



# 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 (please note that the fresh eggs and bacon and the beef steak are only available for the first day). 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 (V), gluten free (GF), dairy free (DF) and low sodium (LS) options are marked. Cheese can be substituted for soy cheese by request. Bread can be substituted for GF bread by request.

Trip Leader	Your Name		Your Phone Number	
			# of people in group	
<b>BREAKFASTS</b>		<b>LUNCHES</b>		<b>DINNERS</b>
Fresh Eggs and Bacon (DF, GF, LS and V options available) (Limit 1)	Grilled Ham and Cheese Sandwiches (LS option available) Cup-O-Soup, crackers (Limit 2)		Fresh Frozen Beef Steak (DF, GF, LS) Fresh potatoes, fresh onions, dessert (Limit 1)	
Muffin and Oatmeal (LS, V, GF oatmeal available)	Pepperettes, Cheese and Crackers Granola bar		Freeze-Dried 3 Cheese Lasagna (LS) OR Pasta Primavera with Grilled Chicken	
Pancakes (LS, V, GF options available) Syrup, margarine	PB and J Sandwiches (DF, LS, V) Granola bar		Freeze-Dried Mexican Chicken OR Veggie Bowl (GF, V option) Dessert	
Freeze-Dried Breakfast Scramble (GF, V)	Dried Sausage, Tortillas & Cheese Chocolate bar		Fish Dinner Pack (GF, LS, DF version available) Hash browns, soup, lemon juice, fish mix, tartar sauce	
Strawberry Granola with Milk (LS, V)	Hudson Bay Bread (DF, LS, V) Peanut butter, gorp		Freeze-Dried Spicy Sausage Pasta (LS) OR Tuscan Style Pasta Roma (V)	
Santa Fe Beef Skillet (DF) Hashbrowns	Potato Soup (GF, V, LS option available) Crackers		Freeze-Dried Hearty Beef Stew Dessert	
			Freeze-Dried Kung Pao Beef (DF, GF) OR Grilled Chicken with Mushroom Rice Pilaf	
			Freeze-Dried Pork Al Pastor with Cilantro Lime Rice (GF, DF)	
<b>STAPLES</b>	Fruit Drinks	Margarine	Mustard	Fire Starters
Please indicate which staples you'd like by entering a <b>Y</b> for <b>yes</b> ; if you would like extra amounts, please enter an <b>E</b> for <b>extra</b> . If you don't want an item, please enter an <b>N</b> for <b>no</b> .	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
<b>SPECIAL REQUESTS</b>	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	<b>QUESTIONS?</b> <b>1 877 597-6418</b>
	Jam	BBQ Sauce	Tinfoil	