

## Sample Menu

Menus tend to vary depending on the group and program. The following is just a sample of what you might find out there. Meat products are limited since we have no way to refrigerate them. Therefore, our protein sources are mainly vegetable and soy based. Some people choose to bring fishing rods and licenses, and when they catch something we're happy to cook it.

Meal	Day 1	Day 2	Day 3	Day 4
Breakfast		French Toast with Syrup, Hot Drinks, Fruit	Flavoured Oatmeal, Hot Drinks, Fruit	Bagles with Spreads, Hot Drinks, Fruit
Mid-day Snack	Whatever you tucked in your pocket.	Granola Bars or Gorp	Granola Bars or Gorp	Granola Bars or Gorp
Lunch	En Route to Access Point	Taco Salad in a Bag (don't laugh), Juice	Wraps with Canned / Preserved Meat, veggies, and cheese, Juice	En Route Home
Dinner	Stir Fry with Fresh Meat and Veggies on a Bed of Rice, Juice	Pasta with Tomato Sauce, Garlic Bread, Juice	Pita Pizza's with all the fixin's, Juice	Home Sweet Home
Dessert / Evening Snack	Lazy-man Smores		Surprise!	

\* All participants are expected to bring enough money to purchase a meal en route to and from the trip location.