

Menu planner for Algonquin Assignment

Name:

Fill in the Algonquin Organizer for Algonquin completely, even if you are not going on the trip

1. Who is in your canoe group
2. Who is in your food group
3. Who is in your tent group
4. Who is your pack group (2 Bags for three people) make sure tents and food is split up
5. Circle the items you need to rent from the outfitters
6. Make a menu up using the other menu's below for a three day trip. Read below what you are not allowed to include, using the suggestions from 3 different menus below. You are not allowed to use Hot dogs, Kraft Dinner and oatmeal for any of your meals. Be very detailed
7. Use second menu sheet to design your menu that you will be using for Algonquin Park

Menu #1

BREAKFAST

Fruits, Fresh Oranges/Grapefruit/Prunes/Raisins

Cereals, Granola/Corn meal/Oatmeal/Red River

Pancakes

Drinks, Various fruit juice powders

Hot drinks, Hot chocolate/ coffee/Tea (herbal, green or black)

Eggs and slab bacon (for your first day)

LUNCH

hummous

Local Mennonite summer sausage/baby bell cheeses/Variou nut butters (Peanut, almond, sunflower seed)

Tin foil wrap of Salmon/Tuna/Sardines

Breads, Bagels/tortillas/heavy rye/bannock*

Drinks, Various fruit juice powders

Fresh veggies: carrot, celery, cucumber, olives

Fresh fruits: apples/oranges

SNACK

Chocolate/dried fruit/oranges/deluxe trail mix/granola bars/local Mennonite beef jerky/more chocolate!

SOUPS

vegetarian Split Pea / Black Bean /Curried lentil Chicken Noodle/Minestrone/Beef & barley/Cream of broccoli, mushroom or potato

SALAD

Coleslaw -a hearty mix of cabbage, carrot, onion and caraway seed. You add the balsamic vinegar and extra virgin olive oil. It's nice to have

something crunchy while out on trip.

ENTREES

First night: **chicken or beef, fish** with fresh veggie stir fry/lo mein noodles/teriyaki sauce

From day two: Texas Chain Gang Chili with rice

Three Bean Veggie Chili with rice

Vegetarian sauce with spaghetti

Bolognese sauce and spaghetti --It's an absolute favourite.

Fresh garlic, extra virgin olive oil & sun dried tomatoes with pasta

Campfire pizza with all the fixings

Basil pesto & pasta

DESSERTS

cakes and cookies/S'mores. If you want to bake at the campfire, we have a reflector oven for you.

STAPLES

Spice kit (salt/pepper/cinnamon/oregano/garlic/curry), brown sugar, **real Temagami maple syrup**, Milk powder/Peanut butter and jam/cooking oil/butter/salad dressing / **coffee**/teas/hot chocolate/assorted fruit juice powders

***BANNOCK is a quick bread, originally of Scots Irish heritage. Prepared by frying, or wrapping on a stick, it is excellent for dinner or lunch. We recommend cooking it after dinner and storing it for the next day's lunch. Flavours are herb, sesame or garlic.**

MENUS #2
STANDARD EXPEDITION MENU

reakfasts	Lunches	Dinners
Fresh County Eggs, Sliced Cured Bacon, Hash Browns, English Muffin	Peanut Butter & Jelly, Pita Bread, Trail Mix, Cookies	Fresh Steak or Chicken Breast, Diced Potatoes, Vanilla Pudding
Buttermilk Pancakes, Hot Maple Syrup, Apple Sauce	Hearty Beef Stick, Granola Bar, Voyageur's Famous GORP	Italian Spaghetti, Green Beans, Mocha Mousse Pie
French Toast, Hot Maple Syrup, Lean Pork Sausage Links	Meaty Beef Jerky, Energy Trail Bar, Sweet Treat	Chicken & Rice, Peas & Carrots, Chocolate Pudding
Denver Omelette, Sliced Cured Bacon, Toast	Pilot Biscuits, Summer Sausage, Cheddar Cheese, Fruit Leather	Turkey Stroganoff, Corn, Apple D'Lite
Blueberry Granola, Mixed Dried Fruit, Milk	Pita Bread, Smoked Ham, Cheddar Cheese, Snack Mix	Mexican Rice & Beef, Salsa, Flour Tortillas, Hot Fruit Cobbler

Western Omelette, Hash Browns, English Muffin	Cheese Spread, Assorted Crackers, Trail Mix	Cajun Louisiana Red Beans & Rice, Corn, Blueberry Cobbler
Hot Oatmeal with Fruit, English Muffin, Jam	Cream of Wild Rice Soup, Crackers, Sweet Treat	Beef Stew, Mashed Potatoes, Lemon Pie

QUICK, LITE, AND EASY

Breakfasts	Lunches	Dinners
Granola Bar, Fruit Leather, Mixed Dried Fruit	Assorted Crackers, Cheddar Cheese, Snack Mix	Steak & Vegetable Kabobs, Cooked Carrots, Peaches & Cream Pie
Bagel, Strawberry Cream Cheese, Raisins	Energy Trail Bar, Trail Mix, Sweet Treat	Beef Stroganoff, Peas & Carrots, Rice Pudding
Breakfast Bar, Voyageur's Famous Gorp	Ramen Noodle Soup, Crackers, Cookies	Italian Lasagna, Garlic Toast, Tiramisu
English Muffin, Peanut Butter, Jelly, Mixed Dried Fruit	Meaty Beef Jerky, Fruit Snacks, Sweet Treat	Home Style Chicken with Mashed Potatoes, Cheese Cake

