

Explore Menu Options

Please feel free to build your meals based on the following charts.
Don't be afraid to experiment beyond these choices!

Cold Lunch

Carbohydrate	Fat/Protein	Vegetable
Bagel	Hummus	Cucumber
Wrap	Cream Cheese	Lettuce
Rice cakes	Cheddar Cheese	Basil
Crackers	Havarti Cheese	Red pepper
Pita Bread	Mozzarella Cheese	Avocado
	Guacamole	Onion
	Canned Tuna	Celery
	Canned Salmon	Carrots
	Salami	Capers
	Smoked Salmon	Snap Peas
	Candied Salmon	
	Ham	
	Turkey	
	Bacon	

Hot Dinner

Carbohydrate	Main Fat/Protein	Vegetable	Sauce	Toppers
Rice (1/2 cup per person)	Chicken	Carrots	Pesto	Sunflower Seeds
Pasta (1 cup per person)	Tofu	Artichoke Hearts	Tomato Sauce	Pumpkin Seeds
Quinoa (1/2 cup per person)	Beef	Sun Dried Tomatoes	Alfredo Sauce	Feta Cheese
Rice Noodles	Canned Tuna	Basil	Caesar Dressing	Parmesan Cheese
Wrap	Canned Salmon	Red Pepper	Chipotle	Goat Cheese
Gnocchi	Smoked Salmon	Avocado	Salsa	Green onion
Pita Bread	Candied Salmon	Onion	Curry	Bacon Bits
Egg Noodles	Beans	Zucchini	Butter Chicken	
Pierogies	Ground Beef	Lettuce		
Soup	Ham	Celery		
Chilli	Turkey	Broccoli		
	Bacon	mushrooms		
		Corn		

Hot Breakfast

Carbohydrate	Fruit	Extras
Oatmeal (2 packages each)	Strawberries	Cinnamon
Pancakes	Berries	Syrup
French Toast	Apples	Oil
Waffles	Dried Fruit	Butter
Crepes		Bacon
		Ham
		Sausage
		Powdered milk

Cold Breakfast

Carbohydrate	Fat/Protein	Fruit
Bagel	Cream Cheese	Apples
Wrap	Salami	Dried Fruit
Pita Bread	Cheese	Berries
Cereal	Powdered Milk	Strawberries
Muffin	Ham	
Granola Bar		

Snacks/Desserts

Snacks	Desserts
Dried Fruit	Cookies
Trail Mix: sunflower seeds, pumpkin seeds, coconut (no nuts)	Brownies
Crackers	Chocolate
Peperoni Sticks	Muffins
Chocolate	
Pretzels	
Fruit leathers	
Rice Crackers	
Yogurt covered raisins	
Granola Bars (Nut free)	
Real Fruit Gummies	
Cliff Bars (Only chocolate chip, Chocolate mint, and coconut)	
Beef Jerky	
Sesame snaps	

*Meat options need to be **precooked and frozen** prior to the trip

Potential menu ideas from the list above (note item & amount can be adjusted to suit your group)

Please experiment and mix and match to make your own!

Breakfast	Lunch	Dinner
Instant Oatmeal (2 pkgs. each) Dried Fruit (1/4 cup each) Hot Chocolate or Tea (1 pkg. each)	Bagels (2 each) Cream Cheese (1 container) Salami (1/3 pkg. each) Sundried Tomatoes (10 each) Juice Powder (1/4 cup each)	Tortellini Pasta (1 cup dry each) Pesto Sauce (1 pkg.) Parmesan Cheese (1/2 cup) Carrots (1/2 cup each) Pepper (1/2 cup each) Pumpkin Seeds (3 Tbsp) Two-Bite Brownies (1 bag)
Bagels (1 each) Cream Cheese (1 container) Jam (Small container) Dried fruit (1/5 cup each) Hot Chocolate or Tea (1 pkg. each)	Rice Cakes (4 each) Cream cheese (1 container) Jam (small container) Salmon (1 can) Capers Snap Peas (1/2 cup each)	Curry (1 package) Rice Noodles (1/2 cup each) Tofu (1 package) Zucchini (1 cup) Onion (1/2 cup) Corn (1/2 cup) Cookies (1 each)
Pancakes (precooked) (3 each) Syrup (1 cup) Berries (1.5 cups) Hot Chocolate or Tea (1 pkg. each)	Wasa Crackers (4 each) Havarti Cheese (3 slices each) Guacamole (1 container) Ham (3 slices each) Sliced red pepper (1/2 each)	Alfredo Sauce (1 package) Penne Pasta (1 cup each) Salami (1/2 cup each) Mushrooms (1 cup) Brownies (1 each)
Crepes (precooked) (2 each) Berries (1/2 cup each) Syrup (1 cup) Sugar (1 tbsp.) Cinnamon (1 tbsp.)	Pita Bread (2 each) Mozzarella cheese (4 slices each) Tuna (1 can) Broccoli (1/2 cup each) Hummus (1 container) Celery (1/2 cup each)	Tomato Sauce (1 package) Bowtie Pasta (1 cup each) Broccoli (1/2 cup each) Carrots (1/2 cup each) Ground Beef (1/2 cup each) (precooked) Rice Crispy Squares (1 each)
Granola (1 cup each) Powdered Milk (1 tbsp. each) Dried fruit (1/4 cup each)	Wraps (2 each) Cheddar Cheese (4 slices each) Hummus (1 container) Mini carrot sticks (1 bag) Spinach (2 cups)	Minute Rice (1/2 cup each) Butter Chicken Sauce (1 package) Chicken (1/2 cup each) (precooked) Dehydrated veggies (1 cup) Chocolate (1 each)