

# BREAKFAST

# ALL WEEKS

# SUNDAY

## PORRIDGE, CEREAL, GRAPEFRUIT, PRUNES SCRAMBLED EGGS, SAUSAGES, VEGETARIAN HAGGIS, MUSHROOMS, FRIED BREAD

### PORRIDGE

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

### SCRAMBLED EGGS

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

### SAUSAGES

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

### VEGETARIAN HAGGIS

Take out of the freezer the night before. Cut each Haggis, leaving the skin round each one, into 24 slices, 2 slices per person. Place on parchment lining on a tray. Add 5-10ml of water to the tray. Cook in oven.

### MUSHROOMS

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

### FRIED BREAD

Place sufficient vegetable oil in frying pan and heat until very hot.

Cut slices of white bread in half and fry until golden brown, drain and keep hot in oven. Fry about 50 slices initially, be prepared to make more.

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

**Clean down the serving, drinks and condiments tables.**

### BREAD & SPREADS

Put out sliced wholemeal and white loaves in wrappers on the table next to drinks table. Put out jams etc. Replenish as necessary.

**CEREAL** Put out on serving tables – with milk and sugar

### GRAPEFRUIT / PRUNES

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

### DRINKS

**Hot drinks** - Put out pump pots, remembering to refill regularly, coffee, tea bags, sugar, Skimmed, semi skimmed and whole milk and plastic teaspoons.

**Cold drinks** – leave out assortment of squash and a jug of cold water

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**Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2024**

# BREAKFAST

# ALL WEEKS

# MONDAY

## PORRIDGE, CEREAL, GRAPEFRUIT, PRUNES FRIED EGGS, BACON, VEGETARIAN SAUSAGE, BAKED BEANS, FRIED BREAD

**PORRIDGE** If possible, put to soak the previous evening in the aluminium double boiler. A camp of 120 may need 2 kg oats, amend as necessary. Put oats into inner part of double boiler, then fill up to 2cm below rim with cold water and stir well until mixed. First thing in the morning, put water in bottom part of double boiler and heat. Stir at outset, then as it begins to thicken. You may need to add a little more water to obtain the right consistency. Serve with brown sugar, syrup, etc.

### FRIED EGGS

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

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

### BACON

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

### VEGETARIAN SAUSAGES

Fry a suitable number, cover with foil to keep warm. Allow 2 sausages per adult portion and 1 or 2 per child depending upon age of child / size of sausage.

### BAKED BEANS

Open 4 x A10 tins and gently heat.

**FRIED BREAD** Place sufficient vegetable oil in frying pan and heat until very hot.

Cut slices of white bread in half and fry until golden brown, drain and keep hot in oven. Fry about 50 slices and keep warm in oven.

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

**Clean down the serving, drinks and condiments tables.**

### BREAD & SPREADS

Put out wholemeal and white loaves on the table next to drinks table. Put out jams etc Replenish as necessary.

### CEREAL

Put out on serving tables with milk and sugar

### GRAPEFRUIT / PRUNES

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

### DRINKS

**Hot drinks** - Put out pump pots, remembering to refill regularly, coffee, tea bags, sugar, Skimmed, semi skimmed and whole milk and plastic teaspoons.

**Cold drinks** – leave out assortment of squash and a jug of cold water

# BREAKFAST

# ALL WEEKS

# TUESDAY

## PORRIDGE, CEREAL, GRAPEFRUIT, PRUNES EGGY BREAD, SAUSAGES, VEGETARIAN HAGGIS, TOMATOES

**PORRIDGE** If possible, put to soak the previous evening in the aluminium double boiler. A camp of 120 may need 2kg oats, amend as necessary. Put oats into inner part of double boiler, then fill up to 2cm below rim with cold water and stir well until mixed. First thing in the morning, put water in bottom part of double boiler and heat. Stir at outset, then as it begins to thicken. You may need to add more water to obtain the right consistency. Serve with brown sugar, syrup, etc.

### EGGY BREAD

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

### SAUSAGES

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

### VEGETARIAN HAGGIS

Take out of the freezer the night before. Cut each Haggis, leaving the skin round each one, into 24 slices, 2 slices per person. Place on parchment lining on a tray. Add 5-10ml of water to the tray. Cook in oven.

### TOMATOES

Open 4 x A10 tins and gently heat.

**Clean down the serving, drinks and condiments tables.**

### BREAD & SPREADS

Put out wholemeal and white loaves on the table next to drinks table. Put out jams etc Replenish as necessary.

### CEREAL

Put out on serving tables

### GRAPEFRUIT / PRUNES

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

### DRINKS

#### Hot drinks

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

**Cold drinks** – leave out assortment of squash and a jug of cold water

# BREAKFAST

# ALL WEEKS

# WEDNESDAY

## PORRIDGE, CEREAL, GRAPEFRUIT, PRUNES SCRAMBLED EGG, BACON, VEGETARIAN SAUSAGE, MUSHROOMS, FRIED BREAD

**PORRIDGE** If possible put to soak the previous evening in the aluminium double boiler. A camp of 120 may need 2kg oats, amend as necessary. Put oats into inner part of double boiler, then fill up to 2cm below rim with cold water and stir well until mixed. First thing in the morning, put water in bottom part of double boiler and heat. Stir at outset, then as it begins to thicken. You may need to add a little more water to obtain the right consistency. Serve with brown sugar, syrup, etc.

