

# Rockwood Lodge & Outfitters Menu Planner 2022

218-388-2242 (call, text, or SMS) info@rockwoodbwca.com

Please check the areas next to the meals you'd like us to pack for you and circle your preferred choice where applicable. Be sure that you have checked enough meals for each day and for all the days of your trip. If you want to repeat meals, check that selection more than once. Each meal is individually packaged with directions.

We will pack the right number of meals for the number of people in your party, but please remember that **your menu choice applies to everyone!** (It's REALLY hard to cook separate meals with a single burner and pot.)

Cross out any items you do not want. Your last night's dinner is **not** included.

Your first morning's breakfast is served in your bunk room as a Quick Start Continental: Cereals, Toast, Fruit, Juices, Coffee, Tea, Milk, baked goods. Circle time: 7am - 8am - 9am

**–Also included are the following extras–** (Please cross out any items you do not want)  
Salt & Pepper, Creamer, Sugar, Fish Fry Batter, matches, SOS pads, dish soap

We have many vegetarian and gluten free options, and even some vegan options!

Please let us know if you have dietary restrictions, special menu requests or comments in the area below. We will do our best to accommodate your requests.

**\*Some items are based upon availability from our suppliers; items with eggs in particular.**

Bread Options: We can substitute tortillas or pitas vs. bread in your pack to save bulk

Bread Choice - White - Wheat - Tortillas - PitaBread (circle one or more)

Butter or Margarine (circle one)

## —Breakfasts—

Fresh Eggs + Bacon + Toast + Jelly (first camping morning only)

~~Trail Breakfast (Scrambled Eggs / Sausage / Hashbrowns)~~

Blueberry Pancakes + Bacon or Sausage + Maple Syrup

Trail Center Pancakes + Bacon or Sausage + Maple Syrup

Potato Pancakes + Bacon or Sausage + Maple Syrup

Hashbrowns (circle: cheddar or wild mushroom)

Cheddar Pork Grits

Sausage Gravy on Toast

Oatmeal (circle: Apple&Raisin or Blueberry)

Granola & Milk + SnackBar

Coffee: \_\_\_\_\_ + Tea: \_\_\_\_\_ + Hot Choc: \_\_\_\_\_ + Orange Drink: \_\_\_\_\_

\*Please indicate the number of people wanting to drink each for Breakfast

## —Lunches (no cooking required!) —

Quick Lunch: Jerky + Dried Fruit + Trail Mix

Bagels & Cream Cheese + Cookies + Afternoon Snack

Peanut Butter & Jelly Sandwiches + Cookies + Afternoon Snack

Summer Sausage Sandwiches + Cookies + Afternoon Snack

Cheese Sandwiches + Cookies + Afternoon Snack

**(More lunch choices on next page)**

**—The Following Lunches Require Cooking—**

- Grilled Cheese Tomato Soup + Afternoon Snack
- Quick Cook Bean Soup + Afternoon Snack
- Broccoli Cheese Wild Rice Soup + Afternoon Snack
- Chili (circle: Beef Chicken Turkey Vegetarian Vegan) + Afternoon Snack

Afternoon Snacks: Apples, Oranges, Dried Fruit, Trail Mix, Granola Bars (circle one or more)

**—Dinners—**

Fresh Meat (first night out only) + Potatoes + Vegetable

Steak: \_\_\_\_\_ + Pork Chop: \_\_\_\_\_ + Chicken Breast: \_\_\_\_\_ (Pick one per person)  
(Potato Choice - Circle: Garlic Chive Mashed or Cheddar Mashed)

Burritos (circle: Beef Chicken Turkey Black Bean Vegan Black Bean) + Vegetable

Beef & Pork Spaghetti with (circle: Noodles, Rice, Couscous or Dressing) + Vegetable

Chicken Alfredo with (circle: Noodles, Rice, Couscous or Dressing) + Vegetable

Pork Alfredo with (circle: Noodles, Rice, Couscous or Dressing) + Vegetable

Beef Stroganoff with (circle: Noodles, Rice, Couscous or Dressing) + Vegetable

Turkey Cranberry with (circle: Rice, Couscous or Dressing) + Vegetable

Broccoli Cheese Pork with (circle: Rice, Couscous or Dressing) + Vegetable

Alfredo (circle: Basil Parmesan Wild Mushroom) + Vegetable

Stroganoff (circle: Chicken Wild Mushroom) + Vegetable

Mac & Cheese (circle: Plain or Seafood) + Vegetable

Chili Mac (circle: Beef Chicken Turkey) + Vegetable

Cheddar Beef Goulash + Vegetable

Puerto Rican Chicken Couscous + Vegetable

Vegetarian Spaghetti + Vegetable

Vegan Gumbo + Vegetable

Casserole (circle: Pork Wild Rice or Wild Mushroom)

Shepards Pie (circle: Chicken or Turkey)

Vegetable Beef Stew + Butter Biscuits

Chili (circle: Beef Chicken Chicken Mole Turkey Vegetarian Vegan)

Vegetable Sides: Carrots, Corn, Green Beans, Peas, Cheesy Broccoli, or Cheesy

Vegetable Choices? \_\_\_\_\_

***\*If you're not gonna eat your veggies, just cross them off. We promise not to tell your mom...***

Coffee: \_\_\_\_\_ Tea: \_\_\_\_\_ Hot Chocolate: \_\_\_\_\_ Orange Drink: \_\_\_\_\_

\*Please indicate the number of people wanting to drink each for Dinner

**—Desserts—**

Berry Cheesecake

Rice Pudding

Chocolate Cheesecake

S'mores

Fern's Apple Pie

Jiffy Pop

Cinnamon Honey Couscous

Scan both pages to PDF and email, or simply take a picture with a smart phone and email to

[info@rockwoodbwca.com](mailto:info@rockwoodbwca.com) or text to 218-388-2242. Please write below your contact information and the dates of your trip so we can connect the dots!

GROUP NAME: \_\_\_\_\_ Rockwood Reservation/Quote # \_\_\_\_\_

FIRST & LAST DATES IN BWCAW: \_\_\_\_\_ / \_\_\_\_\_