

Girl's Camp Menu

This is an outline of the meals prepped and made for a large church girl's camp. The first three meals were served to a smaller group of youth and adult leaders (about 60). The rest of the meals were served to 260-325 people.

Please see the post for other details, tips and information:
<https://www.melskitchencafe.com/how-to-plan-food-for-girls-camp>

| Hawaiian Haystacks Dinner (for 60) | | |
|------------------------------------|---|--|
| Meal | Recipe Used + Details | Quantities |
| Hawaiian Haystacks | Used this recipe but made the entire batch <i>gluten-free using cornstarch instead of flour</i> . Made it the day before, refrigerated it, and reheated up at camp. | <i>8X batch fed 60 people</i> |
| Rice | Cooked the rice up at camp (baked it by combining 8 cups rinsed rice + 1 1/2 tablespoon salt in a large disposable roasting pan and pouring over 2 1/2 quarts boiling water, covering the pan tightly with aluminum foil and baking at 350 degrees F. for 45 minutes. Let sit 10 minutes, then fluff) | <i>15 cups <u>dry</u> long grain white rice for 60 people</i> |
| Toppings | Served it with chow mein noodles, chopped tomatoes, chopped olives, canned and drained mandarin oranges and pineapple tidbits, shredded cheese, and a few other random toppings. When the youth leaders were helping plan girl's camp, this was their top requested meal. 😊 | <i>One #10 can of mandarin oranges and pineapple tidbits was plenty. Planned about 16 cups each of most fresh toppings and 18-20 cups of shredded cheese (1/4 cup cheese per person)</i> |
| Homemade Rolls | Made and froze this recipe for French bread rolls ahead of time. <i>Allergy Friendly Variation: used gluten-free biscuits (details under "Tuesday breakfast").</i> | <i>Planned for two rolls per person</i> |
| Grapes | Served red and green grapes; cut the grapes into small bunches | <i>3 (4-lb) containers</i> |
| Brownies + Ice Cream | Made this recipe ahead of time - baked, cooled, cut into squares and frozen (thawed before serving). <i>Allergy Friendly Variation: made these delicious gluten-free boxed brownies {aff. link}; had GF/EF blondie bars.</i> | <i>Made five batches and cut each 9X13-inch pan into 12 servings. 7 quarts of vanilla ice cream</i> |

Tater Tot Breakfast Bake (for 60)

| Meal | Recipe Used + Details | Quantities |
|--|--|---|
| Overnight Tater Tot Breakfast Casserole | <p>Made this recipe and froze (unbaked) ahead of time. When prepping, we assembled double batches into large disposable baking pans rather than making seven 9X13-inch pans. Lesson learned: it took a lot longer to thaw than anticipated which meant it needed a longer baking time.</p> <p><i>Allergy Friendly: this meal is naturally gluten-free (double check tater tots and sausage for gluten ingredients); we didn't have any egg-free eaters in this group.</i></p> | <p><i>7X batch fed 60 people</i></p> |
| Biscuits Butter/Jam | <p>A church member donated biscuits from a local bakery for this morning - we reheated and served them with butter and jam. They were a hit.</p> <p><i>Allergy Friendly Variation: I made a batch of gluten-free biscuits (this recipe with gluten-free flour) ahead of time and we baked them that morning.</i></p> | <p><i>Planned on two biscuits per person but could have planned for one biscuit per person and been fine</i></p> |
| Orange Slices | <p>Used one 20 pound box of oranges knowing we would have leftovers (we used the leftover orange slices for snack time in the afternoon).</p> | <p><i>15-18 sliced oranges for 60 people</i></p> |
| Milk Hot Chocolate Apple Cider | <p>Hot chocolate and apple cider were the hit of girl's camp (so much so that we had to stop putting it out so early in the morning because the girls were drinking multiple cups of it and then not wanting breakfast). Every night before bed, we boiled water on the stove and poured it into four 5-gallon insulated water coolers. It was plenty hot the next morning. Lesson learned: no one really drank milk for breakfast.</p> | <p><i>Planned for one hot chocolate packet per person per morning and one apple cider packet for every four people per morning.</i></p> |

