

Alders Challenge Menu Suggestions

Here are some menu suggestions for Scout and Venturer patrols on the Alders Challenge. Feel free to take, ignore or mix up the suggestions as much as you want, but keep in mind that your meal plan should be nutritious, easy to prepare and carry, and not require refrigeration. A hot meal is strongly recommended for Saturday dinner, as you will cool off quickly after a day of hiking.

Saturday Breakfast

Have at home before you leave.

Saturday Lunch

This lunch can be a lot like a regular school lunch - sandwiches are good options as are fresh fruit and veggies. Bagels, Buns and Flatbread don't get squished quite as easily as other bread.

Lunch Suggestion:

Cheese, Jerky/Pepperettes, Apples and Crackers or Bagels.

Its simple, packs well and can be easily split up among the group before you start hiking in the morning.

Saturday Dinner

Dinner on Saturday should be something warm and filling. Something with a good amount of liquid is also good because it will help keep you warm as well as rehydrate you after a day of hiking. Pasta seems to be an annual favourite for some patrols, but its **not** recommended, because it is messy and hard to cook on a lightweight stove, and needs a bigger pot than other options.

Here are a couple suggestions;

Couscous and Tuna Salad

- 1 pkg Couscous (350g) Couscous is made from the same thing as pasta, but it only needs to be rehydrated, not cooked.
- 2 pouches Tuna
- ½ pkg diced sun dried tomatoes, about 40g
- 1 tbsp Dried Onion
- ½ cup Slivered Almonds
- Curry powder
- Dijon mustard
- Honey
- Red wine vinegar
- Sesame oil
- Soy sauce
- Sriracha (hot sauce)

Before camp:

Mix together equal parts mustard, honey, vinegar, oil and soy sauce in a leakproof container to make sauce, and add curry powder to taste. Repackage together tomatoes and almonds.

At camp:

Boil 500mL water, stir in couscous and onion and remove from heat. Continue stirring couscous until almost all of the water has been absorbed. Add the sauce, and tomatoes and almonds and stir until evenly mixed. Serve and add hot sauce to taste.

Quinoa with Mushrooms and Ham

- 2 cups Quinoa - quinoa is a nutritious seed rich in protein and carbs, great for hungry hikers.
- ½ cup Dried mushrooms
- 1 Ham
- 1 Onion
- Parmesan
- oil

A sealed ham that has been refrigerated until Saturday morning can be packed in a ziploc with some ice and still be good for dinner.

At camp;

Soak dried mushrooms in 1L water. While mushrooms are soaking, cut up onion and ham into 1.5cm cubes. Brown onion and ham with a small drizzle of oil in a pot on the medium-lowest setting of your stove. Once the onion turns clear, remove from the heat and put the water and mushrooms on in the pot you just used for the onions. Add the quinoa to the water and bring to a boil. Turn the stove down and stir constantly until almost all of the water is absorbed. Remove from heat and stir in ham, onion, and parmesan.

Sunday Breakfast

Instant oatmeal is the classic camp breakfast - it's easy, warm and filling. The oatmeal provides an energy kick but also has parts that longer to digest, keeping you fuller for longer. You can mix it up by adding honey, chocolate chips or dried fruit. My favourite is dried blueberries.

If you don't do it this way already - its highly recommended that you make the oatmeal in each individual bowl - it keeps it from getting too cold and sticky, and makes cleanup somewhat easier. This way you can also use any extra hot water for tea or cider.

I usually eat my oatmeal out of my mug, then have tea in the same mug, using my spoon to collect any leftover bits of oatmeal. A quick rinse and licking off my spoon, and ta-da!, no dishes.

Sunday Lunch

Lunch on Sunday can be similar to Saturday's - fruit, bread or crackers, and cheese and jerky. Or you can mix it up with the energy kick suggestion below. Either way, it should be simple and fast - no dishes or complicated prep, and if you can eat it on the go, thats even better.

Energetic Lunch Suggestion:

Wraps with peanut butter (if no one is allergic) with chocolate chips and fruit or veggies.

Snacks

Snacks can be almost anything, but sticking to trail mix, gorp, or granola bars will keep you fueled and feeling strong. Sugary snacks will give you a temporary boost of energy, but it will quickly fade, especially when you're hiking. Nuts will keep you fueled for longer and mixing in dried fruit will give you an energy rush when you need it.