

CAMPFIRE COOKING

SESSION 1 (JUNE 26TH – JULY 21ST)

WEEK BY WEEK MENU



INSTRUCTORS: ERIC COHEN AND JAKE ISOLDA

WEEK 1 (JUNE 26TH – JULY 1ST)
 S'MORES CONES-INDIVIDUAL*
 POPCORN-INDIVIDUAL*



ALL GROUPS	INGREDIENTS	FOOD ALLERGY ALTERNATIVE
S'mores cones (foil wrap)	<ul style="list-style-type: none"> -Great Value Ice Cream Cones -Jet Puffed Mini Marshmallows -Sparrow Enterprise Chocolate Chips 	<ul style="list-style-type: none"> -Gluten Free Joy Cones -Dandies Marshmallows -Enjoy Life Vegan Chocolate Chips
Popcorn (foil packet)	<ul style="list-style-type: none"> -Snappy Popcorn -Vegetable oil -Salt 	

*ALL RECIPES WILL BE MADE IN AN INDIVIDUAL FOIL POUCH

WEEK 2 (JULY 3RD – JULY 7TH)
HOT DOG CRESCENT ROLLS* OR HOT DOGS-INDIVIDUAL*
CHEESY CAMPFIRE POTATOES-INDIVIDUAL*
BANANA CRUMBLE* - INDIVIDUAL*



1ST GRADE

INGREDIENTS

FOOD ALLERGY ALTERNATIVES

Hot Dog Crescent Rolls (on a stick)	-All Beef Hot Dogs -Crescent rolls -Mustard (optional)	- Vegan Hotdogs -not gluten free -Gluten Free Hotdog Buns
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2ND GRADE-UP

INGREDIENTS

FOOD ALLERGY ALTERNATIVES

Banana crumble (foil wrap)	-Bananas - Quaker Oats -Brown sugar -Butter (melted)/Oil -Salt	- Bob's Gluten Free Oats
Cheesy Campfire Potatoes (foil wrap)	-Baked potatoes -Shredded cheddar cheese -Butter/Olive Oil -Garlic powder (optional) -Salt and Pepper	- Violife Sliced Cheddar Cheese (contains coconut oil)

*ALL RECIPES WILL BE MADE IN AN INDIVIDUAL FOIL POUCH

WEEK 3 (JULY 10TH – JULY 14TH)
 TORTILLA PIZZAS-INDIVIDUAL*
 GRILLED CHEESE DOGS* OR HOT DOGS-INDIVIDUAL*
 BAKED APPLES* - INDIVIDUAL



1ST GRADE	INGREDIENTS	FOOD ALLERGY ALTERNATIVES
Pizza Tortilla (foil)	-Flour tortillas -Crushed tomatoes (canned) -Mozzarella cheese -Seasoning-oregano, garlic, black pepper	- Mission Gluten Free Tortilla - Violife Vegan Mozzarella Cheese (contains coconut oil)

2ND GRADE-UP	INGREDIENTS	FOOD ALLERGY ALTERNATIVES
Grilled Cheese Dog (skillet or foil)	-All Beef Hot dogs -Hot dog buns -Butter/Oil -Garlic powder -Onion powder -Shredded cheddar cheese	-Gluten Free Hotdog Buns - Vegan Hot Dogs -not gluten free - Violife Shredded Cheddar Cheese (contains coconut oil)
Popcorn (popper or foil packet)	- Snappy Popcorn -Vegetable oil -Salt	

*ALL RECIPES WILL BE MADE IN AN INDIVIDUAL FOIL POUCH

WEEK 4 (JULY 17TH – JULY 21ST)
 BANANA CRUMBLE* - INDIVIDUAL*
 SAUSAGE AND CHEDDAR CORNBREAD-SKILLET



1ST GRADE

INGREDIENTS

FOOD ALLERGY ALTERNATIVES

Banana crumble (foil wrap)	<ul style="list-style-type: none"> -Bananas -Quaker Oats -Brown sugar -Butter (melted)/Oil -Salt 	<ul style="list-style-type: none"> -Bob's Gluten Free Oats
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2ND GRADE-UP

INGREDIENTS

FOOD ALLERGY ALTERNATIVES

Sausage and Cheddar Cornbread (skillet)	<ul style="list-style-type: none"> -Vegetable oil -Pork sausage -Corn muffin mix -Diced onion -Cheddar cheese (shredded) -Milk -Egg 	<ul style="list-style-type: none"> -Bob's Red Mill Gluten Free Cornbread Mix -Bob's Red Mill Egg Replacer -Violife Shredded Cheddar Cheese (contains coconut oil)
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*ALL RECIPES WILL BE MADE IN AN INDIVIDUAL FOIL POUCH