Ham + Cheese Croissant Lunch (for 60)

| Meal | Recipe Used + Details | Quantities |
|-------------------------------------|---|---|
| Warm Ham + Cheese Croissants | <p>Prepped these up at camp using Costco croissants. Brushed this mixture on both sides of the croissant: 1/2 cup melted butter + 4 tablespoons Dijon mustard + 3 tablespoon honey + 1/4 teaspoon salt + pinch of pepper (14X'd this mixture) followed by thinly shaved deli ham and sliced cheddar cheese. Put the assembled croissants in lined electric roasters and covered with foil + lid and heated at 200 degrees for a couple hours until the cheese was melted (watch carefully because the croissants tucked in the corners can burn).</p> <p><i>Allergy Friendly Variation: made a version of this sandwich in a sanitized panini press with gluten-free bread.</i></p> | <p><i>Planned for one croissant per person. We cut them in half before serving; about 1/3 of the group only took half a sandwich so we had some leftover</i></p> |
| Chips | <p>Used lunch bag-sized chips from Costco in a variety box.</p> | <p><i>Only about 2/3 of the group took chips - served extras for another lunch and snack time</i></p> |
| Veggies + Ranch | <p>Offered cucumbers, grape tomatoes, carrots and celery. The cucumbers and grape tomatoes were by far the biggest hit (hardly anyone opted for celery). Served the ranch in two large bowls with small ladles.</p> | <p><i>12-15 sliced English cucumbers; 3 (2-lb) containers grape tomatoes; 4 (2-lb) bags baby carrots; 2 (1-gallon) jugs of ranch lasted for three lunches</i></p> |
| Apple Slices | <p>Cored and sliced the apples and served on large trays.</p> | <p><i>24 medium apples for 60 people</i></p> |
| Cookies | <p>One of my committee members made delicious chocolate chip oatmeal cookies (baked, frozen and thawed).</p> <p><i>Allergy Friendly Variation: had many GF/EF cookie options (see Tip #2 in the post).</i></p> | <p><i>Planned for one cookie per person</i></p> |

Baked Ziti Meal (for 260-270)

| Meal | Recipe Used + Details | Quantities |
|--|--|---|
| Baked Ziti | <p>Ended up just being a lazy pasta bake using this recipe. Originally we had planned to assemble and freeze this ahead of time, but when we realized the astronomical amount of freezer space we would need for that many pans of pasta bake (and fridge space up at camp), one of my committee members suggested we tackle it between lunch and dinner, and although it was insanely busy (boiling pasta, simmering sauce, assembling and baking), it worked out.</p> <p><i>Allergy Friendly Variation: in a separate pot, we boiled gluten-free/egg-free noodles and made a separate GF/EF batch.</i></p> | <p><i>17X batch of the recipe fed 260 people</i></p> |
| Breadsticks | <p>A local bread outlet (Franz) gave us a discount for most of our bread products, including Seattle International brown 'n serve breadsticks. We brushed them with olive oil + Johnny's garlic spread seasoning and heated them on the griddles in the camp kitchen.</p> <p><i>Allergy Friendly Variation: used Trader Joe's gluten-free toasted English muffins.</i></p> | <p><i>Planned for two breadsticks per person; could have gotten by with one breadstick per person (some took two, others didn't take any)</i></p> |
| Caesar Salad | <p>Used the Caesar salad packets from Costco. HUGE hit.</p> | <p><i>Used about 22 bags for 250-ish people. Each bag serves about 12</i></p> |
| Watermelon | <p>Cut the watermelon into sticks and served in large stainless serving bowls</p> | <p><i>4-5 large watermelon serves 260 people</i></p> |
| Giant Cookies | <p>Made these blended oatmeal chocolate chip cookies bakery-style (larger than normal - two #40 scoops per cookie).</p> <p><i>Allergy Friendly Variation: made a gluten-free batch (with gluten-free flour and gluten-free oats) and also offered heavenly hunks for GF/EF option.</i></p> | <p><i>Planned for one cookie per person. Served any extras at snack times</i></p> |
| Root Beer Floats (Late Night Snack) | <p>This was requested by the leaders in charge of planning camp. One of my committee members made a run into the small town 45-minutes away for the ice cream because we didn't have freezer space.</p> | <p><i>10 gallons vanilla ice cream; 16 liters of root beer (for 200 servings)</i></p> |

