

La Tourell's  
PO Box 239  
Ely, MN 55731

# ☆~"Deluxe" FOOD MENU FORM~☆

Fax:  
(218) 365-4019

Check  the meals below according to the number of days you will be out. Menu choices apply to the **entire party**. Meals may be repeated (note exceptions). Trips leave after breakfast on the first day and return before dinner on the last day, so these meals should be omitted. (i.e., 5 night/6 day trip would have 5 breakfasts & dinners and 6 lunches marked.) \*Please note with our dinners you are able to customize your vegetable and desserts with the codes provided.\* **If the Food Menu Form isn't completely filled out and returned to us within 14 days of your trip, we will make it up for you.**

## ☆~BREAKFASTS~☆

- |  |   |
|--|---|
| <input type="checkbox"/> 1. Fresh Eggs, (1st Morning only)<br>slab bacon, English muffin<br>beverage | <input type="checkbox"/> 2. French Toast,<br>slab bacon, syrup,<br>beverage     |
| <input type="checkbox"/> 3. Denver Omelette<br>hot caramel bread,<br>beverage                        | <input type="checkbox"/> 4. Blueberry Pancakes,<br>sausage, syrup,<br>beverage  |
| <input type="checkbox"/> 5. Granola Cereal & Fruit<br>with milk, breakfast bar,<br>beverage          | <input type="checkbox"/> 6. Hot Cereal w/Raisins,<br>toast & jelly,<br>beverage |
| <input type="checkbox"/> 7. Biscuits & Gravy, hash<br>browns, beverage                               | <input type="checkbox"/> 8. Hash Brown, Bacon,<br>Egg Scramble, Beverage        |
- ◆ Quick/ No Cooking    ◇ Quick/ Hot breakfast

## ☆~LUNCHES~☆

- |  |  |
|--|--|
| <input type="checkbox"/> 1. Sliced Meat & Cheese<br>Tortilla Wrap, energy bar<br>fruit drink         | <input type="checkbox"/> 2. Summer Sausage & Cheese<br>Wrap, cookies,<br>fruit drink                           |
| <input type="checkbox"/> 3. Peanut Butter &<br>Jelly Sandwich, trail mix<br>fruit drink              | <input type="checkbox"/> 4. "Quick Trail Lunch"<br>Oatmeal trail cookie, trail mix,<br>beef jerky, fruit drink |
| <input type="checkbox"/> 5. Macaroni & Cheese,<br>bread & butter, beef jerky<br>cookies, fruit drink | <input type="checkbox"/> 6. Chili,<br>beef jerky, fruit snacks,<br>fruit drink                                 |
| <input type="checkbox"/> 7. Bagels w/ cream cheese &<br>meat, cookies, beverage                      | <input type="checkbox"/> 8. Cold Pasta Salad,<br>granola Bar, fruit drink                                      |
- Hot Lunch    ◇ 1st day only

## ☆~DINNERS~☆

(Make sure to fill in your code choice for your Vegetable & Dessert!)

