



Latter Day Avengers

GIRL'S CAMP



Week At A Glance

DATES: _____

									
Tuesday		Wednesday		Thursday		Friday		Saturday	
YCL:		YCL:		YCL:		YW Leaders			
8:00	Meet at Church	8:30	Flag	8:30	Flag	8:30	Flag	8:30	Flag
10:30	Camp set up	9:00-10:00	Breakfast (Pancakes)	9:00-10:00	Breakfast (Burritos)	9:00-10:00	Breakfast' (Stuffed toast)	9:00-10:00	Breakfast (Cereal, fruit)
11:00	Flag, Theme intro (YCLs)	10:00-11:00	Crafts (Scarves, T-Shirts)	10:00-11:00	Biking or Bracelets	10:00-11:00	Crafts (Walk sticks, WC T-Shirts)	10:00	Awards & Clean Up
12:00	Lunch - BYO	12:00	Lunch (on boats)	12:00-1:00	Lunch (Tacos)	12:00-1:00	Lunch (Ind. Pizzas)		
3:00-4:00	Crafts - (Duct tape bags)	11:00	Boating	1:00-4:00	Crafts (Plaques, Wshr ncklce)	1:00-3:00	Float the river		
4:00-5:00	Cert. & Activities (First Aid relays)	5:00	Personal Time	4:00-5:00	Cert. & Activities (Shooting)	4:00-5:00	Cert. & Activities		
5:30-6:30	Dinner (Lasagna)	5:30-6:30	Dinner (Pulled BBQ)	5:30-6:30	Dinner (Tin Foil Packets)	5:30-6:30	Dinner (Chicken)		
7:00	Bike/Hike Flag, 4th Yr Skit	7:00-8:00	Flag, 3rd yr Skit, Dessert (2nd Yr - Brownies)	7:00-8:00	Flag, 1st & 2nd Yr Skits, Dessert (3rd Yr -Banana boats)	7:00-8:00	Flag, Leader Skit, Dessert (YCLs - Cobbler)		
9:30-10:30	Dessert, (1st Yr - Smores) Constellations					9:00-10:30	Testimony Mtng		

Schedules

MEAL PREPARATION & CLEAN UP

				
Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST: Eat before or BYO	BREAKFAST: Pancakes, Sausage, Juice	BREAKFAST: Breakfast Burritos, Juice, Milk	BREAKFAST: Stuffed French Toast, Juice, Milk	BREAKFAST: Cold Cereal, Fruit, Juice, Milk
<i>Prepare/Clean Up:</i>	<i>Prepare/Clean Up:</i>	<i>Prepare/Clean Up:</i>	<i>Prepare/Clean Up:</i>	<i>Prepare/Clean Up:</i>
LUNCH: BYO - Bring your own	LUNCH: Sack Lunch - Boating	LUNCH: Tacos	LUNCH: *Individual Pizzas	Meal Help 1) Mixing and cutting/ preparing 2) Assist cooking 3) Prepare tables, materials for eating
<i>Prepare/Clean Up:</i>	<i>Prepare/Clean Up:</i>	<i>Prepare/Clean Up:</i>	<i>Prepare/Clean Up:</i>	
	1 & 2nd Years	3rd Years	4th Years	
DINNER: Lasagna, Caesar Salad, Breadsticks	DINNER: Pulled Pork BBQ Sandwiches, Chips, Beans	DINNER: *Tinfoil Dinners, Hamburger or fish with veggies	DINNER: Chicken, *Dutch oven potatoes	Clean Up Help 1) Gathering/Clearing 2) Washing 3) Garbage & Sanitation
<i>Prepare/Clean Up:</i>	<i>Prepare/Clean Up:</i>	<i>Prepare/Clean Up:</i>	<i>Prepare/Clean Up:</i>	
DESSERT: Smores First Years	DESSERT: Smores, Brownies Second Years	DESSERT Banana Boats Third Years	DESSERT: *Fruit Cobbler Fourth Years	

*** DENOTES SPECIAL COOKING/CERTIFICATION METHODS**

Pizzas done in a reflector oven with buns as base, Cobbler, chicken, potatoes done in dutch ovens.

Planning for ___ Girls and ___ Leaders, ___ 2 Priesthood leaders and a few misc. people (___ people per meal) Friday night dinner will include bishopric and some parents.

RECIPES:

Reflector Oven Mini Pizzas:

Top hamburger buns with spaghetti sauce and add toppings as desired.

Speed up cooking time by adding coals under a rack. :)



Tin Foil:

Add variety to dinners with fish, different veggies and herbs, tater tots, hot dogs, etc.



Dutch Oven Chicken:

Honey Garlic: Glaze for 4 chicken breasts:

2 T honey

2 T orange or apple juice

1 T vegetable oil

1/2 t salt

1-2 garlic cloves minced

Dutch Oven Desserts:

Monkey Bread: (use Pillsbury biscuits or Rhodes frozen rolls, coat with butter, cinnamon and sugar - bake.)

