

## Menu for Trip (Simple List): Walter's Cabin 2010

### Monday, March 01, 2010

#### **Lunch**

Soup, ramen noodle, Maruchan, chicken flavor	Soup, ramen noodle, Maruchan, chicken flavor
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#### **Snacks**

Gel, Gu Energy Gel	Gel, Gu Energy Gel
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GORP, homemade, MacPecanM&Mraisins	Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 4 servings
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#### **Dinner**

Entrée, Osso Buco	Entrée, Osso Buco
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Entrée, Risotto alla Milanese	Entrée, Risotto alla Milanese
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Wine, Red	Red Wine
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### Tuesday, March 02, 2010

#### **Breakfast**

Cereal, Instant Oatmeal, Quaker, Maple & Brw Sugar	Quaker Instant Oatmeal, Maple and brown sugar
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Coffee, Folgers singles	Folgers coffee singles
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Fruit, Orange	Fruit, Orange
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#### **Lunch**

Bread, Bagel, mini, Pepperidge Farm whole wheat	Bread, Bagel, mini, Pepperidge Farm whole wheat
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Jam, strawberry	Smucker strawberry jam
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Peanut butter, Jif to Go	Jif to Go
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Soup, Bear Creek Minestrone	Bear Creek Minestrone soup mix
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#### **Snacks**

Bar, Clif, Carrot Cake	Cliff Bar, Carrot Cake
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Crackers with peanut butter	Lance Toasty crackers
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Gel, Power energy gel	Gel, Power energy gel
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### **Dinner**

Bread, french baguette	Bread, french baguette
Entrée, steak au poivre	Entrée, steak au poivre
Fondue, cheese	Fondue, cheese
Vegetables, frozen peas	Vegetables, frozen peas
Wine, Red	Red Wine

### **Wednesday, March 03, 2010**

### **Breakfast**

Cereal, Granola	Cereal, Granola
Coffee, Folgers singles	Folgers coffee singles
Milk, Carnation Nonfat Instant Dry	Carnation Instant Nonfat dry milk
Pastry, Pop Tarts, Brown Sugar Cinnamon	Kellog's Pop Tarts Brown Sugar Cinnamon

### **Lunch**

Bread, Bagel, mini, Pepperidge Farm whole wheat	Bread, Bagel, mini, Pepperidge Farm whole wheat
Cheese, Emmenthaler Swiss	Emmenthaler Swiss Cheese
Sausage, Summer	Summer sausage

### **Snacks**

Beef, jerky, Bridgford, original natural style	Beef, jerky, Bridgford, original natural style
Candy, Snickers fun size	Snickers candy, fun size
Cocoa Mix, Swiss Miss milk Chocolate	Swith Miss Milk Chocolate Hot Cocoa Mix
GORP, homemade, MacPecanM&Mraisins	Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 4 servings
Margarine	Margarine
Tea bag	Tea bag

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### ***Dinner***

Chicken Enchildas	Chicken Enchildas
Guacamole dip	Guacamole dip
Lime	Lime
Liquor, tequila	Liquor, tequila
Margarita, Maria's	Margarita, Maria's Tequila-1.25 oz, Triple-Sec-0.75 oz, Lime Juice-0.75 oz, Lemon Juice-0.75 oz
Tortillas chips	Tortillas chips
Wine, White	Wine, White

**Thursday, March 04, 2010**

### ***Breakfast***

Cereal, Granola	Cereal, Granola
Coffee, Folgers singles	Folgers coffee singles
Milk, Carnation Nonfat Instant Dry	Carnation Instant Nonfat dry milk

### ***Snacks***

Bar, Clif, Carrot Cake	Cliff Bar, Carrot Cake
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