**PACKSACK CANOE TRIPS**

**MENU PLANNER**

All of our food packs are packed individually to fit the size of the party, length of the trip and any preferences indicated to us.

Canoeists are responsible for breakfast on the first day of their trip and dinner on the last day of their trip. Continental Breakfast is served to Completely Outfitted groups on the morning their trip begins. Continental Breakfast is also an option for $3.50/person with partial outfitting but must have advance notice.

We use AlpineAire and Cache Lake Foods; the very finest in freeze-dried and dehydrated items. These foods are not only light to carry but quick and easy to cook.

We strive to accommodate any special requests that you may have for additional items that we don’t regularly have on hand, but will charge an additional fee for those items.

Special diets can be accommodated with at least 2-week advance notice. The items marked with a \*GF are Gluten-Free.

PLEASE NOTE: we request that you choose one meal for the entire group (with the exception of the fresh meats for the first two dinners). If your group chooses to have more than one selection for other meals, there will be an additional charge for the additional food.

***STAPLES:*** (These are packed with all outfits.)

Margarine

Salt & Pepper, Matches

Trash Bags, Dish Soap

Toilet Tissue & Paper Towels

Scouring Pads

Snacks (1 per person per day)

Pot Holder

***BEVERAGES:* Please indicate the number of servings for your group per day**. We’ll pack Drink Mix only if you request it.

\*Each Breakfast includes Orange Beverage

Instant Coffee: \_\_Regular \_\_Decaf (Singles)

Tea Bags: Black Green \_\_\_Herbal Tea .

\_\_\_Sugar Packets \_\_\_Splenda Packets

\_\_\_Creamer Packets

\_\_\_Hot Chocolate \_\_Hot Apple Cider

Fruit Drink Mix:\_\_Sugar \_\_\_Sugar Free

***BREAD:***

Please indicate how many loaves of bread (sandwiches, toast, french toast, etc…)

\_\_\_Sliced White Bread \_\_\_Fryin’ Pan Bread (great option for a meal or two – requires preparation)

\_\_\_Sliced Wheat Bread

***OPTIONAL ITEMS:***

\_\_\_Fish Breading (how many fish fry dinners)

\_\_\_ Crisco Shortening or Oil (circle one)

\_\_\_Lemon Juice \_\_Hard Candies

\_\_\_Tartar Sauce \_\_\_Ketchup \_\_\_Hot Sauce

\_\_\_Mustard \_\_\_Fresh Onions

\_\_\_Popcorn \_\_\_Marshmallow Bags

**MEAL CHOICES**.

PLACE AN “X” in front of each meal choice. Meals may be chosen more than once (MARK AS “XX”, ETC…), with the exception of the first day choices. First day choices may be chosen more than once but will incur extra charge. \* GF indicates a Gluten Free product.

***BREAKFAST CHOICES:***

\_\_\_Fresh Eggs, Fresh Bacon, Hash Browns, Juice (1st Day)

\_\_\_Buttermilk Pancakes with Syrup, Juice \_\_\_Optional Fresh Bacon w/this meal (check if desired)

\_\_\_French Toast with Syrup, Juice \_\_\_Optional Fresh Sausage w/this meal (check if desired)

\_\_\_Blueberry Pancakes with Syrup, Juice

\_\_\_Ham & Cheese Omelet, Hash Browns, Juice \*GF

\_\_\_Western Omelet, Hash Browns, Juice \*GF

\_\_\_Eggs & Bacon Bits, Hash Brown Scramble, Juice \*GF

\_\_\_Fryin’ Pan Biscuits and Gravy, Juice

\_\_\_Energy Bars (Hudson Bay Bread), Juice

\_\_\_Instant flavored Oatmeal, Milk, Dried Fruit, Juice

\_\_\_Strawberry Granola with Milk, Juice

***LUNCH CHOICES:***

\_\_\_Trail Lunch: String Cheese, Beef Sticks/Jerky, Candy Bar

\_\_\_Turkey or Ham (circle preference), Cheese, Tortillas, Cookies

\_\_\_Fresh Bagels with Cream Cheese, Dried Fruit

\_\_\_Summer Sausage & Cheese with (Circle One – Bread, Tortillas, Pilot Biscuits) (Circle One – Granola Bars or Dried Fruit Mix).

\_\_\_Peanut Butter & Jelly with (Circle One – Bread, Tortillas, Pilot Biscuits) (Circle One – Granola Bars or Dried Fruit Mix).

\_\_\_Tuna Fish Sandwich (Circle One – Bread, Tortillas, Pilot Biscuits) with Mayonnaise, (Circle One – Dried Fruit Mix or Cookies).

