Winter Camp

Winter Camp Kitchens

Eat it now or eat it later

Meals Manual

Inaugural Edition - 2020

Winter Camp Meals Manual

Thoughts on how to plan meals and recipes using our unique software for the most traditionally unconventional kitchen in the history of Scouting.

Written by Steve Donohue

Additional Content and Proofreading by

Mark Bollman

Jeff Rand

Ethan Rein

Douglas Wilson

Introduction

One thing that's unusual about Winter Camp is that it moved to technology very quickly. The first use of a computer to help with Winter Camp was at Winter Camp II, back in 1978. In 1978, most people had never seen a home computer, much less written a program to help them run their Scout events.

There were many programs before it, but the Meals database was created for Winter Camp XVIII in 1994 and has been in constant use ever since. The program was primarily developed by John Howey and Jeff Rand and has had suggested improvements by many other campers. The database runs in Access and a computer with Access is needed to use it.

Table of Contents

Meal Planning

The Meals program (also called Winter Camp Automated Food Planning System) doesn't replace actual menu planning. It allows the operator to add recipes and meals to the system and then it performs the necessary calculations to create a shopping list and detailed ingredients lists and instructions for each meal. It doesn't do anything to make sure the meal is balanced or tasty, nor does it ensure we get enough to eat.

It does facilitate those things though and that's what make it very handy.

The meal planning still relies on experienced people to enter recipes (for each dish) and then to combine dishes to make a meal. Because the database stores previous meals and recipes, it can be quick to create the menu for Winter Camp. At the same time, Winter Camp prides itself on being "traditionally unconventional" and so every year there are new recipes and new meals to be added.

The Welcome Screen

When the application starts, it immediately begins by providing a menu with a number of choices.

Each of the buttons generates a different report or screen to support the planning or history of Winter Camp meals. We'll start with a quick rundown of each function. Most of these won't need much more

elaboration than including a sample image of the associated report in this document. A few will be the core of this document.

Year

This is dead set in the top middle; it's not a button, it's the year you are working with. You can type a year in this area and look at either data from an older Winter Camp or create data for a new camp. It always defaults to the current year.

Schedule

This will create or display the meals schedule for the camp identified by year. If the year hasn't been started yet, then it will be blank except for the 18th meal which is always "Support Products". It always starts with picking a lunch on the 27th and ends with a lunch on the 31st. Winter Camp serves four meals most days: breakfast, lunch, dinner, and a snack.

Meals

This reveals a list of every meal that's been entered into the database. If the plan is to serve a meal we've had before, then this will let us review them. A meal really has two key pieces of data: the name and the year. This means that there can be, for example, a 2019 version of the Continental Breakfast as well as older ones like a 2013 or 2011 version. For the most part, the most recent iteration of a meal is the best one.

Recipes

The recipes are keyed by the year, so if a recipe is changed for this year, then it changes all previous iterations of that recipe as well. For this reason, we need to be careful when changing recipes.

About Meals

This reveals the copyright information about the program

Meals by Date

This produces an alphabetical list of every meal ever served at Winter Camp including the years and days it was served.

Calories by Year

Winter Camp allows the entry of calories for each ingredient in the system. If the ingredients have calories, then any recipe using that ingredient will have calories based on how much of the ingredient is used. This list shows how an estimate of total calories were eaten by each 0   for a given year. Obviously, this is an average as some will eat more or less of specific dishes.

Historic Dishes

Winter Camp maintains a list of historic dishes which were served at one and only one Winter Camp. During our menu planning, we don't allow the use of those dishes. This list shows which recipes were restricted for each year. The system will block any attempt to use those dishes again.

Recipe Book

Selecting this option will print a version of the Winter Camp Recipe Book. If you choose to limit to a specific year, it will print an alphabetic list of all the recipes in the system which are being used in that year. If you choose no, it will generate a longer list of all recipes in the system printed in order by category and name.

Cavalcade

Prints a list of every meal ever served at Winter Camp, the total number of times it has been served and finally which years it was served. This is a very wide report and it gets wider by one column every year.

Exit Program

Choosing this just does what it says, the application stops running and exits.

Food List

This choice prints the current food list for the year selected. The food list is really the shopping list – it groups foods based on where they are likely to be found in a store. It also does the math to decide, for example, that we need 12 gallons of milk for the weekette.

Meal Sheets

These sheets provide a detailed summary of the food to be used at each meal and are organized by recipe. They also identify ingredients which are used in other meals letting us know if we should be careful or can use something up.

Daily Menu

This is a simple two-page report which shows the meals and menu for each day.

Recipe Printouts

This prints out recipes for the current year in order by meal.

