2022 Office Use: CO / FC R

GUNFLINT NORTHWOODS OUTFITTERS MENU

Party Name: _____ **Party Size:** _____

Return Menu by: _____ **Dates on Water:** _____ **Total Days:** _____

(Menus returned after date above will be charged a $25/person expediting fee)

- (+) items are fresh - have to be eaten the first day (NO EXEPTIONS) - all meals are family style **- please cross off any item you do not want**
- (*) meals are either gluten free or available as gluten free **-Allergies and diet restrictions must be noted by return menu date or substitutions will not be made**

BREAKFAST: COOK

	CHOOSE MEALS
____ +Fresh eggs, cheese, English muffin* (V) (1st breakfast only)	*oranges are heavy & optional*
____ +bacon or ____ +sausage patty (V)	____ orange
____ Hashbrown & bacon bits egg scramble, tortilla* (V)	____ orange
____ Western omelet, blueberry scones, gogo yogurt* (V)	____ orange
____ Biscuits & gravy w/sausage bits, gogo yogurt (V)	____ orange
____ Instant Oatmeal, dried fruit, granola bar* (V)	____ orange

BREAKFAST: NO COOK

____ Bagel, jelly, granola bar, gogo yogurt* (V)	____ orange
____ Clif Bar, dried fruit, beef stick(nuts)* (V)	____ orange
____ Cereal w/berries & milk, soft breakfast bar (V)	____ orange

LUNCH: NO-COOK

	CHOOSE MEALS
Quick on the go meals	
____ Sliced salami, crackers, gogo applesauce, cookie*	
____ Beef & cheese sticks, fruit leather, nuts, apple*	
____ Beef jerky, cheese crackers, gogo applesauce, cookie*	
Sandwiches	**please select one*(if you want)*:**
____ Tuna, sandwich thin, fruit leather, cookie* (V)	____ apple or ____ baby carrots
____ PB&J, bagel, beef stick(nuts), cookie* (V)	____ apple or ____ baby carrots

LUNCH: COOK

(apples are heavy, suggested 1 for every 2 ppl)

____ Bean burrito, tortilla, fruit leather, cookie*	____ apple or ____ baby carrots
____ Creamy mac & chz, beef stick(nuts), cookie* (V)	____ apple or ____ baby carrots
____ *Beef chili mac* , biscuit, cookie*	____ apple or ____ baby carrots
____ *Chicken burrito* , tortilla, cookie*	____ apple or ____ baby carrots

DINNER

all dinners come with veggies

	CHOOSE MEALS **please select one:**
____ +Steak or ____ +Bratwurst, *potato pancakes** (V)	____ pudding ____ candy bar
____ *Beef stew* , garlic mashed potatoes	____ pudding ____ candy bar
____ *Beef stroganoff with mushrooms*, fry bread*	____ pudding ____ candy bar
____ *Cheddar wild rice soup* , fry bread (V)	____ pudding ____ candy bar
____ *Basil parmesan noodles** , fry bread (V)	____ pudding ____ candy bar
____ *Wild rice casserole with pork sausage,* fry bread	____ pudding ____ candy bar
____ Rice w/chicken bits, tortilla* (V)	____ pudding ____ candy bar
____ Noodle Alfredo w/chicken bits, fry bread (V)	____ pudding ____ candy bar
____ Creamy Fish Chowder (w/**your** fish), biscuit (V)	____ pudding ____ candy bar

Put how many people will be drinking that beverage each day. Ex: 4ppl want coffee each morning, put a 4 in that spot.

BREAKFAST BEVERAGES - EACH DAY

____ coffee (instant packets/single serving)
____ decaf (instant packets/single serving)
____ hot cocoa ____ creamer ____ sugar
____ herbal tea ____ green tea ____ honey

LUNCH BEVERAGES - EACH DAY

____ assorted fruit drinks
(2 packets/person = 32oz drink)

DINNER BEVERAGES - EACH DAY

____ coffee (instant packets/single serving)
____ decaf (instant packets/single serving)
____ hot cocoa ____ creamer ____ sugar
____ herbal tea ____ green tea ____ honey

STAPLE CHOICES

Specify how many total packets you would like

____ ketchup ____ mustard ____ mayo
____ hot sauce ____ tartar sauce ____ honey

Specify how many:

____ fish breading (1 cup)
____ shortening (8 oz)
____ yellow onion - heavy
____ idaho potato - heavy
____ s'mores (2 servings/person)

Your food pack will already include: salt & pepper, squeeze butter, extra snacks, and 1 trail mix/person/day

✶(trail mix is made in a factory where wheat products are processed)✶

We reserve the right to make substitutions on any items based on availability.

Any Special Food Requests? Gluten free, vegetarian, allergies? Please specify # of ppl with diet restrictions.

All cookies, granola bars, and breads (except fry breads) can be substituted for gluten free items. V = Meals that are either vegetarian or can be made vegetarian.

italicized items are produced by local company CAMP CHOW, more info can be found at www.trailcenterlodge.com

Due to Health Code Regulations, non-shelf stable foods must be consumed in the first meal.