French Toast Breakfast (for 260-270)

| Meal | Recipe Used + Details | Quantities |
|---|---|---|
| French Toast | <p>Used Texas Toast bread (donated/discounted from local Franz bakery outlet). Whisked together milk and eggs for dipping and cooked the French Toast on two large griddles in camp kitchen and kept warm in large roasting pans covered with foil in the oven.</p> <p><i>Allergy Friendly Variations: used gluten-free bread (cooked in a separate sanitized skillet) and used a store bought vegan egg substitute for egg-free girls (cooked in a separate skillet also).</i></p> | <p><i>400 slices of French Toast (about 25 loaves) for about 260 people. Used about 16 dozen eggs and 3-4 gallons milk</i></p> |
| Scrambled Eggs | <p>Added scrambled eggs for a heartier breakfast.</p> | <p><i>Scrambled 28 dozen eggs for about 175 servings</i></p> |
| Butter Syrup Jam | <p>Used tubs of spreadable butter. Syrup was much more popular than jam, but even still, we didn't go through nearly as much syrup as we thought we needed.</p> | <p><i>Two large tubs of spreadable butter; 1 1/2 (64-ounce) jugs of syrup</i></p> |
| Sausage Links | <p>Heated these in the oven in disposable aluminum pans. Purchased the turkey sausage links from Costco. We planned for two sausage links per person but had a lot leftover.</p> <p><i>Allergy-Friendly Variations: bought sausage that was egg- and gluten-free.</i></p> | <p><i>1 - 1.5 sausage links per person</i></p> |
| Milk OJ Hot Choc Apple Cider | <p>As mentioned under "Tuesday Morning - Breakfast" very few people drank milk or OJ for breakfast in favor of drinking hot chocolate and apple cider.</p> | <p><i>Planned for one hot chocolate packet per person per morning and one apple cider packet for every four people per morning.</i></p> |

Walking Tacos Lunch (for 260-270)

| Meal | Recipe Used + Details | Quantities |
|--------------------------|---|---|
| Walking Tacos | Used this recipe (deliberately because the rice helped stretch the ground beef and made it heartier). <i>Allergy Friendly Variation: this recipe is naturally gluten-free.</i> | <i>22X recipe for 260-270 servings</i> |
| Corn Chips | Purchased 2-ounce bags of corn chips (found them online; harder to find than 1-ounce bags). Some piled filling and toppings inside the bag; others dumped bag of chips onto plate and loaded up that way. | <i>Planned for one bag of chips per person</i> |
| Toppings | Provided lettuce, sour cream, shredded cheese, salsa, olives, chopped tomatoes. | <i>7 Costco packs of romaine (with six romaine hearts in each package) 1 (64-ounce) jar of salsa; 5 (2.5-lb) bags of Mexican shredded cheese; 2 #10 cans sliced olives; 4 (3-lb) tubs sour cream; 30 cups chopped tomatoes (about 30 medium tomatoes)</i> |
| Cuties (Oranges) | In hindsight, we did not need a fruit side dish for this meal. Very few people took a clementine cutie with their meal. | <i>Planned for one cutie per person. Ended up serving them for snack since they didn't get eaten at dinner</i> |
| Veggies + Ranch | Offered cucumbers, grape tomatoes, carrots and celery. The cucumbers and grape tomatoes were by far the biggest hit (hardly anyone opted for celery). Served the ranch in two large bowls with small ladles. | <i>12-15 sliced English cucumbers; 3 (2-lb) containers grape tomatoes; 4 (2-lb) bags baby carrots; 2 (1-gallon) jugs of ranch lasted for three lunches</i> |
| Homemade Caramels | Used this recipe and made these two weeks in advance and kept them stored in a tightly covered container at cool room temperature. <i>Allergy Friendly Variation: these caramels are naturally gluten- and egg-free.</i> | <i>Planned about two caramels per person. Made five double batches (equates to five 9X13-inch pans of caramels).</i> |

Pulled Pork Sandwich Meal (for 260-270)