Recipes by Date

This shows every recipe in the database along with which meals it has been part of and which days it was served. For example, "Apple, Fresh" has been used in meals dating back to 1978, sometimes more than once in a single year.

Camp Summary

This shows a summary of the projected calories and prep time for the meals in the current year as well as total prep time. It is broken out by meal and summarized by day and for the entire camp.

Advance Prep.

This summarizes the meals (recipes) which require advanced preparation during Winter Camp. Ideally, this list would show any recipe where the food should be cooked the day before (this is primarily for things like baked goods). It shows the recipes for each day which have advanced prep time included.

Tips on Planning

Over the course of a few years, we've come up with some ideas about planning for Winter Camp meals. Rather than express these as rules or in some complicated way, we're just going to list them as a series of tips which have worked in the past.

- Keep lunches simple; if we can make them in the roaster, it's probably a good choice since it will mean a hot lunch without having to wait around cooking.
- Don't put things with Advance Prep on the first day unless it's the Bakery Snack; if you decide we should have homemade bread at lunch on the 27th, you're relying on the set-up crew to make things. They many not finish shopping in time to do some of the prep work.
- The Continental Breakfast is your friend.
- Most people won't get up for breakfast so don't make it difficult.
- On the day of the service project, we should have a big cooked breakfast so people can have full bellies when they start working (and so they'll get up in time for the project).
- We usually limit ourselves to one pop (soda) a day on the menu.
- Snacks should be easy to prepare too; Bollmano's Pizza is the exception
- Dinner is the meal where we may have to work hard to cook – we have time and It's often the highlight of the day
- People show up late on the 27th or they show up after grabbing lunch on the way. Lunch should be planned for about half of the attendees (so if 30 people are coming to camp, we'll probably only need lunch for 15.
- We usually aim for healthier meat: ground turkey tastes the same as ground beef in many foods. Pork and chicken are also healthier.
- Lunches and dinners usually have a dessert – dessert is cake, cookies, or fruit.
- Put some cookies on the menu so we have more things to bake.
- If you have a big dinner, then follow it up with a lighter snack.
- Bollmano's is best scheduled around an evening activity that allows people to come and go so they can make, cook, and eat their pizza.
- On the day we eat Bollmano's, we should have a lighter dinner.
- When planning a meal, think about how things are cooked. We do best when we can do everything in one cabin; that usually means one stove and one oven. A meal with baked kielbasa, baked potatoes, and some other baked item is probably going to be trouble. If we're having baked kielbasa, maybe we should switch to mashed potatoes so we can make them on the stove top. We're good at stretching the oven, but we can't change the laws of physics.

Using the Application

Although the application has a lot of reports and queries, there are really just three or four screens where the bulk of the work takes place. We use the Schedule to associate meals to dates & times, we use the Meals function to associate Recipes to Meals, and we use ingredients (part of Recipes) to associate ingredients to Recipes.

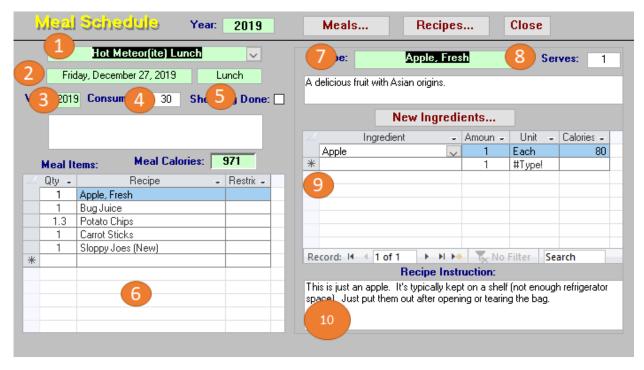An example might help. Let's say we decided to have a Prison Breakfast and that all we're going to serve is plain grits.

Winter Camp Meals Function	Real Example
Schedule	December 28, 2020: Breakfast
Meal	Prison Breakfast
Recipe	Grits
Ingredient 1	Instant Grits
Ingredient 2	Water

At the highest level, the schedule owns the time slots for the day, each slot owns one meal, each meal owns one or more recipes and each recipe owns one or more ingredients.

Of course, things aren't that simple; the biggest thing is that a meal can be owned (used) by more than one schedule; once we create the Caveman Dinner (for example), we can put it on the schedule anywhere; we could even have every meal at Winter Camp be the Caveman Dinner.

