



Food Menu Planner

Party Leader: _____ Trip Start Date: _____ Trip End Date: _____

Party Description: Number of Male Adult/s ____ Female Adult/s ____ Male Youth ____ Female Youth ____

The **number of nights on the water** equals the **number of Dinners** and **Breakfasts** you should select.

The **number of calendar days on the water** equals the **number of Lunches** you should select.

Example: A trip beginning on a Sunday and ending the following Friday is a 6-day, 5-night trip. Since most people begin their trip *after breakfast* the first day, and end their trip *before dinner* the last day, we would pack a total of 5 Breakfasts, 6 Lunches, and 5 Dinners for that trip.

- In general, each meal selection applies to your group **as a whole**, so get together with your party members and make the selections that you will **all** be eating.
- Check “✓” the box by the selections you want. If you want more than one day of a particular entrée, put the desired number in the box. (For example, “**2**” Instant Oatmeal means we’ll pack Oatmeal for *2 days’ breakfasts* for your *whole party*.)
- Fill out your menu **carefully**. We will pack only what you **indicate**. **If you leave an option blank, we will assume you don’t want it, and we won’t pack it.**
- **(V) = Indicates Vegetarian Options**



How would you describe the appetites of the people in your group: small, medium, or large?



Please provide any comments that would help us customize the food supplies we pack for your party.

Send this completed Food Menu back to us *as soon as possible* after booking your trip. If you prefer, we would be happy to choose a menu for you. In the event that one of your menu choices is unavailable, we will pack a reasonable substitute. Before you embark on your canoe trip, we will review all the provisions with you and make adjustments, if necessary.

*Questions? Email us anytime at **WayToGoOutfitters@gmail.com**, or call us at 218-365-7676, 9 AM to 5 PM.*

BREAKFASTS

FIRST MORNING ONLY:

____ **Fresh Eggs and Hash Browns** with Your Choice (*Choose one or none.*) of Either...
☐ Pre-cooked Bacon ☐ Pre-cooked Breakfast Sausage

FIRST OR SECOND MORNING: Select One from the following Two Options...

Option #1:

____ **Buttermilk Pancakes (V)**, Maple Syrup, and Your Choice (*Choose one or none.*) of Either...
☐ Pre-cooked Bacon ☐ Pre-cooked Breakfast Sausage

-OR- Option #2:

____ **Blueberry Bagels (V)** with Cream Cheese ☐ and Jelly

ANY MORNING:

____ **Instant Hot Oatmeal (V)**, Flavor Variety, plus Dried Fruit—*Hearty and delicious!*

____ **Western Omelet (V)** — ☐ Yes! Please add Tortillas for BWCA Breakfast Burritos!
Optional: Add ☐ Mild Picanté Sauce ☐ Tabasco Sauce

____ **Caramel Fryin' Pan Bread** —*Perfect for a light, "Coffee and..." breakfast!*

____ **Granola and Milk with Fruit (V)**—*Easy, quick, no-cook breakfast. Or try it hot!*

____ **Hash Brown, Bacon, and Egg Scramble**—*One-skillet wonder!*
Optional Sauces: ☐ Ketchup # ____ ☐ Mild Picanté Sauce # ____ ☐ Tabasco # ____

____ **Trail Breakfast (V)**: Clif Bar and Dried Fruit ☐ Add Bacon Meat Stick for ____ people.
Perfect on-the-go breakfast for travel days!

BREAKFAST BEVERAGES – Check "✓" preferences. **State NUMBER OF SERVINGS PER MORNING for your group.**

Coffee (4-cup filter bag): ☐ Regular: # ____ Instant Coffee Singles: ☐ Reg.: # ____ ☐ Decaf: # ____

☐ Tang Orange Drink (15 svg. jar) ☐ Hot Chocolate, Ind.: # ____ ☐ Hot Apple Cider, Ind.: # ____

☐ Black Tea: # of bags ____ ☐ Green Tea: # of bags ____ ☐ Herbal Tea, Assorted: # of bags ____

☐ Sugar Packets: # ____ ☐ Sweet & Low: # ____ ☐ Non-Dairy Creamer: # ____ ☐ Honey: # ____

LUNCHES

FIRST DAY ONLY:

Option #1:

