

2nd Woodend - Black Forest Scout Troop

SAMPLE WEEKEND HIKE MENU & SHOPPING LIST

Meal	Menu	Notes
Friday Supper	Milo or Hot Chocolate – 2 tspns Sweet Biscuits or Slice of Cake	Milo or Hot Chocolate in container Biscuits/Cake in Gladwrap
Saturday Breakfast	Muesli Powdered Milk – 3 tspns Tea	Mix Muesli and powdered milk together in Ziplock Bag Tea Bag & Condensed Milk
Saturday Snack	Muesli Bar Banana/Apple/Mandarin Cordial	Tang Powdered Cordial – 1 tspn
Saturday Lunch	Sandwiches Banana/Apple/Mandarin Tea	Bring sandwiches & Fruit Tea Bag & Condensed Milk
Saturday Snack	Muesli Bar Chocolate Banana/Apple/Mandarin Cordial	Tang Powdered Cordial – 1 tspn
Saturday Dinner	2 x Sausages (pre-cooked) Pasta Mix Dessert: ½ cup Rice, Sultanas & Condensed Milk Tea	Packet Pasta Mix ½ Cup Rice Tube of Condensed Milk Small Packet Sultanas Tea Bag & Condensed Milk
Saturday Supper	Milo or Hot Chocolate – 2 tspns Sweet Biscuits or Slice of Cake	Milo or Hot Chocolate in container Biscuits/Cake in Gladwrap
Sunday Breakfast	Muesli (or Instant Porridge) Powdered Milk – 3 tspns Tea	Mix Muesli and powdered milk together in Ziplock Bag Tea Bag & Condensed Milk
Sunday Snack	Muesli Bar Chocolate Dried Fruit – small packet Cordial	Tang Powdered Cordial – 1 tspn
Sunday Lunch	Hard-boiled Egg Cheese 1 x Flat Bread or 6 x Vita-Weets Tea	Tea Bag & Condensed Milk

SHOPPING LIST

- 4 tspns Milo or Hot Chocolate (or 2 sachets)
- 2 x Slices of cake OR 6 sweet biscuits in Gladwrap
- 2 x Ziplock Bags of Muesli (or Instant Porridge) with mixed with 3 tspns powdered milk
- Tube of Condensed Milk
- 8 Tea-bags
- 8 tspns Tang powder in plastic screw-top container
- 4 x Muesli Bars
- 2 x small chocolate bars
- 2 x small packets sultanas (or dried fruit)
- 1 x Hard-boiled Egg
- 2-3 Slices Cheese
- Packet of Pasta mix
- 2 x Sausages (pre-cooked) OR tinned meat OR salami, etc
- 1 x Flat Bread or 6 x Vita-weet (or similar)
- ½ Cup Rice
- Sandwiches for lunch
- 3 pieces of fruit (Apple, Banana, Mandarin)