



Elite Menu

Please enter a 1 next to each meal you'd like; or, if you'd like a meal multiple times, enter 2 for twice, 3 for three times, etc. The menu will be adjusted according to the number of people in the group. Most trips depart after breakfast and return before supper, so these meals are not packed unless requested. Vegetarian, gluten free and dairy free menus available upon request.

Trip Leader	Your Name		Your Phone Number		
			# of people in group		
BREAKFASTS		LUNCHES		DINNERS	
Fresh Eggs and Bacon		Pepperettes, Cheese and Crackers Granola bar		Fresh Frozen Beef Steak Fresh potatoes, fresh onions, dessert	
Muffin and Oatmeal		Grilled Ham and Cheese Sandwiches Cup-O-Soup, crackers		Freeze-Dried 3 Cheese Lasagna	
Pancakes Syrup, margarine		PB and J Sandwiches Granola bar		Freeze-Dried Mexican Chicken & Rice Bowl Dessert	
Freeze-Dried Scrambled Eggs Hashbrowns		Dried Sausage, Tortillas & Cheese Chocolate bar		Fish Dinner Pack Hash browns, soup, lemon juice, fish mix, tartar sauce	
Strawberry Granola with Milk		Hudson Bay Bread Peanut butter, gorp		Spicy Sausage Pasta Vegetable	
		Potato Soup Crackers		Hearty Beef Stew Dessert	
STAPLES		Fruit Drinks	Margarine	Mustard	Fire Starters
Please indicate which staples you'd like by entering a Y for yes ; if you would like extra amounts, please enter an E for extra . If you don't want an item, please enter an N for no .	Tea Bags	Salt	Ketchup	Toilet Paper	
	Instant Coffee	Pepper	Cooking Oil	J-Cloth	
	Coffee Mate	Seasoned Salt	Gorp	Paper Towels	
	Hot Chocolate	Sugar	Dried Fruit	S.O.S. Pads	
SPECIAL REQUESTS		Regular Coffee	Lemon Juice	Cookies	Scotch-Brite Pad
	Dry Milk	Garlic Powder	Jiffy Pop	Liquid Soap	
	Cup O'Soup	Fish Breading	Marshmallows	Oven Mitt/Glove	
	Bread	Tartar Sauce		Cloth Dish Towel	
	Peanut Butter	Mayonaise	Waterproof Matches	QUESTIONS? 1 877 597-6418	
	Jam	BBQ Sauce	Tinfoil		