Schedule

Choosing the schedule brings up this screen:

Most of it is probably self-explanatory, but here are some key features:

1. This is the name of the Meal that has been selected to be served at this time
2. This is the date and meal on the schedule. This cannot be changed.
3. This is the version of the meal. Remember that meals have a name and a year which means there can be more than one version of a meal. You are almost always better served to pick the most recent version of a meal if there is more than one.
4. This is the number of people who will be eating this meal. The program will default to 9999 so there will be obvious problems with the food list.
5. This field is called "Shopping Done". If checked, it means this meal won't be included in the shopping list.
6. These are the RECIPES that make up this meal. In this case, there are 5 items in this meal: Apples, Bug Juice, Potato Chips, Carrot Sticks and Sloppy Joes (new)
7. When I highlight something in the Recipes box, the recipe for that item will appear on the right side of the screen.
8. This is how many people this recipe will feed. Since this says 1, we'll need to make 30 recipes of apples to feed 30 people. Luckily, that's not very difficult.
9. These are the ingredients in this recipe. If we looked at the Bug Juice, we'd see Drink Mix and Water. If we looked at the Sloppy Joe, we'd see meat, buns, and spices.
10. These are the cooking instructions for this recipe. Apples are pretty simple.

Schedule Functions

The Hot Meteor(ite) Lunch is in a drop-down box. Clicking the arrow on the right will allow the operator to quickly change the meal to a different one. Changing the option in box 1 will also change the option in box 3 to show the correct version.

Across the top are the Meals, Recipes, and Close buttons. You can use the Meals or Recipes buttons to review other items in the database. Actions by using those buttons will NOT change the current meal; that only happens in the drop-down box.

You can add or change ingredients on the right-hand side of the screen, but that's not usually the best practice. If you make changes that way, then you will change the historical context of the recipe. So if you changed the recipe for Apple Fresh so the ingredient was an Orange, then EVERY time we'd ever had Apple Fresh, it would now say we'd eaten an Orange; changing history like that is not a good idea.

Meals

Again, choosing Meals will get you to this screen at least some of which may be self-explanatory.

1) This drop-down lets you search for a Meal by name.
2) Because someone (Steve Donohue) has accidentally changed the names of meals in the past, you have to click this button to change the name of meal.
3) This is the name of the Meal.
4) This checkbox indicates whether the meal is active (if checked) or inactive (not checked). Inactive meals are not available in the dropdown list.
5) This is the year for this Meal; remember that meals have a name and a version, both are part of the identifier for a unique meal.
6) If there are any special instructions for the meal, they should appear here.
7) This is the amount of time it will take to prepare this meal. It is in two parts: the Prep Minutes (on the first line) is an estimate of the person-hours needed to prepare this meal based on the number of people and the individual recipes being used. This is added, so if one recipe takes 20 minutes and another takes 30, this will show 50. The second line shows how many recipes need advanced preparation and the actual cooking time. If a meal doesn't involve cooking, this will show a 0. If it does have multiple recipes with cooking time, it will show the longest one.
8) This button will let you look for recipes.
9) These are the recipes for this meal. There are two elements for each row:
   a) Qty Per Person – this is the amount of a recipe each person should get. For example, the recipe for Hot Dogs calls for 1 hot dog to feed 1 person; if you're serving hot dogs, this number should be a 2. Many recipes are set to feed 1, but it's important to check quantities.
   b) This is the recipe being served. To add or change, click on the right end of the box to get a drop-down list of recipes in the database.

Meal Functions

As with the schedule, there are some functions which appear on this page. The most important ones are:

Recalculate	If a recipe for the meal is changed, this triggers a recalculation of the calorie content, preparation time, and cooking time for the meal
Add	Allows the creation of a new meal
Duplicate	Allows one to create a duplicate of the current meal with a new year; it can also be renamed if desired.
Save	Saves the current record; not really needed as the record saves automatically.
Close	Close the Meals tab.

Recipes

This is where the rubber really starts to meet the road in the world of meal planning. The recipes are the actual dishes to be served at a meal. They include the ingredients and the directions for cooking the meals. They also allow us to identify the amount of time we think a meal will take to prepare at mealtime and in advance. All this information is what adds up to make for a successful kitchen at Winter Camp.

