

## Menu- 5 day Canoe/Backpacking Trip

By Lewis Williams

Meal	1	2	3	4	5
Breakfast	Home	Quick Oats + dried fruit + nuts/trail mix + tea/coffee	Oats	Scrambled eggs wrap– dehyd. Or oats	Oats
Lunch	Personal Brown bag	Pita + Cheese (hard and Baby Bell), sausage, peanut butter/nutella bagged carrots,	Fajita +	Dark brown rye bread +	+Fajita +
Snacks on trail	Bring your choice Granola bars- 2-3 each / day				
Dinner	<b>Chicken Fajitas</b> - chicken cooked at home , lettuce, shredded cheese, Ranch dressing/salsa or hot sauce, red peppers- sauté + cooking oil	<b>Sausage and Rice</b> (sausage cooked and frozen), dehydrated veggies, sauce/spices	<b>Tuna, Pasta</b> -fusilli etc, powdered sauce (+ olive oil? ) (Tuna in foilpacks)	<b>Dehydrated dinner</b> - eg.Chicken breast, potatoes+ peas and onions	Home
Desserts/Campfire	Smores, 2-bite brownies etc	Dried fruit	Dried fruit		
Drinks	Bring your choice: Tea, coffee, hot chocolate, water flavour crystals				