



Menu Planning

It is difficult enough to plan a dinner party, especially when people have allergies to foods. It is sometimes even more frustrating and difficult when you are doing this on camp. The key to the success is in the planning.

Menu Planning Essentials

1. What meals do you need?

If you are going on a trip for 3 nights and four days what meals do you need to plan for. How many breakfasts, lunches and dinner along with snacks. This is a good starting point for your menu planning.

2. Gather your options.

In your Patrol try to think up your “dream menu” so you have lots of options for each meal. Let everyone give their ideas and be involved.

3. Decision time!

Not everyone in your group will like every single option so now it is time to reduce down your list where everyone will need to make compromises. Things to consider are food allergies, cost, nutritional value, weight (especially if it is for a hiking trip). Also be mindful of the amount of packaging in the food as you will need to manage your waste.

4. Costs

Everyone should be involved in the menu planning as everyone needs to eat but it is good to spread the jobs. One person should take charge of costs and maybe two or three to actually do shopping.

5. Share the load

Be sure to do up a fair roster for the cooking and cleaning along with the shopping and transport. Particularly with hiking activities be sure that the weight of the food is spread fairly amongst everyone the same way you would with your equipment.





Menu Planning Resources

Sometimes it is easier to plan when you can see everything. Also, using resources like this, over time, build up a large amount of ideas and information which can be used by you and

Menu Planning Resources

Fill in your menu for your trip for everyone to see easily so there is no confusion on the trip.

Day	Breakfast	Lunch	Dinner

Remember, if you are lucky you might not need to buy everything if you have permission to take from home or if there are food that might go off if not used while you are away.

take from home list

shopping list

Think of everything so you don't get caught out camping or on the hills. It is important to have the right food with you.