- ___ **Summer Sausage & Cheese:** Fresh Sausage and Your Party's Selection of
☐ Cheddar, ☐ Co-Jack, or ☐ Pepper Jack Block Cheese (*Indicate preference.*)
with: ☐ Crackers or ☐ Pitas (*Choose one.*)
Optional: ☐ Ketchup, # of packets___ ☐ Mustard, # of packets___

-OR- Option #2:

- ___ **Blueberry Bagels (V)** with Cream Cheese ☐ and Jelly

ANY DAY:

- ___ **Peanut Butter & Jelly Sandwiches (V)** on (*Choose One.*):
☐ Tortillas or ☐ Pitas Fruit Snacks included.
- ___ **Beans with Nacho Cheese in Tortilla Wraps (V)** plus Chips and your preference of:
☐ Mild Picanté Sauce and/or ☐ Tabasco Sauce
Quick-to-fix, delicious "B-Dub (as in "BW"CA) Burritos"!
- ___ **Trail Lunch (V):** Meat Stick, Fruit-and-Nut Mix, and Portage Bar (Our wildly popular, hearty energy bar made right here in Ely, Minnesota)
The perfect on-the-go lunch for travel or fishing days
- ___ **Layover-Day Hot Soup Lunch:** Chicken-flavored Ramen Noodles plus Italian Fryin' Pan Bread, fresh and warm right out of the skillet!
- ___ ☐ **Tuna Salad -OR- Chicken Salad** (One time only): Mix it up fresh using included Mayo plus Your Choices of:
☐ Fresh Onion ☐ Pickle Relish ☐ Dried Cranberries ☐ Salt & Pepper
on (*Choose One of the following.*): ☐ Crackers, ☐ Tortillas, or ☐ Pitas

SNACKS & BEVERAGES: (*Check "✓" your party's preferences; we'll pack plenty!*)

- Fresh Produce (*For first day only*): ☐ Apples (One per person) ☐ Baby Carrots
☐ Meat Sticks ☐ Beef Jerky ☐ Granola Bars ☐ Dried Fruit ☐ Trail Mix ☐ Cookies ☐ Candy
☐ Extra Snacks (Let us surprise you!) ☐ Fruit Drink Mix: ☐ with Sugar, or ☐ Sugar-Free

CUSTOMIZABLE DINNER MENU

(V) = Indicates Vegetarian Dinner Options

(WAY TO GO Tip: Sides and Desserts are optional. Consider skipping a few to save weight and bulk!)

Select Sides and Desserts from Lists on the Next Page!

FIRST NIGHT ONLY: Your Party's Choice of *EITHER*...

☐ **Fresh Steak**, # _____ ☐ **Chicken Breast**, # _____ ☐ **Veggie Burger on Pita (V)**, # _____

Optional Sides (Check "☐" box if desired):

☐ Fresh Green Salad with: ☐ Ranch Dressing, # _____ and/or ☐ Italian Dressing, # _____

☐ Mashed Potatoes ☐ Gravy ☐ Fresh Onion ☐ Steak Sauce ☐ Ketchup ☐ Mustard

☐ Dessert (Choose *ONE* for your whole party from Desserts list below; enter **code initials**.): _____

ANY-NIGHT ENTRÉES: (Check "☐" box next to your selections. Mark "2" in box to repeat that meal later in your trip. Indicate your party's choice of Sides and Desserts by writing in the **code initials** from lists on next page.)

NOTE: "*" signifies an easy-prep, freeze-dried entrée easily prepared in its own foil package or in a pot.

☐ **Fresh Catch-of-the-Day Dinner:** We supply the **Macaroni-and-Cheese**; you provide the fresh fish!