1. This dropdown lets you search for a recipe.
2. This is the name of the recipe you are currently looking at. Changing data here will change the name of the recipe (a bad thing unless you're creating a new recipe). We generally give recipes a title case name (so "Sweet Potato Pie", not "sweet potato pie", for example). Look at other recipes as we have some things we list as "Item, Variety"; we have "Soup, Tomato" and "Sandwich, Ham" for example.
3. This dropdown provides a category for the recipe. It's mostly used as part of the recipe book but of course meals ought to have an entrée, some sides, and a beverage. Many Winter Camp meals will also have a dessert. Assigning a category is not mandatory, but it should be.
4. This is a description of the recipe. It is used primarily in the recipe book.
5. These are the ingredients of this recipe. There are 4 fields here but only two of them allow entry; the other two default based on the ingredient
    a. This is the name of the ingredient; you can choose an ingredient by clicking on the arrow on the right edge of the box.
    b. This is the amount. This field may cause as many problems as anything in the app. The problem is that you typically measure ingredients in things like teaspoons, tablespoons, and cups, but you buy things in ounces or pounds. Each ingredient has a unit based on how it is purchased which typically means it's in ounces (could be volume or weight). There's a table of default values below.
    c. When you choose an ingredient, the unit of measure will be automatically copied from the unit for that ingredient – apples are always each and flour is always ounces.
    d. This defaults from the ingredient as calories per unit. As the amount changes in the second column, the calories will increase or decrease as appropriate.
6. These are the recipe instructions. Type in the ingredients and the cooking instructions for this recipe.   The ingredients should include the actual measurement, so 1 teaspoon or 3 cups are appropriate here even if you entered ounces above. Bear in mind as you add the instructions that not everyone at camp is a master chef and so they need to be simple enough for relative newcomers to follow them.
7. Serves/Makes tells how many people this recipe will feed. Many Winter Camp recipes are set up for a single person, but not all of them. In particular, Baked Goods are often set up for multiple people.
8. Advanced Preparation is a checkbox that tells if this recipe should be prepared before the rest of the meal; it mostly applies to breads and desserts where things don't have to be served hot.
9. Prep Time is in 4 groups 1-8, 9-16, 17-24, and 25+ people. It is the amount of time in person-minutes that we expect this meal will take to prepare. Adding this is important as it tells us how much time the meal will likely take. When a meal has two or more recipes, these hours are added to come up with total person-hours for preparing the meal.
10. Cook Time is the actual time we expect this recipe to be cooking (or chilling) immediately prior to serving. If this number shows 30, then the recipe should be cooking 30 minutes before the meal is expected to be served.
11. This will either be the red box as shown here or a tan chef hat. The chef's hat means everything is fine. The red box means that this item is reserved for historic meals and can't

be used except for special meals. In practice, it means we can't serve this recipe as part of any meals.

Recipe functions

The recipe screen has a number of useful functions:

Ingredients	Allows one to lookup ingredients by accessing the Ingredients window
Add	Allows the addition of a new recipe to the system.
Duplicate	Creates a duplicate of the current recipe which should be renamed. Useful for making small changes to an existing recipe without affecting history
Save	Saves the current record. Not really needed as the record is saved as you create it
Close	Close this window and save the record.

Measurement Equivalents

The database demands ounces for a lot of ingredients because that's how most things are purchased. Here are some equivalents and default values for things normally measured in volume but which we need to convert to weight. This is for dry ingredients; there are exact conversions for wet ingredients.

The ingredient type is a guess of sorts. It's written with the idea that things like sugar and salt are denser than most other spices. If the item you want isn't listed, pick something similar in density. The conversions are all in ounces. This chart is based on data from the Winter Camp Kitchen Manual page 9.

Ingredient Type	Teaspoon	Tablespoon	Cup
Baking Power	0.16 ounces	0.49 ounces	7.79 ounces
Baking Soda	016 ounces	0.49 ounces	7.79 ounces
Cocoa Powder	.07 ounces	0.22 ounces	3.53 ounces
Powdered Sugar	.09 ounces	0.26 ounces	4.23 ounces
Flour	.1 ounces	0.29 ounces	4.59 ounces
Salt	.21 ounces	0.64 ounces	10.3 ounces
Sugar	.15 ounces	0.44 ounces	7.05 ounces
Most Spices	.07 ounces	0.22 ounces	3.53 ounces

To use this chart. Look at the recipe quantity and the ingredient type. If a recipe calls for 1 teaspoon of garlic powder, we'd use the "Most Spices" ingredient type and we'd see the recommendation is .07 ounces, so in the recipes, we'd enter .07 as the amount. When we entered the recipe instructions, we'd show 1 teaspoon of Garlic Powder.

Ingredients

This is perhaps the simplest screen to understand but it's also the building block of everything else and so it is very important to fill it out correctly.

1. This dropdown box allows one to search for an ingredient by name.
2. This is the name of the ingredient. Most ingredients are named with the name, then any descriptor. We don't have "Canned Corn", we have "Corn, Canned". We also use title case, so the first letter of each word is capitalized. There may be items where this standard was missed, but they are exceptions and we should not create more.
3. Unit of Measure is the units we are likely to use this in. For most things this is ounces (either fluid or dry) or each. For reference, of nearly 600 ingredients, ounces account for about 450 units and eaches about 80.
4. Ingredient category really tells us where we'll probably find it in the grocery store. It is used to organize the shopping list; all the meats are together as are all the canned goods and frozen foods. There's a drop-down list here to pick the category.
5. Package Quantity is aimed at making it easier to buy things. For example, hot dogs are measured in each and they have a package quantity of 8. There are typically 8 hot dogs in a package. Milk is measured in ounces, but for our purposes, the package quantity is 128 and we buy it in gallons.
6. Package unit is the name of the package. For milk, it's gallons; for most meats it's pounds. The goal is simply to make it easier to purchase it.
7. Calories is the number of calories per unit in this item; it's calories per ounce of milk for example. This is used to identify

Ingredient Functions

Add	Allows the addition of a new ingredient to the system.
Save	Saves the data on the current ingredient
Close	Saves the data and closes the ingredients Window.

