

# 2024 Menu Selections

PLEASE RETURN TO NORTH COUNTRY AS SOON AS POSSIBLE

Please reproduce this form as necessary (one for each travel group) and return with your Roster(s) and Reservation Request.

ORGANIZATION: \_\_\_\_\_ If multiple groups, give an ID number or name: \_\_\_\_\_ Date: 1st day on the water \_\_\_\_\_

MEAL SELECTIONS ARE FOR YOUR WHOLE TRAVEL GROUP AT ONE SITTING:

SELECTIONS ARE NOT OFFERED ON AN INDIVIDUAL PERSON BASIS

**BREAKFASTS** (Select one less breakfast than the number of DAYS you are on the canoe trails) *check out the double-sized breakfasts!*

First Morning In Your Wilderness Campsite (**AM Day 2**) If you would like fresh food this morning, you may have fresh eggs any way you like them, toast & jelly, Tang, an additional hot beverage, and Sliced Slab Bacon.

Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Hot Chocolate \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_

Stack of Old Fashion Buttermilk Pancakes, Maple Syrup & Butter, and an additional hot beverage.

Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Hot Chocolate \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_

Cheese Omelet, Easy cook Cinnamon Breakfast Fryin' Pan Bread, Tang, and an additional hot beverage.

Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Hot Chocolate \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_

Tex - Mex Scrambled Eggs: taco flavored meat, onions, and peppers. Tang, and an additional hot beverage.

Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Hot Chocolate \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_

A North Country Double Sized bowl of Hot Cereal: Flavored Oatmeal \_\_\_\_\_, Cream of Wheat \_\_\_\_\_

Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Hot Chocolate \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_

"No Cook" Mornin' A Double Sized bowl of granola & milk. Ideal for a fast start on a long travel day, or your last day in the woods.

Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Hot Chocolate \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_



This travel group will have

\_\_\_\_\_ ADULTS

\_\_\_\_\_ YOUTH

On the water for

\_\_\_\_\_ CALENDAR DAYS

**LUNCHES** (Select the same number of lunches as the number of CALENDAR DAYS you are on the canoe trails)

Two Hard Salami (Hormel) Sandwiches, and lemonade. (People wanting ketchup \_\_\_\_\_ mustard \_\_\_\_\_)

Dessert for this lunch should be: Sandwich Cookies \_\_\_\_\_, Raisins \_\_\_\_\_, Hard Candy \_\_\_\_\_.

Two Sliced Cheese Sandwiches, Your choice of cheese: American \_\_\_\_\_, or Mild Swiss \_\_\_\_\_, and lemonade.

Dessert for this lunch should be: Sandwich Cookies \_\_\_\_\_, Raisins \_\_\_\_\_, Hard Candy \_\_\_\_\_.

Two Peanut Butter & Jelly Sandwiches, and lemonade.

Dessert for this lunch should be: Sandwich Cookies \_\_\_\_\_, Raisins \_\_\_\_\_, Hard Candy \_\_\_\_\_.

Trail Lunch, (Quick, Lite, and No Clean-Up) Trail bars, a Beef Jerky stick, Trail Mix, and lemonade.

Hot Instant Ramen Soup, (requires a cooking fire, but quick to make), bread & butter, and lemonade.

Dessert for this lunch should be: Sandwich Cookies \_\_\_\_\_, Raisins \_\_\_\_\_, Hard Candy \_\_\_\_\_.

*That's correct! You each choose between a 1/2 pound angus steak or two 1/3 pound angus burgers for the first night out. NOBODY does it better!*

**DINNERS** (Select one less dinner than the number of CALENDAR DAYS you are on the canoe trails)

First Night "out on the canoe trails" (**PM Day 1 only**): Our signature dinner features an 1/2 pound cut of **CERTIFIED ANGUS BEEF** (w/ top sirloin steak fillet, or two 1/3 pound angus beef burgers, with fresh frozen hash browns, corn, and pudding

Number of people wanting STEAKS \_\_\_\_\_, and number of people wanting two BURGERS \_\_\_\_\_.

Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Fruit Drink \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_

Bratworst on buns (Cranberry/Wild Rice Brats: 1st or 2nd night only), Mashed potatoes. Vegetable. Dessert. **A BIG favorite**

Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Fruit Drink \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_

Rich Beef Stroganoff over egg noodles in a sour cream sauce. Vegetable, Bread, and dessert tops off this meal.

Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Fruit Drink \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_

Italian Spaghetti, in a hearty sauce mix of tomatoes, and mushrooms. Vegetable. Italian Fryin' Pan Bread. Dessert.

Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Fruit Drink \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_

Brawny Beef Stew with vegetables and gravy over mashed potatoes. Vegetable. Dessert.

Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Fruit Drink \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_

Mac & Cheese. Vegetable. Bread. Dessert. **A favorite with most teens!**

Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Fruit Drink \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_

AFTERNOON SNACK PREFERENCES: Cookies \_\_\_\_\_, Raisins \_\_\_\_\_, Hard Candy \_\_\_\_\_.

STAPLES PACKED ON REQUEST: Order whatever you like, but it all adds weight. We suggest asking your group versus just checking everything.

How many people want additional:

\_\_\_\_\_ Salt & Pepper \_\_\_\_\_ Mustard \_\_\_\_\_ Ketchup \_\_\_\_\_ Mayonnaise \_\_\_\_\_ Fruit Jelly

\_\_\_\_\_ Shortening \_\_\_\_\_ Fish Breeding \_\_\_\_\_ Lemon Juice \_\_\_\_\_ Tarter Sauce \_\_\_\_\_ Creamer \_\_\_\_\_ Sugar \_\_\_\_\_ Sweetener

Selection Tips: Any meal may be repeated as often as desired, with the exception of "First Night", "First Morning", and "Bratworst on buns" (no repeating) Each meal selection is for the entire group, however, for the first night dinner (if this meal is selected) individuals may choose either a steak or two burgers.

Are you a wilderness Dutch Oven Expert?

Request an oven in advance or when you arrive at our base.

NOTE!

**THIS MENU CONTAINS: Corn, Wheat, Milk/Whey, Egg, Garlic, Gluten, and Peanut products!**

We can do only very limited substitutions, and many product ingredients cannot be avoided at all. Ely has two small grocery stores; we don't have access to products you may have at home. **WE SPECIFICALLY CANNOT ACCOMMODATE ALLERGIES to milk/whey, soy, egg, sunflower oil, or preservatives.** We do not have menu items for Halal, Kosher, or vegan needs. If an individual is allergic to our menu items, or requires a special diet, suitable foods must be purchased at home and brought with the individual. North Country will make a good faith fee reduction for individuals who bring all of their own foods of \$10-\$20/night. If arranged **IN ADVANCE** gluten-free and vegetarian **dinner main courses** may be substituted on a whole group basis, or purchased for \$5 (additional charge) per 2-person serving. **IMPORTANT: Review our allergy advisory to the right of this page.**

**The responsibility for food allergies belongs to the individual, parents, and group leaders; NOT North Country Canoe Outfitters.**

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