

Encampment meal options – Balboa Campus

Your options for meals depend on group size and training and available time for cooking. Consider which option works best for each meal:

1. Each troop (or 2-3 troops together) brings food and cooks according to troop volunteers' level in our outdoor training progression.
2. Encampment directors bring food.
 - a. Order from a restaurant.
 - b. Purchase packaged food from a grocery store for sack lunches, monkey breakfast, etc.
3. Encampment directors work with a licensed professional caterer or licensed mobile food vendor.

In this document, you'll find some specific ideas. Feel free to seek out other restaurants, caterers and menus. To allow for more activities, go for mostly simple meals, and choose just one per day to spend significant time on.

Always keep potentially hazardous food (e.g. dairy, meats) out of the danger zone (40°F-140°F) by storing and cooking foods properly. Clean and sanitize cookware and utensils after each use.

1. Each troop (or 2-3 troops together) brings food and cooks according to troop volunteers' level in our outdoor training progression.

- a. Basic Overnights — Adults cook; girls assist with some prep.
- b. Let's Camp — Adults and girls carry out basic indoor cooking.
- c. Let's Cook Out — Adults and girls cook outdoors (BBQs, campfire cooking, box ovens, etc.)

Troops will need to:

- Bring their own mess kits/plates and utensils.
- Purchase and store their own food (refrigerator space is limited; some troops will need to use coolers).
- Provide their own cleanup supplies (wash bins, soap, bleach, etc).
- Be prepared to bring any specialized cooking supplies (like charcoal, box ovens, and pots, pans and utensils for outdoor cooking).
- Be aware of the equipment and space available for the whole group to share. Prior to the event, you can put troops in contact with each other so they can plan for their shared space, create a signup process for the space or equipment for them to plan around, or map out designated areas.

Indoor menu ideas

Keep in mind: No raw meats are to be cooked in cabin kitchens.

Breakfast: Oatmeal, oatmeal toppings, fruit, yogurt, juice/milk
Pancakes, sausage, fruit, yogurt, juice/milk
Waffles, eggs, sausage, fruit, yogurt, juice/milk

Lunch: Soup, breadsticks or grilled cheese, fruit, veggies
Quesadillas, refried beans, chips, salsa, guacamole, veggies

Lunch/dinner: Chili, baked potatoes, cheese, sour cream, veggies/salad

Personal pizzas, veggies/salad, chicken strips
Chili, hot dogs, cheese, sour cream, chips, veggies/salad
Tacos/burritos, cheese, sour cream, salsa, chips, beans, lettuce
Mac & cheese, chicken nuggets, veggies/salad
Dinner: Pasta, meatballs, marinara, garlic bread, salad
Foil dinners, garlic bread, rice, salad

The following pages contain suggested shopping lists and minimal prep (but not cooking) instructions for the menus listed above. Portions are estimates; older campers (teens and adults) will eat more than younger campers, and troop leaders should adjust based on their personal knowledge of their group. Please consider all allergies and dietary needs when planning your menu (provide an alternative or arrange for a camper to bring her own meal if necessary). Try modifying these ideas for outdoor cooking, too!

2. Encampment directors bring food.

a. Order from a restaurant.

Plan ahead and allow the restaurant time to process large orders. Keep to a schedule to minimize the time food is sitting out.

See below for some food options near our campus. Many, but not all, offer delivery and may include plates, napkins, etc.

\$ = \$3 or less per person; **\$\$** = \$3-\$5 per person; **\$\$\$** = over \$5 per person

Papa John's papajohns.com **\$**

1280 University Ave., San Diego, CA 92103, (619) 297-7272 • Carryout and delivery • Future orders, online and phone • Plates and napkins (possibly)

Place credit card orders up to 3 days in advance and cash orders up to 21 days in advance, choosing a specific pickup or delivery time. On request, the manager may arrange for plates and napkins with large orders. No maximum order. A large pizza serves 5-6 campers. Supplement with salad or a veggie platter and condiments from the grocery store. About \$2.50 per person.

Costco costco.com **\$**

2345 Fenton Pkwy, San Diego, CA 92108, (619) 358-4000 • Carryout only, large orders • Future orders, phone or in-person • Plates and serving utensils provided

To make large food court orders, arrange at least 24 hours in advance; you may be asked to pay ahead of time for very large orders. A pizza serves 6-8, and 10 hot dogs serve about 8. You can purchase sides, including chips, salad and fruit, inside the store, along with a few bottles of condiments for large orders of hot dogs if not enough is available outside. Great for a Friday night meal or lunch for large groups needing a super simple meal plan.

Panera cater.panerabread.com **\$\$\$**

1270 Cleveland Ave., San Diego, CA 92103, (619) 849-8606 • Carryout and delivery, large orders • Future orders, phone for all orders, online for groups of 5-60 • Plates and serving utensils provided

Most of the menu is eligible for catering. For breakfast, customize your order from an assortment of bagels and cream cheese varieties, and ask them to cut the bagels if desired. A dozen bagels with a

cream cheese tub serves 12 at less than \$1.50 apiece. Coffee is available; pick up creamer, cups and sugar from the grocery store. For lunch, the assorted sandwiches box (10 halves, customizable) comes with 5 bags of chips and 5 pickle spears, and could serve 10 at about \$6 per person, plus the cost of more chips. An easy lunch option for smaller groups.

