

CANADIAN BORDER OUTFITTERS

Your Choice Group Menu

Choose 1 less breakfast and dinner
Ex. 6-day trip: 5 breakfast, 6 lunches, 5 dinners

BREAKFAST

***Requires Cooking**

- _____ *Fresh Eggs, Bacon, Diced Potatoes, OJ
- _____ *BWCA Muffins (egg, sausage patty and english muffins), OJ
- _____ *Pancakes, Bacon, Syrup, Applesauce, OJ
- _____ *Cheese Omelet, Diced Potatoes, OJ
- _____ Granola Cereal w/ Milk, OJ
- _____ Hot Oatmeal, Raisins, English Muffins with Jam, OJ
- _____ Cereal Bars, Dried Fruit, OJ

LUNCH (All Lunches come with a snack and fruit drink)

***Requires Cooking**

- _____ Salami & American Cheese Wraps
- _____ Peanut Butter & Jelly Bagel Sandwiches
- _____ Cheese Sandwich on White Bread, Ramen Noodle Soup
- _____ Summer Sausage & Cheese Crackers
- _____ Peanut Butter & Jelly Wraps
- _____ Beef and Cheese Stick with Snack Crackers
- _____ Jerky and Trail Mix
- _____ *Grilled Cheese and Ramen Noodle Soup
- _____ * Mac and Cheese
- _____ *Chili with Saltine Crackers

DINNER (Fresh meals may only be chosen once)

***Requires Cooking**

- _____ *Fresh Sirloin Steak, Garlic Mashed Potatoes, Green Beans, Chocolate Pudding, Fruit Drink
- _____ *Fresh Burgers, Diced Potatoes, Apple-Delight, Fruit Drink
- _____ *Fresh Ham Steak, Au Gratin Potatoes, Peas & Carrots, Rice Pudding, Fruit Drink
- _____ *Chicken & Rice, Peas, Apple Brown Betty, Fruit Drink
- _____ *Spaghetti w/Meat, Sicilian Veggies, Raspberry Cobbler, Fruit Drink
- _____ *Mexican Rice & Beef, Corn, Apple Cobbler, Fruit Drink
- _____ *Beef Stroganoff, Peas and Carrots, Rice Pudding, Fruit Drink
- _____ *Chicken & Mashed Potatoes, Green Beans, Chocolate Peanut Butter Pie, Fruit Drink
- _____ *Turkey Alfredo, Sicilian Veggies, Apple Cobbler, Fruit Drink

Organization Name: _____

Party Leader Name: _____

Crew Size: _____ adults _____ youth (under 18)

EXTRA BEVERAGES

(specify quantity per day for crew)

- ___ regular ground coffee (8 cup pkt)
- ___ decaf ground coffee (8 cup pkt)
- ___ regular instant coffee – singles
- ___ decaf instant coffee – singles
- ___ tea bags
- ___ Hot Chocolate

EXTRA ITEMS

(check your preferences)

- ___ sugar
- ___ Sweet & Low
- ___ creamer
- ___ fish breeding (# Times _____)
- ___ grape jelly
- ___ Miracle Whip
- ___ mayonnaise
- ___ mustard
- ___ ketchup
- ___ tartar sauce
- ___ lemon juice
- ___ fresh onions
- ___ marshmallows

- ___ water bottles # needed: _____
- ___ water purification tablets

STAPLES INCLUDED

- salt & pepper, assorted spices
- vegetable oil
- margarine
- extra beverages and extra snacks
- trash bags
- hand soap and dish soap
- SOS & scouring pads
- toilet paper
- aluminum foil
- matches & firestarter
- paper towels & Handi-Wipes
- hot pad

Special Needs:

We will do our best to accommodate certain diet needs. Please contact us with any questions or concerns that you may.

IMPORTANT: You'll need to provide us with your menu selection at least two weeks prior to your arrival date. Each travel crew should submit a separate menu planner.

You can submit your completed menu planners:

by mail	14635 Canadian Border Road, Ely, MN 55731
by fax	218-365-6974
by e-mail	cbo@canoetrip.com
by phone	800-247-7530

Last minute changes in group size can always be accommodated. Our repacking fee is \$25 per travel group.

WE'RE LOOKING FORWARD TO YOUR VISIT!

May your portages be short and the breezes gentle on your back ...