



# Vässarö

## Food Information



### Scoutkansliet

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### Vässarö

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## Important information

### Camp menu

This menu means that you cook lunch and dinner from groceries. Cooking is a very good program activity in every day camp life and you should estimate plenty of time for this activity. Of course you do not have to follow the menu and recipe exactly. Many of our visiting groups have so called patrol kitchens, which means that the participants are divided into smaller groups and cook their food together. We recommend that one person is responsible for food for the whole group, who can have a run through on cooking and give advice on how to cook the meals, cooking times, storage etc. every day.

### Arrival food

Ready made sandwiches and blueberry soup can be fetched at Commissary when you arrive. This meal is free of charge.

### Sustainability

We strive to be as climate-, earth- and health friendly as possible. This affects what type of food supplies we use for our meals, which means less red meat, more organically and locally grown products, and as little plastic packaging as possible. We also want to limit out food waste and kindly ask you to be mindful of this and return food that you won't finish before it gets spoiled. You can return products at the same times that you pick up food supplies. You can also ask us to adjust the portion sizes we give you if you realize that there is a lot left over or if there are some products that does not get eaten. We would be grateful for opinions and nice vegetarian recipes that can develop our menu further.

### Allergies/ Special food

As alternatives to the menu we can only offer the following: lacto-vegetarian food, gluten-, milk - and pork free food. Fish has been removed from the menu altogether since there are people with serious fish allergies in almost every group. It is no longer necessary to pre-order special food. The whole menu is free from nuts and soy. Soy can sometimes be an ingredients in the vegetarian alternative. In that case it will be stated in the recipe.

### Hike food

Do not forget to notify Commissary one day in advance (at the latest!) if your scouts are going on a hike or if you want a primitive cooking activity.

### Food supply at 15-17

The food will be handed out between 15.00 and 17.00 every day at Commissary. You will then get food for 24 hours. At least one adult has to accompany when you fetch your food. We are grateful if you as far as possible keep to the times for food supply since the food is packed at Commissary to be ready at 15.00 – because of refrigerated and frozen food. When ice cream is on the menu it can be fetched at Commissary between 18.00 and 20.00. Most days you can fetch fresh bread at about 7.00. If you need to fill up you storage of butter, milk, ham, cheese and so on you can do that too.

### Need more? / Size of portion

Before you go and get your food it is a good idea to check if you need anything else. Some of our visitors are big eaters. Tell us if you get too little or too much food and we will adjust the size of the portions. We eat very differently depending on age, gender and how active you are. This does not necessarily mean that the biggest hungriest eater needs twice as many hamburgers as the smallest eater. The big eater needs to increase his total intake during the day by eating more porridge, vegetables, sandwiches and so on.



### Food-hygiene

Keep the food dark, cool and out of reach of sea gulls, foxes, badgers, flies and so on. The menu is planned according to how long the food can be stored. It is not advisable to switch lunch and dinner because of this. The sandwich topping you get should be eaten at the following evening meal and breakfast. Make sure that the scouts cook their food properly and do not forget to wash their hands, keep track of cooking times etc. Return left-over food as soon as possible, maybe directly if you know that you have got too much.

### Extras

We try to supply special orders like ingredients for a birthday cake or various cheeses – at an additional cost. Please, order in good time, at least 24 hours in advance. Before the final invoice is made at the camp office before departure, the person responsible for food should pick up the list with extras from the quarter masters office at Commissary. This should be done even if you haven't received any extras. The list should be handed to the person finalising the invoice.

### Returning

All leftovers should be returned to Commissary without exception at the end of camp. It is of course much better for us if it is sorted and properly packaged as we intend to use it. Please return all the plastic containers like buckets, cans etc. so we can use them for other visiting groups.

Please return the blue/bluish green crates we pack the food in next time you fetch food.

Our food system is based on the idea that everybody should get what they need during a visit to Vässarö. We expect our visitors to understand that hoarding food for the journey home is not part of that system. If you want to order food for your trip home do that at least 24 hours before departure at Commissary. Whatever you order for going home you pay what each item actually costs.

### Opening hours

Commissary is open 07.00 - 12.00, 13.15 – 17.00 and 18.00 - 20.00. Welcome!

### Questions & answers

Sannah Bergström is the quarter master responsible for all food commissary.

We are happy to help you with answers if the staff cannot answer your questions. We are almost always there. If you have questions before the camp - call +46173 371 19 1 may – 15 October.

During the winter you can reach us on +46707 55 64 65 or e-mail [sannah@vassaro.se](mailto:sannah@vassaro.se)



## Menu for Vässarös camp groups

Reservation for changes due to supplier's limitations.

### Monday

Lunch: Spaghetti Carbonara, tomato & onion salad  
Dinner: China Casserole with rice, vegetable.  
Sweet bread, Fruit

### Vegetarian substitute

Marinated tzay  
Lentil stew

### Tuesday

Lunch: Chicken skewers with warm potato salad  
Dinner: Crispy burgers with bread and vegetables.  
Ice Cream, Fruit

Falafel  
Green burger

### Wednesday

Lunch: Smoked pork, pasta, vegetables  
Dinner: Fried potatoes, meat, beets and vegetables (pyttipanna).  
Melon, fruit

Zucchini, cauliflower Vegetarian  
fried (+ egg)

### Thursday

Lunch: chicken wok with coconut milk, noodles and vegetables.  
Dinner: Tacos, Taco shells and vegetables, etc.  
Sweet bread, Fruit

Veggibites  
Soyameat

### Friday

Lunch: Meatballs in tomato sauce, pasta, vegetable  
Dinner: Sausage wok with sweet chili Sause and vegetables  
Ice Cream, Fruit

Vegetarian meatballs  
Vegetarian sausage

### Saturday

Lunch: Potato buns with smoked meat, lingonberry jam, vegetables  
Dinner: Kebab with pita bread, rice and vegetables, etc.  
Sweet bread, Fruit

Bean mix  
Pulled vegomeat

### Sunday

Lunch: Pestopasta with smoked pork and carrot mix, as well as broccoli  
Dinner: Sausage Stroganoff, pasta and vegetables  
Ice cream, fruit

Soy sausages  
Vegetarian schnitzel

**Beverages** Light sugar "juices" are included in the limited quantity. A small amount of coffee is included in the menu.

**Options** We know that there are many who appreciate our new accessories such as couscous, bulgur wheat, etc. Do you wish to replace the accessories do not hesitate to ask on the management. Usually, we have the products at on hand and it is easy to change all the pasta/rice/potatoes or parts of it you will get distributed.

**Departure food** Before you leave you have the opportunity to choose what kind of meal you want to cook. This must be notified 3 weeks before arrival. If haven't notified us, we will provide supplies for sandwiches, rosehip soup and fruit.

You have the following choice for departure food:

- Mashed potato and hot dog wrap.
- Rosehip soup, sandwiches with fried eggs, ham, fruit.
- Lunch under the regular menu.

**Breakfast** Yoghurt/Kefir and muesli (nut-free) or porridge and milk.

Apple sauce, coffee, tea and chocolate. Sandwich and cold cuts from the base supplies and cheese or ham.

**Evening snack** Sandwich with toppings from the base supplies, caviar/soft whey butter/jam/cream cheese. Coffee, tea or chocolate. This evening snack can once be replaced with hotdogs.

**Remarks** Carefully read the menu and "important food information" that you receive upon your arrival to the island.

