

G9W- **Menu Plan**

“The first wealth is health.” ~Ralph Waldo Emerson

To Do:

1. Fill out this **Meal Plan** document with your tent/ cooking group. Use the **Menu Plan Options** document provided to help you.
 - a. include measurements in your meal plan i.e. 2 cups of rotini pasta, 6 bagels, 1 container of cream cheese
2. Decide who will buy, prepare, repackage and bring which food items on trip
 - a. split ingredients up evenly
 - b. **highlight** and write your name in this document beside the items you are bringing
3. Communicate with your group to complete your meal plan document
4. You will be evaluated on your level of preparedness and quality of planning
 - a. Submit your completed meal plan document **BEFORE** your prep. day.
 - b. Bring **ALL** your prepared food (except refrigerated items) to your Explore prep. day to be checked by your teacher (remember to repackage).

Group Members	Highlight Colour	Contact Info (Phone Number/ Email)	Allergies:	Preferences:

Reminders:

- Repackage** your food. You will packout all of your garbage so bring as little as possible.
- Label your food and insert any **cooking instructions**.
- Keep your food in a small stuff sac, keep fresh food in the refrigerator until the morning of trip day.
- No Nut** Zone!
- No Raw Meat** or Eggs (meat options must be pre-cooked and frozen prior to trip)
- No Jars, Cans** of Soup
- No Gum, Candy** or Spitz



🍴	Wednesday	Thursday	Friday
Breakfast	<i>At home</i>	<i>Hot</i> Fruit/ Vegetable: Grain: Dairy: Protein: Extra(s): Hot Drink:	<i>Hot BYOO: Bring Your Own <u>Oatmeal!</u></i> Oatmeal: Dried Fruit: Seeds: Hot Drinks:
Snacks	<i>Bring plenty of snacks to sustain you between meals while skiing on the trails)</i> • • •	<i>Bring plenty of snacks to sustain you between meals while skiing on the trails)</i> • • •	<i>Bring plenty of snacks to sustain you between meals while skiing on the trails)</i> • • •
Lunch	<i>Cold bagged lunch. No stoves or stops on the way there.</i> Vegetable: Grain: Dairy: Protein: Extra(s):	<i>Bring \$15 for Lodge Lunch</i>	<i>Cold. No stoves or stops on the way home.</i> Vegetable: Grain: Dairy: Protein: Extra(s):

Dinner	<i>Hot</i>	<i>Hot</i>	<i>At home</i>
	Vegetable:	Vegetable:	
	Grain:	Grain:	
	Dairy:	Dairy:	
	Protein:	Protein:	
	Extra(s):	Extra(s):	
	Hot Drink:	Hot Drink:	
	Dessert:	Dessert:	