

Sawbill Canoe Outfitters - Food Preferences

Group Name _____ First meal is: B L D on (Date) _____ Last meal is: B L D on (Date) _____

Directions: **Select the appropriate number of meals for the length of your trip. All members of the group will share the same meals. "*" Indicates a meatless meal. Limited gluten free options available on request.**

Breakfasts:

#1* (At Sawbill Only)
Juice
Cereal & Fruit
English Muffins
Coffee, Cocoa or Tea

#2
Juice
Fresh Bacon and Eggs
Hashbrowns
Coffee, Cocoa or Tea

#3*
Juice
Pancakes
w/Syrup
Fruit Leather
Coffee, Cocoa or Tea

#4*
Juice
Granola w/Milk
Dried Fruit
Coffee, Cocoa or Tea

#5*
Juice
Bagels
w/Jelly & Cream Cheese
Granola Bar
Coffee, Cocoa or Tea

#6*
Juice
Oatmeal with Raisins
and Brown Sugar
Dried Fruit
Coffee, Cocoa or Tea

#7*
Juice
Cheese Omelet
Hashbrowns
Coffee, Cocoa or Tea

#8*
Juice
Biscuits n' Gravy
Dried Fruit
Coffee, Cocoa or Tea

#9*
Juice
Scrambled Eggs
Blueberry Scones
Coffee, Cocoa or Tea

Breakfasts you prefer: _____ Breakfasts you do not want: _____

Lunches:

#1
Summer Sausage and
Cheese Sandwiches
Granola Bars
Cookies
Tang

#2
Peanut Butter and Jelly
Sandwiches
Beef Jerky
Cookies
Tang

#3
Summer Sausage and
Cheese Sandwiches
Fruit Jerky
Cookies
Tang

#4*
Peanut Butter and Jelly
Sandwiches
Fruit Jerky
Cookies
Tang

#5
Summer Sausage and
Cheese Sandwiches
Beef Jerky
Cookies
Tang

#6*
Peanut Butter and Jelly
Sandwiches
Granola Bar
Cookies
Tang

#7*
Bean and Cheese Wrap
Granola Bar
Cookies
Tang

#8*
Bean and Salsa Wrap
Fruit Jerky
Cookies
Tang

#9*
Hummus w/Pita
Cheese
Cookies
Tang

#9
Having a layover day? Want a hot lunch?
You may select a dinner or breakfast.
Breakfast # _____ Dinner # _____

Lunches you prefer: _____ Lunches you do not want: _____

Dinners:

#1

Hamburgers w/Buns
Vegetable Medley
Vanilla Pudding
Tang, Coffee or Tea

#2

Prime Lean Steak
Garlic Mashed Potatoes
Vanilla Pudding
Tang, Coffee or Tea

#3*

Veggie Burgers w/Buns
Vegetable Medley
Vanilla Pudding
Tang, Coffee or Tea

#4*

Macaroni and Cheese
Peas and Carrots
Chocolate Pie
Tang, Coffee or Tea

#5

Beef Stroganoff
Peas
Banana Crème Pie
Tang, Coffee or Tea

#6

Chicken Stew
Corn
Hot Apple Cobbler
Tang, Coffee or Tea

#7*

Billi's Chili
Onion Bread
Lemon Cream Pudding
Tang, Coffee or Tea

#8*

Spaghetti
Garlic Bread
Chocolate Pudding
Tang, Coffee or Tea

9

Chicken Noodle Casserole
Peas and Carrots
Lemon Pie
Tang, Coffee or Tea

10*

Pad Thai
Carrots
Crème Brulee
Tang, Coffee or Tea

11

Risotto w/Chicken
Corn
Vanilla Pudding
Tang, Coffee or Tea

12*

Cowboy Beans and Rice
Green Beans
Chocolate Pie
Tang, Coffee or Tea

(Note: **Fresh meat will be packed for your first dinner only.**) Gluten free meals available upon request with limited options.

List dinners you prefer _____ List dinners you do not want _____

Number of people who prefer coffee for breakfast? _____

Coffee for dinner? _____

Cream? _____

Sugar? _____

Tea for breakfast? _____

Tea for dinner? _____

Sugar with tea? _____

Cocoa for breakfast? _____ Cocoa for after dinner? _____

Sweet snacks? _____ Natural snacks? _____ Both? _____

Tang for dinner? _____ Tang w/ Sugar Crystal Light

We prefer: Freeze Dried Instant Coffee Perked Coffee / Caffeinated Decaffeinated

We prefer: Whole Wheat Bread Pita Bread Whole Wheat Crackers

We will need cooking oil and breading for frying fish: Yes No

As a group, we would rate ourselves as: Light eaters Average eaters Big eaters

Additional comments: _____

Your food includes the following miscellaneous items: Salt and Pepper, Sugar, Creamer, Cooking Oil, Cracker Meal (for breading fish), Marshmallows, Gorp, Candy Bars and other Snacks, Dishwashing Soap, Scouring Pads, Scotch Brite, Dish Cloth, Handi-Wipes, Paper Towels, Toilet Paper, Hand Sanitizer, Matches, Bic Lighter, and Fire Starters.

Menus are planned using your choices from above. Substitutions may be made based on availability. Granite Gear food pack is included. You will receive a copy of your menu and a brief orientation from the person who packed your trip.