

Sample Menus

Use the following menus as a guide to help you plan food for your trip

3 DAY TRIP

	Day 1	Day 2	Day 3
Breakfast	<p style="text-align: center;">At home or On the road</p>	<p style="text-align: center;">Instant oatmeal</p> <ul style="list-style-type: none"> • 1/2 cup quick oat flakes • 1/2 & 1/2 cream • Brown sugar or maple syrup • Dried cranberries or cherries • Sliced almonds • Fresh/dried Blueberries & strawberries • Hot chocolate • Muffin 	<p style="text-align: center;">Granola</p> <ul style="list-style-type: none"> • Honey cranberry granola • Strawberry YOP • Apple • Bagel • Cream cheese • Hard boiled egg • Orange juice • Hot tea
Lunch	<p style="text-align: center;">Pre-made Bag Lunch</p>	<p style="text-align: center;">Pita Sandwich</p> <ul style="list-style-type: none"> • Pita bread • Cheddar or string cheese • Can spicy tuna • Lettuce/grape tomatoes • Mayo packet • Cucumber/red pepper slices • Nectarine • Cookies 	<p style="text-align: center;">Crackers & Cheese</p> <ul style="list-style-type: none"> • Crackers (2 varieties) • Chips & salsa • Cheddar / mozzarella cheese • Pepperoni / salami • Hummus • Dried Mango • Plum or pear • Granola bar
Dinner	<p style="text-align: center;">Fajitas</p> <ul style="list-style-type: none"> • Tortillas • Cheese • Rice • Salsa • Refried beans • Chicken (canned or pre-cooked) • Sour cream • lettuce/grape tomatoes • Red onion • Hot tea 	<p style="text-align: center;">Pasta</p> <ul style="list-style-type: none"> • Penne pasta noodles • Tomato sauce (& paste) • Brown sugar • Onion • Mushroom/pepper • Ground beef (that was frozen) • Spices • Garlic bread • Grated cheese • Hot apple cider 	<p style="text-align: center;">At home or On the road</p>
Dessert	<ul style="list-style-type: none"> • Coffee cake 	<ul style="list-style-type: none"> • Chocolate brownies 	

5 DAY TRIP

	Day 1	Day 2	Day 3	Day 4	Day 5
Break-fast	<p style="text-align: center;">At Home or On the road</p>	<p>Instant oatmeal</p> <ul style="list-style-type: none"> • 1/2 cup quick oat flakes • 1/2 & 1/2 cream • Brown sugar or maple syrup • Dried cranberries or cherries • Sliced almonds • Blueberries • Hot chocolate • Muffin 	<p>Eggs & Hashbrowns</p> <ul style="list-style-type: none"> • 2-3 Scrambled eggs • Cup hash browns • Farmer sausage • 2 mini bagels • Butter & Jam • Apple • Instant pancakes • Maple syrup • Hot tea 	<p>Granola</p> <ul style="list-style-type: none"> • Honey cranberry granola • Strawberry YOP • Apple • 2 slices of multi-grain • Cream cheese • Hard boiled egg • Orange juice • Hot tea 	<p>Instant oatmeal</p> <ul style="list-style-type: none"> • 1/2 cup quick oat flakes • 1/2 & 1/2 cream • Brown sugar or maple syrup • Dried cranberries or cherries • Sliced almonds • Blueberries • Hot chocolate • Muffin
Lunch	<p style="text-align: center;">Pre-made Bag Lunch</p>	<p>Pita Sandwich</p> <ul style="list-style-type: none"> • Pita bread • Cheddar or string cheese • Can spicy tuna • Lettuce/grape tomatoes • Mayo packet • Cucumber/red pepper slices • Nectarine • Cookies 	<p>Crackers & Cheese</p> <ul style="list-style-type: none"> • Crackers (2 varieties) • Chips & salsa • Brie cheese • Salami • Hummus • Dried Mango • Plum or pear • Granola bar • PB & Jam 	<p>Bagel Sandwich</p> <ul style="list-style-type: none"> • 1 -2 Bagels • Cheddar/cream cheese • Spinach • Cucumber/tomato • beef jerky • Trail mix • Hummus • Kipper snacks or can of tuna 	<p>Musgo</p> <ul style="list-style-type: none"> • Delicious leftovers • Can of soup
Dinner	<p>Fajitas</p> <ul style="list-style-type: none"> • Tortillas • Cheese • Rice • Salsa • Refried beans • Chicken (canned or pre-cooked) • Sour cream • lettuce/grape tomatoes 	<p>Pasta</p> <ul style="list-style-type: none"> • Penne pasta noodles • Tomatoe sauce (& paste) • Brown sugar • Onion • mushroom/pepper • Ground beef (that was frozen) • Spices • Garlic bread • Hot apple cider 	<p>Calzones</p> <ul style="list-style-type: none"> • 2 cups Flour • Baking powder • Salt • Sugar • Pepperoni • Tomato paste • Spices/herbs • Mozzarella cheese • Soup appetizer • Hot mocha 	<p>Backpacker's pantry</p> <ul style="list-style-type: none"> • Instant dinner like turkey tetrazzini • Bagel thins • Baby-bel or string cheese • Butter • Hot jello 	<p style="text-align: center;">At Home or On the road</p>
Dessert	<ul style="list-style-type: none"> • Coffee cake 	<ul style="list-style-type: none"> • Chocolate brownies 	<ul style="list-style-type: none"> • Pudding 	<ul style="list-style-type: none"> • Chocolate Cookies 	