

BREAKFAST

ALL WEEKS

SUNDAY

PORRIDGE, CEREAL GRAPEFRUIT, PRUNES SCRAMBLED EGGS, SAUSAGES TOMATOES, FRIED BREAD

PORRIDGE

Put to soak the previous evening. A camp of 120 will need approximately 1kg oats. Adjust as necessary. Put oats into inner part of double boiler, then fill up to 2cm below rim with cold water and stir well until mixed. First thing in the morning, put water in bottom part of double boiler and heat. Stir at outset, then as it begins to thicken. You may need to add a little more water to obtain the right consistency. Serve with brown sugar, syrup, etc. Takes about 1hour if soaked overnight first.

SCRAMBLED EGGS

Use 1 egg per portion. Add 1 pint of milk and 50g of margarine per 20 eggs. Beat eggs with milk and season to taste. Melt margarine in double boiler and add egg mixture. Stir with wooden spoon until it begins to set. Remove from heat and allow the heat from the pan to complete the cooking. **IT WILL TAKE MUCH LONGER THAN YOU THINK, so allow plenty of time (20 mins preparation, 45 mins-1hour cooking)** NEVER USE THE ALLUMINIUM DOUBLE BOILER

SAUSAGES

Start early: Put on trays in the oven and cook slowly while the rest of the meal is prepared. Don't have the oven too hot and cover the trays with tin foil as soon as they are cooked, turning the oven right down. Allow 2 sausages per adult portion and 1 or 2 per child depending upon age of child / size of sausage. Hint: add a little boiled water to tray once cooked to prevent drying out.

VEGETARIAN HAGGIS

Follow the instructions on the packet. Cook then slice after as much easier. 1 slice about 1cm each.

FRIED BREAD

Place sufficient vegetable oil in frying pan and heat until very hot. Cut slices of white bread in half and fry until golden brown, drain and keep hot in oven. Fry about 50 slices initially, be prepared to make more.

Warning: be careful not to spill hot fat, as it poses a serious burns and fire hazard.

TOMATOES

Open 1 x A10 tin per 25 people and gently heat.

BREAD & SPREADS

Put out sliced wholemeal and white loaves in wrappers on the table next to drinks table. Put out portions of butter and margarine, mixture of jams and honey if available. Replenish as necessary.

CEREAL Put out on serving tables – with milk and sugar

GRAPEFRUIT / PRUNES

Check whether any already open. If not open, use 1 tin prunes and tip into a bowl. Grapefruit – open tin and tip into bowl. Be prepared to open more if necessary

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar,

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks – leave out assortment of squash, fruit juice and a jug of cold water

BREAKFAST

ALL WEEKS

MONDAY

PORRIDGE, CEREAL GRAPEFRUIT, PRUNES EGGY BREAD, BACON, MUSHROOMS, BAKED BEANS

PORRIDGE

Put to soak the previous evening. A camp of 120 will need approximately 1kg oats. Adjust as necessary. Put oats into inner part of double boiler, then fill up to 2cm below rim with cold water and stir well until mixed. First thing in the morning, put water in bottom part of double boiler and heat. Stir at outset, then as it begins to thicken. You may need to add a little more water to obtain the right consistency. Serve with brown sugar, syrup, etc. Takes about 1 hour if soaked overnight first.

EGGY BREAD

Whisk up eggs and milk, dip bread and fry until golden – make about 50 slices and keep warm in oven, cook more when demand is there. If there are any vegans or lactose intolerant campers, prepare a few pieces of fried bread.

BACON

Allow a good rasher for all campers (except the very small). Overlap rashers in trays so that the fat is UNDER the lean, but do not make 2 layers, as this makes it very difficult to serve. Cook in oven, and check frequently to ensure that it does not overcook. Hint: Adding a little water if the bacon looks well-cooked makes it easier to separate and serve.

VEGETARIAN SAUSAGES

Fry a suitable number to give them colour, cover with foil to keep warm. 2 vegetarian sausage each.