Einstein Bagels sandiego.einsteinbros.com \$-\$\$

420 Robinson Ave. Suite B, San Diego, CA 92103, (619) 295-1510 • Carryout and delivery (fee), large orders • Future orders, phone • Plates and serving utensils provided

The online ordering system is very user friendly. Due to their flat rate delivery fee, we recommend pickup for smaller orders. Customize your assortment of bagels and cream cheese varieties. Their Bagels and Smear Nosh Box of 24 bagels and 4 tubs of cream cheese serves 16-20; for a larger breakfast, order an extra baker's dozen for every 3 Nosh Boxes (there will be plenty of cream cheese). You can supplement with yogurt and fruit purchased at a grocery store. Coffee is available in sets of 10 servings, including creamers, cups and sugars, at \$1.60 per person. For lunches, they offer a group option of 10 sandwiches, wrapped and cut in half, which serves about 15 at less than \$5 per person. While the sandwiches are especially cost effective, the flavor combinations may be more popular with older campers than younger.

Panda Express pandaexpress.com \$\$

120 Washington St., San Diego, CA 92103, (619) 297-1326 • Large orders, carryout only • Future orders, online and phone • Plates and serving utensils provided

Order online up to 1 month in advance. Don't use the catering link, but go through normal ordering and select from party trays. The 4 side, 4 entrée option could serve 60-70 if most are children; each pan pair of a side and entree serves 12-14, and you can add extra entrées or sides. Recommended order: 2 steamed rice, 1 chow mein, 1 fried rice, 1 orange chicken, 1 broccoli beef, 2 grilled teriyaki chicken and 2 add on pans of mixed vegetables. A great hot meal option for a large group with a tight budget. Note: Due to supplementary ingredients and shared equipment, Panda Express does not consider any non-meat items vegetarian or guarantee that any item is gluten free. If you have any strict vegetarian or gluten-free attendees, you will need to arrange other food for them (like microwaveable grocery store items).

Subway subway.com \$\$

10 locations within 2 miles of Balboa Campus; closest: 1252 University Ave., San Diego, CA 92103, (619) 497-0195 • Carryout only, large orders • Future orders, online and phone

Subway's catering service has limitations: They require 24-hour notice, and offer a smaller variety of food than the full store menu. The 3-foot giant sub runs \$4 per person. Subway is a better option for small groups who want to make individual orders.

Chipotle chipotle.com/catering \$\$\$

734 University Ave., Unit C, San Diego, CA 92103, (619) 209-3688 • Carryout only, large orders • Future orders, phone • Plates and serving utensils provided

Requires 24-hour notice for catering; willing to take orders months in advance. Their (non-customizable) catering spread includes holding pans and sterno fuel to keep the food hot in the buffet line, as well as plates, napkins, forks, serving spoons and tongs for the number you specify. See the excellent FAQ on their website for tips on setting up a buffet. If you stick to lower cost meals the rest of the weekend, this is a great way to have a big, easy meal.

b. Purchase packaged food from a grocery store for sack lunches, monkey breakfast, etc.

Vons (or Albertsons*) www.vons.com/ShopStores/Deli.page

515 W. Washington St., San Diego, CA 92103, (619) 220-0195

See the “Entertaining Services” brochure on the Vons deli webpage. They offer sandwiches on rolls, wraps, salads, deli platters, condiment platters, veggie platters, fruit platters, chicken wings, fried chicken, bagels, muffins, desserts and more. You’ll need to call to get prices, ask questions and order. Limitations may apply based on date. If you need to purchase large quantities of a specific item, call 24 hours in advance and ask if they have limit policies or can hold items for you. Look for coupons to save some money on your purchase.

*The nearest Albertsons is downtown; if you have one near you, check out the online ordering page at alberstons.com for similar items.

Costco costcobusinessdelivery.com

7803 Othello Ave., San Diego, CA 92111 (Business center)

This Costco location is geared toward stocking businesses, so they have more individually wrapped options in bulk. For sack lunches, you can buy bread, a variety of deli meats, sliced cheese, individual packages of chips and cookies, juice boxes, condiment bottles or packets, assorted fruits and bags for campers to put them in. Inquire about business delivery; if your order is large enough, it could be delivered directly to campus.

Suggested Costco shopping list:

Sack lunches

Bread or tortillas — 2 slices bread or 1 tortilla of 12+ inches per person **(pp)**

Deli meat — Hillshire Farm Deli Select (2 types of turkey, 1 of ham), 2-3 oz. pp

Sliced cheese — Cheddar 30 ct, 1-1.5 slices pp

Condiments — 1 mayo packet pp (200 ct. box); mustard bottles, 30 oz., 2 ct. (enough for 100 people)

Assorted chips — Frito Lay Classic mix 1 oz. (54 ct.) or Frito Lay Classic mix 2 oz. (and other sizes), 30 ct.

