

## Menu for Trip (Simple List): Llama Trek - 2010 - Bob and Group Items

### Sunday, September 12, 2010

#### **Snacks**

Bar, Cliff, any flavor	Bar, Cliff, any flavor
Candy, Snickers fun size	Snickers candy, fun size
Gel, Gu Energy Gel	Gel, Gu Energy Gel

#### **Dinner**

Entrée, fresh beef stroganoff with egg noodles	Entrée, fresh beef stroganoff with egg noodles
Wine, Red	Red Wine

### Monday, September 13, 2010

#### **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**

Beef, jerky, Bridgford, original natural style	Beef, jerky, Bridgford, original natural style
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**

Dessert, Mountain House Neopolitan Ice Cream Bar	Dessert, Mountain House Neopolitan Ice Cream Bar
FD Dinner, Mountain House Pro-Pak Rice & Chicken	Mountain House Pro-Pak freeze dried Rice & Chicken
Wine, Red	Red Wine

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### Tuesday, September 14, 2010

#### **Breakfast**

Cereal, Instant Oatmeal, Quaker, Apples and Cinn	Quaker Instant Oatmeal, Apples & Cinnamon
Cereal, Instant Oatmeal, Quaker, Maple & Brw Sugar	Quaker Instant Oatmeal, Maple and brown sugar
Coffee, coarsely ground for French press	Coffee, coarsely ground for French press

#### **Lunch**

Bread, bagel, plain	Bread, bagel, plain
Jam, strawberry	Smucker strawberry jam
Jelly, grape	Jelly, grape
Peanut butter, Jif to Go	Jif to Go

#### **Snacks**

Beef, jerky, Bridgford, original natural style	Beef, jerky, Bridgford, original natural style
Cheese Dip & Crackers, Kraft	Kraft Handi-Snacks, Cheez'n Crackers
Cookies, Fig Newtons	Cookies, Fig Newtons

#### **Dinner**

Dessert, raspberry crumble, Mountain House, 4 svg	Dessert, raspberry crumble, Mountain House, 4 serving pouch
Entrée, Couscous w morel, tomatoes, almonds	Entrée, Couscous-1.5 cups, 2 chicken bouillon cubes, Tyson chicken breast 7 oz in foil pouch, almonds - 2.25 oz., dried morel mushroom - 1/2 oz., sun dried tomatoes - 42 gm to make 3 servings
Vegetables, FD Green Beans, Mntn House, 2 svg pouch	Vegetables, FD Green Beans, Mountain House, 2 svg pouch
Wine, Red	Red Wine

### Wednesday, September 15, 2010

#### **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

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### **Snacks**

Bar, Cliff, any flavor	Bar, Cliff, any flavor
Beef, jerky, Bridgford, original natural style	Beef, jerky, Bridgford, original natural style
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**

Dessert, blueberry cheesecake, Mtn Hse, 4 svg	Dessert, blueberry cheesecake, Mountain House, 4 serving pouch
FD Dinner, Mountain House Pro-Pak Beef Stew	Mountain House Pro-Pak, freeze dried Beef Stew
Wine, Red	Red Wine

## Thursday, September 16, 2010

### **Breakfast**

Coffee, coarsely ground for French press	Coffee, coarsely ground for French press
Pastry, Pop Tarts, Brown Sugar Cinnamon	Kellogg's Pop Tarts Brown Sugar Cinnamon

### **Lunch**

Jam, strawberry	Smucker strawberry jam
Jelly, grape	Jelly, grape
Peanut butter, Jif to Go	Jif to Go
Tortillas, flour, 8"	Tortillas, flour, 8"

### **Snacks**

Bar, Cliff, any flavor	Bar, Cliff, any flavor
Cheese Dip & Crackers, Kraft	Kraft Handi-Snacks, Cheez'n Crackers
Gel, Gu Energy Gel	Gel, Gu Energy Gel

### **Dinner**

Cocoa Mix, Swiss Miss milk Chocolate	Swith Miss Milk Chocolate Hot Cocoa Mix
Dessert, Mountain House Chocolate Strwbrry Crunch	Dessert, Mountain House Chocolate Strawberry Crunch, 4 serving pouch
FD Dinner, Mountain House Pro-Pak ChiliMac w Beef	Mountain House Pro-Pak, freeze dried Chili Mac with Beef

## Friday, September 17, 2010

### **Breakfast**

Coffee, coarsely ground for French press	Coffee, coarsely ground for French press
Soup, ramen noodle, Maruchan, chicken flavor	Soup, ramen noodle, Maruchan, chicken flavor

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### **Snacks**

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Bar, Cliff, any flavor	Bar, Cliff, any flavor
Candy, Nestle Crunch from 8 pack	Candy, Nestle Crunch from 8 pack
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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### **Extra Food**

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Cocoa Mix, Swiss Miss milk Chocolate	Swith Miss Milk Chocolate Hot Cocoa Mix
Coffee, Folgers singles	Folgers coffee singles
Cookies, Fig Newtons	Cookies, Fig Newtons
Drink mix, Crystal Lite, single serving packet	Drink mix, Crystal Lite, single serving packet, makes 1 quart
FD Dinner, Mountain House Pro-Pak Spaghetti	Mountain House Pro-Pak, freeze dried Spaghetti with Meat Sauce
Liquor, Scotch	Liquor, Scotch
Tea bag	Tea bag

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