



ILLAWONG LODGE incorporating Pounds Creek Hut (1925),  
built and run by the Club since 1956.  
Listed on the Register of the National Estate.



**CELEBRATING 50 YEARS**

## ILLAWONG FOOD AND STOCK LIST

### SAUCES

Oyster sauce  
Plum sauce  
Satay sauce  
Soy sauce, salt reduced, naturally brewed  
Tamari or Shoyu, low salt (Russells)  
Tomato paste  
Tomato sauce  
Vinegar - white  
Vinegar - Balsamic  
Worcestershire  
Mayonnaise

### SOUP AND STOCK

Soup powder - assorted  
Soup, Miso (10 sachets/pkt),  
Stock cubes - beef - Ultracubes  
Stock cubes - chicken - Ultracubes 1  
Stock cubes - vegetable - Ultracubes  
cupasoup (asian types)  
cupasoup general

### FRUIT - TINNED

Apricot halves  
Berries Cherries  
Fruit salad  
Mango  
Lychees  
Peach halves  
Pear halves  
Pineapple rings

### VEGETABLES

Asparagus, spears, green  
Beans, Surprise  
Carrots, baby  
Champignons, Whole  
Corn kernels  
Corn, baby  
Deb potato flakes  
Peas, Surprise  
Tomatoes

Falafel mix  
Chick peas

### CHEESE

Camembert (Kraft) (or Brie)  
Kraft processed soap (try something else that keep  
Parmesan (grated)

### PASTA & RICE

Pasta - fettuccini - spinach & other flavours  
Pasta - mixed short  
Soyaroni  
Spaghetti - plain  
Spaghetti - wholemeal  
Vegeroni  
Cous Cous  
Rice - basmati  
Rice - brown long grain  
Rice - arborio

### DRINKS

Coffee - fresh ground - Vittoria (not decaf)  
Coffee - Moccona

### FLOUR

Corn flour  
Plain flour - white - organic  
Plain flour wholemeal - organic  
Self raising flour - white - organic  
Self raising flour - wholemeal - organic  
Yeast - dried - sachets  
baking powder

### OATS

Rolled oats, Uncle Toby's NOT INSTANT

### SUGAR

Sugar - raw  
Sugar - soft brown  
(White sugar not supplied as it goes rock solid)

## BISCUITS

Asstd. plain- Salada, Saltine etc  
Asstd. sweet (not family asstd)  
Jatz  
Ryvita plain  
Tim Tams  
Mint Slices

## SPREADS

Golden syrup  
Honey  
Jam - assorted  
Cream cheese spread, Kraft (not light)  
Marmalade (good stuff)

## DESERTS

Custard powder 350g 8  
Instant puddings - assorted 85 g 10  
Jelly crystals - assorted 85 g 20  
Plum puddings (Cooma ?) 300 g 24  
Puddings Tinned (other) 350g 7  
Self-saucing puddings in packets (need no eggs)  
300 g 25

## FISH & MEAT

Anchovies - flat  
Sardines (in oil)  
Sardines in Spring Water  
Smoked mussels  
Smoked oysters  
Tuna - sandwich in brine  
Tuna - flavoured  
Rediburgers - vegetarian -Sanitarium  
Sanitarium casserole mince (tins)  
Sanitarium TVP Vege mince (pkts)  
Sanitarium Vege Sausages (tins)

## DRIED FRUITS

Apple rings  
Apricot, halves, sulphured, Australian  
Raisins, organic, natural  
Sultanas, organic, natural  
Dates  
Peaches

## PULSES (dried)

Adzuki beans  
Black eye beans  
Borlotti beans  
Chick peas  
Lentils, brown  
Lentils - Red  
Red kidney beans  
Soya grits  
Split peas, green

## NUTS

Almonds, whole, natural, Australian  
Cashews, raw,

## HERBS, SPICES FRESH MINCED IN

### JARS

Basil, fresh minced  
Corriander fresh minced  
Garlic, fresh minced  
Ginger, fresh minced  
Lemon grass

