

## 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. Each "Sub-Group" may choose a separate menu. 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. First breakfast/last dinner provided if staying at our Moose Lake Campground or Bunkhouse before/after trip. Refer to rate sheet "First Breakfast / Last Dinner" Section for further explanation.

### 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  
 Fresh 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 (See Important Notes Above)              | <input type="checkbox"/> Summer Sausage & Cheese Sandwiches, Cookies, Fruit Drink              | <input type="checkbox"/> Fresh Steak Mashed Potatoes, Vegetable, Pudding, Coffee/Tea/Hot Choc. |
| <input type="checkbox"/> Fresh Eggs, Bacon 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, Chocolate Cheesecake 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 Pudding 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 Vegetable 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"/> Fettuccini 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 Granola Bar Fruit Drink                            | <input type="checkbox"/> Beef Stroganoff, Corn Cookies Coffee/Tea/Hot Choc.                    |
| <input type="checkbox"/> Western Omelette Breakfast Bar, Coffee/Tea/Hot Choc.     | <input type="checkbox"/> Macaroni & Cheese, Fruit Bar Fruit Drink                              | <input type="checkbox"/> Chicken Stew Chocolate Cheesecake 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 Vegetable, 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 (See Important Notes Above)                               |

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

**- We must receive your menu at least a week -  
before trip begins**