



SCOUTS
friends for life

25TH AUSTRALIAN SCOUT JAMBOREE

AJ2019
Murraylands
SA

TROOP CATERING HANDBOOK



Your guide to fantastic food at AJ2019

INTRODUCTION

Welcome to the AJ2019 Troop Catering Handbook.

These valuable pages will help guide the Troop Quartermaster and Duty Patrol in preparing stunning and nutritious meals for their Jamboree Troop.

CONTENTS

Introduction.....	2
Contents.....	2
Menu AJ2019.....	3
Special Diets.....	4
Initial Issue.....	5
Buy Me At The End!.....	5
Food Distribution Centres (FDC).....	6
Can You Bring It From Home?.....	6
Can I Drink The Water?.....	6
Thursday 3 rd January – Arrival Processes.....	7
What To Do When Arriving At Site.....	7
Quartermaster’s Notes.....	8
Thursday 3 rd January.....	9
Friday 4 th January.....	10
Friday 4 th – January Chef’s Notes.....	11
Saturday 5 th January.....	12
Saturday 5 th January – Chef’s Notes.....	13
Sunday 6 th January.....	14
Sunday 6 th January – Chef’s Notes.....	15
Monday 7 th January.....	16
Monday 7 th January – Chef’s Notes.....	17
Tuesday 8 th January.....	18
Tuesday 8 th January – Chef’s Notes.....	19
Wednesday 9 th January.....	20
Wednesday 9 th January – Chef’s Notes.....	21
Thursday 10 th January.....	22
Thursday 10 th January – Chef’s Notes.....	23
Friday 11 th January.....	24
Friday 11 th January – Chef’s Notes.....	25
Saturday 12 th January– Celebration Day.....	26
Saturday 12 th January – Chef’s Notes.....	27
Sunday 13 th January.....	28
Sunday 13 th January – Chef’s Notes.....	29
Monday 14 th January – Departure Processes.....	30
What To Do Before Leaving Site.....	30
Healthy Tips.....	31-32
Food Preparation.....	33-34
Dishwashing.....	35
Sponsors.....	36

MENU - AJ 2019

Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner	Supper
Thursday 3rd January					
		Hot dogs, cheese, condiments, hot dog rolls, sauce	Fruit & drink	Chicken Kebabs wrap with salad Peaches & Custard	Milo & Biscuits
Friday 4th January					
Cereal, juice, milk, bread, bacon & egg	LCM Coco Pop Bars & drink	Ham or turkey salad rolls	Snack, drink & fruit tub	Spicy Meat Tacos , cheese, lettuce, tomato, red kidney beans. Apple crumble & cream.	Milo & Biscuits
Saturday 5th January					
Cereal, juice, bread, hash browns & tinned spaghetti	Lamington, drink, & fruit	Roast beef or chicken salad sandwich	Fruit Bar, Drink	Chicken Schnitzel , carrots, corn, peas & gravy Ice cream & topping	Milo & Biscuits
Sunday 6th January					
Cereal, juice, bread, milk, egg & sausage	Muesli Bar & drink	Devon or silverside salad sandwiches	Le Snack, fruit & drink	Pork Loins , crispy potato, carrots, peas & gravy Flavoured yoghurt	Milo & Biscuits
Monday 7th January					
Cereal, juice, milk, bread, pancakes jam & cream & yoghurt	Muffin, fruit & drink	Ham or turkey salad rolls	Popcorn & drink	Chicken Stir Fry , mixed vegetables (QF) Hokkien Mee Noodles Slab cake & custard	Milo & Biscuits
Tuesday 8th January					
Cereal, juice, milk, bread, hot dogs & baked beans	Fruit & drink	Ham or Roast Beef salad wraps	Cheese & crackers & drink	Spaghetti Bolognese , cheese & garden salad Ice cream cones	Milo & Biscuits
Wednesday 9th January					
Cereal, juice, milk, bread, bacon & egg	LCM Kaleious, fruit & drink	Ham or chicken salad sandwiches	Muffin & drink	Minute Steak , Tuscan sliced crispy potato & diced mixed vegetables (QF) Frozen yoghurt	Milo & Biscuits
Thursday 10th January					
Cereal, juice, milk, bread, sausage & hash browns	Lamington, fruit & drink	Roast Beef or ham wraps	Potato chips & drink	Lamb Burgers , beetroot & salad Slab cake and ice cream	Milo & Biscuits
Friday 11th January					
Cereal, juice, milk, bread, condiments, tinned spaghetti & tomatoes	Snack & Drink	Devon or Turkey salad roll	Fruit & drink	Fish fillets (Frozen) salad potato & 4 bean salad Pineapple and cream	Milo & Biscuits
Saturday 12th January – Celebration Day					
Cereal, juice, milk, bread, condiments, pancakes & maple syrup	Popcorn, fruit & drink	Sausage Sizzle	Cheese & crackers & drink	BBQ Herb Chicken , carrots peas & gravy Fruit salad & custard	Milo & Biscuits
Sunday 13th January					
Cereal, juice, milk, bread, condiments bacon & eggs	Fruit Rollups, drink & fruit	Silverside or chicken salad rolls	Grain Waves & drink	Beef Patties , salad, crispy potatoes, & onion Ice cream cones with topping	Milo & Biscuits
Monday 14th January					
Cereal, juice, milk, bread, condiments WLO	Fruit Tub, fruit & drink	Sandwiches & cold meat if still on site WLO			

SPECIAL DIETS

Do you have someone with a special diet in your Troop? We have a dedicated team providing all manner of special diet meals, individual catering requirements and advice on how to cater appropriately for those with special dietary requirements. To chat with one of the team about any concerns you have with special diet provision within your Troop, ask at your Food Distribution Centre (FDC). Someone at the FDC will put you in touch with the Special Diets Team to work with your Special Diets Contingent Welfare Leader. This way the dietary issue will be managed efficiently and effectively.

Things to remember about Special Diets at AJ2019...

