



**ELY OUTDOORS
COMPANY**

Food Menu

Please check the meals that you prefer and make any special requests. Trips leave after breakfast the first day and return before dinner on the last day, so these meals are not packed. This means that a 5 day trip would have 4 breakfasts, 5 lunches, and 4 dinners. Menu selections apply to the entire party. Please be sure to indicate your beverages and optional items.

Meals may be repeated, except for the Steak and Ham dinners which should be eaten the first two nights.

Breakfast Choices:

- Fresh eggs, bacon, and toast
- French toast, syrup, and sausage
- Scrambled eggs, hash browns, and toast
- Blueberry Buttermilk Pancakes and syrup
- Western Omelet, hash browns, and toast
- Bagels with jelly and breakfast bars
- Tex Mex Egg Scramble with tortilla's
- Quick Oatmeal and dried fruit

Lunch choices:

- Ham and cheese sandwich, chocolate bar, and cookie
- Salami and cheese wrap, granola bar, and cookie
- Peanut butter and jelly sandwich and dried fruit
- Trail Mix, granola bar, and beef jerky
- Tuna fish sandwich with mayonnaise and dried fruit
- Macaroni and cheese with bread and butter
- Beans with cheese wrap filling with tortilla
- Ramen Noodles with crackers

Dinner choices:

- Fresh Steak, garlic mashed potatoes, and corn
- Ham Steak, long grain wild rice, and green beans
- Chicken, vegetables & gravy with mashed potatoes
- Goulash and vegetable medley
- Spaghetti & sauce and peas & carrots
- Chicken Noodle Casserole and green beans
- Beef Stroganoff and corn
- Fresh caught fish, flavored rice, and corn

Desserts: Chocolate pie Banana Cream Pie Chocolate pudding Vanilla pudding

Bread preference: White Wheat or substitute Tortilla shells: Y or N

Staples (always packed)	Beverages Mark # of servings per day	Optional Items (circle)
Salt & Pepper cooking oil Margarine Snacks Cookies Paper towels Toilet paper Matches Handi wipes Dish soap Dish towels Scrub pads	<input type="checkbox"/> Regular coffee (requires coffee pot) <input type="checkbox"/> Decaf coffee (requires coffee pot) <input type="checkbox"/> Folgers singles reg. coffee <input type="checkbox"/> Folgers singles decaf coffee <input type="checkbox"/> Regular tea <input type="checkbox"/> Hot chocolate <input type="checkbox"/> Kool Aid <input type="checkbox"/> Orange drink	Coffee creamer Sugar Mustard Ketchup Mayonnaise Lemon juice Tartar sauce Fresh potatoes Onions Fish Breading Marshmallows Graham crackers Aluminum foil Jelly