

# CANOE TRIP MENU - Generous portions of fresh and freeze-dried foods.

**Important Notes:** Check the meals you prefer and be sure to indicate your beverage choices and optional items needed. The first breakfast and last dinner are usually eaten in town, so these will not be packed unless requested. Menu choices apply to entire party. Meals may be repeated (except the first two dinners which are fresh and should be eaten in the order shown). All lunches except #8 & 10 can be prepared without a fire.

\*Cross out any items not wanted. Write in any additional items or substitutions. We'll do our best to accommodate. Vegetarian meals available upon request.

### Staple Items (Always Included)

- Bread (please ✓)  
 White  Wheat  Tortillas  
 Margarine  
 Vegetable Oil  
 Salt/Pepper  
 Toilet Tissue  
 Liquid Soap  
 Soap Pads  
 Matches  
 Paper Towels

### Indicate Number of Persons Desiring Each Item

- \_\_\_ Coffee - Regular  
 \_\_\_ Coffee - Instant  
 \_\_\_ Coffee - Instant Decaf.  
 \_\_\_ Hot Chocolate  
 \_\_\_ Tea  
 \_\_\_ Sugar  
 \_\_\_ Coffee Creamer  
 \_\_\_ Artificial Sweetener

### Lunch Beverage Choice

- Sugared Fruit Drink  
 Sugar-Free Drink (less weight)  
 Include Both

### Optional Items

(packed only if checked)

- Mustard  
 Ketchup  
 Fish Breading  
 Tartar Sauce  
 Lemon Juice  
 Instant Soup  
 Fresh Onions  
 Extra Potatoes  
 Prunes  
 Popcorn  
 Marshmallows  
 Hard Candy  
 Steak Sauce  
 Aluminum Foil

### Substitute

- Chicken Breast instead of steak (1st dinner)  
 Polish Sausage instead of Ham (2nd dinner)

BREAKFAST	LUNCH	DINNER
<input type="checkbox"/> First Breakfast Not Included (See Important Notes Above)	<input type="checkbox"/> Summer Sausage & Cheese Sandwiches, Cookies, Fruit Drink	<input type="checkbox"/> Fresh Steak Boiled Potatoes, Carrots, Pudding, Coffee/Tea/Hot Choc.
<input type="checkbox"/> Fresh Eggs, Bacon Juice, Toast & Jelly, Coffee/Tea/Hot Choc.	<input type="checkbox"/> Peanut Butter & Jelly Sandwiches, Chocolate Bar, Fruit Drink	<input type="checkbox"/> Fresh Ham, Corn, Mashed Potatoes, Applesauce Coffee/Tea/Hot Choc.
<input type="checkbox"/> Pancakes w/Syrup Bacon Coffee/Tea/Hot Choc.	<input type="checkbox"/> Cheese & Crackers Granola Bar, Dried Fruit Fruit Drink	<input type="checkbox"/> Chicken Rice Dinner Mocca Mousse Pie Coffee/Tea/Hot Choc.
<input type="checkbox"/> Fresh Eggs English Muffin, Coffee/Tea/Hot Choc.	<input type="checkbox"/> Summer Sausage Sandwiches, Fruit Bar Fruit Drink	<input type="checkbox"/> Beef Stew on Potatoes Fruit Cup Coffee/Tea/Hot Choc.
<input type="checkbox"/> French Toast w/Syrup Orange Juice, Coffee/Tea/Hot. Choc.	<input type="checkbox"/> Peanut Butter & Jelly Sandwiches, Chocolate Bar Fruit Drink	<input type="checkbox"/> Spaghetti & Sauce Vegetables Cookies Coffee/Tea/Hot Choc.
<input type="checkbox"/> Instant Oatmeal Raisins, Coffee/Tea/Hot Choc.	<input type="checkbox"/> Quick Trail Lunch Beef Jerky, Fruit Bar, Gorp Energy Mix, Fruit Drink	<input type="checkbox"/> Fettucini Alfredo Apple Cobbler Coffee/Tea/Hot Choc.
<input type="checkbox"/> Pancakes w/Syrup Orange Juice Coffee/Tea/Hot Choc.	<input type="checkbox"/> Tuna Fish Sandwich Fruit Bar Fruit Drink	<input type="checkbox"/> Beef Stroganoff, Corn Granola Bar Coffee/Tea/Hot Choc.
<input type="checkbox"/> Western Omelette Breakfast Bar Coffee/Tea/Hot Choc.	<input type="checkbox"/> Macaroni & Cheese, Cookies Fruit Drink	<input type="checkbox"/> Chicken Stew Mocca Mousse Pie Coffee/Tea/Hot Choc.
<input type="checkbox"/> Granola Cereal w/milk Juice Coffee/Tea/Hot Choc.	<input type="checkbox"/> Quick Trail Lunch Cheese & Crackers, Granola Bar, Gorp Fruit Drink	<input type="checkbox"/> Louisiana Beans & Rice Pudding Coffee/Tea/Hot Choc.
<input type="checkbox"/> Hash Brown Egg Scramble Fruit Bar Coffee/Tea/Hot Choc.	<input type="checkbox"/> Spaghetti & Sauce, Chocolate Bar, Fruit Drink	<input type="checkbox"/> Last Dinner Not Included (See Important Notes Above)

Please Pack Food In: \_\_\_ Standard Pack

\_\_\_ Bear-Proof Food Barrel

- This menu contains no cans or bottles in accordance with Federal regulations