Making the Menu

The above points out all the functions and how to use them, but it probably doesn't explain very well what you should do to actually plan the meals using the program. Generally, by the time we sit down to the program, we already know which meals we'll be eating (having determined the bulk of this at the Final Planning Meeting).

Choosing Meals

The schedule will name the meals and there may be some notes from the planning meeting about the things we think we'll eat at the meals. There will likely be a few meals that are just intended to be copies of old meals; those are easy and require little thoughts.

Winter Camp tends to have some meals focused on food and some focused on theme. Examples might be the Mexican Meal which focuses on food and the Hot Potato Meal which is about the action of passing the potato. When choosing meals for Winter Camp, it is probably best to pick an existing meal whenever possible. Specifically, it's a good idea to rename an existing meal any time the meal is theme focused. For the most part, Winter Camp meals are proven and tested. To summarize all that: don't make a new meal with new recipes unless the meal is focused on food and we don't already have one with the right recipes.

The other thing to remember is that there's nothing wrong with reusing elements. For example, maybe we've decided we need to eat eel. We don't have a meal with eel, so you'll need to find a recipe for eel and add it to the system. Don't be afraid to combine that new eel recipe with some existing sides to make your new meal. The bottom line is that we've done a lot of work on the meals database over the years and you should leverage that work whenever you can.

Using the Program

The best thing to do is to just do it.

1. Start off by creating a schedule for the current year. Most of the time, the application will default to doing this by itself.
2. If there are meals you plan to reuse without changes (like the Caveman Dinner or the Continental Breakfast), go through and select them. For most years, this will be the bulk of the meals – probably 12-14 of them.
3. If there are meals we plan to reuse with a different name, then go to the Meals tool, find the meal we're going to duplicate and then duplicate it with the correct name. Go back and fill those in too. At this point, we've probably created all but 2 or 3 meals.
4. Take a look at the new meals and create any Recipes they need. Most new meals will be a combination of new and existing items. Don't be afraid to use a proven recipe.
5. Once you've created the new recipes, create the new meals.
6. Put the new meals in.
7. If you aren't sure about attendees, then leave all the Consumers set to 9999; if you do know the numbers go ahead and enter them.

Checking your work

There are really two steps to this process. The first one is just to print the menu and make sure the meals look complete. As you look at each meal ask:

1. Is there a main course?
2. Is there something to drink?
3. Does it look like enough food?

If they seem complete, then the menu is probably complete until we get to the next step where we figure out how many people are eating. If it's not, make changes. Don't be afraid to share the Menu with others; new eyes may spot mistakes we'd otherwise miss. This is a good opportunity for crowdsourcing.

Fill in Consumers

At some point, we'll have a food count. We really need to finalize it on December 23rd, so we can move onto our next step. Go through the schedule and fill out the Consumers section for each meal. Generally, it's okay to have it the same for the whole weekette. There are some specific things to consider:

- The first lunch should probably be figured for half to two-thirds the total people; many people will arrive after lunch or having eaten lunch. Leftovers from this meal have really increased since we stopped running a carpool
- The last lunch should likewise be set up for half to two-thirds of the total people as some will leave early.
- If the service project is on a Saturday or Sunday, it's usually worth adding a few people to lunch and dinner, particularly if those meals are serving a counted item (like hot dogs).
- Don't forget to update "Support Products" to the correct number of people.

Once the consumers are filled in, we're ready to check our work again.

1. Print the shopping list and give it a once over. This is another good spot for crowdsourcing. You're looking for crazy purchases like hundreds of pounds of things. This usually means we've forgotten to change a Consumers number.
2. Print the Food List by meal and look it over. You're still looking for the same thing – really high or really low quantities. If you're feeding 30 and you're about to buy more than 30 pounds of something, there's probably an issue. By the same token if you're buying only a few pounds of meat, that needs to be looked at too.

In both cases, crowdsourcing is useful. Once we've checked all that, the menu and shopping list are complete.

What else?

Once we have the shopping list, it's good to take a look at our inventory and indicate things we don't need to buy because we already have them. It could be we don't need to buy it, or we might need less. Make a note on the shopping list so we don't waste money while shopping or food later.

