



Tuscarora Lodge & Canoe Outfitters
 193 Round Lake Road
 Grand Marais, MN 55604
 218-388-2221 Phone
 info@tuscaroracanoe.com

Tuscarora Camping Menu (Vegetarian/Pescatarian/Vegan)

Group Name _____ # in Party _____

Start Date _____ End Date _____ # of Days _____

MEAL NOTES:

- All meals are served family style.
- Write a number in the box to indicate how many times you would like each meal.
- Please check the type of sandwich bread you want.
- First breakfast is French toast served in Tuscarora's dining hall.
- If desired, lunch selections may be used as dinner options and vice versa.
- Dinner for last outfitted day will not be packed unless specifically requested.

We increase servings at no extra charge. How many individuals in your party want double servings per meal? _____

BREAKFASTS: COOK

Fresh Eggs, Biscuits, Vegan Breakfast Pattie, Fruit Drink Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>
Fresh Eggs, Cheese, Bagel, Trail Brunch Fruit Drink Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>
* Blueberry Pancakes _____ OR Buttermilk Pancakes _____ Syrup, Dried Fruit, Fruit Drink Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>
* Blueberry/Walnut Oats & Quinoa, Trail Brunch, Fruit Drink Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>
* Hash Brown/Bacon-flavored Bits/Egg Scramble, Fruit, Fruit Drink Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>
* Oatmeal, Dried Fruit, Fruit Drink Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>

BREAKFASTS: NO COOK

Granola with Milk and Dried Fruit, Fruit, Fruit Drink Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>
Bagels, Cream Cheese, Fruit, Fruit Drink Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>

Unless you cross them out in the list below, the following items will be packed for your convenience:

- Paper Towels
- Toilet Paper
- S.O.S. and Scrub Pads
- Dish Soap
- Matches

LUNCHES: COOK

Grilled Cheese Sandwich Soup, Snack, Fruit Drink	<input type="checkbox"/>
Macaroni & Cheese, Trail Brunch, Fruit, Snack, Fruit Drink	<input type="checkbox"/>

LUNCHES: NO-COOK

Bagels with Cream Cheese, Trail Brunch, Snack, Fruit Drink	<input type="checkbox"/>
* Hummus Sandwiches, Fruit, Snack Fruit Drink Bread _____ Bagel _____ Pita _____ Tortilla _____	<input type="checkbox"/>
* Peanut Butter & Jelly Sandwiches Trail Brunch, Snack, Fruit Drink Bread _____ Bagel _____ Pita _____ Tortilla _____	<input type="checkbox"/>
Tuna Sandwiches, Fruit, Snack, Fruit Drink Bread _____ Bagel _____ Pita _____ Tortilla _____ Miracle Whip _____ Mayonnaise _____	<input type="checkbox"/>
* Cold Couscous Salad, Cheese, Crackers, Snack, Fruit Drink	<input type="checkbox"/>

* Indicates vegan options

DINNERS

FIRST NIGHT ONLY! * Veggie Burger with Bun, Mashed Potatoes _____ OR Hash Browns _____ Vegetable, Dessert, Fruit Drink Ketchup _____ Mustard _____ Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>
Creamy Mac & Cheese, Vegetables, Dessert, Fruit Drink Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>
* Louisiana Red Beans & Rice, Vegetable, Dessert, Fruit Drink Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>
Lasagna, Vegetable, Dessert, Fruit Drink Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>
* Spaghetti with Marinara Sauce, Vegetable, Dessert, Fruit Drink Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>
* Chana Masala, Vegetable, Dessert, Fruit Drink Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>
* Katmandu Curry, Vegetable, Dessert, Fruit Drink Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>
Salmon Pesto Pasta, Vegetable, Dessert, Fruit Drink Tea _____ Coffee _____ Cocoa _____	<input type="checkbox"/>

DINNER DESSERT OPTION

Please write how many nights you would enjoy each type of dessert (one dessert per night, please).

- _____ Cooked dessert (i.e. pudding)
- _____ No-cook dessert (i.e. cookies, candy bars)

STAPLES

(There is no extra charge for staples)

Please indicate how many servings of each you want included:

- _____ Extra Hot Chocolate
- _____ Extra Fruit Drink
- _____ Extra Fruit Drink, Sugar-Free
- _____ Extra Instant Coffee
- _____ Extra Regular Coffee
- _____ Extra Decaf Coffee
- _____ Sugar Packets
- _____ Coffee Creamer
- _____ Extra Tea Bags
- _____ Dry Milk
- _____ Shortening (8 oz. portions)
- _____ Margarine (8 oz. portions)
- _____ Fish Breading (1 cup portions)
- _____ Salt/Pepper
- _____ Ketchup
- _____ Mustard
- _____ Mayonnaise
- _____ Miracle Whip
- _____ Instant Soup
- _____ Popcorn
- _____ S'Mores

BEVERAGE OPTIONS

Please write how many people in your group will enjoy each type of beverage:

- _____ Regular Coffee
- _____ Decaf Coffee
- _____ Instant Coffee
- _____ Fruit Drink
- _____ Sugar-Free Fruit Drink
- _____ Hot Tea (Lipton's)
- _____ Hot Cocoa

Office Use:

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