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> 1. <b>1st Night Only</b> (Circle one) Choice Steaks<br>or Chicken Breast Fillets, potatoes,<br>beverage, VEGETABLE: _____, DESSERT: _____ | <input type="checkbox"/> 2. Fresh Fish Dinner (your catch),<br>garlic fryin' pan bread,<br>beverage, VEGETABLE: _____ DESSERT: _____ | <input type="checkbox"/> 3. Rich 3 Cheese Lasagna,<br>garlic fryin' pan bread,<br>beverage, VEGETABLE: _____ DESSERT: _____ |
| <input type="checkbox"/> 4. <b>1st or 2nd Night Only:</b><br>Ham Steak, mashed potatoes,<br>beverage, VEGETABLE: _____, DESSERT: _____                             | <input type="checkbox"/> 5. Spaghetti & Meat Sauce,<br>garlic fryin' pan bread,<br>beverage, VEGETABLE: _____ DESSERT: _____         | <input type="checkbox"/> 6. Chicken Teriyaki w/Rice,<br>bread & butter,<br>beverage, VEGETABLE: _____ DESSERT: _____        |
| <input type="checkbox"/> 7. Beef Stroganoff w/wild rice,<br>beverage, VEGETABLE: _____ DESSERT: _____  | <input type="checkbox"/> 8. Honey Mustard Chicken,<br>beverage, VEGETABLE: _____ DESSERT: _____                                      | <input type="checkbox"/> 9. Chicken Noodle Casserole,<br>beverage, VEGETABLE: _____ DESSERT: _____                          |
| <input type="checkbox"/> 10. Three Bean Chili, bread & butter<br>beverage, VEGETABLE: _____ DESSERT: _____   | <input type="checkbox"/> 11. Fettucine Alfredo<br>beverage, VEGETABLE: _____ DESSERT: _____  | <input type="checkbox"/> 12. Sloppy Joes w/ fryin' pan bread,<br>beverage, VEGETABLE: _____ DESSERT: _____                  |

### ☆Customized Dinner Codes☆

**Dessert Codes:** 1= Mocha Mouse Pie, 2= Apple Brown Betty, 3= Rice Pudding w/Raisins, 4= Cherry Blast 5= Lemon Pie, 6= Blueberry Cobbler  
**Vegetable Codes:** C= Corn, GB= Green Beans, P= Peas, Ø= None desired 7= Three Berry Cobbler Ø= None desired

★ REMEMBER, THE MORE EXTRA ITEMS YOU CHOOSE TO TAKE ALONG, THE **HEAVIER** YOUR FOOD PACK BECOMES. ★

### ☆~BEVERAGES~☆

Please indicate how many people would like which beverage at breakfast & dinner. **Fruit drinks are packed for all lunches.** Please check  if you prefer to have "sugar" (heavier in wt.) \_\_\_\_\_ or Nutrasweet (lighter in wt.) \_\_\_\_\_ for your fruit drinks.

Breakfast: Tang \_\_\_\_\_ Hot Chocolate \_\_\_\_\_ Hot Cider \_\_\_\_\_ Tea Bags \_\_\_\_\_  
Reg. Coffee \_\_\_\_\_ Decaf Coffee \_\_\_\_\_  
Dinner: Fruit Drinks \_\_\_\_\_ Hot Chocolate \_\_\_\_\_ Hot Cider \_\_\_\_\_ Tea Bags \_\_\_\_\_  
Reg. Coffee \_\_\_\_\_ Decaf Coffee \_\_\_\_\_

### ☆~BREADS~☆

Please check  preference.  
White \_\_\_\_\_ Wheat \_\_\_\_\_

### ☆~EXTRA OPTIONS~☆

Please check  the items that you wish us to pack.

Aluminum foil \_\_\_\_\_ Artificial Sweetener \_\_\_\_\_ Creamer \_\_\_\_\_ Cup of Soups \_\_\_\_\_  
Fresh Onions \_\_\_\_\_ Honey \_\_\_\_\_ Jelly \_\_\_\_\_ Ketchup \_\_\_\_\_  
Lemon Juice \_\_\_\_\_ Marshmallows \_\_\_\_\_ Mustard \_\_\_\_\_ Popcorn \_\_\_\_\_  
Tarter Sauce \_\_\_\_\_ Sugar \_\_\_\_\_ Extra Fish Breeding & Veg. Oil \_\_\_\_\_ Miracle Whip \_\_\_\_\_

### ☆~STAPLES~☆

These items are always packed. Please *cross-off* those items that are not desired.

◆ Crackers	◆ Dish towel	◆ Extra beverages	◆ Firestarter	◆ Extra Snacks	◆ Trash Bags
◆ Margarine	◆ Matches	◆ Paper Towels	◆ Salt & Pepper	◆ SOS Pads	◆ Liquid & bar soap
					◆ Toilet tissue

\*Please advise us of any special dietary needs and we will do our best to accommodate them. Vegetarian meals are available upon request.