

CURLEWS (English)

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## PIZZA PITA DINNER

Ease of Preparation: Easy

Pita Bread

Marinara Sauce or Tomato Paste

Your choice of Cheese

Salami or your choice of meat(s) as desired

Your choice of Vegetables

Brownies

Powerade

Cooking spray

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Open cans of marinara sauce and pour into large pot. Heat on medium heat until lightly boiling, stirring throughout to ensure it does not burn and stick to the bottom of the pot.
4. Slice or chop meats and vegetables. Lightly spray warm skillets with cooking spray, and warm meats and vegetables on low heat in separate skillets, stirring often.
5. Cut each pita bread in half to form two pockets.
6. Slice or chop cheese as desired.
7. Set serving tables with table cover, pitas, cheese, and brownies.
8. Mix the flavored drink mix in the beverage cooler, following the directions on the package. Stir until all the mix is dissolved. Dispense several cups and pour back into the cooler to mix completely. Replace lid.
9. Bring meats and vegetables to serving table.
10. Remind everyone to wash their hands.
11. Spoon pizza sauce into pocket spreading it evenly. Add 3 or 4 small pieces of salami or other meat, vegetables as desired, and top with some cheese. Don't overstuff it or it will tear.
12. Bless the meal in your own tradition.
13. After dinner, clean up and dispose of waste properly.

CURLEWS (English)

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## STIR FRY DINNER

Ease of Preparation: Regular

Rice (white or jasmine)

Cabbage or other Vegetables (your choice)

Sliced grilled chicken breast or your choice of meat(s) as desired

Soy Sauce

Spices and sauces as desired

Cooking Spray

Assorted Donuts

Lemonade

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Begin by preparing the rice according to the directions on the package.
4. In heated skillet, add cooking spray and then chicken and stir until chicken is heated thoroughly. Once chicken is heated, add soy sauce and vegetables and heat thoroughly. Optional: Add spices & sauces to the chicken and vegetable mix as desired OR place the spices & sauces on the serving tables for diners to use as they desire.
5. Set table with cloth, donuts, and sauces/spices.
6. Mix the flavored drink mix in the beverage cooler, following the directions on the package. Stir until all the mix is dissolved. Dispense several cups and pour back into the cooler to mix completely. Replace lid.
7. Bring rice, chicken, and vegetables to serving table.
8. Remind everyone to wash their hands.
9. Bless the meal in your own tradition.
10. Place a spoonful of rice in bottom of bowl and a ladle of stir fry chicken mixture on top.
11. After dinner, clean up and dispose of waste properly.

CURLEWS (English)

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## TACO DINNER

Ease of Preparation: Regular

Hamburger Patties to crumble (Precooked and thawed)

Taco seasoning packet

Tortilla Wraps / Tortilla Chips

Shredded Cheese

Salad mix

Tomatoes

Salsa

Ranch Dressing

Pound Cake

Iced Tea

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Put  $\frac{3}{4}$  cup water in the bottom of the pot. Crumble hamburger patties into pot. Add Taco mix seasoning from packet to taste. Using medium heat, stir often until Taco beef is lightly boiling. Turn heat to low, and place the lid on the pot, stirring often.
4. Wash and slice tomatoes.
5. Cut pound cake into enough equal portions to serve everyone.
6. Set serving tables with table cover, tortillas, shredded cheese, salad mix, tomatoes, tortilla chips, salsa, ranch dressing and pound cake.
7. Mix the flavored drink mix in the beverage cooler, following the directions on the package. Stir until all the mix is dissolved. Dispense several cups and pour back into the cooler to mix completely. Replace lid.
8. Bring taco meat to serving table.
9. Remind everyone to wash their hands.
10. Bless the meal in your own tradition.
11. After dinner, clean up and dispose of waste properly.

CURLEWS (English)

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## HOT DOG DINNER

Ease of Preparation: Regular

Hot Dogs  
Hot Dog Chili  
Hot Dog Buns  
Ketchup/Mustard/Relish  
Onions  
Macaroni Salad  
Baked Beans  
Baby Carrots  
Ranch Dressing  
Apple Pie  
Fruit Punch Powerade

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place Hot Dog Chili in a pot. Using medium heat, stir often until heated thoroughly. Turn heat to low, and place the lid on the pot, stirring often.
4. While chili is heating, begin skillet-frying or boiling hot dogs. Hint: If frying hot dogs, keep the skillet sprayed with cooking spray so skillets are not as hard to clean.
5. Heat baked beans in another pot. Using medium heat, stir often until baked beans are heated thoroughly.
6. Chop onions.
7. Set serving tables with table cover, hot dog buns, condiments, macaroni salad, baby carrots, onion, ranch dressing and apple pie.
8. Mix the flavored drink mix in the beverage cooler, following the directions on the package. Stir until all the mix is dissolved. Dispense several cups and pour back into the cooler to mix completely. Replace lid.
9. Bring beans, hot dogs and chili over to serving table when they are ready.
10. Remind everyone to wash their hands.
11. Bless the meal in your own tradition.
12. After dinner, clean up and dispose of waste properly.

