



Hoadley Hide 2024

Menu Planning



When you're exploring the high seas and discovering treasure you may become hungry, so you need to be able to cook a nutritious meal to keep your strength up - Prepare a menu and 3 course meal, to be assessed.

Assessment: Prepare your meal as a patrol. If patrol members have separate dietary requirements, you can prepare separate meals to accommodate this. You must ensure all participating patrol members cook together.

Part 1:

Prepare a menu for the whole weekend (of 2 dinners, 3 lunches and 3 breakfasts).

When: to be made prior to arrival at Sunbury

Present at Pack inspection on arrival at Sunbury:

- Menu as an A4 typed or handwritten document, hard copy only.
- Show all food and snacks for the weekend.

Part 2:

Prepare and cook a meal for 'My Galley Rules', to be assessed, this will contribute to your overall scores.

When: Friday, 6:00PM

Present on Friday Night

- Patrol to present cooked 3 course meal to judges for scoring
- Patrol to discuss team participation, cooking method, nutrition etc

Required Meals

Your Menu must cover all meals from Friday Breakfast to Sunday Lunch.

Although you should prepare a menu for 2 dinners, 3 lunches, and 3 breakfasts, we will be providing dinner for everyone on Saturday evening. You will need to bring enough food for all other meals.

Do **not** bring food for Saturday dinner, or you will be carrying extra, unnecessary weight.

This is a **Nut Free Camp**, so please do not bring any nuts, this includes in your scroggin! If nuts are found at pack inspection they will be confiscated for the duration of the Hide.

PLEASE NOTE: The fires in the VOC are for warmth and not cooking.

OAS Statements that you will cover:

Creating your menu and handing it in will cover off the following OAS Statements:

Stage 4 Bushwalking

I can work with others to prepare a menu and food list for a weekend bushwalk.

Stage 5 Bushwalking

I know how to identify food and water requirements for multi-day bushwalks.

Cooking a three course assessed meal for 'My Galley Rules' will cover the following OAS Statement:

Stage 5 Camping

I can cook a 3-course meal using a camp oven, portable hike stove or open fire.

If you have any questions or concerns please email hoadleyhide@scoutsvictoria.com.au