MUSHROOMS.

Put in trays with some vegetable oil, cook slowly in oven. Cover trays with foil as soon as they are cooked and turn down heat

BAKED BEANS

Open 1 x A10 tin per 25 people and gently heat

BREAD & SPREADS

Put out sliced wholemeal and white loaves in wrappers on the table next to drinks table. Put out portions of butter and margarine, mixture of jams and honey if available. Replenish as necessary.

CEREAL Put out on serving tables – with milk and sugar

GRAPEFRUIT / PRUNES

Check whether any already open. If not open, use 1 tin prunes and tip into a bowl. Grapefruit – open tin and tip into bowl. Be prepared to open more if necessary

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar,

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks – leave out assortment of squash, fruit juice and a jug of cold water

BREAKFAST

ALL WEEKS

TUESDAY

PORRIDGE, CEREAL GRAPEFRUIT, PRUNES FRIED EGGS, SAUSAGES TOMATOES, FRIED BREAD

PORRIDGE

Put to soak the previous evening. A camp of 120 will need approximately 1kg oats. Adjust as necessary. Put oats into inner part of double boiler, then fill up to 2cm below rim with cold water and stir well until mixed. First thing in the morning, put water in bottom part of double boiler and heat. Stir at outset, then as it begins to thicken. You may need to add a little more water to obtain the right consistency. Serve with brown sugar, syrup, etc. Takes about 1hour if soaked overnight first.

FRIED EGGS

Start eggs off in a large frying pan in fairly deep fat. Baste and serve when white is just formed, transfer to baking trays to serve.

Don't start too early. Cooks going 'flat out' from the time that the meal starts can usually keep up with demand and it is better to wait for a few minutes for a freshly done egg, than to have a tray of eggs too hard to eat. Fry in pans and transfer to trays for serving.

SAUSAGES

Put on trays in the oven and cook slowly while the rest of the meal is prepared. Don't have the oven too hot and cover the trays with tin foil as soon as they are cooked, turning the oven right down. Allow 2 sausages per adult portion and 1 or 2 per child depending upon age of child / size of sausage. Add a little boiled water to prevent drying out.

VEGETARIAN HAGGIS

Follow the instructions on the packet. Cook then slice after as much easier. 1 slice about 1cm each.

FRIED BREAD

Place sufficient vegetable oil in frying pan and heat until very hot. Cut slices of white bread in half and fry until golden brown, drain and keep hot in oven. Fry about 50 slices and keep warm in oven. **Warning:** be careful not to spill hot fat, as it poses a serious burns and fire hazard.

TOMATOES Open 1 x A10 tin per 25 people and gently heat

BREAD & SPREADS

Put out sliced wholemeal and white loaves in wrappers on the table next to drinks table. Put out portions of butter and margarine, mixture of jams and honey if available. Replenish as necessary.

CEREAL Put out on serving tables – with milk and sugar

GRAPEFRUIT / PRUNES

Check whether any already open. If not open, use 1 tin prunes and tip into a bowl. Grapefruit – open tin and tip into bowl. Be prepared to open more if necessary

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,
Coffee, tea bags, sugar,
Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks – leave out assortment of squash, fruit juice and a jug of cold water

BREAKFAST

ALL WEEKS

WEDNESDAY

PORRIDGE, CEREAL GRAPEFRUIT, PRUNES SCRAMBLED EGG, BACON, FRIED BREAD, BAKED BEANS

PORRIDGE

Put to soak the previous evening. A camp of 120 will need approximately 1kg oats. Adjust as necessary. Put oats into inner part of double boiler, then fill up to 2cm below rim with cold water and stir well until mixed. First thing in the morning, put water in bottom part of double boiler and heat. Stir at outset, then as it begins to thicken. You may need to add a little more water to obtain the right consistency. Serve with brown sugar, syrup, etc. Takes about 1hour if soaked overnight first.

