

# Paddlers Menu 2023

**Group Size:**

**Tel #:**

**Trip Leader:**

Enter servings next to each choice. If you want Oatmeal on two morning, enter 2, we will adjust for group size. **Everyone** eats the same meal

***BREAKFAST :***

- Oatmeal and Fresh Fruit
- French toast and Maple syrup
- Fresh Eggs, Precooked Bacon, Hash Browns
- Spanish Scrambled Eggs
- Buttermilk Pancakes and Maple syrup

**Special Requests**

***LUNCH :***

- Soup, Sandwiches and Cookies
- Bagel, Cream Cheese and Trail mix
- Quetico Wrap (dried salami, cheese, onion, salsa, tortilla wraps)
- Peanut butter / Jam sandwiches and Fresh fruit
- Mom's dried Tomato and cheese macaroni
- Vegetarian tacos with tortilla wraps
- Shore lunch (catch your fish), fish batter, corn and hash browns

**Special Requests**

***DINNER :***

- 1st Dinner: Steak, Pre-Cooked Potato, Salad and Dessert
- 2nd Dinner: Ham steaks, Mashed potatoes, Vegatble and Dessert
- Shrimp Curry with Rice and dessert
- Chicken blanquette, Egg noodles and Dessert
- Spaghetti with Neapolitan sauce and Dessert (V)
- Chilli and Dessert (V)
- Pad Thai Vegetable & Peanuts and Dessert (V)

**Special Requests**

**Choose your sides and condiments – Enter the TOTAL number of servings.**

Instant Coffee		Margarine		Chili Peppers		Lighter		Fish Breading	
Coffee Mate		Hot Dog Buns		Hot Sauce		Toilet Paper		Fresh Potatoes	
Regular Coffee		White Bread		Mustard		J-Cloth		Onions	
Tea		Wheat Bread		Ketchup		Pot Scrubbers		Tartar Sauce	
Sugar		Pitas		Mayo		Dish Towel		Canola Oil (Oz)	
Hot Cocoa		Rye Bread		Jam		Fire Glove		Salt & Pepper	
Powdered Milk		Tortillas		Tin Foil		Dish Soap		Garlic Powder	
Orange Drink		Fig Newtons		Maple Cookies		Hard Candy		Lemon Juice	
Fruit Drink		Oatmeal Cookies		Fire Starter		Iced Tea			

Questions: (807) 929-2266