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

### BACON

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

### VEGETARIAN SAUSAGES

Fry a suitable number, cover with foil to keep warm. Allow 2 sausages per adult portion and 1 or 2 per child depending upon age of child / size of sausage.

### MUSHROOMS

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

**FRIED BREAD** Place sufficient vegetable oil in frying pan and heat until very hot.

Cut slices of white bread in half and fry until golden brown, drain and keep hot in oven. Fry about 50 slices and keep warm in oven.

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

**Clean down the serving, drinks and condiments tables.**

### BREAD & SPREADS

Put out wholemeal and white loaves on the table next to drinks table. Put out jams etc. Replenish as necessary.

### CEREAL

Put out on serving tables with milk and sugar.

### GRAPEFRUIT / PRUNES

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

### DRINKS

#### Hot drinks

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

**Cold drinks** – leave out assortment of squash and a jug of cold water

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**Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2024**

# BREAKFAST

# ALL WEEKS

# THURSDAY

## PORRIDGE, CEREAL, GRAPEFRUIT, PRUNES FRIED EGGS, SAUSAGES, VEGETARIAN HAGGIS, BAKED BEANS, FRIED BREAD

**PORRIDGE** If possible, put to soak the previous evening in the aluminium double boiler. A camp of 120 may need 2kg oats, amend as necessary. Put oats into inner part of double boiler, then fill up to 2cm below rim with cold water and stir well until mixed. First thing in the morning, put water in bottom part of double boiler and heat. Stir at outset, then as it begins to thicken. You may need to add a little more water to obtain the right consistency. Serve with brown sugar, syrup, etc.

### FRIED EGGS

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

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

### SAUSAGES

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

### VEGETARIAN HAGGIS

Take out of the freezer the night before. Cut each Haggis, leaving the skin round each one, into 24 slices, 2 slices per person. Place on parchment lining on a tray. Add 5-10ml of water to the tray. Cook in oven.

### BAKED BEANS

Open 4 x A10 tins and gently heat.

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

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

**Clean down the serving, drinks and condiments tables.**

### BREAD & SPREADS

Put out wholemeal and white loaves on the table next to drinks table. Put out jams etc Replenish as necessary.

### CEREAL

Put out on serving tables with milk and sugar

### GRAPEFRUIT / PRUNES

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

### DRINKS

**Hot drinks** - Put out pump pots, remembering to refill regularly, coffee, tea bags, sugar, skimmed, semi skimmed and whole milk and plastic teaspoons.

**Cold drinks** – leave out assortment of squash and a jug of cold water

# BREAKFAST

# ALL WEEKS

# FRIDAY

## **PORRIDGE, CEREAL, GRAPEFRUIT, PRUNES EGGY BREAD, BACON, VEGETARIAN SAUSAGE TOMATOES**

**PORRIDGE** If possible, put to soak the previous evening in the aluminium double boiler. A camp of 120 may need 2kg oats, amend as necessary. Put oats into inner part of double boiler, then fill up to 2cm below rim with cold water and stir well until mixed. First thing in the morning, put water in bottom part of double boiler and heat. Stir at outset, then as it begins to thicken. You may need to add a little more water to obtain the right consistency. Serve with brown sugar, syrup, etc.

### **EGGY BREAD**

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

### **BACON**

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

### **VEGETARIAN SAUSAGES**

Fry a suitable number, cover with foil to keep warm. Allow 2 sausages per adult portion and 1 or 2 per child depending upon age of child / size of sausage.

### **TOMATOES**

Open 4 x A10 tins and gently heat.

**Clean down the serving, drinks and condiments tables.**

### **BREAD & SPREADS**

Put out wholemeal and white loaves on the table next to drinks table. Put out jams etc Replenish as necessary.

### **CEREAL**

Put out on serving tables with milk and sugar

### **GRAPEFRUIT / PRUNES**

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

### **DRINKS**

#### **Hot drinks**

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

**Cold drinks** – leave out assortment of squash and a jug of cold water

# BREAKFAST

# ALL WEEKS

# SATURDAY

## (PORRIDGE), CEREAL, GRAPEFRUIT, PRUNES, CROISSANTS, if available TOAST

### **BREAD & SPREADS**

Put out wholemeal and white loaves on the table next to drinks table. Put out jams etc. Replenish as necessary.

### **PORRIDGE (at the Caterer's discretion)**

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

### **CEREALS**

Put out on serving tables with milk and sugar.

### **GRAPEFRUIT / PRUNES**

Check whether any already open. If not open, use 1 tin prunes and tip into a bowl. Open tin of grapefruit and tip into serving bowl; be prepared to open more if necessary.

### **CROISSANTS**

Put out a selection and top up as necessary.

**Clean down the serving, drinks and condiments tables.**

## **DRINKS**

### **Hot drinks**

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

**Cold drinks** – leave out assortment of squash and a jug of cold water