Options: ☐ Fish Breading (for frying fish) **-OR-** ☐ Aluminum Foil (for baking fish)

☐ Fresh Onion ☐ Tartar Sauce ☐ Lemon Juice ☐ Malt Vinegar

☐ Side: _____ ☐ Dessert: _____

☐ **Lasagna* with Meat -OR- ☐ Meatless (V)**, Garlic Fryin' Pan Bread, Side: _____, Dessert: _____

☐ **Pasta Primavera with Grilled Chicken***, Side: _____ Dessert: _____

☐ **Louisiana Red Beans & Rice* (V)**, Side: _____ Dessert: _____

☐ **Beef Stroganoff with Mushrooms***, Side: _____ Dessert: _____

☐ **Mexican Style Grilled Chicken Bowl***, Side: _____ Dessert: _____

☐ **Chili with Beef* -OR- ☐ Mountain Chili* (V)**, Garlic Fryin' Pan Bread, Dessert: _____

☐ **Simple Soup and Bread Dinner**, featuring Garlic Fryin' Pan Bread and your choice of:

☐ Creamy Potato Cheddar Soup -or- ☐ Chicken Ramen Noodles **(V)** Dessert: _____

☐ **Pad Thai (V) * -OR- ☐ Pad Thai with Chicken * -OR- ☐ Pad Thai with Pork ***,

Side: _____ Dessert: _____

☐ **Kathmandu Curry* (V)** with vegetables, lentils, rice, and curry, Side: _____ Dessert: _____

☐ **YES!** I want a “FRESH FISH KIT” with the following options to supplement any meal:



- ☐ Fish Breading (for frying fish) ☐ Aluminum Foil (for baking fish)
☐ Tartar Sauce Packets ☐ Lemon Juice Packets ☐ Malt Vinegar Packets

SIDES: Choose a Side for each “Any-Night Entrée” selected above; write-in the **code initials** next to the corresponding entrée choices.

- ◆ Green Beans (**GB**) ◆ Corn (**C**) ◆ Country Vegetable Blend (**CVB**)
◆ Fresh Cabbage (**CAB**) *Weighty, but worth it!* Satisfies that craving for fresh greens on your dinner plate—just slice off some raw shreds for each person or fry fresh-cut wedges in a skillet!

DESSERTS: Choose one for each night desired; write the codes next to your entrée selections above.

- ◆ Marshmallows for Roasting (**MAR**) ◆ After-Dinner Mints (**MNT**)
◆ Hot Apple Dessert (**HAD**) ◆ Chocolate Pudding (**CP**)
◆ Blueberry Peach Crisp (**BPC**) ◆ Chocolate Mudslide (**CMS**)
◆ Crème Brûlée (**CB**) ◆ Dark Chocolate Cheesecake (**DCC**)

EVENING BEVERAGES: Check “✓” preferences. Indicate the **number of servings PER EVENING for your group**.

Tea Bags: ☐ Black: _____ ☐ Green: _____ ☐ Herbal: _____ ☐ Hot Cocoa: _____ ☐ Hot Cider: _____
Instant Coffee: ☐ Reg. _____ ☐ Decaf _____ ☐ Regular Ground Coffee (Filter packs): #: _____
Packets of: ☐ Sugar: # _____ ☐ Sweet & Low: # _____ ☐ Creamer: # _____ ☐ Honey: # _____

STAPLES: We always pack the following items, unless you specify otherwise. Cross out any items you **DO NOT** want included in your food pack.

- ◆ Squeeze Margarine ◆ Vegetable Oil ◆ Salt & Pepper
◆ Available upon request: ☐ Extra Tabasco Packets ☐ Crushed Red Pepper

FOOD PACK STANDARDS: We include these items standard with all our food packs:

- ◆ Dish Cleaning Kit (Dish Soap, Scouring Pads, SOS Pads, Handy Wipes) ◆ Paper Towel
◆ Toilet Paper ◆ Water Bottle, 1 per person ◆ Matches ◆ Fire Starter ◆ Trash Bag

WATER FILTRATION: We provide water filters to parties taking our All-Inclusive Outfitting Package. For guests taking Partial Outfitting, water filters are available to rent for \$7 per day. We also sell Potable Aqua iodine tablets/neutralizer tablets for water purification.



Thank you for completing this Food Menu Planner for your upcoming wilderness canoe trip. Once you arrive at our base, we will review all the food provisions with your party, offering helpful advice for easy meal preparation and making any final adjustments, if necessary. It won't be long, and you'll be out there... paddling, portaging, and camping in God's Country. ***Way to Go!***

When you have completed your Food Menu Planner, simply scan it (or take a picture of each page) and email to us at:

WayToGoOutfitters@gmail.com

Or, you can mail it to us at our NEW address:

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