SCRAMBLED EGGS

Use 1 egg per portion. Add 1 pint of milk and 50g of margarine per 20 eggs. Beat eggs with milk and season to taste. Melt margarine in double boiler and add egg mixture. Stir with wooden spoon until it begins to set. Remove from heat and allow the heat from the pan to complete the cooking. **IT WILL TAKE MUCH LONGER THAN YOU THINK**, so allow plenty of time (20 mins prep, 45mins-1hour cooking) **NEVER USE ALLUMINIUM DOUBLE BOILER**

BACON

Allow a good rasher for all campers. Overlap rashers in trays so that the fat is UNDER the lean, but do not make 2 layers, as this makes it very difficult to serve. Cook in oven, and check frequently to ensure that it does not overcook. Hint: Adding a little water if the bacon looks well-cooked makes it easier to separate and serve.

VEGETARIAN SAUSAGES

Fry a suitable number to give them colour, cover with foil to keep warm. 2 vegetarian sausage each.

FRIED BREAD

Place sufficient vegetable oil in frying pan and heat until very hot. Cut slices of white bread in half and fry until golden brown, drain and keep hot in oven. Fry about 50 slices and keep warm in oven. **Warning:** be careful not to spill hot fat, as it poses a serious burns and fire hazard.

BAKED BEANS. Open 1 x A10 tin per 25 people and gently heat

BREAD & SPREADS

Put out sliced wholemeal and white loaves in wrappers on the table next to drinks table. Put out portions of butter and margarine, mixture of jams and honey if available. Replenish as necessary.

CEREAL Put out on serving tables – with milk and sugar

GRAPEFRUIT / PRUNES Check whether any already open. If not open, use 1 tin prunes and tip into a bowl. Grapefruit – open tin and tip into bowl. Be prepared to open more if necessary

DRINKS Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar,

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks – leave out assortment of squash, fruit juice and a jug of cold water

BREAKFAST

ALL WEEKS

THURSDAY

**PORRIDGE, CEREAL
GRAPEFRUIT, PRUNES
EGGY BREAD, SAUSAGES
MUSHROOMS, TOMATOES**

PORRIDGE

Put to soak the previous evening. A camp of 120 will need approximately 1kg oats. Adjust as necessary. Put oats into inner part of double boiler, then fill up to 2cm below rim with cold water and stir well until mixed. First thing in the morning, put water in bottom part of double boiler and heat. Stir at outset, then as it begins to thicken. You may need to add a little more water to obtain the right consistency. Serve with brown sugar, syrup, etc. Takes about 1hour if soaked overnight first.

EGGY BREAD

Whisk up eggs and milk, dip bread and fry until golden – make about 50 slices and keep warm in oven, cook more when demand is there. If there are any vegans or lactose intolerant campers, prepare a few pieces of fried bread.

SAUSAGES.

Put in trays in the oven and cook slowly while the rest of the meal is prepared. Don't have the oven too hot and cover the trays with tin foil as soon as they are cooked, turning the oven right down. Allow 2 sausages per adult portion and 1 or 2 per child depending upon age of child / size of sausage.

VEGETARIAN HAGGIS

Follow the instructions on the packet. Cook then slice after as much easier. 1 slice about 1cm each.

MUSHROOMS.

Put in trays with some vegetable oil, cook slowly in oven. Cover trays with foil as soon as they are cooked and turn down heat

TOMATOES

Open 1 x A10 tin per 25 people and gently heat

BREAD & SPREADS

Put out sliced wholemeal and white loaves in wrappers on the table next to drinks table. Put out portions of butter and margarine, mixture of jams and honey if available. Replenish as necessary.