Assorted fruit — 1 fruit pp; oranges, 88 ct.; bananas (about 3 bananas per lb.); fresh sliced apples, 10 ct

Juice — Capri Sun variety, 40 ct. (1 juice pp)

Cookies — Grandma’s Cookies, 33 ct. of 2 packs of decent sized cookies; campers can share packs or take one package each

Bags — Duro Bag #6 or #4 (500 ct); you can also get sandwich bags, or if campers will eat right away, get paper plates or paper towels

Juice — Individuals (younger campers won’t finish more than 8 oz.) or gallon jug and cups (8 oz. pp)

Assorted fruit — 1 fruit pp; oranges, 88 ct.; bananas, 3 lb. (about 3 bananas per lb.); fresh sliced apples, 10 ct., strawberries (1 lb. serves 12-16)

Monkey breakfast

Bagels — With 2 oz. bagels, 1.5 per person **(pp)**; with 4 oz. bagels, 1 pp

Cream cheese — Philadelphia packets, 50 ct. (1 pp)

Go-Gurt — Assorted flavors, 32 ct. (1 pp)

3. Encampment directors work with a licensed professional caterer or licensed mobile food vendor.

Certain caterers and food trucks can come to the property and provide meals for larger groups for a set period of time.

Food trucks sdfoodtrucks.com

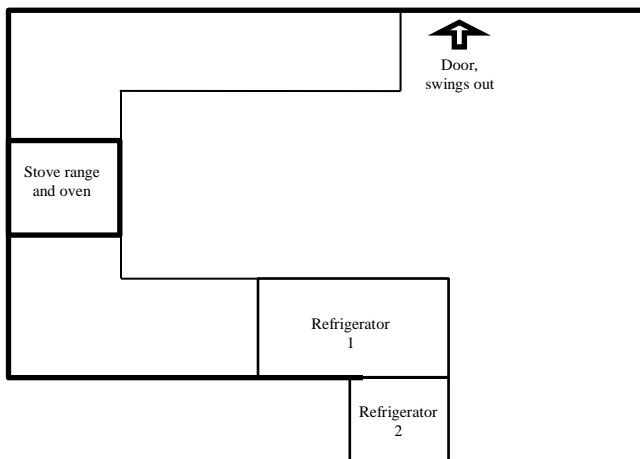
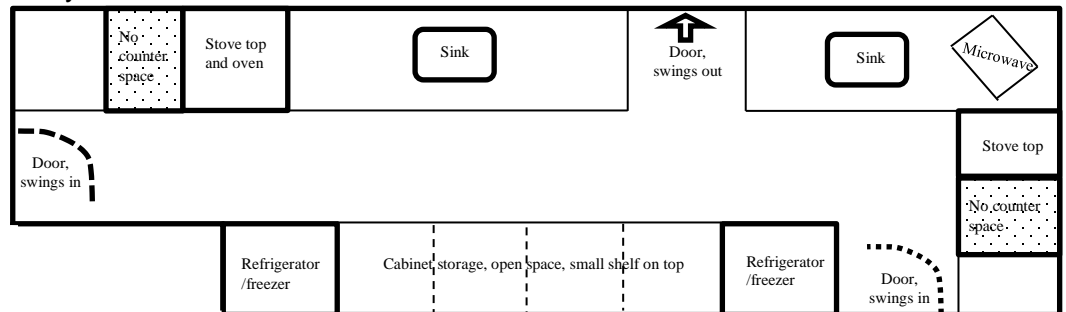
Visit this site's "book a truck" feature and enter your event information. The site will connect you to one or more food trucks that may be available. From there, figure out your per person amount and find the truck that best suits the size of your group, the type of food they want, and your budget. Mention that the truck will be on Girl Scout property serving Girl Scouts of all ages, and how much per person you can pay. (Most trucks will cost at least \$5 per person).

Caterers

Most caterers are geared towards large events and major celebrations that involve sit down service or a staffed buffet line. Out of all the options, this has the highest cost per person. If you do hire a caterer, they need to have a permit issued by the city or county health authority. If they need facilities to prepare or heat any of their food, the cabin on Level 3 will be equipped for caterer use when completed (for specifics on equipment available, please email Virginia "tang" Gabardy at vgabardy@sdgirlscouts.org). They are responsible for cleaning up after themselves and returning everything to how they found it.

Levels 1 and 2 kitchen layout:

Recommended:
Set up a prep station outside the kitchen, as the kitchens are narrow and get crowded easily, and set up buffet line outside.



Level 3 kitchen layout

The kitchen in the lodge on level 3 was designed for food service. It would be the ideal place to store and serve food for a monkey breakfast or sack lunch, and is also a good place to set up a buffet line for food purchased at a restaurant.