

# Rockwood Lodge & Outfitters Menu Planner 2026

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, 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, based on availability (esp. eggs)...

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 (first camping morning only)
- ☐ Blueberry Pancakes + Maple Syrup + (circle; Bacon or Sausage)
- ☐ Trail Center Pancakes + Maple Syrup + (circle; Bacon or Sausage)
- ☐ Potato Pancakes + Maple Syrup + (circle; Bacon or Sausage)
- ☐ Grits and Pork Sausage
- ☐ 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

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

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

-----**Lunches (cooking required)**-----

- ☐ 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  
Meat Choice (circle: Steak\_\_\_\_\_, Pork Chop:\_\_\_\_\_, Chicken Breast:\_\_\_\_\_) (plus # each)  
Potato Choice (circle: Garlic Chive Mashed or Cheddar Mashed)  
☐ Burritos (circle: Beef, Chicken, Turkey, Black Bean, Vegan Black Bean)  
☐ Beef & Pork Spaghetti with (circle: Noodles, Rice, Couscous or Dressing)  
☐ Chicken Alfredo with (circle: Noodles, Rice, Couscous or Dressing)  
☐ Pork Alfredo with (circle: Noodles, Rice, Couscous or Dressing)  
☐ Beef Stroganoff with (circle: Noodles, Rice, Couscous or Dressing)  
☐ Turkey Cranberry with (circle: Rice, Couscous or Dressing)  
☐ Broccoli Cheese Pork with (circle: Rice, Couscous or Dressing)  
☐ Alfredo (circle: Basil Parmesan or Wild Mushroom)  
☐ Stroganoff (circle: Chicken or Wild Mushroom)  
☐ Mac & Cheese (circle: Plain or Seafood)  
☐ Chili Mac (circle: Beef Chicken or Turkey)  
☐ Cheddar Beef Goulash  
☐ Puerto Rican Chicken Couscous  
☐ Vegetarian Spaghetti  
☐ Vegan Gumbo  
☐ Casserole (circle: Pork Wild Rice or Wild Mushroom)  
☐ Vegetable Beef Stew  
☐ Chili (circle: Beef Chicken Chicken Mole Turkey Vegetarian Vegan)

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

***\*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**-----

- |   |  |
|---|--|
| <input type="checkbox"/> Berry Cheesecake     | <input type="checkbox"/> Cinnamon Honey Couscous |
| <input type="checkbox"/> Chocolate Cheesecake | <input type="checkbox"/> Rice Pudding            |
| <input type="checkbox"/> Fern's Apple Pie     | <input type="checkbox"/> S'mores                 |

Scan both pages to PDF and email, or simply take a picture with a smart phone and email / text 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 # \_\_\_\_\_ PAGE 2 of 2  
FIRST & LAST DATES IN BWCAW: \_\_\_\_\_ / \_\_\_\_\_