

# Jasper Company Canoe Trip Menu

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Party Name: \_\_\_\_\_ Number in Party: \_\_\_\_\_ Trip Dates: \_\_\_\_\_

Please indicate which meals you would like packed for your wilderness trip.  
 Indicate if you would like a meal more than once.  
 The entire group is served the same selection at each meal.

## Number of Breakfasts

All breakfasts include a hot beverage choice and orange drink

- Fresh eggs, bacon & toast with jelly
  - Fresh eggs, Canadian bacon & melted cheddar cheese on toasted bagel
  - Dried scrambled eggs & hash browns
  - Pancakes, maple syrup & link sausage
  - French toast, maple syrup & bacon
  - Granola & dried fruit
  - "Quick Breakfast" Hot cereal with brown sugar & raisins
- Choose one:     Oatmeal         Red River         Cream of Wheat  
                    Grits             Ralston             Malt O Meal

### LUNCH PACK

Salami, cheese, peanut butter, jelly, bread, crackers, energy bars  
 trail mix, cookies, candy bars, & fruit drink

A steak dinner is traditionally the first evening's meal.  
 Only two dinners can be fresh meat due to its perishable qualities.  
 Fresh meat meals marked with an asterisk.

## Number of Dinners

All meals include a beverage and a dessert

- Char-broiled steak, hash browns & fresh salad \*
- Grilled pork chops, rice pilaf & applesauce \*
- Chicken breast, Swiss cheese, lettuce, tomato & sourdough bun \*
- Italian sausage, Cajun red beans & rice \*
- Macaroni & cheese with hot dogs \*
- Fresh fish, hash browns with onions, baked beans & bread
- Split pea soup, dried ham & crackers
- Finnish fish stew & garlic-cheese toast
- Asian rice & lentils with cornbread
- Spaghetti, meat sauce, parmesan cheese & breadsticks
- Tortillas, cheese, salsa & refried beans

*Fish may be served with any meal upon request*

### How Many Party Members will drink the following?

\_\_\_ Decaf Coffee        \_\_\_ Regular Coffee        \_\_\_ Cocoa  
 \_\_\_ Tea                    \_\_\_ Herbal Tea            \_\_\_ Hot Cider

How many party members use the following in their beverages?  
 \_\_\_ Creamer            \_\_\_ Sugar

### FOOD PACK STAPLES

- Salt/pepper
- Seasoning salt
- Powdered milk
- Sugar cubes
- Creamer
- Granulated sugar
- Brown sugar
- Canola oil
- Crisco oil
- Squeeze margarine
- Fish breeding
- Soy sauce
- Parmesan cheese
- Oregano
- Garlic
- Lemon
- Limes
- Onions
- Salad dressing
- Fruit drinks
- Mustard
- Ketchup
- Cup of soup
- Brown gravy
- Salsa
- Hot sauce

### Miscellaneous

- Matches/Fire starter
- Toilet Paper
- Soap Kit
- Toothpicks
- Handi Wipes
- Napkins
- Paper Towels
- Water Tablets
- Ice

**NOTES:** ALL MEALS CAN BE PREPARED  
 TO MEET YOUR DIETARY NEEDS

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