1. We are not there to change the eating habits of Scouts. If a Scout will eat vegemite sandwiches and is happy doing so, we will supply extra bread and vegemite. This will have been discussed with the Scout's family so it's easiest if we all work together to make this the best experience possible for that Scout.
2. Special dietary needs will have been discussed with families prior to the Jamboree, to ensure the planning is in place to **provide the right food, for the right person, in the right troop on the right day!**
3. Consider the preparation, cooking and serving of food for your Special Diets Scouts & Leaders.
 - If preparing food for someone with a dietary need, use separate cooking space and utensils rather than throwing their food onto the hot plate with the meats and other foods.
 - You may need to have separate cooking pots and utensils for use to accommodate the special diet needs of your troop members.
 - The serving of special diets food in your troop might require specific plates and utensils.
 - To avoid cross-contamination, you may need to have separate storage of special diets food
 - ***Seems to be over the top? Not at all. Better to have things in place rather than having a sick Scout or Leader.***
4. Plan and practice the cooking of special diets foods at your Pre-Jamboree or Shakedown Camp.
 - Choose your camp food from the AJ2019 menu
 - Give your Quartermaster and the PLs time to figure out how to set up the cooking area to accommodate any special dietary needs
 - The PLs and their duty patrols can practice a meal at the camp
 - You can identify any extra utensils, cooking gear and/or storage options you will need at AJ2019
5. On arrival, **special diet packs** containing specific cereals, snacks, biscuits and breads will be supplied to the relevant quartermasters to ensure the special dietary needs of their troop member/s is managed easily.
6. The Kosher Menu will be circulated separately to the relevant Contingent Special Diets Welfare Leaders for circulation to their Kosher troops.

The more common menu changes for special diets are summarised in this handbook but may change at Jamboree. The very specific dietary needs are negotiated and planned through the Contingent Special Diet Welfare Leaders and the AJ2019 Special Diets Manager. Troops will be advised of any detailed modifications to the menu, as required.

Plan ahead, be aware and be respectful.

Meals on the way to and from the Jamboree are managed by the Contingent so remember to cater for your special diets!

For any concerns about Special Diets while at Jamboree, contact your Contingent Special Diets Welfare Leader or the Special Diets Manager, Linda Beaver, on 0434 218 934.

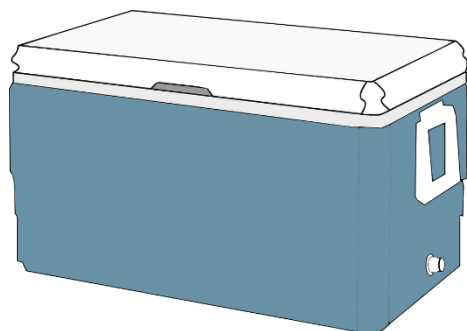
INITIAL ISSUE

We have prepared a pack of kitchen essentials for the start of AJ2019. It has already been packed for you and is available at the FDC for collection on your first day on site. This includes your Troop Shopping List and Catering Handbooks, so don't delay! There is quite a bit to collect – crates, gas, esky, drink containers... bring your friends! Some items may be substituted due to supply issue. **The Troop Quartermaster must accompany the Duty Patrol to sign for the returnable items.**

Replenishable Items	Size	Qty	One off item	Size	Qty
Cordial	2 Litre	2	Sauce Bottle Squeeze	1 L	2
Coffee	200gm	1	Gloves- washing up Rubber	Pairs	3
Honey – Squeeze bottle	500mls	1	Buckets	9.6L	4
Jam – Strawberry	500gm	1	^Fire Blanket 1m x 1.5m	Each	1
Vegetemite	560g	2	^Fire Extinguisher	Each	1
Mayonnaise – squeeze bottle	490ml	1	^Bucket - Metal	10L	2
Milo	1 kg	1	^Bin - Swing Top	27 L	2
Oil – Cooking	5 Litre	1	Bin Bags	27L	30
Oil – Cooking Spray	400g	1	Bin Bags – Compostable	30L	10
Salt	750gm	1	^Gas Bottle (1 per appliance)	9Kg	
Salad Dressing	330ml	1	^Esky Large or	156L	1
Sauce Tomato	2L	2	^Esky Medium	80L	2
Sauce BBQ	2L	2	^Drink Cooler	13L	2
Sugar white	2Kg	1	Troop Shopping List		
Tea Bags	Box 50	1	Catering Handbook Booklet	1	
Milk UHT	1 L	1	Gloves food handling (Small)	100 Pk	1
Gravy Powdered	425gm	2	Gloves food handling (Medium)	100 Pk	1
Flour Self Raising	2Kg	1	Cooler Bag	Large	1
Flour Plain	2Kg	1	^ These items must be returned at the end of the event.		
Hand Soap Pump Bottle	500ml	1			
Zip Lock Bags	100 box	3			
Jiff Cream Cleanser	375 ml	1			
Foil Roll	20m	1			
Cling Film Roll	30m	1			
Dish Brush	Each	1			
Detergent – dishwashing	1 L	1			
Scourers Dishwashing	Each	3			
Chux Superwipes	Pk 6	1			
Hand Sanitiser Pump (foam)	400ml	2			
Multi-Purpose Cleaner	1 L	2			
Paper Towel	60 Sheet	2			
Garbage Bags 72L Heavy Duty	50 Pack	1			
Italian Herbs	200gm	1			
Sterilising Liquid	1 L	1			
Spray Bottle	1 L	2			



You will be issued with 2 x 13L drink coolers. These are designed to provide drinks at meal times, not as a large water source for filling water bottles, etc.



BUY ME AT THE END!

Will this high quality 156L or 80L insulated esky make an excellent addition to your Group equipment back home?

Contact your Sub Camp HQ about how you can purchase this and other Jamboree items at the end of the event.

FOOD COLLECTION

The Food Distribution Centre (FDC) is your central location for the collection of all food, supplies and distributed items. You will find the FDC in a large tent on the site near your Sub Camp. This is where you need to come each day from 1pm to 5pm to collect your daily food supply for the evening meal and following day's breakfast and lunch.

They will also have additional supplies of your initial issue items, gas bottles, ice bags and a range of other items to keep you well stocked. To collect any items from the FDC, you will need your shopping list. Make sure you attend all briefings by your Sub Camp Quartermaster so you keep up to date with any changes in process and procedures.

Part of this handbook is a set of daily "shopping lists". These contain the details of the ingredients and grocery items your Troop will need to collect each day. You need to review this list each day and the QM should indicate on the list if you require less of a particular item on the list. It will also have a space for consumable items that you may need replenished. Mark up the shopping list each day and send it with the duty patrol to complete the shopping. The FDC team will assist the Patrol and check the items they have picked from our pallets in the store before sending them back. Patrols must have the shopping list to be allowed into the store for picking – otherwise it is a long walk back to get it!