Print the meal sheets and bring them along to the shopping trip. Sometimes when we look at the food list while shopping, we find something that doesn't make sense. Having the food list for meals will let us double-check to make sure we aren't about to make a mistake.

Appendix I: Sample Reports and Printouts

Most of these reports are used for specific functions or for some statistical purpose. They aren't necessarily important during Winter Camp. The ones we use to actually run Winter Camp have already been discussed.

In most cases, scroll bars to look up and down the page aren't included in the image. Most of these could also be printed to PDF if needed or copied and pasted into another document or spreadsheet.

For many of the reports, the date they are prepared is shown, which is why many of these show May 28, 2020.

Meals by Date

Meal_Name	Me	Day
162-Dish Banquet	2001	Saturday, December 29, 2001
Achatz Lunch	1979	Thursday, December 27, 1979
Adam & Eve Snack	1992	Wednesday, December 30, 1992
Alamo Meal	2008	Saturday, December 27, 2008
Alphabetic Banquet	1980	Tuesday, December 30, 1980
Alphabetic Banquet	1980	Friday, December 30, 1983
Animal Lunch	1984	Saturday, December 29, 1984
Anniversary Banquet	1996	Saturday, December 28, 1996
Anniversary Breakfast	2011	Saturday, December 31, 2011
Anniversary Dinner	1986	Sunday, December 28, 1986
Anti-Oatley Snack	1979	Friday, December 28, 1979
Anti-Obedience Snack	1980	Sunday, December 28, 1980
Anti-Obedience Snack	1982	Tuesday, December 28, 1982
Anti-Obedience Snack	1983	Thursday, December 29, 1983
Anti-Obedience Snack	1983	Friday, December 28, 1984
Anti-Obedience Snack	1985	Sunday, December 29, 1985
Anti-Obedience Snack	1985	Saturday, December 27, 1986
Anti-Obedience Snack	1985	Tuesday, December 29, 1987
Anti-Obedience Snack	1985	Tuesday, December 27, 1988
Anti-Obedience Snack	1985	Thursday, December 28, 1989
Anti-Obedience Snack	2001	Sunday, December 30, 2001
Anti-Obedience Snack	1980	Tuesday, December 28, 2004
Anti-Obedience Snack	2001	Friday, December 29, 2006

Calories by Year

Year	Total Calories
1977	10498
1978	14977
1979	26217
1980	20204
1981	17160
1982	16848
1983	16707
1984	16593
1985	19591
1986	18584
1987	19178
1988	18133
1989	19410
1990	17679
1991	17729
1992	16379
1993	12915
1994	16209
1995	15093
1996	18978
1997	16232
1998	16801
1999	16369

Historic Dishes

Camp	Dish
1977	Peach Cobbler
1978	Ham & Cheese Sandwich
1979	Sassafras Tea
1980	Aim Ki Chutney
1981	Black-eyed Peas
1982	Scallops
1983	Shepherd's Pie
1984	Oriental Chicken
1985	Dark Rye Bread
1986	Italian Hoagie
1987	Rice with Gravy
1988	Twinkies
1989	Cauliflower
1990	Guava Juice
1991	Vanilla Pudding
1992	Popsickles
1993	Pan Haggerty
1994	Vichyssoise
1995	Wax Beans
1996	Biscuits on a Stick
1997	Prunes, Stewed
1998	Aunt Beru's Favorite
1999	Soup, Tomato Bisque

Recipe Book

Winter Camp Recipe Book
2019 Beverages   **Page 2**

Tang, Chilled   Serves: 1

Ingredients:

Residual Moisture	8 Oz.	Tang Concentrate	1 Oz.
Residual Moisture	8 Oz.	Tang Concentrate	1 Oz.
Residual Moisture	8 Oz.	Tang Concentrate	1 Oz.
Residual Moisture	8 Oz.	Tang Concentrate	1 Oz.

Instructions:

Prepare according to directions on package.

Cavalcade

Food List

Details on effective use of the Food List appear in the Winter Camp Kitchen Manual.

Winter Camp Food List - 2019

31-Jan-20

	Ingredient	Need To Buy	
Meat			
————	Bacon First Meal on the Moon – Bacon Squares: 120	120 Oz.	7.5 lbs.
————	Beef, Coarse Ground Half-Moon Dinner – Pasties: 80	80 Oz.	5.0 lb
————	Beef, Ground Bollmano's Pizza – Pizza Toppings: 12	12 Oz.	0.8 lbs.
————	Fish, Catch of the Day Splashed Fish – Fish, smoked (salmon or the like): 180	180 Oz.	11.3 lbs.
————	Ham, Whole Bollmano's Pizza – Pizza Toppings: 18	18 Oz.	1.1 lbs.
————	Pepperoni Bollmano's Pizza – Pizza Toppings: 30	30 Oz.	1.9 lbs.
————	Sausage, Link Eggggs in Space – Sausage: 90 Lumberjack Breakfast with Tang – Sausage: 90	180 Oz.	11.3 lbs.
————	Turkey, Ground Conglomerate Lunch – Rand Stew: 96	408 Oz.	25.5 lbs.

