

CAMPFIRE COOKING

SESSION 1 (JUNE 24TH – JULY 19TH)

WEEK BY WEEK MENU



INSTRUCTORS: ERIC COHEN AND JAKE ISOLDA

WEEK 1 (JUNE 24TH – JUNE 28TH)
 S'MORES CONES-INDIVIDUAL*
 POPCORN-INDIVIDUAL*



ALL GROUPS

INGREDIENTS

FOOD ALLERGY ALTERNATIVE

S'mores cones (foil wrap)	<ul style="list-style-type: none"> -Joy Cake 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 1ST- JULY 5TH)
 HOT DOG CRESCENT ROLLS* OR HOT DOGS-INDIVIDUAL*
 GRILLED CHEESE DOGS* OR HOT DOGS-INDIVIDUAL*
 BAKED APPLES* - 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 - Udi's Gluten Free Hotdog Buns
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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	- Udi's Gluten Free Hotdog Buns - Vegan Hot Dogs -not gluten free - Violife Shredded Cheddar Cheese (contains coconut oil)
Baked Apples (foil wrap)	-Apples -Brown sugar -Vanilla	

*ALL RECIPES WILL BE MADE IN AN INDIVIDUAL FOIL POUCH

WEEK 3 (JULY 8TH – JULY 12TH)
 TORTILLA PIZZAS-INDIVIDUAL*
 HOMEMADE CHEESE PIZZA-INDIVIDUAL*
 POPCORN-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
Pizza (foil)	No-yeast dough† Crushed tomatoes (canned) Mozzarella cheese Seasoning-oregano, garlic, onion, black pepper	- Violife Vegan Mozzarella Cheese (contains coconut oil)
† No-yeast pizza dough	AP flour Baking powder Salt Water Olive oil	- Bob's Red Mill Gluten Free Flour

*ALL RECIPES WILL BE MADE IN AN INDIVIDUAL FOIL POUCH

WEEK 4 (JULY 15TH – JULY 19TH)
 BBQ CORN WHEEL* OR GRILLED CORN ON THE COB* - INDIVIDUAL
 BAKED APPLES* - INDIVIDUAL



1ST GRADE

INGREDIENTS

FOOD ALLERGY ALTERNATIVES

Baked Apples (foil wrap)	-Apples -Brown sugar -Vanilla	
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2ND GRADE-UP

INGREDIENTS

FOOD ALLERGY ALTERNATIVES

BBQ Corn Wheel or Grilled Corn on the Cob	-Corn on the cob -Butter (melted)/Oil -BBQ Sauce (optional) -Salt	
Baked Apples (foil wrap)	-Apples -Brown sugar -Vanilla	

*ALL RECIPES WILL BE MADE IN AN INDIVIDUAL FOIL POUCH