CURLEWS (English)

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## PASTA DINNER

Ease of Preparation: Regular

Penne Pasta

Your choice of meat

Marinara Sauce

Parmesan cheese

Sliced Bread (white/wheat) & margarine

Salad mix

Tomatoes

Cucumbers

Salad dressing

Brownies

Iced Tea

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Open cans of marinara sauce and pour into pot. Add meat. Heat on medium heat until lightly boiling, stirring throughout to ensure it does not burn and stick to the bottom of the pan. Turn heat to low, place lid, stir often.
4. While sauce & meat are heating, fill another pot two-thirds full of water, and bring it to a boil. When water is boiling, pour in pasta and return to a boil. Begin testing its doneness after about five minutes. If you wish to drain water from the pasta, be very careful.
5. Wash and cut tomatoes and cucumbers.
6. Cut brownies into enough equal portions to serve everyone.
7. Set serving tables with table cover, parmesan cheese, sliced bread (white/wheat), squeeze margarine, salad mix, tomatoes, cucumbers, salad dressing and brownies.
8. Mix the flavored drink mix in the beverage cooler, following the directions on the package. Stir until all the mix is dissolved. Dispense several cups and pour back into the cooler to mix completely. Replace lid.
9. Bring pasta and meat sauce to serving table.
10. Remind everyone to wash their hands.
11. Bless the meal in your own tradition.
12. After dinner, clean up and dispose of waste properly.

CURLEWS (English)

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## CHICKEN AND PASTA DINNER

Ease of Preparation: Regular

Sliced Grilled Chicken Breast (Precooked and thawed)

Penne Pasta

Green Peppers

Onions

Marinara Sauce

Parmesan Cheese

Sliced Bread (white/wheat) & margarine

Salad Mix

Tomatoes

Cucumber

Salad dressing

Rice Krispy Treats

Powerade

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Chop onions and green peppers.
4. Open the package of sliced grilled chicken breast and pour into pot. Open cans of marinara sauce and pour over chicken. Add onions and green peppers to pot. Heat on medium heat until lightly boiling, stirring throughout to ensure it does not burn and stick to the bottom of the pan. Turn heat to low, place lid and stir often.
5. Fill another pot two-thirds full of water and bring it to a boil. When water is boiling, pour in pasta and return to a boil. Begin testing its doneness after about five minutes. If you wish to drain water from the pasta, be very careful.
6. Wash and cut tomatoes and cucumbers.
7. Set serving tables with table cover, parmesan cheese, sliced bread (white/wheat), squeeze margarine, salad mix, tomatoes, cucumbers, salad dressing and Rice Krispy treats.
8. Mix the flavored drink mix in the beverage cooler, following the directions on the package. Stir until all the mix is dissolved. Dispense several cups and pour back into the cooler to mix completely. Replace lid.
9. Bring pasta and chicken mixture to serving table.
10. Remind everyone to wash their hands.
11. Bless the meal in your own tradition.
12. After dinner, clean up and dispose of waste properly.

CURLEWS (English)

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## LOADED MAC & CHEESE DINNER

Ease of Preparation: Regular

Macaroni and Cheese

Hamburger Patties to crumble (Precooked and thawed)

Green Beans

Salad Mix

Tomatoes

Cucumber

Salad dressing

Sliced Bread (white/wheat) & margarine

Oatmeal Crème Pies

Powerade

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place at least one inch of water in steam table pan. Note: That is enough water to cover the bottom, but not enough to cause the top tray to float. Place second steam table pan on top and spray it with cooking spray. Crumble hamburger patties in pan. Cover and place on medium heat and stir ground beef often. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
4. While beef is warming up, cook macaroni and cheese in a pot according to the directions on the package. Cover to keep warm. Option: Crumble hamburger patties into the finished macaroni and cheese (add a little water to help with stirring).
5. While beef is warming up, open green beans and place into pot. Add enough water to submerge the green beans. Bring to a boil for 5 minutes.
6. Wash and cut tomatoes and cucumbers.
7. Set serving tables with table cover, salad mix, tomatoes, cucumbers, salad dressing, sliced bread (white/wheat), squeeze margarine and Oatmeal Crème Pies.
8. Mix the flavored drink mix in the beverage cooler, following the directions on the package. Stir until all the mix is dissolved. Dispense several cups and pour back into the cooler to mix completely. Replace lid.
9. Mix together macaroni and cheese, seasoned ground beef and beans (or leave them separated for less adventurous eaters). Bring to serving table.
10. Remind everyone to wash their hands.
11. Bless the meal in your own tradition.
12. After dinner, clean up and dispose of waste properly.