You will want to have at least one (maybe a small fleet?!) of trek carts or trolleys suitable for hauling your food and supplies from the FDC to your camp site. In some areas, this could be up to 700m away, so make sure you have a sturdy cart to use.

CAN YOU BRING IT FROM HOME?

We hope that you have received this guide in enough time to think about some small additional items that you could pack from home to add to your meals and food items. We have made some suggestions throughout the menu, but here is a summary of them for ease of reference:

- Your favourite herbs, spices and condiments – only basics are supplied
- Fresh home-grown herbs such as thyme, rosemary, mint, parsley, chillies or basil
- Toppings, sauces or treats.
- Your favourite utensil or cooking pot – maybe a wok for stir fry and remember an ice cream scoop
- Small storage containers to keep things fresh and dry
- A bread toasting device (or 4!) like the one shown on Monday's chef notes page
- Small pans, extra utensils, serving plates and cooking equipment for special diets.

CAN I DRINK THE WATER?

Our water supply is excellent, safe to drink and tested regularly.

You will probably find it tastes a bit different to home as it has not had the various things added to it that your local government like to give you!

Please talk to your sub camp if you are concerned about your water supply.

THURSDAY 3RD JANUARY – ARRIVAL PROCESSES

Thursday 3 rd January				
	Hot Dogs, condiments, cheese, hot dog rolls	Fruit Drink	Chicken Kebabs , wraps & salad	Milo & Biscuits
			Peaches and custard	

A small number of Troops are arriving on Thursday 3rd January. Your Contingent will confirm your arrival arrangements and what meals will be provided when. For SA Troops, a lunch of Hot Dogs and Cheese will be prepared for you by your friendly Sub Camp team.

A dinner of Chicken Kebabs with Wraps and Salad will be available for those on site Thursday evening. Peaches and Custard for dessert with Milo for supper. You can collect these items from the FDC before 5pm on Thursday along with your breakfast and lunch for Friday.

Main catering starts with Friday Lunch for all Troops.

WHAT TO DO WHEN ARRIVING AT SITE

You will have lots to do once you get to site and getting the FDC won't be your first priority, I am sure! But don't leave it too late to work out where the FDC is and how it works. Make sure you read and understand all of the information given to you by the Sub Camp team as it will include details of briefings for Troop QMs, tours/induction of the FDC process and opening times of the various Sub Camp facilities.

You will be able to collect gas bottles, ice, your initial issue items and your first day's supplies in one go at the FDC, but this is a lot of items. Several trips with your cart will be necessary.

Your Troop Quartermaster should be the first visitor to meet the FDC team and understand the process. Maybe the Patrol Leaders or APLs (who will be Duty PL at some stage) would be good to take too...?

The catering Team reserves the right to change or alter the menu and ingredients due to seasonal changes, supply issue or any other unforeseen circumstances beyond our control.



Quartermaster's Notes



THURSDAY 3rd January

LUNCH	AFTERNOON TEA	DINNER	SUPPER
Hot Dogs, Condiments, Cheese & Hot Dog Rolls	Fruit, Drink	Chicken Kebab Wraps & Salad Peaches & Custard	Milo, Biscuits

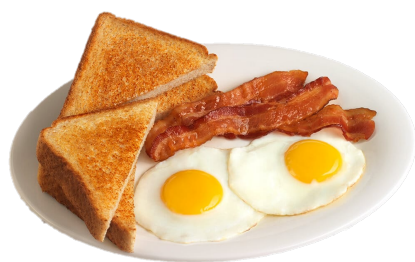


SPECIAL DIET ALTERNATIVES– Thursday 3rd January

	LUNCH	A/TEA	DINNER	SUPPER
Vegetarian	Veggie Hot Dog option	Standard menu	Tofu and Vegetable Kababs to replace the chicken	Standard menu
Vegan No Egg/Dairy	Veggie Hot Dog option	Supplied separately	Tofu and Vegetable Kebabs Peaches	Supplied separately
Gluten Free	GF sausage with GF bread/wrap	Supplied separately	GF wrap if required or just have without wrap	Supplied separately
PLEASE NOTE: Other special dietary needs will be handled on an individual and troop basis				

FRIDAY 4th January

BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Cereal, Juice, Bread Milk, Bacon & Eggs	LCM Co-co Pop Bar, Drink	Ham or Turkey Salad Rolls	Snack, Fruit Tub, Drink	Meat Soft Taco & Salads Apple Crumble & Cream	Milo, Biscuits



SPECIAL DIET ALTERNATIVES – Friday 4th January

	BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Vegetarian	Avoid the bacon	Standard menu	Use cheese, hard-boiled egg or just salad	Standard menu	Add extra vegetables if required	Standard menu
Vegan NO Egg/Dairy	Add tofu & tomatoes	Supplied separately	Salad sandwich	Supplied separately	Add extra vegetables & tofu	Supplied separately
Gluten Free	Standard menu with GF bread	Supplied separately	Use ham wraps or corn cake biscuits	Supplied separately	Add GF tacos Add fruit	Supplied separately

PLEASE NOTE: Other special dietary needs will be handled on an individual and troop basis

CHEF'S NOTES

GOURMET MEAT TACOS

In a medium bowl combine the beef with some flour, salt, minced onion, and any spices you can get hold of! Use your hands to mix evenly.

- Heat the BBQ to med/low heat.
- Add beef mixture and a little water.
- Brown the beef, breaking it up as it cooks.
- Heat the tortillas with a quick touch on the hot plate each side, wrap in foil if you need to keep them warm.
- Spread meat into tortillas, top with cheese, tomatoes, lettuce and sour cream.

DID YOU KNOW...?

While the word “taco” literally translates to “plug” or “wad” a small hole, it also translates to “light lunch” in Mexican Spanish. Tacos predate the Europeans in Mexico and were discovered to be the food of choice by the indigenous folk in the Valley of Mexico.

Obviously the Spanish wanted to stake their claim on such fine fare, and dubbed them “tacos.” October 3rd is National Taco Day. A “Taquería” is a Spanish word meaning taco shop.

