

## Menu for Trip (Simple List): Pine River 2013

### Saturday, September 07, 2013

#### **Lunch**

Sandwich, store bought

Sandwich, store bought

#### **Snacks**

Bar, Cliff, any flavor

Bar, Cliff, any flavor

Gel, Gu Energy Gel

Gel, Gu Energy Gel

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

#### **Dinner**

FD Dinner, Mountain House Pro-Pak Beef Stew

Mountain House Pro-Pak, freeze dried Beef Stew

#### **Extra Food**

Cocoa Mix, Swiss Miss Marshmallow

Cocoa Mix, Swiss Miss Marshmallow

### Sunday, September 08, 2013

#### **Breakfast**

Cereal, Mountain House granola with blueberries

Cereal, Mountain House granola with blueberries

Coffee, coarsely ground for French press

Coffee, coarsely ground for French press

#### **Lunch**

Bread, bagel, plain

Bread, bagel, plain

Cheese, Emmenthaler Swiss

Emmenthaler Swiss Cheese

Sausage, Summer

Summer sausage

#### **Snacks**

Bar, Cliff, any flavor

Bar, Cliff, any flavor

Beef, jerky, Bridgford, original natural style

Beef, jerky, Bridgford, original natural style

Dessert, Mountain House Neopolitan Ice Cream Bar

Dessert, Mountain House Neopolitan Ice Cream Bar

#### **Dinner**

FD Dinner, Mountain House Pro-Pak Spaghetti

Mountain House Pro-Pak, freeze dried Spaghetti with Meat Sauce

## Menu for Trip (Simple List): Pine River 2013

### Monday, September 09, 2013

#### **Breakfast**

Cereal, Instant Oatmeal, Quaker Low Sugar, Maple & Brown Sugar	Cereal, Instant Oatmeal, Quaker Low Sugar, Maple & Brown Sugar
Cocoa Mix, Swiss Miss Marshmallow	Cocoa Mix, Swiss Miss Marshmallow
Coffee, coarsely ground for French press	Coffee, coarsely ground for French press

#### **Lunch**

Bread, bagel, plain	Bread, bagel, plain
Jelly, grape, Smuckers	Jelly, grape, Smuckers
Peanut butter, Jif to Go Natural Creamy	Peanut butter, Jif to Go Natural Creamy

#### **Snacks**

Candy, Snickers fun size	Snickers candy, fun size
Cookies, Fig Newtons	Cookies, Fig Newtons

#### **Dinner**

FD Dinner, Mountain House Pro-Pak Rice & Chicken	Mountain House Pro-Pak freeze dried Rice & Chicken
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### Tuesday, September 10, 2013

#### **Breakfast**

Cereal, Mountain House granola with blueberries	Cereal, Mountain House granola with blueberries
Coffee, coarsely ground for French press	Coffee, coarsely ground for French press

#### **Lunch**

Bread, bagel, plain	Bread, bagel, plain
Cheese, Emmenthaler Swiss	Emmenthaler Swiss Cheese
Sausage, Summer	Summer sausage

#### **Snacks**

Dessert, Mountain House Neopolitan Ice Cream Bar	Dessert, Mountain House Neopolitan Ice Cream Bar
Gel, Gu Energy Gel	Gel, Gu Energy Gel
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

## Menu for Trip (Simple List): Pine River 2013

### ***Dinner***

FD Dinner, Mountain House New Pro-Pak Beef  
Strogan

Mountain House New Pro-Pak, freeze dried Beef Stroganoff with noodles

### **Wednesday, September 11, 2013**

### ***Breakfast***

Cereal, Instant Oatmeal, Quaker Low Sugar, Maple  
& Brown Sugar

Cereal, Instant Oatmeal, Quaker Low Sugar, Maple & Brown Sugar

Cocoa Mix, Swiss Miss Marshmallow

Cocoa Mix, Swiss Miss Marshmallow

Coffee, coarsely ground for French press

Coffee, coarsely ground for French press

### ***Snacks***

Gel, Gu Energy Gel

Gel, Gu Energy Gel

Nuts, pecan halves

Ellis pecan halves

### ***Extra Food***

Liquor, Scotch

Liquor, Scotch