## HERBS, SPICES DRIED

Bay leaves  
Cayenne pepper  
Chilli powder  
Chinese 5 spice  
Chives chopped  
Cinnamon sticks 1 stick  
Cinnamon  
Cloves  
Coriander seeds ground  
Cumin  
Garam masala  
Mint flakes  
Mixed herbs  
Mustard Seed black  
Nutmeg  
Onion flakes  
Oregano  
Paprika  
Parsley flakes  
Rosemary  
Sage  
Tabasco  
Tarragon  
Thyme  
Turmeric  
Mustard Seed brown and yellow  
Chilli paste, Sambal Olek  
Chutney, fruit, for curry - Palms for pref.  
Curry paste - Hot  
Curry paste - Mild  
Curry paste - Tandouri  
Curry powder  
Mustard- French  
Mustard- Hot English  
Mustard- whole-grain - Master Foods  
Pappadams  
Brinjal pickle Patak's (or Mango Pickle)  
Lime Pickle Patak's  
Taste of Thai assorted pastes  
Sweet Mustard pickles

## SALT & PEPPER

Black peppercorns  
Salt - table

## MISCELLANEOUS FOOD

Coconut milk - dried  
Cucumbers, pickled - large jar (Easter)  
Easter eggs, Red Tulip Minte cream filled  
Lemon Juice 3  
Oil, cooking, polyunsaturated (olive oil freezes)  
Olives,Marinated Shrink packs  
Pickled onions large  
Vanilla essence

## STOCK LIST

### CLEANING STUFF

Bicarbonate of soda  
Cleaner stuff for stainless steel pots  
Cleaner-spray & wipe-Down to Earth-1 complete  
Detergent - Down to Earth  
Dustpan & broom  
Garbage bags -Glad xtra strong  
Gumption cleaner  
Methylated spirit  
Mop sponge,sabco Premium  
Rubber Gloves  
Scourers - nylon  
Scourers - stainless steel  
Soap - personal - oatmeal  
Soap -Solvol 1  
Super cloths, Selley's  
Wash-up brush –  
Window cleaner  
Flame lighter

### WRAPPINGS

Aluminium foil  
Grease-proof paper  
Paper bags  
Plastic bags  
Glad bake

### STATIONERY

Ballpoints 1 5  
Barograph charts (photocopied in Sydney)  
Eraser  
Glue stick (stationery)  
Marking pens (test they are working)  
Pencil sharpener  
Pencils  
Writing Pads

### MISCELLANEOUS STUFF

Batteries AAA for digital thermometers  
Batteries size D for front-room heater  
Distilled water (for batteries)  
Pegs, for clothesline  
Toilet paper

Light bulbs compact fluoro  
Spring balance

## UTENSILS

Bowls  
Mugs  
Plates, dinner  
Plates, side  
drinking glasses  
Trays  
water jugs plastic/glass  
coffee pots (large)  
Coffee pots (small)

## FIRST AID KIT

Amolin cream  
Antiseptic liquid 250ml 5030 (Dettol)  
Antiseptic, Tea Tree oil,  
Bandage, conforming 10cm  
Bandage, conforming 15cm  
Bandage, conforming 2.5cm  
Bandage, conforming 5cm  
Bandage, crepe, heavy 10cm  
Bandage, Triangular 118  
Betadine antiseptic ointment  
BFI powder  
Blanket, emergency shock  
Book, Australian First Aid  
Book, Basic sports strapping & bandaging  
Book, Staying Alive  
Burns sheet 2  
Cotton buds (Pkt of 100)  
Cotton Balls  
Dish, kidney  
Dressing, wound, non-adherent  
Dressing, wound, non-adherent  
Eye pads  
Forceps, plastic  
Forceps, splinter  
Gallipot 4030  
Gloves, disposable,  
Nailbrush  
Pain - Aspro clear,  
Pain - Panadine,  
Pain - Paracetamol,  
Plaster, adhesive tape  
Plaster, assorted shapes  
Plaster, dressing length  
Plaster, hypo-allergenic tape  
Plaster, knuckle shapes  
Tampons, super  
Panti Liner