

# FOOD MENU FORM

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,<br>(Day 2)<br>English muffin,<br>bacon, beverage | <input type="checkbox"/> 2. French Toast,<br>bacon, syrup,<br>beverage          |
| <input type="checkbox"/> 3. Scrambled eggs,<br>hot caramel bread,<br>beverage            | <input type="checkbox"/> 4. Buttermilk Pancakes,<br>sausage, syrup,<br>beverage |
| <input type="checkbox"/> 5. Granola Cereal<br>with milk, breakfast bar,<br>beverage      | <input type="checkbox"/> 6. Oatmeal,<br>toast & jelly,<br>beverage              |

◆ Quick, No cooking    ■ Quick, Hot breakfast

## LUNCHES

- |                                                                                           |                                                                                                     |
|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> 1. Sliced Meat Tortilla<br>Wrap, granola bar,<br>fruit drink     | <input type="checkbox"/> 2. Summer Sausage &<br>Cheese wrap, cookies,<br>fruit drink                |
| <input type="checkbox"/> 3. Peanut Butter & Jelly<br>Sandwich, trail mix<br>fruit drink   | <input type="checkbox"/> 4. "Quick Trail Lunch"<br>Trail bar, trail mix,<br>beef jerky, fruit drink |
| <input type="checkbox"/> 5. Macaroni & Cheese,<br>bread & butter,<br>cookies, fruit drink | <input type="checkbox"/> 6. Chili<br>Beef jerky, fruit snacks,<br>fruit drink                       |

◇ HOT LUNCH

## DINNERS

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

- |                                                                                                                                                             |                                                                                                                               |                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> 1. 1st Night Only (Circle one)<br>Choice Steaks or Chicken Breast Fillets,<br>potatoes, beverage, VEGETABLE: _____, DESSERT: _____ | <input type="checkbox"/> 4. Fresh Fish Dinner ( <u>your</u> catch),<br>hash browns, beverage, VEGETABLE: _____ DESSERT: _____ | <input type="checkbox"/> 7. Lasagna & Italian Sauce,<br>bread & butter, beverage, VEGETABLE: _____ DESSERT: _____ |
| <input type="checkbox"/> 2. 1st or 2nd Night Only<br>Polish sausage, mashed potatoes,<br>beverage, VEGETABLE: _____, DESSERT: _____                         | <input type="checkbox"/> 5. Spaghetti & Sauce,<br>bread & butter, beverage, VEGETABLE: _____ DESSERT: _____                   | <input type="checkbox"/> 8. Chicken w/Rice,<br>bread & butter, beverage, VEGETABLE: _____ DESSERT: _____          |
| <input type="checkbox"/> 3. Beef Stroganoff w/noodles,<br>beverage, VEGETABLE: _____, DESSERT: _____                                                        | <input type="checkbox"/> 6. Beef, Potatoes & Gravy<br>beverage, VEGETABLE: _____ DESSERT: _____                               | <input type="checkbox"/> 9. Homestyle Turkey,<br>beverage, VEGETABLE: _____ DESSERT: _____                        |

### Customized Dinner Codes

**Dessert Codes:** 1= Mocha Mousse Pie, 2= Apple Crumble, 3= Three Berry Crumble, 4= Vanilla Pudding, 5= Lemon Pie, 0= None Desired  
**Vegetable Codes:** C= Corn, GB= Green Beans, P= Peas, 0= 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-a-Soup \_\_\_\_\_  
Fresh Onions \_\_\_\_\_ Honey \_\_\_\_\_ Sugar \_\_\_\_\_ Ketchup \_\_\_\_\_  
Lemon Juice \_\_\_\_\_ Marshmallows \_\_\_\_\_ Mustard \_\_\_\_\_ Popcorn \_\_\_\_\_  
Miracle Whip \_\_\_\_\_ Jelly \_\_\_\_\_ Tartar Sauce \_\_\_\_\_ Extra Fish Breeding & Oil \_\_\_\_\_

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

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

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