

Belly full... of hot food

This menu is varied and portions are beefed up for the cold winter trips. We can add on or subtract days to fit your long, cold, winter time adventure.

Winter trip notes: We can easily change cold cereals to hot cereals & make more lunches "packable" so that you can do pack lunches most days instead of stopping for a lunch. It's always a good idea to bring your own personal lunch tupperware for leftovers or pack lunches!!

Date	Rig day	Launch day										
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EACH DAY BOX BEGINS AT THE DINNER FOR THAT DAY & THE BKST/LUNCH IS FOR THE FOLLOWING DAY.

day box #	put-in/rig	DAY BOX 1	DAY BOX 2	DAY BOX 3	DAY BOX 4	DAY BOX 5	DAY BOX 6	DAY BOX 7	DAY BOX 8	DAY BOX 9	DAY BOX 10	DAY BOX 11
hors	Chips & salsa	chips & dip	chips & salsa	apples & cheese	nuts & pretzels	hot soup	veggies & dip	cheese, smoked oysters, crackers	hot soup	pesto cream cheese & crackers	hummus & pita	nuts & pretzels
dinner	Soup & grilled cheese	spaghetti w/ ital sausage, salad, bread	burritos w/ chicken, rice, beans	beef stroganoff, egg noodles, steamed carrots	Chicken curry w/ veggies & quinoa	steaks, potatoes, salad	jambalaya, rice, garlic bread	grilled chicken, orzo, veggie salad	burgers, beans, corn	lasagna & bread	posole w/ pork chunks, rice, cornbread	turkey dinner w/ mashers, gravy, green beans, stuffing
bkst	Put in breakfast/ Launch day	eggs to order w/ sausage	french toast w/ bacon	cold cereal, yoqurt, bagels	eggs, homefries, tortillas w/ bkst ham	pancakes w/ turkey sausage	rolled oats w/ english muffins	bagels, lox, cream cheese	eggwich w/ canadian bacon	cold cereal, yoqurt, bagels	eggs to order w/ bacon	breakfast burritos w/ chorizo
lunch	1st on river Lunch deli style	taco salad	deli spread	deli spread	hummus & tabouli w/ pita	cashew chicken salad w/ pita	deli spread	veggie wraps	taco salad	deli spread	snack style	deli spread

Your choice of dessert when you like! See master list!

Date day box #	DAY BOX 12	DAY BOX 13	DAY BOX 14	DAY BOX 15	DAY BOX 16	DAY BOX 17	DAY BOX 18	DAY BOX 19	DAY BOX 20	DAY BOX 21	DAY BOX 22	DAY BOX 23
hors	hot soup	cheese, salami crackers	bruschetta, crackers	hot soup	cream cheese, salsa, crackers	nuts & pretzels	chips & dip	hot soup	pesto cream cheese & crackers	cream cheese, salsa, crackers	antipasto	nuts & olives
dinner	chicken brats, ratatouille, baked beans	mexican casserole w/ canned chicken, rice	porkchops, stuffing, green beans, applesauce	Beef stew w/ biscuits	coconut curry w/ canned chicken, quinoa	lentil soup, cornbread, couscous salad	white chili & rice	shepards pie & apple salad	falafel burgers & hummus, butternut squash soup	chicken noodle soup, quesadillas	pasta alfredo & 3 bean salad	chili, canned beef w/ rice, cornbread
bkst	steel cut oats w/ english muffins	eggs, homefries, tortillas w/ turkey sausage	cold cereal, yoqurt, baqels	eggwich w/ canadian bacon	rolled oats w/ english muffins	breakfast burritos w/ chorizo	cold cereal, yoqurt, baqels	eggs to order w/ sausage	bagels, lox, cream cheese	steel cut oats w/ dried fruit	pancakes & eggs	TAKEOUT MORNING DAY 24 cold cereal
lunch	deli spread	pasta salad	deli spread	tuna salad wraps	PB & J	salmon salad wraps	hard boiled eggs, cheese, jerky & crackers	hummus & tabouli w/ tortillas	snack style	peanut butter, almond butter & jelly sandwiches & leftovers!	cashew chicken salad wraps	

14 Desserts - 2 cakes, 1 brownies, 1 cobbler, 1 gingerbread, 1 poundcake & berries, 1 cheesecake, 2 smores, 2 cookies, 2 dessert chocolates

Breakfast fruit available -10 mornings worth, mix & match, eat what's ripe! Melons, grapefruit, oranges, pineapple

