

**CUSTOM MENU OPTIONS food pack/service fee \$750 plus the per/person/per day cost**

For example:

<b>TRIP NAME:</b>	16 day trip has 16 breakfasts (including a put in bkst)
<b>LAUNCH DATE:</b>	15 lunches
<b>Phantom exchange date:</b>	15 dinners(not including a rig day dinner)
<b># OF DAYS:</b>	18 day trip has 18 breakfasts (including a put in bkst)
<b># OF PEOPLE</b>	17 lunches
	17 dinners(not including a rig day dinner)

Normally no lunch is planned for the take out day

**\*\*GOOD FOR LAST WEEK OF LONG TRIPS W/ MINIMAL COOLER ITEMS**

**BREAKFAST OPTIONS**

**Please choose between meat types that are in bold letters.**

**Also choose the number of times you would like to repeat any meal.**

**For summer trips we recommend a number of simple breakfasts (cold & hot cereals)**

**All choices include good coffee, tea, & juice. Jelly, butter, margerine are included in food pack.**

<input type="checkbox"/>	Put-In Bkst - Danish, bagels, yogurt, bananas
<input type="checkbox"/>	Eggs to order/English muffins/ <b>BACON,SAUSAGE, BKST HAM, CANADIAN BACON</b> or NONE
<input type="checkbox"/>	Breakfast burritos w/ egg & beans/ <b>CHORIZO,BACON, OR SAUSAGE</b> or NONE
<input type="checkbox"/>	Eggs/Homefries/Tortillas/ <b>BACON,SAUSAGE, BKST HAM, CANADIAN BACON</b> or NONE
<input type="checkbox"/>	Eggwiches w/ canadian bacon,english muffins, cheese, tomatoes
<input type="checkbox"/>	French toast/ <b>BACON,SAUSAGE, BKST HAM, CANADIAN BACON</b> or NONE( <b>Real maple syrup upon request</b> )
<input type="checkbox"/>	Pancakes**/ <b>BACON,SAUSAGE, BKST HAM, CANADIAN BACON</b> or NONE ( <b>Real maple syrup upon request</b> )
<input type="checkbox"/>	Hot cereal/English muffins** (old fashioned rolled or steel cut oats, includes pecans, dried berries, raisons)
<input type="checkbox"/>	Cold cereal/Yogurt/Bagels**
<input type="checkbox"/>	Bagel, lox, cream cheese

**How many mornings would you like fresh fruit??(melons, grapefruit, pineapple, oranges)**

**We recommend 6-12 mornings, it can be a space issue with small boats or only few boats.**

**LUNCHES**

The following are included in every lunch

- apples & oranges
- bread or tortillas or pita
- cheese
- cookies
- gatorade & lemonade mix
- horseradish
- lettuce
- mayo
- mustard
- peanut butter & jelly
- pickles
- red onion
- salt & pepper
- tomatoes

**Choose how many of each from the following lunches**

<input type="checkbox"/>	deli meats (turkey,pastrami, roast beef, ham)
<input type="checkbox"/>	tuna salad wraps in flour tortillas**
<input type="checkbox"/>	chicken salad in pitas**
<input type="checkbox"/>	salmon salad wraps**
<input type="checkbox"/>	taco salad in tortillas (beans,olives,tomatoes,lettuce,gr. chilis,salsa,sour cream,avo,lime)
<input type="checkbox"/>	hummus & tabouli w/ pita**(requires prep time the evening before or morning of)
<input type="checkbox"/>	snack style**(smoked oysters, cheese, carrots,celery, kippered snacks, summer sausage, crackers)
<input type="checkbox"/>	peanut butter & jelly** (as the main fare)
<input type="checkbox"/>	pasta salad (requires prep time the evening before or morning of)
<input type="checkbox"/>	veggie salad wraps (romaine, northern beans, peppers, artichokehearts, sundried tomato, parmesan, dressing)
<input type="checkbox"/>	ceasar salad wraps w/ chicken
<input type="checkbox"/>	hardboiled eggs, cheese, crackers, jerky**(requires prep time the evening before or morning of)