Meal Sheets

Details on effective use of the Meal Sheets appear in the Winter Camp Kitchen Manual.

Winter Camp Meal Sheets

Hot Meteor(ite) Lunch
Friday, December 27, 2019

Recipe Name	Servings For: 30			Meal Preparations		
				Advance	Man Hrs	Cook Time
(1) Apple, Fresh					13 min	None
Apple	30	Each				
(1) Bug Juice					13 min	None
Bug Juice, Sweetened, Prepared	360	Oz.	11.3 quarts			
(1) Carrot Sticks					26 min	None
Carrot	60	Oz.	3.8 lbs.			
(1.3 Potato Chips					12 min	None
Potato Chips, Plain	58.5	Oz.	3.7 lbs.			
(1) Sloppy Joes (New)					1.2 hrs	45 min
Garlic Powder	1.5	Oz.				
Turkey, Ground	120	Oz.	7.5 lbs.			
Tomato Paste	45	Oz.	0.4 #10 can			
Onion	6	Oz.	0.4 lbs.			
Salt	0.03	Oz.	0.0 lbs.			
Oregano	1.5	Oz.				
Hamburger Bun	60	Each				

Calories per Person: 971

Daily Menu

2019 Winter Camp Menu

Friday, December 27, 2019

Hot Meteor(ite) Lunch

Apple, Fresh
Potato Chips
Sloppy Joes (New)

Bug Juice
Carrot Sticks

Caveman Dinner

Milk, Chilled
Tossed Salad
Bread, Garlic - Homemade*

Chocolate Pudding*
Spaghetti with Turkey

Bakery Snack

Bread, White*
Bread Spreads, Sugary
Milk, Chilled

Butter, Churned
Pretzels, Homemade

Saturday, December 28, 2019

Lumberjack Breakfast with Tang

Milk, Chilled
Sausage*
Eggs

Tang, Chilled
Pancakes
Hash Browns, Shredded Frozen

Splash Down Lunch

Bug Juice
Grilled Cheese, Homemade*

Chocolate Chip Cookies*
Soup, Tomato

Half-Moon Dinner

Milk, Chilled
Garden Salad

Fudge (New)*
Pasties

Ice Cream Snack

Astronaut Ice Cream
Coconut Ice Cream

Mint Chocolate Chip Ice Cream
Bug Juice

Sunday, December 29, 2019

Eggggs in Space

Crustless Spinach Quiche
Biscuits*
Egg Nog

Sausage*
Tang, Chilled

Food Tube Lunch

Peanut Butter Tube*
Jelly Tube*
Apple Sauce in Tube*

Bread Tube
Soda Pop

No Waste Meal

Animal-Vegetable Medley
Fruit Compote*

Tomato-Cucumber Salad
Water, Ice

Bollmano's Pizza

Pizza Dough*
Pizza Toppings

Pizza Sauce
Soda Pop

* Advance preparation needed for recipe

Printed on 6/14/2020

Recipe Printouts

Recipe   **Meal:** Bakery Snack

14-Jun-20   **Consumers:**   30

     Recipe Name: Bread Spreads, Sugary

     Serves/Makes: 1

Recipe Description: Jellies and honey.

  Advance Prep: **Preparation Time:** 12 min   **Cooking Time:** None

Ingredients:

      0.3 Oz.   Jelly
      0.3 Oz.   Honey

Recipe Instruction:

These things will be purchased and in jars. No preparation should be needed.

.

