

MENU OPTIONS

You pick your choices of meals and we will tailor a menu to fit your trip taking into consideration when best to use meats and veggies etc.

For example:

TRIP NAME:	16 day trip has 16 breakfasts (including a put in bkst)
LAUNCH DATE:	15 lunches
# OF DAYS:	15 dinners(not including a rig day dinner)
# OF PEOPLE	18 day trip has 18 breakfasts (including a put in bkst)
	17 lunches
	17 dinners(not including a rig day dinner)

** denote good for last week of trips over 16 days long, or trips w/ limited cooler space

Normally no lunch is planned for the take out day

BREAKFAST OPTIONS

Please choose between meat types that are in bold letters.

Also choose the number of times you would like to repeat any meal.

For summer trips we recommend a number of simple breakfasts (cold & hot cereals)

All choices include good coffee, tea, & juice. Jelly, butter, margerine are included in food pack.

<input type="checkbox"/>	Put-In Bkst - Danish, bagels, yogurt, bananas
<input type="checkbox"/>	Eggs to order/English muffins/ BACON,SAUSAGE, BKST HAM, CANADIAN BACON or NONE
<input type="checkbox"/>	Breakfast burritos w/ egg & beans/ CHORIZO,BACON, OR SAUSAGE or NONE
<input type="checkbox"/>	Eggs/Homeefries/Tortillas/ BACON,SAUSAGE, BKST HAM, CANADIAN BACON or NONE
<input type="checkbox"/>	Eggwiches w/ canadian bacon,english muffins, cheese, tomatoes
<input type="checkbox"/>	French toast/ BACON,SAUSAGE, BKST HAM, CANADIAN BACON or NONE(Real maple syrup upon request)
<input type="checkbox"/>	Pancakes**/ BACON,SAUSAGE, BKST HAM, CANADIAN BACON or NONE (Real maple syrup upon request)
<input type="checkbox"/>	Hot cereal/English muffins** (old fashioned rolled or steel cut oats, includes pecans, dried berries, raisons)
<input type="checkbox"/>	Cold cereal/Yogurt/Bagels**
<input type="checkbox"/>	Bagel, lox, cream cheese
<input type="checkbox"/>	How many mornings would you like fresh fruit??(melons, grapefruit, pineapple, oranges)
<input type="checkbox"/>	We recommend 6-12 mornings, it can be a space issue with small boats or few boats.

LUNCHES

The following are included in every lunch

apples & oranges
bread or tortillas or pita
cheese
cookies
gatorade & lemonade mix
horseradish
lettuce
mayo
mustard
peanut butter & jelly
pickles
red onion
salt & pepper
tomatoes

Choose how many of each from the following lunches

<input type="checkbox"/>	deli meats (turkey,pastrami, roast beef, ham)
<input type="checkbox"/>	tuna salad wraps in flour tortillas**
<input type="checkbox"/>	chicken salad in pitas**
<input type="checkbox"/>	salmon salad wraps**
<input type="checkbox"/>	taco salad in tortillas (beans,olives,tomatoes,lettuce,gr. chilis,salsa,sour cream,avo,lime)
<input type="checkbox"/>	hummus & tabouli w/ pita** (requires prep time the evening before or morning of)
<input type="checkbox"/>	snack style** (smoked oysters, cheese, carrots,celery, kippered snacks, summer sausage, crackers)
<input type="checkbox"/>	peanut butter & jelly** (as the main fare)
<input type="checkbox"/>	pasta salad (requires prep time the evening before or morning of)
<input type="checkbox"/>	veggie salad wraps (romaine, northern beans, peppers, artichokehearts, sundried tomato, parmesan, dressing)
<input type="checkbox"/>	ceasar salad wraps w/ chicken
<input type="checkbox"/>	hardboiled eggs, cheese, crackers, jerky** (requires prep time the evening before or morning of)

SNACK BOX - includes assortment of the following

candy bars (assorted mini)
dried fruit (assorted)
gorp/trail mix (fruit&nuts, m&m style, oriental mix, sesame stix, gardettos)
granola bars
beef jerky
nuts (p-nuts, almonds, cashews)
misc. candy (licorice, star burst, hard candy etc.)
crackers (cheese-its, goldfish)

HORS DEVOURS

These are automatically planned with each meal and include the following

veggies & dip
chips & dip
cheese, salami & crackers
cheese, smoked oysters & crackers
chips & salsa
guacamole & chips
antipasto
hummus & pita
bruschetta & crackers
mixed nuts & pretzels
pesto cream cheese & pita
salsa, cream cheese & crackers
smoked salmon, cream cheese & crackers

DINNER OPTIONS

Meals are categorized as :

Quick & Simple (relatively fast to prepare)

Standard (about an hour from start to dinner time)

Complex (Fun, good food that takes a little more prep and/or cook time)

Please choose between meat types that are in bold letters.

Also choose the number of times you would like to repeat any meal.