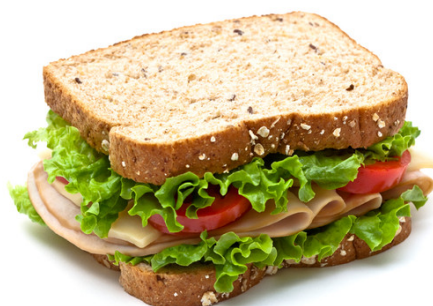
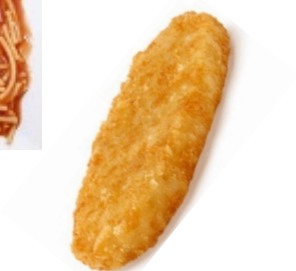
ADVISORY INFORMATION

Be aware of the potential of cross-contamination when preparing meals for those with Special diets. Egg, meat and gluten products are all part of meals today and food should be stored, prepared and served with different utensils and cooking equipment.



SATURDAY 5th January

BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Cereal, Juice, Milk, Bread, Hash brown & Spaghetti	Lamington, Fruit, Drink	Roast Beef or Chicken, Salad Sandwiches	Fruit Bar, Drink	Chicken Schnitzel Corn, Carrots, Peas & Gravy Ice Cream & Topping	Milo, Biscuits



SPECIAL DIET ALTERNATIVES – Saturday 5th January

	BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Vegetarian	Standard menu	Standard menu	Use cheese, hard boiled egg or just salad	Standard menu	Vegetable frittata or omelette	Standard menu
Vegan, No Egg/Diary	Add vegan sausages	Supplied separately	Salad sandwich	Supplied separately	Vegetable stack & sorbet	Supplied separately
Gluten Free	Add GF tinned spaghetti	Supplied separately	Use chicken wraps, rice or corn cake biscuits	Supplied separately	GF chicken schnitzel	Supplied separately
PLEASE NOTE: Other special dietary needs will be handled on an individual and troop basis						

CHEF'S NOTES

COOK THE PERFECT SCHNITZEL

Most recipes shallow-fry their schnitzel, but some folk boldly chuck them in the deep-fryer instead. This presents two problems; it makes them super crisp, which is not what we're after here, and it excludes the possibility of using butter, which is yummy!

Obviously frying it in just butter would present practical problems, as the schnitzel requires more fat than a mere splash, and butter burns easily. A mixture of that and neutral oil imparts flavour at less expense. One secret is to "trap air in the crust when you cook the meat by moving and shaking the pan". The recipe swirls the pan so oil cascades over the top of the cutlet in waves. It works – the coating is noticeably lighter.

DID YOU KNOW...?

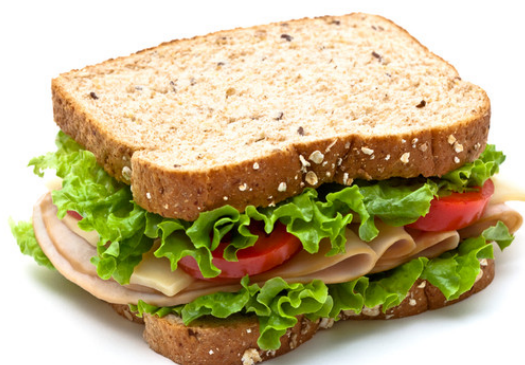
Schnitzel first appeared in the end of the 19th century, with the first known mention in a cookbook from 1831. The Schnitzel is the national dish of Austria. September 9th is National Schnitzel Day. The idea of tenderizing a piece of tough meat by pounding it is evident in the oldest relics of the history of man. However the Romans left evidence of refinement of a thin slice of meat dredged in breading and fried in the 1 century BC by Apicus. Snitzel, is a diminutive of Sniz 'slice'

ADVISORY INFORMATION

Your ice cream will be kept at the FDC until you are ready to use it to ensure it remains frozen. Don't forget to assign a runner from the Duty Patrol to pick it up.

SUNDAY 6th January

BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Cereal, Juice, Bread, Milk, Sausage & Eggs	Muesli Bar, Fruit, Drink	Devon (Fritz) or Silverside, Salad Sandwiches	Le Snack, Fruit, Drink	Pork Fillet with Crispy Potato, Peas, Carrot, & Gravy Flavoured Yoghurt	Milo, Biscuits



SPECIAL DIET ALTERNATIVES - Sunday 6th January

	BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Vegetarian	Avoid sausage	Standard menu	Use cheese, hard boiled egg or just salad	Standard menu	Add extra vegetables with lentils	Standard menu
Vegan No Egg/Dairy	Add tomatoes and avocado	Supplied separately	Salad Sandwiches	Supplied separately	Add extra vegetables with lentils So Good yoghurt	Supplied separately
Gluten Free	Standard menu	Supplied separately	Use wraps or corn or rice cake biscuits	Supplied separately	Standard menu	Supplied separately
PLEASE NOTE: Other special dietary needs will be handled on an individual and troop basis						

CHEF'S NOTES

DID YOU KNOW...?

Pork is the most versatile meat. It can be marinated, roasted, grilled, skewered, dry rubbed, boiled, baked, barbecued, pan-fried or stir-fried. Over a third of the fat in bacon is the same as the healthy fat found in olive oil, which is known to lower cholesterol levels. It was once the practice at fairs to grease a pig and let it loose among a number of blindfolded contestants. The man who successfully caught the greased pig could keep it.... and so, of course "bring home the bacon".

ADVISORY INFORMATION

Make sure your pork is cooked thoroughly before serving. If you have a meat thermometer, place it into the centre of the meat and check a temperature of at least 71 is recorded. Higher for a well-done cook.

MONDAY 7th January

BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Cereal, Juice, Bread, Milk, Pancakes, Jam & Cream, Yoghurt	Muffin, Fruit, Drink	Ham or Turkey Salad Rolls	Popcorn, Drink	Chicken Stir Fry, Noodles, Vegetables Slab Cake & Custard	Milo, Biscuits



SPECIAL DIET ALTERNATIVES – Monday 7th January

	BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Vegetarian	Standard menu	Standard menu	Use vegan deli slices	Standard menu	Use tofu in stir fry	Standard menu
Vegan No egg/ dairy	Use vegan pancake mix	Supplied separately	Use vegan deli slices	Supplied separately	Use tofu in stir fry Add sorbet for dessert	Supplied separately
Gluten Free	Use GF pancake mix	Supplied separately	Use ham wraps, corn or rice cake biscuits	Supplied separately	Use meringues	Supplied separately
PLEASE NOTE: Other special dietary needs will be handled on an individual and troop basis						

CHEF'S NOTES

DID YOU KNOW...?