FRESH BASE CAMP MENU

Breakfasts	Lunches	Dinners
Fresh Country Eggs, Smoke Ham, American Fries, Toast	Summer Sausage, Cheddar Cheese, Bread, Snack Mix, Sweet Treat	Fresh Steak or Chicken Breast, Baked Potato, Chocolate Peanut Pie
Wild Rice Blueberry Pancakes, Lean Pork Sausage Links, Hot Maple Syrup	Hotdogs, Buns, Mac & Cheese, Cookies	Brats, Scalloped Potatoes, Apple Brown Betty
Smoked Ham & Cheddar Cheese Omelette, Bacon, Hash Browns, Toast	Grilled Cheese Sandwiches, Minnesota Minestrone Soup, Sweet Treat	Pork Chops, Garlic Mashed Potatoes, Strawberry Cheese Cake
Assorted Cold Cereals, Milk, Pop Tarts	Freshly Caught Fish (you supply), Fry Breeding, Potatoes, Onion, Cookies	Freshly Caught Fish (you supply) Rice, Apples & Spices

Breakfasts	Lunches	Dinners
Fry Pan Biscuits & Gravy, Pork Sausage Patty	Assorted Crackers & Cheeses, Grapes, Wine	Lobster Tail, Fresh Baked Bread, Seasoned Rice, Chocolate S'more Dessert
Fresh Baked Cinnamon Coffee Cake, Hot Cappuccino	Wild Rice Vegetable Soup, Frying Pan Bread, Sweet Treat	Supreme Pizza, Wild Rice Italian Salad, Chocolate Cake
Breakfast Sandwich: Bacon, Egg, & Cheese Biscuit	Creamy Fish Chowder, Crackers, Nachos & Cheese	Asian Chicken Stir Fry, Fudge Brownies
Breakfast Burritos: Egg, Cheese, Sausage, Salsa, Tortillas	Hot Ham & Cheese Sandwich, Snack Mix, Cookies	Wild West Chili, Corn Bread, Fresh Baked Dutch Apple Pie

Menu # 3	BREAKFAST						
	__ 1st Day Only	__ 2nd Day	__ 3rd Day	__ 4th Day	__ 5th Day	__ 6th Day	__ 7th Day
	Continental/ Or You Cook Bacon and Eggs, H.B. Toast, Tang, Cof Coffee or Cocoa	French Toast, Bacon, Syrup, Coffee, Cocoa	Scrambled Eggs, Hash Browns, Bacon, Toast, Tang, Coffee, Cocoa	Pancakes, Syrup, Bacon, Tang, Coffee or Cocoa	Western Omelet, Bacon, Tang, Coffee, Cocoa	Quick Start Breakfast, Power Bar or Pop Tart, Granola, Tang, Coffee, Cocoa	Oatmeal with Fruit, Toast, Tang, Coffee, Cocoa
LUNCH							
__ 1st Day	__ 2nd Day	__ 3rd Day	__ 4th Day	__ 5th Day	__ 6th Day	__ 7th Day	
Sausage Sand., Candy Bars, Beverages	Cheese or Jelly Sandwich, Cookies, Gatorade	Peanut Butter & Jelly Sand., Granola Bars Beverages	Sausage Sand., Cookies, Gatorade	Pilot Biscuits, Cheese, Jelly Granola Bars Beverages	Sausage Sand., Candy Bars, Gatorade	Peanut Butter, Jelly Sandwiches, Cookies, Beverages	
DINNER							
__ 1st Day Only	__ 2nd Day	__ 3rd Day	__ 4th Day	__ 5th Day	__ 6th Day	__ 7th Day	
Youth Groups-Fresh Beef Patties Individuals - Fresh Steak or Chicken, Hash Browns, Peas, Carrots, Applesauce, Beverage	Chicken & Rice Green Beans Peaches & Cream Pie, Beverages	Beef Stroganoff with Noodles, Green Beans, Cobbler Desert, Beverages	Chicken and Dumplings, Pudding, Beverages	Mashed Potatoes and gravy with Beef, Peas, Carrots, Pineapple Cheesecake, Beverages	Lasagna Dinner, Apple Brown Betty, Beverages	Deluxe Beef Stew, Dumplings, Rice Pudding, Beverages	



Algonquin Organizer

Are you going to Algonquin? Y or N	Food Group	Tent Group	Rentals Required
Canoe Group	1.	1.	1. Canoe & Paddle & PFD
1.	2.	2.	2. Therma-rest
2.	3.	3.	3. Tent
3.	4.	4.	4. Sleeping Bag
	5.	5.	5. Stove
Day One Menu	Day Two Menu	Day Three Menu	Pack Group
Breakfast	Breakfast	Breakfast	1.
Lunch	Lunch	Lunch	2.
Supper	Supper	Supper	3.
GORP & SNACKS	GORP & SNACKS	GORP & SNACKS	
Drinks	Drinks	Drinks	