

# NORTH COUNTRY CANOE TRIP MENU

Please mail your completed menu to us as soon as possible with your reservation form. If not received 3 weeks prior to your trip, we will make the food and beverage selections for you. If meal changes are requested with 7 days of arrival, or party numbers change, a repack fee of \$25 will be charged.

Name of Party: \_\_\_\_\_

Total persons in the party: \_\_\_\_\_

Dates: First day on the water \_\_\_\_\_  
Last day on the water \_\_\_\_\_

Total number of calendar days: \_\_\_\_\_

Will you be camping in:  BWCA  QUETICO

## How To Complete Your Menu

Our trips are designed to begin after breakfast on the first day and end before dinner on the last day. Your food pack will be packed according to this schedule. You will, therefore, need to select a lunch for each calendar day of the trip. Select one less breakfast and one less dinner than the number of lunches.

EXAMPLE: A 7-day trip has:  
6 Breakfasts / 7 Lunches / 6 Dinners

We must pack each meal for the entire party (family style). Everyone must eat the same selection at any particular meal. For this reason, you only need to tell us which selections your party would like served. Simply indicate the number of times you want a meal served next to the selection.

EXAMPLE: A party of 4 people wants the chicken & rice twice, and beef stroganoff once.

2 CHICKEN & RICE  
1 BEEF STROGANOFF

Parties using our GOLD package may select either GOLD or SILVER meals. Parties using our SILVER package may select GOLD meals at an additional charge of \$3.00/person/meal, with the exception of the GOLD "First Night" Dinner which is \$5.00/person. To maintain freshness, meals marked \* cannot be repeated.

We carry a limited selection of vegetarian main courses. Please call us at 218-365-5581 to discuss this option.

Due to unforeseen demand, it is possible that some of your menu choices may be out of stock at the time of your arrival (more likely during the discounted May and September trips.)

**NOTE:** It is very difficult to accommodate allergies with freeze dried foods. These meals contain peanut oil, whey & milk products, wheat, and shell fish. Most menu item ingredients can be found at:


[www.richmoor.com](http://www.richmoor.com) or [www.backpackerspantry.com](http://www.backpackerspantry.com)

## LUNCH MENU


NOTE: Lunches with a  require cooking and extra time.

### Silver Lunch Selections

- \_\_\_\_\_ Two Sliced Cheese Sandwiches per person  
\_\_\_\_\_ Mild Swiss / American  
\_\_\_\_\_ Mild Cheddar
- \_\_\_\_\_ Two Peanut Butter & Jelly Sandwiches per person
- \_\_\_\_\_ Two Summer Sausage Sandwiches per person

- \_\_\_\_\_ Silver Trail Lunch: This light, on-the-fly lunch contains granola bars, beef stick, and trail mix.
-  Wild Rice Soup and crackers. **NEW ITEM** *We REALLY like this one!*

### Gold Lunch Selections

- \* \_\_\_\_\_ First Lunch on the Canoe Trails (Day 1): 2 Deli Sandwiches Featuring  turkey,  ham, or  beef
- \_\_\_\_\_ Fresh Chicken Salad Sandwiches
- \_\_\_\_\_ Two Soft Spread Cheese Sandwiches per person  
 Cheddar & Port Wine  Cheddar & Bacon
- \_\_\_\_\_ Gold Trail Lunch: This light, on-the-fly lunch contains a big trail cookie, beef stick, and deluxe trail mix
-  Hot Bar-B-Que Beef and Mashed Potatoes

## LUNCH DESSERTS and AFTERNOON SNACKS

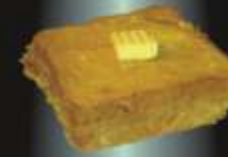
Check Preferences

- \_\_\_\_\_ Cookies
- \_\_\_\_\_ Hard Candy
- \_\_\_\_\_ Raisins

## BREADS

Check Preferences

- \_\_\_\_\_ Bakery White
- \_\_\_\_\_ Bakery Wheat



## BREAKFAST MENU

### Silver Menu Breakfast Selections

*If you would like to add an additional touch to breakfast, just check the box...*

