



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