**SNACK BOX - includes assortment of the following**

- candy bars (assorted mini)
- dried fruit ( assorted)
- gorp/trail mix (fruit&nuts, m&m style, oriental mix, sesame stix, gardettos)
- granola bars
- beef jerky
- nuts (p-nuts, almonds, cashews)
- misc. candy (licorice, star burst, hard candy etc.)
- crackers ( cheese-its, goldfish)

## HORS DEVOURS

These are automatically planned with each meal and include the following

veggies & dip  
chips & dip  
cheese, salami & crackers  
cheese, apples, crackers  
cheese, smoked oysters & crackers  
chips & salsa  
guacamole & chips  
antipasto (cheese, olives, artichoke hearts, marinated veggies)  
hummus, carrots & pita  
bruschetta & crackers  
olive tapenade, feta & crackers  
mixed nuts & pretzels  
pesto cream cheese & pita  
salsa, cream cheese & crackers  
hot soup  
smoked salmon, cream cheese & crackers

## DINNER OPTIONS

Meals are categorized as :

Quick & Simple (relatively fast to prepare)

Standard ( about an hour from start to dinner time)

Longer (Fun, good food that takes a little more prep and/or cook time)

**\*\*GOOD FOR LAST WEEK OF LONG TRIPS W/ MINIMAL COOLER ITEMS**

**Please choose between meat types that are in bold letters.**

**Also choose the number of times you would like to repeat any meal.**

### MISC

<input type="checkbox"/>	stir fry w/ rice	<b>chicken or beef</b>	Quick & Simple
<input type="checkbox"/>	fish w/ rice & broccoli	<b>salmon or halibut</b>	Quick & Simple
<input type="checkbox"/>	jambalaya w/ andouille sausage & shrimp, rice, salad		Longer
<input type="checkbox"/>	thai chicken(coconut curry sauce), couscous, asian slaw		Longer
<input type="checkbox"/>	beef stroganoff, noodles, corn, veggie salad		Standard
<input type="checkbox"/>	beef stew & biscuits**		Longer
<input type="checkbox"/>	turkey dinner, stuffing, potatoes, green beans, gravy		Longer

### GRILL NITES

<input type="checkbox"/>	steaks, potatoes, salad		Standard
<input type="checkbox"/>	porkchops, stuffing, baked beans, coleslaw		Standard
<input type="checkbox"/>	porkchops, mashed potatoes, green beans		Standard
<input type="checkbox"/>	burgers, coleslaw, baked beans		Standard
<input type="checkbox"/>	brats, ratatouille, potatoes		Standard
<input type="checkbox"/>	chicken brats, ratatouille, potatoes		Standard
<input type="checkbox"/>	grilled chicken w/ orzo, & veggie salad		Standard
<input type="checkbox"/>	hobo packs, w/ chicken, potatoes, veggies	best on winter trips w/ campfires	Longer

### PASTAS

<input type="checkbox"/>	spaghetti w/ italian sausage, garlic bread, ceasar salad		Standard
<input type="checkbox"/>	spaghetti, garlic bread **		Standard
<input type="checkbox"/>	lasagna w/ italian sausage, garlic bread, salad (dutch oven)		Longer
<input type="checkbox"/>	pesto pasta, garlic bread, & 3-bean salad**		Quick & Simple
<input type="checkbox"/>	pasta alfredo/veggie salad**		Quick & Simple
<input type="checkbox"/>	penne pasta w/ marinera, blue cheese slaw**		Quick & Simple