- \* \_\_\_\_\_ First Morning In Camp (Day 2) 2 country Fresh Eggs, bread, and slab bacon  (and add raisins )
- \_\_\_\_\_ Old Fashion Buttermilk Pancakes served with Maple Syrup and butter  (and add raisins )
- \_\_\_\_\_ French Toast served with Maple Syrup and butter  (and add raisins )
- \_\_\_\_\_ A Double Sized Order of Western Omelet, bread  (and add raisins )
- \_\_\_\_\_ A Double Sized Order of Scrambled Eggs, bread  (and add raisins )
- \_\_\_\_\_ A Double Sized Bowl of Flavored Oatmeal  (and add raisins )
- \_\_\_\_\_ \*No Cook\* Mornin' A big bowl of granola cereal with milk, and bread.  (and add raisins )  
An ideal for a fast start on a long travel day, or your last morning in the woods.

### Gold Menu Breakfast Selections (MAY ALSO SELECT ANY CHOICE FROM THE SILVER MENU)


- \* \_\_\_\_\_ First Morning In Camp (Day 2) A serving of 3 Fresh Eggs,  bread or  bagels, and your choice of:  3 strips of slab bacon  2 Breakfast Sausage Chubs  4oz cut of Breakfast Ham
- \_\_\_\_\_ Mexican Omelet, Freeze Dried Fruit,  bread or  bagels  (add precooked bacon )
- \_\_\_\_\_ Fluffy Cheese Omelet, Freeze Dried Fruit,  bread or  bagels  (add precooked bacon )
- \_\_\_\_\_ Six Grain Pancakes with Apples and Spiced syrup  (add precooked bacon )
- \_\_\_\_\_ Peasant Omelet, Freeze Dried Mixed Fruit,  bread or  bagels  (add precooked bacon )
- \_\_\_\_\_ Biscuits and Gravy (not freeze dried), and  bread or  bagels  (add precooked bacon )
- \_\_\_\_\_ \*No Cook\* Mornin' Raspberry Granola cereal with milk, and  bread or  bagels  (add precooked bacon )  
An ideal fast start on a long travel day, or for your last morning in the woods.

## DINNER MENU

### Silver Menu Dinner Selections

- \* \_\_\_\_\_ First Night On The Canoe Trails (Day 1 only) If you have one of these fresh meat selections for dinner on the day you start your trip, we will add Hash Brown Potatoes (not freeze dried), Corn, and Chocolate Pudding.  
\_\_\_\_\_ A tender 8 oz cut of **CERTIFIED ANGUS BEEF®** Steak ( Sirloin Filet ! ) 
- Individual \_\_\_\_\_ Smoked Sausage (pre-cooked -- just heat and eat) with onions
- Choices \_\_\_\_\_ Two grilled Chicken Breast Fillets (pre-cooked -- just heat and eat)
- \_\_\_\_\_ Two juicy man-sized 1/2-pound Cheeseburgers, on buns with toppings.
- \* \_\_\_\_\_ Second Night (only) Bratwurst sausages on buns, Mashed potatoes, Green beans, Chocolate peanut pie
- \_\_\_\_\_ Rich Beef Stroganoff over egg noodles in a sour cream sauce. Buttered Green Peas. Vanilla Pudding.
- \_\_\_\_\_ Spaghetti with Meat Sauce: tomatoes, mushrooms, and ground beef. Green beans. Strawberry Cheesecake.
- \_\_\_\_\_ Brawny Beef Stew of carrots, peas, onions, and tomatoes. Buttered Potatoes. Rice Pudding.
- \_\_\_\_\_ Chicken & Rice with celery, onions, red & green peppers, and parsley. Peas & Carrots. Apple Brown Betty.
- \_\_\_\_\_ Italian Night: Turkey Tetrizzini with cheese, garlic, basil. Buttered Green Peas. Fruit Cobbler.