Recipes by Date

Recipe_Name	Meal_Name	Day	Restricted
1917 Cookies (Delicious)	162-Dish Banquet	Saturday, December 29, 2001	
1917 Cookies (Delicious)	Some Sort of Stew Lunch	Saturday, December 28, 2013	
AB-Juice	Carnivorous Lunch	Tuesday, December 29, 1981	
Aboriginal Stew	North American Aboriginal Lun	Monday, December 27, 2004	2004
Achatz Gelatin	business	Saturday, December 29, 1979	
Aim Ki Chutney	Hindu Dinner	Monday, December 29, 1980	1980
Alabama Barbecued Chicken	Salute to the States Banquet	Friday, December 30, 1988	
Alaska Salmon Salad	Salute to the States Banquet	Friday, December 30, 1988	
Almond Chicken (Chinese)	Troi Meal	Wednesday, December 29, 1993	
Almond Chicken (Chinese)	International Smorgasbord	Thursday, December 30, 1993	
Almond Chicken (Chinese)	162-Dish Banquet	Saturday, December 29, 2001	
Ambrosia	Roman Snack	Sunday, December 27, 1981	
Angel Hair Pasta Salad	G vs E Lunch	Sunday, December 29, 2002	
Animal-Vegetable Medley	No Waste Meal	Sunday, December 29, 2019	
Anti-Pasto Salad	Caveman Dinner	Friday, December 29, 1978	
Anti-Pasto Salad	business	Saturday, December 29, 1979	
Anti-Pasto Salad	Caveman Dinner	Sunday, December 28, 1980	
Anti-Pasto Salad	Caveman Dinner	Tuesday, December 29, 1981	
Anti-Pasto Salad	Caveman Dinner	Tuesday, December 28, 1982	
Anti-Pasto Salad	Pasta Meal	Tuesday, December 27, 1983	
Anti-Pasto Salad	Caveman Dinner	Thursday, December 29, 1983	
Anti-Pasto Salad	Pasta Meal	Thursday, December 27, 1984	
Anti-Pasto Salad	Caveman Dinner	Saturday, December 29, 1984	

Camp Summary

Winter Camp Meal Summary
14-Jun-20

Friday, December 27, 2019

Hot Meteor(ite) Lunch	Calories/Person:	971	Prep:	2.3 hrs	Cook:	45 min
Caveman Dinner*	Calories/Person:	1,058	Prep:	10.4 hrs	Cook:	1.0 hrs
Bakery Snack*	Calories/Person:	981	Prep:	10.3 hrs	Cook:	30 min
Daily Total:	Calories/Person:	3,009				

Saturday, December 28, 2019

Lumberjack Breakfast with Tang*	Calories/Person:	1,423	Prep:	2.4 hrs	Cook:	25 min
Splash Down Lunch*	Calories/Person:	1,250	Prep:	1.9 hrs	Cook:	20 min
Half-Moon Dinner*	Calories/Person:	1,569	Prep:	5.7 hrs	Cook:	3.0 hrs
Ice Cream Snack	Calories/Person:	1,040	Prep:	2.2 hrs	Cook:	2.5 hrs
Daily Total:	Calories/Person:	5,281				

Sunday, December 29, 2019

Eggggs In Space*	Calories/Person:	1,004	Prep:	3.3 hrs	Cook:	55 min
Food Tube Lunch*	Calories/Person:	736	Prep:	3.4 hrs	Cook:	None
No Waste Meal*	Calories/Person:	1,049	Prep:	3.4 hrs	Cook:	1.0 hrs
Bollmano's Pizza*	Calories/Person:	1,576	Prep:	5.1 hrs	Cook:	20 min
Daily Total:	Calories/Person:	4,365				

Advance Prep.

Winter Camp Meals - Advance Preparations Needed
14-Jun-20

Friday, December 27, 2019

Caveman Dinner - Bread, Garlic - Homemade
Caveman Dinner - Chocolate Pudding
Bakery Snack - Bread, White

Saturday, December 28, 2019

Lumberjack Breakfast with Tang - Sausage
Splash Down Lunch - Chocolate Chip Cookies
Splash Down Lunch - Grilled Cheese, Homemade
Half-Moon Dinner - Fudge (New)

Sunday, December 29, 2019

Eggggs In Space - Biscuits
Eggggs In Space - Sausage
Food Tube Lunch - Apple Sauce In Tube
Food Tube Lunch - Jelly Tube
Food Tube Lunch - Peanut Butter Tube
No Waste Meal - Fruit Compote
Bolimano's Pizza - Pizza Dough

Appendix II: Major Revisions

We'll probably never be able to recreate the history of revisions, but you never know. If you have additional data on revisions and revision history, please say so.

Origins

The Meals database made it's debut in 1994 at Winter Camp XVIII. It was primarily created by Jeff Rand and John Howey.

Updates

This section is very incomplete; I didn't create this document until June 2020, so history after that is probably better. Each year there are some improvements as new recipes are added and old ones refined based on experience.

June 2020

As part of the creation of this book, there was significant activity to improve data quality and the usefulness of the program in helping with planning during Winter Camp.

- Significant data improvements as all active meals are given a category and a description, both of which are primarily used in the cookbook.
- Added calories to all ingredients.
- Added and populated the prep time by group size for each recipe
- Added and populated the cook time field for each recipe
- Converted the advanced Prep field to a check box; populated the check box.
- Modified screens to accommodate this data.
- Removed deprecated functions from meals,
- Meals screen now adds person-minutes from recipes and takes the longest cook time from the recipes.
- Modified reports to include the new data