

11-Day Canoe Trip Menu

Day 1: Tuesday

Breakfast

-at home

Lunch

-at Tim Horton's

Supper

-Tortellini with Sauce
-Dessert: Smores
-Coffee/Tea/Hot Chocolate

Day 2: Wednesday

Breakfast

-Egg McMuffin's

Lunch

-Bagels; Cream Cheese
-Salami, Lettuce
-Granola Bars (snack 1)
-Granola Bars (snack 2)

Supper

-Soy Stir Fry and Rice
-Coffee/Tea/Hot Chocolate

Day 3: Thursday

Breakfast

-Honey Bunches
of Oats

Lunch

-Bagels, PB and Jam
-Pepperttes (snack 1)
-Trail Mix (snack 2)

Supper

-Pita Pizza
-Dessert: Eskimo cookies
-Coffee/Tea/Hot Chocolate

Day 4: Friday

Breakfast

-Oatmeal

Lunch

-Tortillas; Salami, Cheese
-Granola Bars (snack 1)
-Sesame Seed Snaps (snack 2)

Supper

-Spaghetti/TVP
-Coffee/Tea/Hot Chocolate

Day 5: Saturday

Breakfast

-Cereal

Lunch

-Pitas; PB and Jam
-Granola Bars (snack 1)
-Beef Jerky (snack 2)

Supper

-Tomato Pesto and Pasta
-Dessert: Cinnamon Rolls
-Coffee/Tea/Hot Chocolate

Day 6: Sunday

Breakfast

-Pancakes

Lunch

-Pasta Salad
-Granola Bars (snack 1)
-Pepperttes (snack 2)

Supper

-Quesadillas and Salsa
-Coffee/Tea/Hot Chocolate

Day 7: Monday

Breakfast

-Cream of Wheat

Lunch

-Rice Cakes; Salami;
Cheese, Hummus
-Trail Mix (snack 1)
-Sesame Seed Snaps (snack 2)

Supper

-Bannock Pizza
-Dessert: Beaver Tails
-Coffee/Tea/Hot Chocolate

Day 8: Tuesday

Breakfast

-Granola

Lunch

-Bannock Buns; PB/Jam/Nutella
-Beef Jerky (snack 1)
-Fibre 1 Granola Bars (snack 2)

Supper

-Chili
-Coffee/Tea/Hot Chocolate

Day 9: Wednesday

Breakfast

-Oatmeal

Lunch

-Bannock Buns; Salami, Cheese
-Trail Mix (snack 1)
-Granola Bars (snack 2)

Supper

-Basil Pesto & Pasta
-Dessert: Cinnamon Rolls
-Coffee/Tea/Hot Chocolate

Day 10: Thursday

Breakfast

-Cream of Wheat

Lunch

-Pasta Salad
-Pepperettes (snack 1)
-Granola Bars (snack 2)

Supper

-Spaghetti/TVP
-Coffee/Tea/Hot Chocolate

Day 11: Friday

Breakfast

-Oatmeal

Lunch

-at Tim Horton's

Supper

-at home