Aunt Letha's Fruit Cobbler:

Melt 1 cube butter in pan

Mix: 1 C sugar, 1 C Bisquick, 3/4 C milk, pinch salt

Pour mixture over butter (do NOT stir)

Cover with any fruit (1 quart - drained), do NOT stir - bake at 350

HERE'S HOW TO TURN UP THE HEAT

This simple formula will bring your Dutch oven to the correct temperature for baking without fail. It all depends on the number of charcoal briquettes you set on top of the lid and below the oven. Tear out this handy guide for future reference.



BYRON THOMPSON

12-INCH DUTCH OVEN		
TEMP. °F	TOP	BOTTOM
300°	14	8
325°	15	9
350°	16	10
375°	17	11
400°	18	12
425°	19	13
450°	20	14
500°	21	15

Banana Boats

Add stuffing ingredients to as much (or little) banana as desired, roll up and back like a tin foil dinner until melted.



MEAL PLANNING WORKSHEET

Dinners:

Lasagna, Salad & Breadsticks

1 Pan = 12-15 servings each, **need 3-4 pans**
3 Heads Romain = 16-18 servings, **need 8-9 heads**
Bread/Breadsticks - per package servings enough for 40

Pulled BBQ Pork Sandwiches, Beans, Chips

1 lg roast = 10-12 servings, **need 3-4**
Beans - per package servings enough for 40
Chips = regular bag 8-10 servings, **need 5-6**
Buns = **need 45-50**

Tinfoil Dinners

1 lb hamburger = 4 servings, **need 7-8 lbs**
Talapia = 1 filet per serving, **need 6 filets**
Veggies = 1 C per serving, **need 1 bag potatoes, 3 lg bags veggie mix, 2 zucchini**
Fillers - **need 2 bags frozen tater tots**

Honey/Garlic Chicken, Dutch Oven Potatoes

1 chicken breast per serving, **need 40 breasts**
Potatoes = **need 2 bags**
Onion - **need 4-5 lg**

Lunches:

Individual Pizzas

Buns = **need 50**
Spaghetti Sauce - per package servings enough for 40
Pepperoni - per package servings enough for 40
Cheese = per package servings enough for 40

Tacos

1 lb hamburger = 6 servings, **need 7-8 lbs**
Cheese = per package servings enough for 40
Lettuce = per package servings enough for 40

Sandwiches

Lunch meat = per package servings enough for 40
Chips = regular bag 8-10 servings, **need 5-6**

Breakfasts:

Pancakes, sausage, burritos, stuffed french toast, cold cereal

Bisquick, meats, eggs, milk, juice, etc. per serving needs for 35-40

Desserts:

Cobbler

Bisquick, sugar, butter and fruit - enough for 3-4 dutch ovens

GROCERIES BREAKDOWN:

Dairy:

Milk (Breakfast drinking, cold cereal on Saturday)
Eggs
Cheddar Cheese (shredded for breakfast burritos, omelets, lunch tacos, dutch oven potatoes, pizzas, lasagna)
Mozzarella Cheese
Butter (Topping and cooking for cobblers, potatoes, etc.)
Sandwich cheese
Sour Cream
Parmesan Cheese

Produce:

Green onions
Mushrooms (Breakfast burritos, omelets, pizzas)
Peppers (Breakfast burritos, omelets, pizzas)
Fruit
Lettuce (shredded and romaine)
Pineapple
Broccoli
Carrots
Potatoes
Onions
Bananas

Meat:

Breakfast Sausage
Bacon (Breakfast burritos, Dutch oven potatoes)
Sandwich meat
Hamburger (tin foil dinners, tacos, lasagna)
Pepperoni
Ham
Fish (tin foil dinner meat)
Chicken

Breads & Pasta:

Bread (Toast, Sandwiches)
Hoagie Buns (Sandwiches)
Tortillas (Breakfast & Lunch)
Hamburger Buns (individual pizzas and BBQ sandwiches)
Lasagna noodles
Croutons
Breadsticks
French bread

Baking:

Bisquick
Sugar

Condiments:

Ketchup
Jam
Peanut Butter
Miracle Whip
Mustard
Caesar Dressing (made ahead of time and taken up - buy mayonnaise and parmesan)
Ranch Dressing
Salt
Pepper

Beverages:

Orange Juice
Apple Juice

Frozen:

Hashbrowns
Rhodes Rolls

Canned:

Spaghetti Sauce (pizzas and lasagna)
Salsa
Pork & Beans or Baked Beans
Fruit or Fruit Filling

Misc.:

Cold Cereal
Potato Chips (lunch and BBQ dinner)
Cookies
Taco Shells
Corn chips
Graham Crackers
Chocolate
Marshmallows
Chocolate Chips
Butterscotch/peanut butter chips
Mini Marshmallows
Brownies
Seasonings (tin foil dinners, tacos)
Cinnamon

Other snack items as budget and tastes dictate

MISC. (CHECK AGAINST EQUIPMENT LIST)

TinFoil
Napkins
Bowls