

CUSTOM MENU OPTIONS food pack/service fee \$1350 plus the per/person/per day cost

per person/per day cost will vary depending on #of days, people & menu choices

For example:

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

- Put-In Bkst - Danish, bagels, yogurt, bananas
- Eggs to order/English muffins/ **BACON, SAUSAGE, BKST HAM, CANADIAN BACON** or NONE
- Breakfast burritos w/ egg & beans/ **CHORIZO, BACON, OR SAUSAGE** or NONE
- Eggs/Homefries/Tortillas/**BACON, SAUSAGE, BKST HAM, CANADIAN BACON** or NONE
- Egwiches w/ canadian bacon, english muffins, cheese, tomatoes
- French toast/**BACON, SAUSAGE, BKST HAM, CANADIAN BACON** or NONE
- Pancakes**/**BACON, SAUSAGE, BKST HAM, CANADIAN BACON** or NONE
- Hot cereal/English muffins** (old fashioned rolled or steel cut oats, includes pecans, dried berries, raisons)
- Cold cereal/Yogurt/Bagels**
- Bagel, smoked salmon, cream cheese

Breakfast & lunch fruit is included (melons, pineapple, grapefruit, apples, oranges)

LUNCHES

The following are included with lunches

apples & oranges, cookies, powdered drink mix, condiments including mayo, mustard, horseradish, pepperocini, pickles, lettuce, onion, tomatoes, peanut butter & jelly

Choose how many of each from the following lunches

**** (requires prep time the evening before or morning of)**

- deli meats (turkey, pastrami, roast beef, ham, salami)
- tuna salad wraps in flour tortillas
- chicken salad in pitas
- cashew/pineapple chicken salad wraps
- salmon salad wraps
- taco salad in tortillas (beans, olives, tomatoes, lettuce, gr. chilis, salsa, sour cream, avo, lime)
- hummus & tabouli w/ pita**
- snack style
- peanut butter, almond butter & jelly (as the main fare)
- pasta salad (requires prep time the evening before or morning of)
- veggie salad wraps (romaine, northern beans, peppers, artichoke hearts, sundried tomato, parmesan, dressing)
- asian wraps (romaine, mandarines, bell peppers, cabbage, tomato, chicken, craisons, pineapple, p-nuts, chowmein noodles)
- ceasar salad wraps w/ chicken
- hardboiled eggs, cheese, crackers, jerky**

SNACK BOX - includes assortment of the following

dried fruit, trail mixes, assorted granola bars, jerky, nuts (p-nuts, almonds, cashews etc), assorted candy, crackers

HORS DEVOURS

These are automatically planned with each meal and include the following

veggies & dip	hummus, carrots & pita
chips & dip	bruschetta & crackers
cheese, salami & crackers	olive tapenade, feta & crackers
cheese, apples, crackers	nuts & pretzels
cheese, smoked oysters & crackers	pesto cream cheese & pita
chips & salsa	salsa, cream cheese & crackers
guacamole & chips	hot soup
antipasto (cheese, olives, artichoke hearts, marinated veggies)	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	chicken or beef	Quick & Simple
<input type="checkbox"/>	fish (salmon) w/ rice & broccoli		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(or veggie), garlic bread, ceasar salad		Standard
<input type="checkbox"/>	spaghetti marinera, garlic bread **		Standard
<input type="checkbox"/>	lasagna w/ italian sausage (or veggie), 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	chicken, beef strips, or ground beef	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)**	chicken or pork	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**	ground beef or ground turkey	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**	tofu/tempeh/canned chicken	Quick & Simple
<input type="checkbox"/>	vegetable chowmein/ rice**	tofu/tempeh/canned chicken	Quick & Simple
<input type="checkbox"/>	thai vegetables, couscous, asian slaw**	tofu/tempeh/canned chicken	Standard
<input type="checkbox"/>	mac & cheese** w/ peas	canned tuna	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**		

READYMADE MEALS

these are premade dinner entrees in a boil bag. You just make the side dishes and heat the entrée. **Request an updated list of these readymade meals and the associated cost of them**

Quick & Simple

DESSERT OPTIONS Dutch oven desserts take a little more time

- | | |
|--------------------------|--|
| <input type="checkbox"/> | cake w/ frosting (dutch oven) chocolate, spice, yellow, pineapple upside down |
| <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"/> | spice cake w/ butterscotch topping (dutch oven) |
| <input type="checkbox"/> | bread pudding (dutch oven) - good for using up leftover bread |
| <input type="checkbox"/> | pound cake w/ berries & whip cream |
| <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, soaps, clorox, Ziplocs, trash bags, toilet supplies**, etc. are included if also renting a Ceiba Kitchen & toilet