

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~★

<input type="checkbox"/> 1. Fresh Eggs,(Day 2) slab bacon, English muffin, beverage	<input type="checkbox"/> 2. French Toast, slab bacon, syrup, beverage
<input type="checkbox"/> 3. Western Omelet hot caramel bread, beverage	<input type="checkbox"/> 4. Blueberry Pancakes, sausage, syrup, beverage
<input type="checkbox"/> ♦5. Granola Cereal & Fruit with milk, breakfast bar, beverage	<input type="checkbox"/> ♦6. Hot Cereal w/Raisins, toast & jelly, beverage
<input type="checkbox"/> 7. Biscuits & Gravy, hash browns, beverage	<input type="checkbox"/> 8. Hash Brown, Bacon & Egg Scramble, Beverage

♦Quick/ No Cooking ♦Quick/ Hot breakfast

★~LUNCHES~★

<input type="checkbox"/> 1. Sliced Meat & Cheese Tortilla Wrap, energy bar fruit drink	<input type="checkbox"/> 2. Summer Sausage & Cheese Wrap, cookies, fruit drink
<input type="checkbox"/> 3. Peanut Butter & Jelly Sandwich, trail mix fruit drink	<input type="checkbox"/> 4."Quick Trail Lunch" Oatmeal trail cookie, trail mix, beef jerky, fruit drink
<input type="checkbox"/> 5. Macaroni & Cheese, bread & butter, beef jerky cookies,fruit drink	<input type="checkbox"/> 6. Chili, beef jerky, fruit snacks, fruit drink
<input type="checkbox"/> ♦7. Bagels w/ cream cheese & meat, cookies, fruit drink	<input type="checkbox"/> 8. Bean & Cheese Burrito, granola bar, fruit drink

▪ Hot Lunch ♦ 1st day only

♦Quick/ No Cooking ♦Quick/ Hot breakfast ★~DINNERS~★

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

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

★Customized Dinner Codes★

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

★ REMEMBER, THE MORE EXTRA ITEMS YOU CHOOSE TO TAKE ALONG, THE **HEAVIER** 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 Breeding & 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
♦Margarine	♦Matches	♦Paper Towels	♦Salt & Pepper	♦SOS Pads	♦Liquid & bar soap
					♦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.