Chinese do not like using knives and forks while eating because they believe these are weapons. That is why most of their dishes use boneless meat and chopped vegetables. Authentic Chinese food is a really good diet. It uses less meat, oil and spices. Also it has more vegetables. There are five classic styles of Chinese cooking namely Beijing, Cantonese, Hunan, Sichuan and Fujian. All differ in taste and style.

ADVISORY INFORMATION

Check your chicken when you first get it. to see if it is very cold. Do not leave it out to as the hot weather will start to cook it and breed germs. Put it in an esky (with ice) where it will not get contaminated. Chicken should be a golden-brown colour all over to ensure it is cooked thoroughly.

TUESDAY 8th January

BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Cereal, Juice, Bread, Milk Hot Dog & Baked Beans	Muffin, Fruit, Drink	Ham or Roast Beef Salad Wraps	Cheese & Crackers, Fruit, Drink	Spaghetti Bolognese Salads & Cheese Ice Cream Cones	Milo, Biscuits



SPECIAL DIET ALTERNATIVES – Tuesday 8th January

	BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Vegetarian	Vegetarian sausages	Standard menu	Use deli slices	Standard menu	Use plain tomato sauce & vegetables	Standard menu
Vegan No Egg/ Dairy	Vegan sausages and vegan baked beans	Supplied separately	Use deli slices	Supplied separately	Use plain tomato sauce & vegetables with pasta Sorbet for dessert	Supplied separately
Gluten Free	Standard menu	Supplied separately	Add ham wraps, corn or rice cake biscuits	Supplied separately	Use GF pasta & GF ice cream	Supplied separately
PLEASE NOTE: Other special dietary needs will be handled on an individual and troop basis						

CHEF'S NOTES

SPAGHETTI BOLOGNAISE MOTORSPORT STYLE

(Additional items you may have from home...herbs)

Get yourself a large heavy-bottomed saucepan, and place it on a medium-hot heat, chop onion and brown, then add the mince and stir until the meat is browned all over (or straight on the BBQ if you are brave). Stir in tomato soup, tomato paste, minced garlic and add oregano and paprika to taste.

Give everything a stir with a wooden spoon and bring to a gentle simmer. Reduce the heat to low-medium, put the lid on and leave it blipping away for about an hour and 15 minutes until the flavours develop into a wonderfully rich tomato sauce. Stir occasionally to make sure it doesn't catch or burn.

Just as the sauce is nearly ready, add seasoning to taste. Meanwhile add salt to a pan of boiling water and cook the spaghetti according to the packet instructions. Once the spaghetti is ready, drain it in a colander and add it to the pan with the sauce. Give it all a good stir, coating the pasta in the lovely tomato sauce. Serve with a little grated parmesan (from home, not supplied). Beautiful!

DID YOU KNOW...?

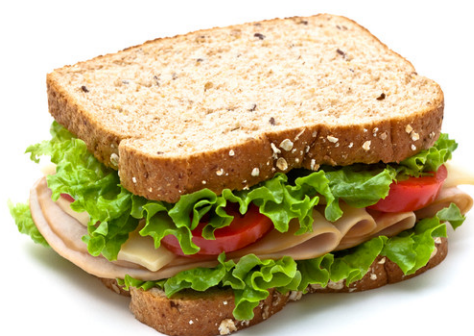
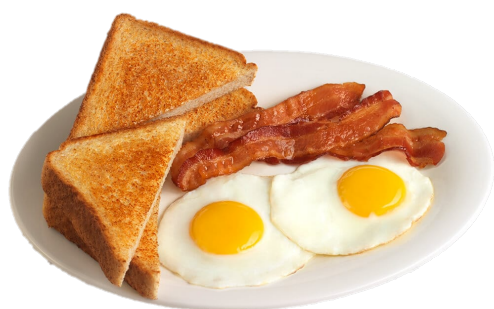
Pasta originates in China or Greece, but it's a myth that the concept of combining flour and water was brought to Italy by Marco Polo upon his return from China in the 13th Century. Utensils used for pasta making have been found in Etruscan tombs and South Italians claim it was introduced to Sicily by the Arabs. There are more than 600 pasta shapes worldwide, but in Italian pasta names don't sound particularly appetizing. Spaghetti means strings, vermicelli small worms, linguine little tongues and ravioli little turnips.

ADVISORY INFORMATION

Your ice cream will be kept at the FDC until you are ready to use it to ensure it remains frozen. Don't forget to assign a runner from the Duty Patrol to pick it up.

WEDNESDAY 9th January

BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Cereal, Juice, Bread, Milk Bacon & Eggs	LCM Kaleidos, Fruit, Drink	Ham or Chicken Salad Sandwiches	Muffin, Fruit, Drink	Minute Steak Tuscan Sliced Crispy Potato & Diced Mixed Vegetables Frozen Yoghurt	Milo, Biscuits



SPECIAL DIET ALTERNATIVES - Wednesday 9th January

	BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Vegetarian	Use eggs and add tofu	Standard Menu	Use cheese, hard boiled egg or just salad	Standard menu	Add vegetable fritters	Standard menu
Vegan No egg/ dairy	Add tomato and tofu	Supplied separately	Salad sandwich or wrap	Supplied separately	Add vegetable fritters Add So Good yoghurt	Supplied separately
Gluten Free	Standard menu	Supplied separately	Use wraps, rice or corn cake biscuits	Supplied separately	Standard menu	Supplied separately
PLEASE NOTE: Other special dietary needs will be handled on an individual and troop basis						

CHEF'S NOTES

MINUTE STEAKS AND TUSCAN POTATOES

Put your frying pan or hot plate on a high heat. Place the steaks on a plate, drizzle with a little olive oil and sprinkle with salt and pepper. Rub this seasoning into the meat on both sides so evenly coated.

When the pan is nice and hot, add the steaks and press down with a fish slice or wooden spoon to make sure all of the meat is in good contact with the pan. For a steak that's as thick as a pound coin, cook for 2 minutes, turning halfway - this will give you medium rare steak, if you prefer yours cooked slightly more give it another couple of minutes, turning after each minute, until done to your liking. Transfer to a plate to rest for a couple of minutes then squeeze over the juice of half a lemon and drizzle with olive oil.