CEREAL Put out on serving tables – with milk and sugar

GRAPEFRUIT / PRUNES

Check whether any already open. If not open, use 1 tin prunes and tip into a bowl. Grapefruit – open tin and tip into bowl. Be prepared to open more if necessary

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar,

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks – leave out assortment of squash, fruit juice and a jug of cold water

BREAKFAST

ALL WEEKS

FRIDAY

**PORRIDGE, CEREAL
GRAPEFRUIT, PRUNES
FRIED EGGS, BACON
BAKED BEANS, FRIED BREAD**

PORRIDGE

Put to soak the previous evening. A camp of 120 will need approximately 1kg oats . Adjust as necessary. Put oats into inner part of double boiler, then fill up to 2cm below rim with cold water and stir well until mixed. First thing in the morning, put water in bottom part of double boiler and heat. Stir at outset, then as it begins to thicken. You may need to add a little more water to obtain the right consistency. Serve with brown sugar, syrup, etc. Takes about 1hour if soaked overnight first.

FRIED EGGS

Start eggs off in a large frying pan in fairly deep fat. Baste and serve when white is just formed, transfer to baking trays to serve.

Don't start too early. Cooks going 'flat out' from the time that the meal starts can usually keep up with demand and it is better to wait for a few minutes for a freshly done egg, than to have a tray of eggs too hard to eat. Fry in pans and transfer to trays for serving.

BACON

Allow a good rasher for all campers. Overlap rashers in trays so that the fat is UNDER the lean, but do not make 2 layers, as this makes it very difficult to serve. Cook in oven, and check frequently to ensure that it does not overcook.

VEGETARIAN SAUSAGES

Fry a suitable number to give them colour, cover with foil to keep warm. 2 vegetarian sausage each.

FRIED BREAD.

Place sufficient vegetable oil in frying pan and heat. Cut slices of white bread in half and fry until golden brown, drain and keep hot in oven. Fry about 50 slices and keep warm in oven.

Warning: be careful not to spill hot fat, as it poses a serious burns and fire hazard.

BAKED BEANS

Open 1 x A10 tin per 25 people and gently heat

BREAD & SPREADS

Put out sliced wholemeal and white loaves in wrappers on the table next to drinks table. Put out portions of butter and margarine, mixture of jams and honey if available. Replenish as necessary.

CEREAL Put out on serving tables – with milk and sugar

GRAPEFRUIT / PRUNES

Check whether any already open. If not open, use 1 tin prunes and tip into a bowl. Grapefruit – open tin and tip into bowl. Be prepared to open more if necessary

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar,

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks – leave out assortment of squash, fruit juice and a jug of cold water

BREAKFAST

ALL WEEKS

SATURDAY

(PORRIDGE) CEREAL, GRAPEFRUIT, PRUNES CROISSANTS, BRIOCHES, HOT ROLLS and /or TOAST

PORRIDGE (at the Caterer's discretion)

Put to soak the previous evening. A camp of 120 will need approximately 1kg oats. Adjust as necessary. Put oats into inner part of double boiler, then fill up to 2cm below rim with cold water and stir well until mixed. First thing in the morning, put water in bottom part of double boiler and heat. Stir at outset, then as it begins to thicken. You may need to add a little more water to obtain the right consistency. Serve with brown sugar, syrup, etc. Takes about 1 hour if soaked overnight first.

CROISSANTS.

Put out a selection and top up as necessary.

BRIOCHES HOT ROLLS TOAST

EGGS

If there are eggs available, (left from the weeks supply) boiled eggs can be offered. Leave the shells on and campers can de-shell them themselves.

BREAD & SPREADS

Put out sliced wholemeal and white loaves in wrappers on the table next to drinks table. Put out portions of butter and margarine, mixture of jams and honey if available. Replenish as necessary.

CEREAL Put out on serving tables – with milk and sugar

GRAPEFRUIT / PRUNES

Check whether any already open. If not open, use 1 tin prunes and tip into a bowl. Grapefruit – open tin and tip into bowl. Be prepared to open more if necessary

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,
Coffee, tea bags, sugar,
Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks – leave out assortment of squash, fruit juice and a jug of cold water