

# Alternative Food Options for Scouts with Restrictions

When planning your meal, you may come across Scouts & Adults with the following:

Vegetarian  
Vegan  
Gluten Sensitive  
Dairy Sensitive  
Nut Allergy  
Egg Sensitive/Allergy  
Religious Reasons

**\*\*\* An allergy can be very serious for a Scout or Adult - always check with them about this first.**

Common alternatives that are available in most supermarkets are:

Soy based products  
Soy & Nut based milks  
Gluten Free Breads / Corn Tortillas  
Dairy Free Cheeses  
Almond based products  
Vegan/vegetarian 'meatless' products such as Tofurky / Field Roast (hotdogs/slices/burgers)  
Vegetable Burgers - a variety  
Tofu  
Rice  
Vegetables & Fruit  
Quinoa (boil in the bag available)  
Cheerios (oat based)  
Chips

*However, always check the ingredients label to make sure that it does not contain products that might not be allowed.*

## Breakfast Suggestions

- Cereal / Fruit
- Egg based breakfast without meat - [if eggs are ok]
- Gluten Free Pancakes - premake dry mix at home or instant available
- Breakfast Burritos / corn based tortilla
- Gluten Free French Toast

## Lunch Suggestions

*(fruit/chips/dips/chopped veggies/snack bars)*

1. Sandwiches - gluten free bread based
2. Quesadillas - corn based
3. Burritos / corn based tortilla

## Dinner Suggestions

- Burritos / Burrito Bar
- Gluten Free Pasta & Sauce / meatless meatballs
- Baked Potatoes with veggies & cheese
- 3 Bean stew (with chopped veggies) / Rice
- Quinoa with Vegetables
- Campfire Nachos/cheese/veggies/beans
- Sweet Potato Stew
- Dutch Oven Veggie Enchilladas
- Easy Veggie Curry & Rice (pre-prepped at home)
- Bean & Veggie Tacos
- Gluten Free Pasta Mac & Cheese (with veggies) [if dairy is ok]