Cut potatoes and put into a large enough bowl to mix. Add oil, garlic, salt, pepper, sage and rosemary. Toss all ingredients to coat potatoes.

Pour onto the hot plate and cook until crispy skinned. Potatoes should be close but not touching to get proper browning.

ADVISORY INFORMATION

Your frozen yoghurt will be kept at the FDC until you are ready to use it to ensure it remains frozen. Don't forget to assign a runner from the Duty Patrol to pick it up.



THURSDAY 10th January

BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Cereal, Juice, Bread, Milk Sausages & Hash Browns	Lamington, Fruit, Drink	Roast Beef or Ham Salad Wrap	Potato Chips, Fruit, Drink	Lamb Burger, Beetroot & Salads Slab cake and ice cream	Milo, Biscuits



SPECIAL DIET ALTERNATIVES - Thursday 10th January

	BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Vegetarian	Add vegetarian sausage	Standard menu	Use deli slices	Standard menu	Use vegetarian pattie	Standard menu
Vegan No Egg/ Dairy	Add vegan sausages and tomatoes	Supplied separately	Use deli slices	Supplied separately	Use vegan pattie Sorbet	Supplied separately
Gluten Free	Standard menu	Supplied separately	Use ham wraps, rice or corn cake biscuits	Supplied separately	Use GF bread if required Use GF cake	Supplied separately

PLEASE NOTE: Other special dietary needs will be handled on an individual and troop basis

CHEF'S NOTES

BBQ LAMB BURGERS

Preheat grill till it's a medium heat cook the lamb burger until they are beginning to firm and are hot and just slightly pink in the centre, about 5 minutes per side. Let the lamb burger rest for 7minutes before serving.

Serve with a cooling fresh salad.

ADVISORY INFORMATION

Check that the Lamb Burgers are stored correctly once on your Troop site that it stays well refrigerated but is not still frozen solid when you are ready to prepare it.



FRIDAY 11th January

BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Cereal, Juice, Bread, Milk Tinned Spaghetti and Tomatoes	Snack, Drink	Devon (Fritz) or Turkey Salad Rolls	Fruit, Drink	Fish Fillets (Frozen), Crispy Potato & 4 Bean salad Sliced Pineapple and Cream	Milo, Biscuits



SPECIAL DIET ALTERNATIVES - Friday 11th January

	BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Vegetarian	Standard menu	Standard menu,	Use cheese, hard boiled egg or just salad	Standard menu	Standard menu	Standard menu
Vegan No Egg/Dairy	Use vegan spaghetti	Supplied separately	Salad sandwich	Supplied separately	Supply extra vegetables and lentils Extra fruit	Supplied separately
Gluten Free	Standard menu	Supplied separately	Use wraps or corn cake biscuits	Supplied separately	Standard menu	Supplied separately
PLEASE NOTE: Other special dietary needs will be handled on an individual and troop basis						

CHEF'S NOTES

So let the great Australian summer debate begin.....

HOW DO YOU COOK THE PERFECT FISH FILLET?

Here is our answer:

Preheat a barbecue grill or flat on medium-high. Brush both sides of the fish with oil to prevent it from sticking to the barbecue. This is better than brushing the barbecue, as it prevents the oil from burning. Excess oil can create smoke and cause flare-ups on the barbecue.

Wait until just before cooking to season your fish, as salt draws out the flavoursome juices from the fish making it bland. Season one side with salt and pepper, then cook the fish, skin-side down first, to seal in the flavour. Season the other side just before turning over.

Cook the fish on the barbecue, using long-handled tongs to turn the fish, until cooked to your liking. Cooking times vary depending thickness. Turn fish once only during cooking - anymore and the juices escape, which can make the fish bland.

After cooking transfer the fish to a plate and serve immediately.

ADVISORY INFORMATION

Cover pots whenever cooking outdoors. Food will get done quicker and you will save on fuel. Also helps keep dirt and insects off your food.

SATURDAY 12th January - CELEBRATION DAY

BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Cereal, Juice, Bread, Milk Pancakes & Maple Syrup	Popcorn, Fruit, Drink	Sausage Sizzle	Cheese & Biscuits, Fruit, Drink	BBQ Herbed Chicken Thighs Fruit Salad & Custard	Milo, Biscuits



SPECIAL DIET ALTERNATIVES - Saturday 12th January

	BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Vegetarian	Standard menu	Standard menu	Add vegetarian sausages	Standard menu	Use vegetarian meat substitute	Standard menu
Vegan No Egg/ Dairy	Use vegan pancake mix	Supplied separately	Add vegan sausages	Supplied separately	Use vegan meat substitute	Supplied separately
Gluten Free	Use GF pancake mix	Supplied separately	Standard menu	Supplied separately	Standard menu	Supplied separately
PLEASE NOTE: Other special dietary needs will be handled on an individual and troop basis						

CHEF'S NOTES

BBQ HERBED CHICKEN THIGHS

(A Herbed seasoning is provided for this meal, but you may wish to bring additional or even fresh items you may have from home).

Prepare the seasoning as per the pack instructions and coat your chicken pieces. If possible while still refrigerating your chicken pieces, marinate for at least an hour to let the flavours soak in.

Place the seasoned thighs on the BBQ and turn regularly to cook evenly until well browned all over.

Whilst cooking, have a team preparing some attractive and sell sliced salads for accompaniment.

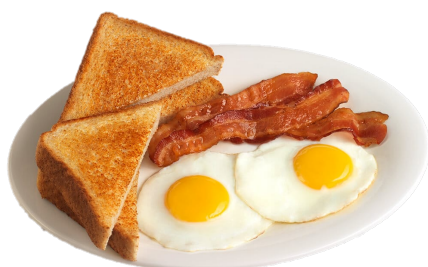
Serve as soon as cooked.

ADVISORY INFORMATION

Check that the chicken is stored correctly once on your Troop site that it stays well refrigerated but is not still frozen solid when you are ready to prepare it. Your ice-cream will be kept at the FDC until you are ready to use it to ensure it remains frozen. Don't forget to assign a runner from the Duty patrol to pick it up.

