



Outpost Menu

	BREAKFAST	LUNCH	DINNER
Day 1	Fresh Eggs & Bacon English muffin Juice	Sandwich Ham Cheese Kool-Aid	Steak & Potatoes Corn Onions Dessert
Day 2	Pancakes & Sausages Syrup	Hot Dogs Beans Chips	Spaghetti Tomato sauce and ground beef Garlic Bread
Day 3	Cold Cereal Milk	Sandwich Peanut butter & jelly Chocolate Kool-Aid	Fresh Caught Fish Macaroni & Cheese Peas
Day 4	Fresh Eggs & Bacon Bagels Juice	Beef Stew Fruit Cocktail	Chicken Rice-a-Roni Carrots Chocolate cake
Day 5	Oatmeal Muffins	Sandwich Bologna Cheese Chips	Hamburgers Rice-a-Roni Corn
Day 6	Pancakes & Sausage Syrup Juice	Canned Chili Crackers Peaches	Pork Chops Mashed potatoes Vegetable medly
Day 7	Cold Cereal Milk	Soup & Grilled Cheese Kool-Aid	Fresh Caught Fish Macaroni & Cheese Peas
Staples	Bread, peanut butter, jelly, margarine, fish breading, cooking oil, cookies, salt & pepper, ketchup, mustard, mayonaise, BBQ sauce, Kool-Aid, coffee, tea, cocoa, coffee whitener, apples, oranges, toilet paper, paper towels, bar soap, dish soap, S.O.S. pads, dish towels and matches.		
Trip Leader		Your Phone Number	
Your Name		# of people in group	
I have no changes to the menu.			
I have special requests (please list):			

If the submit button does not work please email the menu as an attachment. Thank you.