### MEXICAN

<input type="checkbox"/>	burritos fajita style w/ meat, rice, beans & fixings	<b>chicken, beef strips, or ground beef</b>	Standard
<input type="checkbox"/>	fish tacos, refried beans, rice		Standard
<input type="checkbox"/>	chicken mole, rice, veggies		Quick & Simple
<input type="checkbox"/>	posole, rice, corn bread (dutch oven)**	<b>chicken or pork</b>	Standard
<input type="checkbox"/>	mexican casserole (dutch oven), veggie salad, rice**		Longer
<input type="checkbox"/>	green chili cheese casserole (dutch oven), rice & refried beans**		Longer
<input type="checkbox"/>	chili, corn bread (dutch oven), coleslaw**	<b>ground beef or ground turkey</b>	Standard
<input type="checkbox"/>	white chili, cornbread or quesadillas, coleslaw**		
<input type="checkbox"/>	quesadillas/rice/beans**		Quick & Simple

**\*\*GOOD FOR LAST WEEK OF LONG TRIPS W/ MINIMAL COOLER ITEMS**

<input type="checkbox"/>	hearty lentil soup, corn bread, veggie salad**		Standard
<input type="checkbox"/>	vegetable curry/quinoa**	<b>tofu/tempeh/canned chicken</b>	Quick & Simple
<input type="checkbox"/>	vegetable chowmein/ rice**	<b>tofu/tempeh/canned chicken</b>	Quick & Simple
<input type="checkbox"/>	thai vegetables, couscous, asian slaw**	<b>tofu/tempeh/canned chicken</b>	Standard
<input type="checkbox"/>	mac & cheese** w/ peas	<b>canned tuna</b>	Quick & Simple
<input type="checkbox"/>	chicken noodle soup, cheese & crackers**		Quick & Simple
<input type="checkbox"/>	grilled ham & cheese sandwiches, & soup** (a great rig day dinner as well)		Quick & Simple
<input type="checkbox"/>	shepard pie (dutch oven)**		Standard
<input type="checkbox"/>	falafel burgers w/ hummus & tortillas**		Standard

**DESSERT OPTIONS** Dutch oven desserts take a little more time

<input type="checkbox"/>	cake w/ frosting (dutch oven) <b>chocolate, spice, yellow, pineapple upside down</b>
<input type="checkbox"/>	pineapple upside down cake (dutch oven)
<input type="checkbox"/>	chocolate chip cookie bars(dutch oven)
<input type="checkbox"/>	brownies (dutch oven)
<input type="checkbox"/>	fruit cobbler (dutch oven)
<input type="checkbox"/>	ginger bread w/ butterscotch topping (dutch oven)
<input type="checkbox"/>	bread pudding (dutch oven) - good for using up leftover bread
<input type="checkbox"/>	pound cake w/ strawberries
<input type="checkbox"/>	no bake cheese cake
<input type="checkbox"/>	fruit cocktail
<input type="checkbox"/>	cookies
<input type="checkbox"/>	chocolate treats
<input type="checkbox"/>	s'mores

**Please select how many of each dessert you would like**

**SUNDRIES**

Your food pack includes **all condiments and spices** for basic cooking needs, as well as non-food items such as **paper towels, dish soap, Ziplocs, trash bags, toilet supplies**, etc. We can send you a detailed list of these items if you like.

**Typical foods purchased - in general are healthy, whole grains, quality**

- Lunch breads - whole grain, whole wheat
- Peanut butter - mix of natural & Jif
- Crackers - triscuits, wheat thins, whole grain etc (No saltines or Ritz)
- Syrup - due to huge increase in cost of pure maple syrup, we will only purchase it if requested.
- Coffee - quality dark roast coffee from a local coffee roaster in Flagstaff
- Dessert cookies - piroulines, pepperidge farm, biscottis etc
- Hot cereals - steel cut, rolled oats (no quick oats unless requested)

**Please have your group fill out the individual food preference forms. Then consolidate this information on the group preference form. If there are people with specific food needs please forward their individual forms as well. They are also welcome to contact us directly with any food concerns.**