CURLEWS (English)

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## SLOPPY JOE SANDWICH DINNER

Ease of Preparation: Regular

Hamburger Patties to crumble (Precooked and thawed)  
Sloppy Joe Packet  
Marinara Sauce  
Hamburger Buns  
Potatoes  
Macaroni Salad  
Cherry Pie  
Lemonade

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Wash potatoes and place them in large pot(s). Fill pot with water so potatoes are submerged about 2 inches. Add a spoon of salt and other spices as desire. Cook on medium heat until boiling, reduce heat and cover pan. Begin checking doneness in 10 minutes. Carefully drain water from potatoes. Option: To reduce cooking time cut potatoes in half or quarters before putting them in the pot.
4. Pour marinara sauce into a large pot. Add Sloppy Joe Packet and stir. Crumble hamburger patties into pot. Using medium heat, stir often until Sloppy Joe is lightly boiling. Turn heat to low, and place the lid on the pot, stirring often.
5. Set serving tables with table cover, burger buns, macaroni salad and cherry pie.
6. Mix the flavored drink mix in the beverage cooler, following the directions on the package. Stir until all the mix is dissolved. Dispense several cups and pour back into the cooler to mix completely. Replace lid.
7. Bring Sloppy Joe mixture and potatoes to serving table.
8. Remind everyone to wash their hands.
9. Bless the meal in your own tradition.
10. After dinner, clean up and dispose of waste properly.

CURLEWS (English)

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## BURGER DINNER

Ease of Preparation: Regular

Hamburgers Patties (Precooked and thawed)

Hamburger Buns

Ketchup/Mustard/Relish

Potato Salad

Rice Crispy Treats

Mountain Blast Powerade

Lettuce

Onions

Cheese slices

Cooking spray

### Instructions

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. Wash your hands and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place at least one inch of water in steam table pan. Note: That is enough water to cover the bottom, but not enough to cause the top tray to float. Place second steam table pan on top and spray it with cooking spray. Then put hamburgers "shingled out" in pan. (In other words, lay the items in the pan, overlapping slightly, like shingles on a roof). This arrangement allows you to warm all the hamburgers at once, overlapping as necessary to fit in the pan. Cover and place on medium heat and turn hamburgers often. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
4. Slice lettuce, tomatoes and onions.
5. Set serving tables with table cover, hamburger buns, cheese slices, onion, condiments, potato salad and Rice Krispy treats.
6. Mix the flavored drink mix in the beverage cooler, following the directions on the package. Stir until all the mix is dissolved. Dispense several cups and pour back into the cooler to mix completely. Replace lid.
7. Bring burgers to serving table when they are ready.
8. Remind everyone to wash their hands.
9. Bless the meal in your own tradition.
10. After dinner, clean up and dispose of waste properly.

CURLEWS (English)

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**Final Troop Food Market Item List**

**Breakfast Items Listed Out**

Breakfast Proteins: Liquid Scrambled Eggs (uncooked), Egg Patties (pre-cooked), Bacon (pre-cooked), Sausage Patty (pre-cooked), Ham (sliced pre-cooked), Turkey (sliced pre-cooked), Salami (sliced)

Breakfast Toppings: Syrup, Sugar Free Syrup, Squeeze Margarine, Peanut Butter, Grape Jelly, Cream Cheese

Breakfast Condiments: Sliced American Cheese, Shredded Cheddar Cheese, Brie, Goat Cheese, Bell Pepper, Onion, Salsa

Breakfast Breads: Pancakes (frozen-precooked), White Bread, Wheat Bread, Tortillas, Bagels, English Muffins, Danish (assorted flavors), Breakfast Muffins (assorted flavors), Donuts (assorted flavors)

Cereals: Instant Oatmeal packets (assorted flavors), Assorted Cereal Variety Packs, Rice (Jasmine and White)

Breakfast Snacks: Nutri Grain Bars (assorted flavors), Pop-Tarts (assorted flavors), Quaker Chewy Granola Bars (assorted flavors)

Hand Fruit: Apples, Oranges, Bananas

Beverages: Apple Juice, Orange Juice, Grape Juice, Milk (2%), Soy Milk, Hot Cocoa Mix, Coffee, Tea (Green and Black)