SUNDAY 13th January

BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Cereal, Juice, Bread, Milk Bacon & Egg	Fruit Rollups, Fruit, Drink	Silverside or Chicken Salad Rolls	Grain Waves, Fruit, Drink	Beef Patties, Crispy Potatoes, Onion and Salad Vanilla Ice Cream Cones & Chocolate Topping	Milo, Biscuits



SUNDAY 13th January is LEFTOVERS DAY

	BREAKFAST	M/TEA	LUNCH	A/TEA	DINNER	SUPPER
Vegetarian	Add vegetarian sausages if required	Standard menu	Add deli slices	Standard menu	Add a vegetarian burger pattie	Standard menu
Vegan No Egg/ Dairy	Add vegan sausages if required	Supplied separately	Add deli slices	Supplied separately	Use a vegan burger pattie	Supplied separately
Gluten Free	Standard menu	Supplied separately	Use chicken wraps, rice or corn cake biscuits	Supplied separately	Use GF bread roll if required GF ice cream	Supplied separately

PLEASE NOTE: Other special dietary needs will be handled on an individual and troop basis

MILO SLICE - Do you have spare cereal, Milo and butter?!

Ingredients:

- 4 cups cheerios (or any other leftover breakfast cereal)
- 125g butter
- 3 Tbsp honey or syrup
- ½ cup brown sugar
- 3 Tbsp Milo (Plus extra for sprinkling on top)

Method:

1. Boil sugar, honey & butter for 3 minutes.
2. In a large bowl mix in with other ingredients combing well.
3. Press mixture evenly into slice tin (35 x 20cm).
4. Sprinkle with extra Milo.
5. Cut while warm. Allow to cool in esky and when completely set, cut into squares.

ADVISORY INFORMATION

So, that was Jamboree. Hopefully you stayed healthy and happy throughout and had a full belly too.

MONDAY 14th JANUARY – DEPARTURE PROCESSES

Breakfast for those still on-site

Cereal, Juice, Bread, Milk
Jam, Vegemite

Lunch

Sandwiches and cold meat if still on site

Morning Tea for the last few stragglers

Fruit and a drink

WHAT TO DO BEFORE LEAVING SITE

I'm sure you are ready to get on with your journey home, but there are some things we need you to do before you go... please tick off these items as you do them. Your Sub Camp Team will have a briefing for JTLs to advise them of exit processes, but the QM should also ensure that you:

- Clean and return the following items to your FDC
- Gas bottles – empty or partially empty
- 2 x Garbage bins – Swing Top
- 1 x Fire Blanket
- 1 x Fire Extinguisher
- 1 x Metal Bucket
- 1 x Large esky or 2 x small eskies
- 2 x Drink coolers
- 3 x Plastic crates
- Dispose of any unwanted food sensibly and hygienically in the appropriate bins

Check with your FDC that you have completed all requirements. Anything that you do not return and sign in will be charged to your Contingent – and they won't be happy about that! Check out the times the FDC will be open to receive your items.

SPECIAL DIET ALTERNATIVES - Monday 14th January

	BREAKFAST	MORNING TEA
Vegetarian	Cereal Fresh Fruit, Yoghurt	Fruit
Vegan No Egg/dairy	Cereal Fresh Fruit	Fruit
Gluten Free	Cereal Fresh Fruit, Yoghurt	Fruit
PLEASE NOTE: Other special dietary needs will be handled on an individual and troop basis		

HEALTHY TIPS!

Special dietary requirements

How do I make sure individuals with dietary requirements are safe and fed well?



Understand the needs of those you are cooking for. If in doubt, ask them!

Have one person prepare food for a special diet if it is different to the main food being prepared.

Some requirements mean separate utensils, surfaces and pots must be used to avoid contamination.

Always label these separate items to avoid confusion.

The special diets team is on call to advise and inform!

Remember, cross contamination can happen from ingredients, storage, work surfaces, hands, utensils, cutlery, plates, cooking pots, knives, clothing, strainers and water.

Special dietary requirements - detailed information

If someone you are preparing meals for has special dietary needs such as specific food allergies or intolerances or health condition which is managed by a special diet you may need to swap ingredients in some recipes to better suit their needs. Here is some information which may help you to adapt recipes to meet special dietary needs:

What is a Food Allergy? Food Allergies are caused by the immune system falsely recognising the protein component of a food as a threat. Most food allergy reactions usually occur quickly; generally within 2 hours of exposure, but gut related symptoms (such as diarrhoea, constipation or bloating) may take several hours or even a few days to develop. Children are most likely to develop a food allergy when they are under 5 years of age. Reactions to cow's milk, eggs, peanuts, tree nuts, soy, wheat, and fish account for more than 85% of food allergies in children. Allergies to nuts and seafood commonly produce the most severe reactions and are also more likely to be the allergies that persist for life.

What is Food Intolerance? Food intolerance is a reaction to food that does not involve the immune system. There are various theories as to why food intolerance occurs. It is well documented that certain food chemicals can "irritate the nerve endings in sensitive people to cause a range of symptoms". Common symptoms include recurrent hives and swellings, rhinitis or sinusitis (frequently running or stuffed up nose), recurrent mouth ulcers, stomach pains and bowel irritations (loose, frequent often very smelly stools or even constipation). Children with food intolerances may also present as irritable, restless or demonstrate behavioural problems such as defiance, exaggerated moodiness or even Attention Deficit and Hyperactivity Disorder (ADHD) - like behaviour.

GF - GLUTEN FREE Coeliac disease, also known as gluten intolerance, is a genetic disorder that affects at least 1 in 100 Australians. If a person has coeliac disease this means they have a permanent intestinal intolerance to the gluten protein found in wheat, barley, rye and oats. This disease is treated by a lifelong gluten free diet. Gluten is a protein found in wheat, rye, barley, oats, malt, spelt and triticale. These grains and the products processed from them are used as ingredients in common foods such as breads, biscuits, cakes, pizza, pastry, pasta and breadcrumbs etc. Gluten is also found in some food additives which are used in many types of pre-prepared, commercial foods. If the gluten content of a particular food is not clear, the Coeliac Australia recommends: 'When in Doubt, Leave it Out'.

EF- EGG FREE Egg allergy is the most common food allergy in infants and young children. Egg allergy is first noticeable between 6-15mths of age when egg is first introduced to the child but is an allergy that most young children will grow out of. Both the egg white and egg yolk may affect the egg allergy sufferer. Eggs can be successfully replaced in recipes where eggs are a component of the recipe (e.g. cakes, biscuits, sauces).

