

Rockwood Lodge & Outfitters Menu Planner 2017

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

Your first morning's breakfast is served in our historic lodge as a Quick Start Continental: Cereals, Toast, Fruit, Juices, Coffee, Tea, Milk, baked goods.

—Also included are the following extras—

Please cross out any items you do not want. Creamer, Sugar, Salt & Pepper, Fish Fixins 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.

Bread Options: We can substitute tortillas or pita bread for the bread in your pack to save bulk.

Bread Choice? _____

Butter or Margarine? _____

—Breakfasts—

- Fresh Eggs – Bacon – Toast – Jelly (first morning out only)
- Trail Breakfast (Scrambled Eggs / Sausage / Hashbrowns)
- Scrambled Eggs (circle: Cheddar Asparagus Sausage Gravy) – Toast and Jelly
- Blueberry Pancakes – Bacon or Sausage – Maple Syrup
- Trail Center Pancakes – Bacon or Sausage – Maple Syrup
- Gunflint Potato Pancakes – Bacon or Sausage – Maple Syrup
- Grits and Pork Sausage – Toast and Jelly
- Oatmeal (circle: Apple Raisin or Blueberry) – Bagels
- Granola – Milk – Snackbar

Coffee: _____ – Tea: _____ – Hot Choc: _____ – Orange Drink: _____

*Please indicate the number of people wanting to drink each

—Lunches—

- 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

—The Following Lunches Require Cooking—

- Grilled Cheese Tomato Soup – Crackers – Afternoon Snack

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

Afternoon Snacks: Apples, Oranges, Dried Fruit, Trail Mix, Granola Bars

Snack Choices? _____

—Dinners—

- Fresh Steak, Pork Chop or Chicken Breast (first night out only) – Potatoes – Vegetable
(Circle: Steak Pork Chicken, Garlic Chive Mashed or Cheddar Mashed)
- Burritos (circle: Beef Chicken Turkey Black Bean Vegan Black Bean) – Vegetable
- Alfredo (circle: Chicken Pork Shrimp Wild Mushroom) – Vegetable
- Spaghetti (circle: Beef & Pork or Vegan) – Vegetable
- Mac & Cheese (circle: Plain Ham Seafood) – Vegetable
- Beef Stroganoff – Vegetable
- Wild Mushroom Stroganoff – Vegetable
- Chili Mac (circle Beef Chicken Turkey) – Vegetable
- Pork Wild Rice Casserole – Butter Biscuits
- Shepards Pie (circle: Pork Chicken Turkey) – Butter Biscuits
- Vegetable Beef Stew – Butter Biscuits
- Chili (circle: Beef Chicken Turkey Vegetarian Vegan) – Butter Biscuits

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

Vegetable Choices? _____

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

Coffee: _____ – Tea: _____ – Hot Choc: _____ – Orange Drink: _____

*Please indicate the number of people wanting to drink each

—Desserts—

- Fern's Apple Pie
- Cinnamon Honey Couscous
- Chocolate Cheesecake
- Berry Cheesecake
- Rice Pudding
- Smares