\_\_\_Energy Bars (Hudson Bay Bread), Peanut Butter, Dried Fruit

\_\_\_Creamy Potato Cheddar Soup, Crackers & Cheese, Cookies \*GF Soup **\*Requires Prep Time\***

\_\_\_Wild Rice Vegetable Salad w/ (Circle One – Ranch or Italian dressing.) \*GF - Full of fresh peas, crunchy carrots, crisp celery, and wild rice **\*Requires Prep Time\***)

**Potato, Vegetable and Desert Choices are to be chosen along with the DINNER CHOICES below:**

***POTATO CHOICES VEGETABLE CHOICES DESERT CHOICES***

A) Fresh Potato A) Green Beans \*GF A) Three Berry Crumble

B) Fresh Sweet Potato B) Corn \*GF B) Hot Apple Desert \*GF

C) Mashed Potatoes C) Peas \*GF C) Chocolate Pudding \*GF

D) Garlic Herb Mashed D) Peas & Carrots \*GF D) Chocolate Pie

E) Cheesy Mashed E) Carrots \*GF E) Cookies

F) Banana Cream Pie

G) Cinnamon Apple Crisp

H) Chocolate Mudslide

I) Lemon Pie

***DINNER CHOICES*** (Select Main Entrée, then write in letter choice of potato, vegetable, and desert from the above list)

\_\_\_ (Circle One) Beef Steak, ½ lb. Ground Beef Patty, Chicken Breast or Veggie Burger (1st Night)

\_\_Potato Choice

\_\_Vegetable Choice

\_\_Desert Choice

\_\_\_ (Circle One) Pork Steak, Ham Steak, Veggie Chicken Pattie (2nd Night for trips of 5 or more days)

\_\_Potato Choice

\_\_Vegetable Choice

\_\_Desert Choice

\_\_\_Bratwurst, Sauerkraut, on a Tortilla (2 Brats & 2 Tortillas each)

\_\_Vegetable Choice

\_\_ Desert Choice

\_\_\_Beef Stroganoff (Noodle dish w/chunks of beef & mushrooms in a rich, creamy sauce)

\_\_Vegetable Choice

\_\_Desert Choice

\_\_\_Beef Stew w/Dumplings (Chunky nuggets of Beef & full of flavorful Vegetables)

\_\_Desert choice

\_\_\_Black Bart Chili w/Beef & Beans (chili w/black beans, kidney beans & beef and a taste reminiscent of the Wild West) \*GF

\_\_Vegetable Choice

\_\_Desert Choice

\_\_\_Beef Burrito Bowl (Cilantro Lime Rice, Black Beans, Beef, Corn, Bell Peppers & Mexican Spices) \*GF

\_\_Vegetable Choice

\_\_Desert Choice

\_\_\_Spicy Sausage Pasta (Pasta & sausage crumbles in a spicy cream sauce)

\_\_Vegetable Choice

\_\_Desert Choice

\_\_\_Chicken ala king w/Rice (Crispy vegetables w/chunks of chicken in a savory cream sauce. Served in a quick, no-cook rice.) \*GF

\_\_Vegetable Choice

\_\_Desert Choice

\_\_\_Chicken Stew w/Dumplings (Chicken, 8 Vegetables & Barley w/Dumplings)

\_\_Desert Choice

\_\_\_Chicken Stew (Chunky nuggets of Chicken & full of 8 flavorful Vegetables) \*GF

\_\_Desert Choice

\_\_\_Three Cheese Chicken Pasta (A simple chicken pasta with a creamy 3-cheese sauce and veggies)

\_\_\_Vegetable Choice

\_\_\_Desert Choice

\_\_\_All American Seasoned Potatoes w/Beef (Potatoes & Beef accented with classic seasonings) \*GF

\_\_Vegetable Choice

\_\_Desert Choice

\_\_\_Thai Style Chicken w/Noodles (Mildly spiced Thai style sauce w/noodles, chicken & vegetables). \*GF

\_\_\_Desert Choice

***NO MEAT ENTREES***

\_\_\_ Really Cheesy Mac & Cheese (Rich and creamy cheddar cheese sauce with macaroni)

\_\_\_Vegetable Choice

\_\_\_Desert Choice

\_\_\_Mountain Chili (Beans, Veggie Protein & Spices) \*GF

\_\_\_Vegetable Choice

\_\_\_Desert Choice

\_\_\_ Three Cheese Lasagna (Inspired by Mama’s lasagna seasoned w/ Italian Spices.)

\_\_\_Vegetable Choice

\_\_\_Desert Choice

\_\_\_Himalayan Lentils & Rice (Rice, lentils & black beans accented with mango, apples & sassafras)

\_\_\_Vegetable Choice

\_\_\_Desert

\_\_\_Veggie Burrito Bowl (Cilantro Lime Rice, Black Beans, Corn, Bell Peppers & Zesty Mexican Spices)

\_\_\_Desert

\_\_\_Creamy Potato Cheddar Soup (Creamy blend of potatoes, cheddar cheese, red bell peppers and green onions) \*GF

\_\_\_Vegetable Choice

\_\_\_Desert Choice