MISC

<input type="checkbox"/>	stir fry w/ rice	chicken or beef	Quick & Simple
<input type="checkbox"/>	fish w/ rice & broccoli	salmon or halibut	Quick & Simple
<input type="checkbox"/>	jambalaya w/ andouille sausage & shrimp, rice, salad		Complex
<input type="checkbox"/>	thai chicken, couscous, asian slaw		Complex
<input type="checkbox"/>	beef stroganoff, noodles, corn, veggie salad		Standard

GRILL NITES

<input type="checkbox"/>	steaks, potatoes, salad		Standard
<input type="checkbox"/>	porkchops, stuffing, baked beans, coleslaw		Standard
<input type="checkbox"/>	porkchops, mashed potatoes, green beans		Standard
<input type="checkbox"/>	burgers, coleslaw, baked beans		Standard
<input type="checkbox"/>	brats, ratatouille, potatoes		Standard
<input type="checkbox"/>	chicken brats, ratatouille, potatoes		Standard
<input type="checkbox"/>	grilled chicken w/ orzo, & veggie salad		Standard
<input type="checkbox"/>	hobo packs, w/ chicken, potatoes, veggies	best on winter trips w/ campfires	Complex

PASTAS

<input type="checkbox"/>	spaghetti w/ italian sausage, garlic bread, ceasar salad		Standard
<input type="checkbox"/>	spaghetti, garlic bread, cuke & tomato salad		Standard
<input type="checkbox"/>	lasagna w/ italian sausage, garlic bread, salad (dutch oven)		Complex
<input type="checkbox"/>	pesto pasta, garlic bread, & veggie salad**		Quick & Simple
<input type="checkbox"/>	pasta alfredo/veggie salad**		Quick & Simple
<input type="checkbox"/>	penne pasta w/ marinera, blue cheese slaw		Quick & Simple

MEXICAN

<input type="checkbox"/>	burritos fajita style w/ meat, rice, beans & fixings	chicken, beef strips, or ground beef	Standard
<input type="checkbox"/>	fish tacos, refried beans, rice		Standard
<input type="checkbox"/>	chicken mole, rice, veggies		Quick & Simple
<input type="checkbox"/>	posole, rice, corn bread (dutch oven)**	chicken or pork	Standard
<input type="checkbox"/>	mexican casserole (dutch oven), veggie salad, rice**		Complex
<input type="checkbox"/>	chili, corn bread (dutch oven), coleslaw**	ground beef or ground turkey	Standard
<input type="checkbox"/>	quesadillas/rice/beans**		Quick & Simple

**GOOD FOR LAST WEEK OF LONG TRIPS W/ MINIMAL COOLER ITEMS

<input type="checkbox"/>	hearty lentil soup, corn bread, veggie salad**		Standard
<input type="checkbox"/>	vegetable curry/quinoa**	tofu/tempeh/canned chicken	Quick & Simple
<input type="checkbox"/>	vegetable chowmein/ rice**	tofu/tempeh/canned chicken	Quick & Simple
<input type="checkbox"/>	thai vegetables, couscous, asian slaw**	tofu/tempeh/canned chicken	Standard
<input type="checkbox"/>	mac & cheese** w/ peas	tuna	Quick & Simple
<input type="checkbox"/>	chicken noodle soup, cheese & crackers**		Quick & Simple
<input type="checkbox"/>	grilled ham & cheese sandwiches, & tomato soup** (a great rig day dinner as well)		Quick & Simple
<input type="checkbox"/>	falafel burgers w/ hummus & tortillas**		Standard

DESSERT OPTIONS Dutch oven desserts take a little more time

- cake w/ frosting (dutch oven) **chocolate, spice, yellow, pineapple upside down**
- pineapple upside down cake (dutch oven)
- brownies (dutch oven)
- fruit cobbler (dutch oven)
- ginger bread w/ butterscotch topping (dutch oven)
- pound cake w/ strawberries
- no bake cheese cake
- fruit cocktail
- cookies
- chocolate treats
- s'mores

Please select how many of each dessert you would like

SUNDRIES

Your food pack includes **all condiments** for basic cooking needs, as well as non-food items such as **paper towels, dish soap, Ziplocs, trash bags, toilet supplies**, etc. We can send you a detailed list of these items if you like.

Typical foods purchased - in general are healthy, whole grains, quality

- Lunch breads - whole grain, whole wheat, rye
- Peanut butter - mix of natural & Jif
- Crackers - triscuits, wheat thins, whole grain etc (No saltines or Ritz)
- Syrup - due to huge increase in cost of pure maple syrup, we will only purchase it if requested.
- Coffee - quality dark roast coffee from a local coffee house in Flagstaff
- Dessert cookies - piroulines, pepperidge farm etc
- Hot cereals - steel cut, rolled oats (no quick oats unless requested)

****Finally, please answer the following questions:**

****Note:** You are responsible for **lunch** on your rig day. It's easiest to buy it before arriving at Ceiba.

Do you want a Rig Day Dinner for Lee's Ferry? **Yes or No**

Marble Canyon Lodge will shuttle you there and back for dinner. Call 1-800-726-1789

Do you want a Launch Day Breakfast for Lee's Ferry? **Yes or No**

Does your group have particularly small/regular/big eaters?

Any kids? Average age of group?

Big coffee drinkers?

Big tea drinkers?

Big sugar users?

VERY IMPORTANT:

Does anyone in your group have any food allergies?

Any vegetarians/vegans? Do they eat fish?

Any other dietary restrictions?