| Meal | Recipe Used + Details | Quantities |
|-------------------------------|--|--|
| Pulled Pork Sandwiches | <p>Made this pork recipe in advance (cooking large quantities in electric roasters), shredded, and froze it (without BBQ sauce). Used the brioche buns from Costco - they are quite large; smaller buns would have been just fine.</p> <p><i>Allergy Friendly Variations: used gluten-free hamburger buns from Trader Joe's.</i></p> | <p><i>Cooked 80 pounds of boneless pork shoulder for 270 people (calculated 1/3 pound raw meat per person); one bun per person</i></p> |
| BBQ Sauce | <p>Served the BBQ sauce separately for people to add to their sandwich.</p> | <p><i>5 gallons BBQ sauce</i></p> |
| Potato Salad | <p>We bought prepared potato salad and scooped it out and served it in large bowls. About half the group took a serving of potato salad (which is what we figured in advance).</p> | <p><i>8 (3-lb) tubs of potato salad for 130-140 servings</i></p> |
| Watermelon | <p>Cut the watermelon into sticks and served in large stainless serving bowls</p> | <p><i>4-5 large watermelon serves 260 people</i></p> |
| Corn | <p>This was probably the favorite part of this dinner (heard a lot of rave reviews). Mixed a variety of white and yellow frozen corn in large disposable aluminum pans with 1/4 cup sugar and 2 tablespoons butter for every 5 pounds of corn; cover with foil and heat in the oven at 350 degrees F just until heated through (don't want it to over cook or boil); stirred well before serving and gave it a good sprinkle of salt.</p> | <p><i>8 (5-lb) bags frozen corn (variety of white and yellow)</i></p> |
| S'Mores Cookie Bars | <p>Used this recipe and made it into bar form by tripling the batch and dividing the triple batch between two half sheet pans (baked for about 25 minutes). Cut into squares (24 servings from each sheet pan), froze in ziploc bags and thawed before serving.</p> <p><i>Allergy Friendly Variation: served gluten-free cookies from Tuesday (still fresh in the fridge) and these egg-free cookies. Had heavenly hunks available for GF/EF option.</i></p> | <p><i>Made 12 sheet pans of bars (four triple batches)</i></p> |

Bagel Cream Cheese + Yogurt Parfait Breakfast (for 260-270)

| Meal | Recipe Used + Details | Quantities |
|------------------------------------|--|--|
| Bagels | Served plain bagels and blueberry bagels (purchased these at a significant discount from Franz local bakery outlet). Did not toast or heat them up prior to serving. <i>Allergy Friendly Variation: served gluten-free bagels from Trader Joe's.</i> | <i>30 (6-ct) bags of bagels (most preferred plain bagels)</i> |
| Cream Cheese | Served a variety of plain and flavored WHIPPED cream cheeses (important to serve the whipped cream cheese for easy spreading, especially if eating outdoors on a chilly morning with the cream cheese cold). Flavored cream cheese (strawberry and blueberry) was much more popular than plain cream cheese. | <i>20 cups whipped cream cheese</i> |
| Yogurt | Served vanilla, strawberry and peach yogurt. If doing it again, would only serve vanilla, especially with all the toppings (the vanilla yogurt went first and ran out). | <i>1500 ounces yogurt</i> |
| Granola + Toppings | Served honey oat granola (purchased in bulk at US Foods) - the texture was very piecey (not clumpy) and was perfect for yogurt parfaits (and stretched further than cluster granola). Served blueberries, bananas and chopped strawberries. Strawberries were much more popular than blueberries (and bananas not popular at all). The most popular topping was mini chocolate chips! <i>Allergy Friendly Variation: had gluten-free granola available. All granola was nut-free.</i> | <i>10 pounds granola 40 pounds strawberries, chopped 5 pounds blueberries 15-18 cups mini chocolate chips</i> |
| OJ + Hot Choc + Apple Cider | As mentioned under "Tuesday Morning - Breakfast" very few people drank milk or OJ for breakfast in favor of drinking hot chocolate and apple cider. | <i>Planned for one hot chocolate packet per person per morning and one apple cider packet for every four people per morning.</i> |

Meatball Subs Lunch (for 260-270)

