

4-Day Canoe Trip Menu:

Day 1:

Breakfast

-at home

Lunch

-at Tim Horton's
-Granola Bars

Supper

-Ravioli, sauce
-Smores
-Coffee/Tea/Hot Chocolate

*Note: the symbol * indicates that a recipe can be found to help prepare that meal.*

Day 2:

Breakfast

-Egg McMuffins/Cheese
-Juice Crystals /Coffee/Tea

Lunch

-Buns; Cream Cheese
-Salami, lettuce, Cucumber
-Granola Bars (snack 1)
-Granola Bars (snack 2)

Supper

-Bannock Pizza
-Dessert: Cinnamon Rolls*
-Coffee/Tea/Hot Chocolate

Day 3:

Breakfast

-Oatmeal*
-Juice Crystals; Coffee/Tea

Lunch

-Tortillas; PB and Jam
-Granola Bars (snack 1)
-Pepperettes (snack 2)

Supper

-Spaghetti, sauce
-Dessert: Beaver Tails*
-Coffee/Tea/Hot Chocolate

Day 4:

Breakfast

-Pancakes with syrup
-Juice Crystals; Coffee/Tea

Lunch

-at Tim Horton's
-Granola Bars

Supper

- Home