

Picnic Packing List

Picnic Accessories

Checked	Number	Item
		Picnic basket
		Blanket
		Folding chairs
		Folding table

In the Basket

Checked	Number	Item
		Plates
		Cups
		Cutlery
		Small chopping board
		Table cloth
		Serviette
		For BBQ
		Tongs
		Spatula
		Newspaper
		Alfoil

Staying Healthy

Checked	Number	Item
		Hat
		Sunscreen
		Insect repellent
		Wipes
		Hand sanitiser
		Rubbish bags
		Tissues
		Ice bricks

Meal Ideas

Checked	Number	Item
		Bread rolls with cold cuts
		Zucchini Slice
		Quiche
		Gourmet sandwiches
		Chicken and salad
		BBQ

Snacks

Checked	Number	Item
		Dips
		Cheese
		Crackers
		Cut vegetable sticks
		Crisps
		Mini pies
		Sausage rolls

Deserts

Checked	Number	Item
		Chocolates
		Fruit kebabs
		Slice
		Biscuits

Drinks

Checked	Number	Item
		Water
		Cool drinks
		Juice
		Wine
		Beer
		Thermos of hot water
		Tea, coffee, sugar and milk

Condiments

Checked	Number	Item
		Butter
		Tomato Sauce/Ketchup
		Mustard
		Relish
		Salt and Pepper
		Salad dressing
		Oil for BBQ

Activities

Checked	Number	Item
		Football or soccer ball
		Cricket set
		Bocce set
		Quoits
		Scooters with helmets
		Water balloons

For the Pets

Checked	Number	Item
		Bowl
		Water
		Food
		Leash
		Poo bags

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ⁱ You can add more rows by:

1. Placing curser in last row first column of any table group
2. Right click your mouse
3. Hover over "insert"
4. Click "insert rows below"

Zucchini Slice

A Tips 4 Trips Recipe

ingredients

- 1 large Zucchini - grated
- 1 large onion - finely chopped
- 1 carrot - grated
- 1/4 red capsicum (bell pepper) - chopped
- 1 stick celery - chopped
- 3 rashers bacon - chopped
- 1 cup S.R. flour
- 1 cup cheese - grated
- 5 eggs - beaten
- 1/4 cup oil
- Salt and pepper
- Parmesan cheese - finely grated

directions

- Heat oven to 190-200C (374F)
- Grease large baking dish
- Mix all the ingredients (except parmesan cheese) together in a bowl with a spoon
- Spread the mixture out evenly in the baking tray
- Sprinkle with parmesan cheese
- Bake for 30-40 mins or til brown
- Cut into pieces to serve

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Sausage Rolls

A Tips 4 Trips Recipe

ingredients

- 500g (18oz) sausage meat
- 1/2 onion - chopped
- 1 carrot - grated
- 1 stick celery - finely chopped
- 1 tbsp parsley - chopped
- Juice of half a lemon
- Salt and pepper
- 3 sheets butter puff pastry ready rolled
- 1 egg - beaten

Top Trip Tip:

I like to use the food processor to save grating, chopping and mixing the ingredients together

directions

- Heat oven to 220C (428F)
- Combine all ingredients except pastry and egg
- Cut each slice of pastry in half and brush all the edges with egg
- Divide the filling into six and spread length ways down each strip of pastry
- Roll the pastry around the filling
- Trim the edges and brush with egg to seal.
- Cut the pastry into rolls into bite size portions
- Bake until golden

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Weetbix Chocolate Slice

A Tips 4 Trips Recipe

ingredients

Biscuit base

- 3 finely crushed Weetbix
- 3/4 cup sugar
- 2 tbsp cocoa
- 1 cup coconut
- 1 cup S.R. flour
- 1 tbsp milk
- 125g (1/4 lbs) melted butter

Icing

- Icing Sugar Mixture
- 1 tbsp melted butter
- Water
- Food colouring (I use pink)

directions

Biscuit Base

- Heat oven to 180C (350F)
- Mix all ingredients together with spoon
- Press into a slice tin
- Bake for 10 mins
- Once cooled top with icing
- Once set cut into slices

Icing

- Mix butter and icing mixture
- Dribble in water and mix until a thick jam like consistency

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