| Meal | Recipe Used + Details | Quantities |
|---------------------------|--|---|
| Meatball Subs | <p>Heated store bought frozen meatballs in marinara sauce in large electric roasters. Served on sturdy hoagie buns (definitely need a sturdy bun for these). Assembled by sprinkling mozzarella cheese on bun FIRST (so it would melt), followed by 4 meatballs and sauce. This was one of the most popular meals! The girls loved it. Also, this was the ONLY meal we dished up for the girls, which went fast (two lines) and was a really good idea in hindsight.</p> <p><i>Allergy Friendly Variation: made batch of GF/EF meatballs and froze for camp; heated them in sauce separate from main batch. Served on GF hot dog buns from Trader Joe's.</i></p> | <p><i>6 (6-lb) bags frozen meatballs 16 #10 cans marinara (Roseli brand) 8 (2-lb) bags of shredded mozzarella cheese</i></p> |
| Chips | <p>Used lunch bag-sized chips from Costco in a variety box.</p> | <p><i>Only about 2/3 of the group took chips - served extras for snack time</i></p> |
| Veggies + Ranch | <p>Offered cucumbers, grape tomatoes, carrots and celery. The cucumbers and grape tomatoes were by far the biggest hit (hardly anyone opted for celery). Served the ranch in two large bowls with small ladles.</p> | <p><i>12-15 sliced English cucumbers; 3 (2-lb) containers grape tomatoes; 4 (2-lb) bags baby carrots; 2 (1-gallon) jugs of ranch lasted for three lunches</i></p> |
| Grapes | <p>Served red and green grapes; cut the grapes into small bunches</p> | <p><i>15 (3-lb) containers</i></p> |
| Swig Sugar Cookies | <p>Used this recipe (used baking powder in place of cream of tartar). These cookies freeze great even frosted and sprinkled. Bake them, frost them, add sprinkles, then place in a single layer on a baking sheet and freeze. Place frozen cookies in ziploc bags (can double layer - add parchment or wax paper in between layers) and freeze.</p> <p><i>Allergy Friendly Variation: made gluten-free batch using gluten-free flour 1:1 in recipe. Offered egg-free cookies as well. Had heavenly hunks available for GF/EF option.</i></p> | <p><i>Made 250 regular cookies; 1 dozen GF cookies</i></p> |

Cafe Rio Meal (for 325)
extra visitors/leaders joined us for this meal

| Meal | Recipe Used + Details | Quantities |
|-------------------------------|--|---|
| Cafe Rio Pork | Made this pork recipe in advance (cooking large quantities in electric roasters), shredded, and froze it (without the finishing sauce and spice mixture - brought both those things up to camp and combined with the pork to reheat in electric roasters). <i>Allergy Friendly Variations: used gluten-free ingredients for the pork.</i> | <i>Cooked 98-100 pounds of boneless pork shoulder for 325 people (calculated 1/3 pound raw meat per person)</i> |
| Black Beans | Heated black beans with store bought salsa in electric roasters. | <i>5 #10 cans black beans, drained 2 (64-ounce) jugs salsa</i> |
| Cilantro Lime Rice | Cheated here and bought cilantro lime rice from Costa Vida with the savings from discounted/donated bread (someone brought the rice up to us midweek); boiled the bags of rice in water until hot and kept warm in electric roasters to serve. | <i>50 pounds rice</i> |
| Tortillas | Planned for 275 tortillas (for a group of 325) which ended up about right. <i>Allergy Friendly Variation: offered gluten-free tortillas.</i> | <i>275 flour tortillas 12 GF tortillas</i> |
| Toppings | Provided lettuce, sour cream, shredded cheese, salsa, olives, chopped tomatoes and guacamole. We used less toppings this night than we did when serving walking tacos. | <i>5 Costco packs of romaine (with six romaine hearts in each package) 1 (64-ounce) jar of salsa; 4 (2.5-lb) bags of Mexican shredded cheese; 2 #10 cans sliced olives; 3 (3-lb) tubs sour cream; 20 cups chopped tomatoes 4 Costco packs guacamole</i> |
| Cilantro Lime Dressing | A committee member made all the cilantro lime dressing using this recipe and brought it up to camp the day of with other groceries. We served it in large squeeze bottles. | <i>12X batch of cilantro lime dressing</i> |
| Watermelon | Cut the watermelon into sticks and served in large stainless serving bowls. We got by with less watermelon this night because the meal was so hearty. | <i>4-5 large watermelon served 300+ people</i> |

Grab-and-Go Breakfast (for 260-270)

| Meal | Recipe Used + Details | Quantities |
|----------------------------|--|---|
| Leftovers from week | <p>Initially we were going to have someone coming up for Thursday night's dinner bring us 250 Costco muffins for the grab-and-go breakfast the next morning (this is the morning everyone was packing up and leaving camp).</p> <p>However, we had so many leftovers to use: orange slices, bagels, bananas, snacks (granola bars, applesauce packets, etc) that we only ended up purchasing 100 costco muffins and cut them in half.</p> <p>The girls had PLENTY to put in their breakfast bags and they were home by noon.</p> | <p><i>270 paper bags</i> <i>100 Costco muffins -</i> <i>variety of flavors, cut in half</i></p> |