

Practice Exercise

Date:	Unit:
May 15, 2020	CGC HAWKSBILL
<p>The 87' patrol boat CGC HAWKSBILL is getting underway tomorrow for 1 day. Given the approved menu for 15 portions and the subsistence items on hand indicated by the shaded rows in the menu, prepare a load guide.</p>	
References:	
<ul style="list-style-type: none"> • Performance Test Checklist booklet <ul style="list-style-type: none"> ○ <i>"TPO 2.3 – Prepare a Load Guide"</i> • Coast Guard Food Service Manual COMDTINST M4061.5 (series) • Coast Guard Food Service Practical Handbook COMDTPUB P4061.4 (series) • Approved Menu for 1 day with recipes and ingredient quantities. 	
Directions:	
<ol style="list-style-type: none"> 1. Use the following 1 day menu to prepare a load guide. Ingredient quantities will produce fifteen (15) portions. 2. Shaded rows of the menu indicate subsistence items that are on hand. 3. Prepare your group load guide on a large piece of newsprint. The group needs to come to a consensus on what format to use other than a single list. Other formats that may already be used in the field may also be incorporated into the exercise. List the items you need to purchase and the amount needed. 	
END OF SCENARIO	

Sample – Approved Menu with Shaded Subsistence Items

Instructions

Shaded rows are subsistence items on hand.

Note: *Ingredient quantities are for 15 portions.*

BREAKFAST

Pancakes

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Krusteauz Pancake Mix			1 bg							
Water						1				

Sausage Links

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Sausage Links			30							

Hash Brown Patties

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Hash Brown Patties			15							

Sample – Approved Menu with Shaded Subsistence Items, Continued**LUNCH****Roast Turkey**

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Roast Turkey, Whole			2							
Oil, Vegetable							1			
Salt								2		
Pepper								2		
Poultry Seasoning							1			

Basic Bread Dressing

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Onion, Sm. Dice	1									
Celery, Sm. Dice		4								
Butter								2		
Bread, Lg. Dice	2									
Parsley		1								
Sage									1	
Thyme									½	
Marjoram									½	
Salt									2	
White Pepper									½	
Chicken Stock						2				

Green Beans with Roasted Peppers and Bacon

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Green Beans	3									
Red Bell Peppers	1									
Bacon		8								
Pepper								2		
Salt									1	

Sample – Approved Menu with Shaded Subsistence Items, Continued**DINNER****Beef Stroganoff**

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Vegetable Oil									2	
Beef Tenderloin	2									
Mushrooms	1									
Onions		4								
Garlic								1		
Burgundy Wine							1			
Evaporated Milk							1			
Arrowroot								1		
Yogurt, Plain							1			
Salt									1	
Pepper									1	

Egg Noodles

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Egg Noodles	2									
Water				2						

Baked Acorn Squash

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Acorn Squash			15							
Butter							1			
Brown Sugar							1			
Salt									1	