Food for an OUWC Weekend Trip. Last update: 4/2015

You'll need to cater for two breakfasts (Sat, Sun), two lunches (Sat, Sun) and one dinner (Sat). It's normal to eat dinner in a pub/service station on the way up on Friday and again on the way back on Sunday. Note that the amounts below serve 13 people, the typical amount of people in a 15-seater minibus. Remember to check for allergies/dairy intolerance/lactose intolerant/vegetarian/etc., well before buying food items.

As a trip organiser it is often a good idea to ask someone else to be in charge of the food for the weekend (or even just the dinner), as it is one less job for you to do. (n.b. you should organise this well ahead of the trip)

1) Collecting, storing, and transporting your food

Please ask the quartermaster what food is currently in stores, and use this up first before buying more. There should only be non-perishable items in stores. There is also a coolbox in stores that you can use to put meat/milk/etc. in for the journey to your destination. Remember that as well as the food you will also need tea/coffee/hot chocolate as well as cooking oil, salt pepper etc. Some fruit juice is also a good idea.

Once you know what food you need from the foodboxes in stores, it is a good idea to arrange with the quartermaster that you can sort all of the things you need into one box, so that you don't need to take both boxes with you (saving lots of space in the minibus).

If you have time to arrange it, then the most convenient way to buy the food is to have it delivered to your home the day before (usually from Tesco). Ask for everything to be delivered in grocery bags, otherwise everything will be dumped on your doorstep in loose items! Alternatively you can arrange Tesco's "Click and Collect" service and pick up the food on your way from Hotson's to Broad Street. This takes less time, but means that the food will not be organised when you get to the hut.

If you are packing the food yourself after getting a delivery, then it can be a good idea to arrange the food items according to when they are needed, such as “Saturday breakfast box 1”, and “Sunday lunch box 2”. That makes delegation much easier (as in: could you please get all the Sunday lunch boxes and start cutting vegetables”), and reduces your stress levels. For packing boxes, you can get cardboard fruit/veg boxes for free from a supermarket if you ask the staff, or OUWC has some plastic crates in stores.

2) Breakfast (for 13 people)

Porridge: 1 kg porridge oats, 3 litres of milk, 1 bottle of golden syrup/honey, (raisins, chocolate spread). Check that there are deep pots at the hut! OUWC also have their own pots.

or

English pancakes: 1kg plain flour, 2 litres of milk, 9 eggs, pinch of salt, oil/butter for frying, things to put on pancakes.

Check that there are pans at your hut! For 26 people, using 4 frying pans, two people took 1 hour to make pancakes in the past.

In addition to the main breakfast maybe: some wholegrain cereal, some margarine, some honey/jam/nutella (there should be a little bit of spare bread from the lunch allocation below)

3) Lunch (for 26 people/13 people for 2 days)

One lunch for one person: 4 slices of bread made into 2 sandwiches + filling, 2+ pieces of fruit, 1 packet of crisps, 2 chocolate bars (+1 emergency).

One multigrain loaf typically has 18 slices, not counting the end bits.

Therefore you need to buy: 7 loaves (don't get white bread, no-one ever uses it), 3 packs of margarine/butter, 1.2kg cheddar, 60 slices of ham, 2 cucumbers, 2 lettuces, 15 tomatoes, 5 peppers, a jar of Branston pickle, a 250 ml jar of mayonnaise.

As well as: 50 pieces of assorted fruit (apples, oranges, bananas, etc), 30+ packets of crisps, 65+ chocolate bars, 60+ sandwich bags.

4) Dinner (for 13 people)

There are many things that have been made over the years, but typically what the meal needs to have is:

100/130/160/200 grams of meat/fish/poultry/[legumes,beans,tofu]

75 grams of veggies

50 grams of carbs

AND A SEPARATE DESERT

Dinner suggestions:

Pasta carbonara

Daal and lamb

Wraps, one veggie, one minced meat

Sausage & mash

Curry

If you are in charge of the food, you should have as many people cut veggies and do things for you as possible, so you can concentrate on cooking. If dinner takes a long time to cook, you may want to serve soup first. Check that the hut has sufficient knives. If not, OUWC has knives.