LaTourell's
PO Box 239
Ely, MN 55731

☆~"Deluxe" FOOD MENU FORM~☆

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Check ☑ the meals below according to the number of days you will be out. Menu choices apply to the **entire party.** Meals may be repeated (note exceptions). Trips leave after breakfast on the first day and return before dinner on the last day, so these meals should be omitted. (i.e., 5 night/6 day trip would have 5 breakfasts & dinners and 6 lunches marked.) **Please note with our dinners you are able to customize your vegetable and desserts with the codes provided.** **If the Food Menu Form isn't completely filled out and returned to us within 14 days of your trip, we will make it up for you.**

☆~BREAKFASTS~☆

- ☐ 1. Fresh Eggs,(Day 2) slab bacon, English muffin, beverage
- ☐ 2. French Toast, slab bacon, syrup, beverage
- ☐ 3. Denver Omelet hot caramel bread, beverage
- ☐ 4. Blueberry Pancakes, sausage, syrup, beverage
- ☐ ✦5. Granola Cereal & Fruit with milk, breakfast bar, beverage
- ☐ ✧6. Hot Cereal w/Raisins, toast & jelly, beverage
- ☐ 7. Biscuits & Gravy, hash browns, beverage
- ☐ 8. Hash Brown, Bacon & Egg Scramble, Beverage

✦Quick/ No Cooking ✧Quick/ Hot breakfast

☆~LUNCHES~☆

- ☐ 1. Sliced Meat & Cheese Tortilla Wrap, energy bar fruit drink
- ☐ 2. Summer Sausage & Cheese Wrap, cookies, fruit drink
- ☐ 3. Peanut Butter & Jelly Sandwich, trail mix fruit drink
- ☐ 4."Quick Trail Lunch" Oatmeal trail cookie, trail mix, beef jerky, fruit drink
- ☐ ▪ 5. Macaroni & Cheese, bread & butter, beef jerky cookies,fruit drink
- ☐ ▪ 6. Chili, beef jerky, fruit snacks, fruit drink
- ☐ ◊7. Bagels w/ cream cheese & meat, cookies, fruit drink
- ☐ 8. Cold Pasta Salad, granola bar, fruit drink

▪ Hot Lunch ◊ 1st day only

☆~DINNERS~☆

(Make sure to fill in your code choice for your Vegetable & Dessert!)

- ☐ 1. **1st Night Only** (Circle one) Choice Steaks or Chicken Breast Fillets, potatoes, beverage, *VEGETABLE*:_____, *DESSERT*:_____
- ☐ 2. Fresh Fish Dinner (<u>your</u> catch), garlic fryin' pan bread, beverage, *VEGETABLE*:_____*DESSERT*:____
- ☐ 3. Rich 3 Cheese Lasagna, garlic fryin' pan bread, beverage, *VEGETABLE*:____*DESSERT*:_____
- ☐ 4. **1st or 2nd Night Only**: Ham Steak, mashed potatoes, beverage, *VEGETABLE*:_____, *DESSERT*:_____
- ☐ 5. Spaghetti & Sauce, garlic fryin' pan bread, beverage, *VEGETABLE*:____*DESSERT*:_____
- ☐ 6. Chicken Teriyaki w/Rice, bread & butter, beverage, *VEGETABLE*:____*DESSERT*:_____
- ☐ 7. Beef Stroganoff w/mushrooms, beverage, *VEGETABLE*:_____ *DESSERT*:_____
- ☐ 8. Honey Lime Chicken, beverage, *VEGETABLE*:____*DESSERT*:_____
- ☐ 9. Chicken Noodle Casserole, beverage, *VEGETABLE*:____ *DESSERT*:_____
- ☐ 10. Three Bean Chili, bread & butter beverage, *VEGETABLE*: ____ *DESSERT*:____
- ☐ 11. Fettuccini Alfredo beverage, *VEGETABLE*: _____ *DESSERT*: _____
- ☐ 12. Louisiana Red Beans & Rice, beverage, *VEGETABLE*:____ *DESSERT*:_____

☆Customized Dinner Codes☆

Dessert Codes: **1**= Mocha Mousse Pie, **2**= Apple Crumble, **3**= Chocolate S'mores, **4**= Crème Brulee, **5**= Lemon Pie, **6**= Bananas Foster
Vegetable Codes: **C**= Corn, **GB**= Green Beans, **P**= Peas, **Ø**= None desired **7**= Three Berry Crumbler **Ø**= None desired

★ REMEMBER, THE MORE EXTRA ITEMS YOU CHOOSE TO TAKE ALONG, THE <u>HEAVIER</u> YOUR FOOD PACK BECOMES. ★

☆~BEVERAGES~☆

Please indicate how many people would like which beverage at breakfast & dinner. **Fruit drinks are packed for all lunches**. *Please check ☑ if you prefer to have "sugar" (heavier in wt.)_____ or Nutrasweet (lighter in wt.)_____ for your fruit drinks.*

Breakfast: Tang _____ Hot Chocolate _____ Hot Cider_____ Tea Bags_____
Reg. Coffee _____ Decaf Coffee_____

Dinner: Fruit Drinks _____ Hot Chocolate_____ Hot Cider_____ Tea Bags_____
Reg. Coffee_____ Decaf Coffee_____

☆~BREADS~☆

Please *check* ✓ preference.
White_____ Wheat_____

☆~EXTRA OPTIONS~☆

Please *check* ✓the items that you wish us to pack.

Aluminum foil____ Artificial Sweetener____ Creamer_____ Cup of Soups_____
Fresh Onions ____ Honey _____ Jelly _____ Ketchup _____
Lemon Juice ____ Marshmallows _____ Mustard _____ Popcorn _____
Tartar Sauce ____ Sugar _____ Extra Fish Breading & Veg. Oil ____ Miracle Whip_____

☆~STAPLES~☆

These items are always packed. Please *cross-off* those items that are not desired.

- ✦Crackers
- ✦Dish towel
- ✦Extra beverages
- ✦Firestarter
- ✦Extra Snacks
- ✦Trash Bags
- ✦Liquid & bar soap
- ✦Margarine
- ✦Matches
- ✦Paper Towels
- ✦Salt & Pepper
- ✦SOS Pads
- ✦Toilet tissue

✶Please advise us of any special dietary needs and we will do our best to accommodate them. Vegetarian meals are available upon request.