Staple Cooking Items: Salt and Pepper Shakers, Cooking Spray, Sugar, Non-sugar Sweetener, Non-dairy Creamer

Special diets items for breakfast: Kosher meal box, Halal protein items, Gluten-sensitive meal box, Nut-sensitive meal box

CURLEWS (English)

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**Lunch Items Listed Out**

Proteins (all are premade, in shelf-stable individual serving easy-open packages):

Chicken Salad\*, Tuna Salad\*, BBQ Chicken Salad\*, Peanut Butter Crackers, Beef Jerky, Turkey Jerky, Teriyaki Beef Jerky, Sweet and Sour Chicken Sandwich\*\*, Tortilla Beef Wrap\*\*

\*produced by BumbleBee <http://www.bumblebee.com/products/ready-to-eat-kits/>

\*\*produced by Bridgford <http://www.bridgford.com/readytoeat/bulk-boxes/>

Staple Items: Peanut Butter, Jelly, Sunbutter

Bread options: Tortillas, Bagels, English Muffins, White Bread, Wheat Bread, Saltine Crackers

Bars & Snacks: Nature's Valley Granola Bars, Quaker Chewy Granola Bars (assorted flavors), Nutri Grain Bars (assorted flavors), Nature's Bakery Whole Wheat Fig Bars (assorted flavors), Variety Multigrain Sun Chips, Pop Chips, Mini Pretzels

Fruits: Oranges, Apples, Bananas, Raisins, Mixed Fruit Cups, Apple Sauce pouch, Peach Cups

Trail Mix & Nuts: All Energy Trail Mix, Mango Pineapple Trail Mix, Sweet and Salty Mix, Peanut Almond Cashew Mix, Sunflower Seeds

Beverages (all sugar-free drink sticks): Lemonade, Fruit Punch, Peach Tea

Desserts: Snack pack pudding cup (vanilla and chocolate), Grandma's Vanilla Crème Cookies, Chips Ahoy Cookies, Chocolate Snackwell's Cookies, Welch Fruit Snacks, Oreo Cookies

Special diets items for lunch: Kosher meal box, Halal protein items, Gluten-sensitive meal box, Nut-sensitive meal box

CURLEWS (English)

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**Dinner Items Listed Out**

Proteins (all are pre-cooked): Grilled Sliced Chicken Breast, Ground Beef Hamburgers, Hot Dogs, Sliced Ham, Sliced Turkey, Sliced Salami, Tuna, Tofu

Dinner Breads: White Bread, Wheat Bread, Pita Bread, Burger Bun, Hot Dog Bun, Tortillas & Tortilla Chips

Vegetables: Cabbage, Corn (canned), Lettuce, Tomatoes (small whole raw), Cucumber (whole raw), Baby Carrots (whole raw), Celery (raw pieces), Onions (whole raw), Green Beans (canned), Bell Pepper (raw chopped), Potatoes (whole raw), Mushrooms (whole raw), Mixed Vegetables (canned)

Starch: White Rice, Jasmine Rice, Baked Beans, Potato salad, Macaroni salad, Macaroni and Cheese (packaged), plain penne pasta, plain egg noodles, Chicken Ramen noodles

Dessert: Apple Pies, Cherry Pies, Oatmeal Crème pies, Pound Cakes, Rice Krispy Treats, Donuts (assorted flavors), Chocolate Brownie Cake

Beverages: Powerade (3 flavors) plus Lemonade and Iced Tea drink mix, Milk (2%), Soy Milk, Hot Cocoa Mix, Coffee, Tea (Green and Black)

Dinner Accompaniments & Condiments: Sliced American Cheese, Sliced Provolone Cheese, Shredded Cheddar Cheese, Brie, Goat Cheese, Parmesan Cheese, Tomato Paste (canned), Marinara (canned), Hot Dog Chili (canned), BBQ Sauce, Salsa, Ranch Dressing, Italian Dressing (Light), Ketchup, Mustard, Relish, Taco seasoning packet, Sloppy Joe seasoning packet, Vegetable broth mix, Fish Sauce, Soy Sauce, Oyster Sauce, Dried Chilies, Ginger Root (fresh), Garlic Bulbs (fresh), Dried Oregano, Curry Powder, Cumin, Cinnamon, Sriracha sauce, Frank's Red Hot Sauce, Salt & Pepper, Cooking spray

Special diets items for dinner: veggie burger, black beans, chick peas, canned salmon, canned tuna, Kosher meal box, Halal protein options, Gluten-sensitive meal box, Nut-sensitive meal box

CURLEWS (English)

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