DF - DAIRY FREE Dairy intolerance is a sensitivity to anything that contains cow's milk. Those who suffer from dairy intolerance experience a reaction to dairy because they are intolerant to the proteins in milk.

LF - LACTOSE FREE Lactose is the sugar found in milk. Lactose intolerance is not an allergy and most lactose intolerant individuals are able to tolerate small amounts of lactose from some dairy foods over the day. The amount of lactose a person with lactose intolerance will tolerate will vary between individuals.

V - VEGETARIAN The term 'vegetarian' applies to people who choose not to eat any part of an animal - including meat, poultry, fish or shellfish. Vegetarian diets may be either: lacto-ovo (can include dairy products and eggs); lacto (can include dairy products but not eggs); ova (can include eggs but not dairy products); vegan (only plant based foods; no dairy and no eggs).

VE - VEGAN Vegans consume no animal products at all. This includes not buying or wearing clothing that has come from an animal (e.g. leather, fur and wool) as well as not using cosmetics or drugs that have been tested on living animals.

RELIGIOUS DIETS include Kosher, Halal and vegetarian variations.

IMPORTANT POINTS TO REMEMBER: A special dietary requirement is not just a preference, most often it is a medical requirement for the individual. Those responsible for cooking should ensure they understand the individual's dietary requirement before starting preparation. Many diets require you to prepare, cook and serve meals using different surfaces, pots and utensils to avoid any possibility of cross-contamination. Label items reserved for the preparation of a special diet so they do not get mixed up. Please ask the participant to explain their dietary need rather than assume you know what it means. They live with this and can tell you what they can and cannot have!

<http://www.healthyfoodhealthyplanet.org/swapping-ingredients/special-dietsallergies/>

More information

There is a Jamboree Special Diets Team dedicated to providing special diets where they have been indicated on the application system. This team is available for contingent diet co-ordinators to consult if they have any questions or concerns about an individual's diet. Ahead of the event, the team will have been in touch with all participants who have listed a special diet on their application to ensure the correct food is provided to your Troop site. Do not assume everything is correct. If you have not received a special menu item alternative or you are unsure if a food item is suitable for a particular diet, you must ask your Contingent Diet Co-ordinator for advice and information.

FOOD PREPARATION

It's cooking time! What should we remember?!

- Wear clean clothes.
- Wear closed-in shoes to protect your feet, in case of hot spills or breakages.
- Wash your hands before and after handling food.
- Keep food preparation surfaces clean.
- Tie back long hair.
- Store food appropriately.
- Wash vegetables and fruit under cold water before use.
- Do not run around the room when food is being prepared.
- Wipe up food spills immediately.
- Handle knives and other sharp equipment with care.
- When using a knife, always cut away from yourself or downwards on a chopping board to avoid cutting yourself.
- Never try to catch a falling knife.
- Turn handles of saucepans away from the front of the stove when cooking.
- Use oven mitts when moving hot dishes.
- Dip utensils in boiling water before using for service to remove micro-organisms.
- Read the cooking instructions.
- Be aware of special dietary needs.
- Avoid cross-contamination where preparing cooking and serving.

FOOD PREPARATION - DETAILED INFORMATION

Wear clean clothes because nobody wants mud and dirt from your clothes on their food, nor your sweaty germs from days of activities.

Wear closed-in shoes to protect your feet, in case of hot spills or breakages. They are far more likely in the uneven floor area of a camp kitchen.

Wash your hands before and after handling food using the guidelines on Health Tip Hot, soapy water, dried and then sanitised with hand rub gel.

Keep food preparation surfaces clean using a clean cloth and disinfecting surface spray. Clean the surfaces before preparing food and afterwards - even if they look clean, wipe them down anyway.

Tie back long hair because hairy food is gross.

Store food appropriately out of direct sunlight, in an esky if required or under foil if being kept warm. Check out Health Tips for more details on food storage and delivery.

Wash vegetables and fruit under cold water before use as most vegetables will have dust and dirt from travelling around camp even if they are pre-washed. Also, a chance to check for insects and bad items before cooking.

Do not run around the room where food is being prepared because your Patrol should be hyper-organised and there should be no need to rush.

Wipe up food spills immediately to avoid attracting insects and animals into your kitchen.

Handle knives and other sharp equipment with care - duh.

When using a knife, always cut away from yourself or downwards on a chopping board to avoid cutting yourself.

Do not try to catch a falling knife.

Turn handles of saucepans away from the front of the stove when cooking so you or another cook can't catch them as you walk past and upset the contents on yourself and the floor.

Use oven mitts when moving hot dishes because your precious little pinky's will get all red and burned.

Dip utensils in boiling water before using for service to remove micro-organisms and bacteria.

Read the cooking instructions carefully before starting so you know you have everything you need, have worked out the timings properly and know what all the preparation instructions mean.

Be aware of special dietary needs because different people have different needs. See Health Tip for more details on catering for special diets.

Avoid cross-contamination where preparing, cooking and serving, especially where special diets are involved.







DISHWASHING

The best way to wash dishes to prevent germs – the three-bowl system.

Always use very hot water to help dissolve grease and kill bacteria.

Use the detergent provided – enough to make a few bubbles on the surface.

Set up three bowls of water for washing, cleaning and sanitising.

Scrape plate fully into bin.	Wash in warm water.	Wash in soapy hot water.
		
<p>Dip in hot water & leave for 20 seconds</p>	<p>Dry with clean tea towel & stack. Dispose of solids in bin.</p>	<p>Pour waste through strainer.</p>
		

When the soap has almost gone from the second bowl, replace the water in the first bowl with it and refill with fresh, hot, soapy water!

Replace the water regularly when doing a big washup... a greasy meal may take 4 or 5 lots of water to clean up the whole Troop.

Store your wash crockery and cutlery in a box under a cover to prevent collecting dust and dirt.

The more sets of bowls you can set up the quicker the whole Troop will be cleaned up and out.

All tea towels to be washed every 2 days and stored away from dirt and dust.

SPONSORS!

Please support the business that support the Jamboree.

MAJOR SPONSORS



GOLD SPONSORS



SILVER SPONSORS



BRONZE SPONSORS



FRIENDS OF SCOUTS