### Gold Menu Dinner Selections (MAY ALSO SELECT ANY CHOICE FROM THE SILVER MENU)

- \* \_\_\_\_\_ First Night (only) On The Canoe Trails (Day 1): Crisp hash brown potatoes (fresh frozen), corn on the cob, and the meat entree of your choice. And a decadent Dark Chocolate Cheese Cake.  
\_\_\_\_\_ Tender  8oz cut or  12oz cut of **CERTIFIED ANGUS BEEF®** Steak ( Sirloin Filet ! ) 
- Individual \_\_\_\_\_ Two Chicken Cordon Bleu (pre-cooked -- just heat and eat)
- Choices \_\_\_\_\_ Two 4oz Herbed Chicken Breast (pre-cooked -- just heat and eat)
- \_\_\_\_\_ Smoked Sausage (pre-cooked -- just heat and eat) with onions
- \_\_\_\_\_ Two juicy man-sized 1/2-pound Cheeseburgers, on buns with toppings.
- \* \_\_\_\_\_ Second Night (only) Mashed potatoes, Green beans, Chocolate peanut pie, and the party's choice of:  
Full Party's \_\_\_\_\_ Ham Steak: A 1/2 pound slab of center cut smoked ham, (OR)
- Choice \_\_\_\_\_ Swedish Meatballs over noodles (pre-cooked -- just heat and eat) (OR)
- \_\_\_\_\_ Bratwurst sausages on buns
- \_\_\_\_\_ Italian Pasta with Beef, Sicilian Mixed Vegetables, and Tiramisu for dessert.
- \_\_\_\_\_ Beef Teriyaki with Snow Peas, and Peppers in A Sherry/Soy Sauce. Mashed potatoes. Chocolate Cheesecake.
- \_\_\_\_\_ Sweet & Sour Shrimp: a traditional style sauce, with peas and rice. Green beans. Cinnamon Apple Crisp.
- \_\_\_\_\_ Bar-B-Que Chicken and Rice, Peas & Carrots, Raspberry Cobbler.
- \_\_\_\_\_ Beef Stroganoff on Wild Rice: Sour cream, beef, mushrooms, and wild rice. Peas. Blueberry cobbler.
- \_\_\_\_\_ Honey Lime Chicken with asparagus on long grain & wild rice. Garlic Mashed potatoes. Three Berry cobbler.
- \_\_\_\_\_ Homestyle Turkey over mashed potatoes. Corn. French Vanilla Mousse with Raspberries.
- \_\_\_\_\_ Cajun Chicken and Rice: Green Beans Almondine, Peaches and Cream Pie.

## BEVERAGES

Indicate the number of people wanting each beverage at the indicated meal

BREAKFAST: Includes Tang, plus:

- \_\_\_\_\_ Regular Coffee
- \_\_\_\_\_ Decaf Coffee
- \_\_\_\_\_ Hot Chocolate
- \_\_\_\_\_ Brewed Tea (Bags)

LUNCH:

Lemonade Drink

*(All lunches packed with lemonade)*

DINNER:

- \_\_\_\_\_ Regular Coffee
- \_\_\_\_\_ Decaf Coffee
- \_\_\_\_\_ Fruit Drink
- \_\_\_\_\_ Brewed Tea (Bags)

## CONDIMENTS

- \_\_\_\_\_ Salt \_\_\_\_\_ Pepper \_\_\_\_\_ Mustard \_\_\_\_\_ Ketchup \_\_\_\_\_ Mayo \_\_\_\_\_ Jelly
- \_\_\_\_\_ Honey \_\_\_\_\_ Lemon \_\_\_\_\_ Shortening \_\_\_\_\_ Tartar Sauce \_\_\_\_\_ Fish Breeding
- \_\_\_\_\_ Sweet & Low \_\_\_\_\_ Sugar \_\_\_\_\_ Coffee Creamer

**SUPPLY ITEMS ALWAYS PACKED:** Wooden stick matches, lighter for back-up, toilet paper, hand soap, dish soap, dish cloths, SOS pads, scrubber dubbers, trash bags, fish fillet board, griddle, paper towels. For Canadian trips we add a fire grate and a small latrine shovel. We do not pack water filters as they often plug with harmless algae but become useless. We do carry water purifying tablets in our shop. Or boil water in the evening when cooking, let it cool overnight, and fill your drink bottles in the morning. (SteriPEN Ultra Violet Light (UV) Water Purifier included with GOLD Package; may be added to SILVER)