

Canadian Border Outfitters

Expedition Elite Menu Planner

You can build your own meals using the grid below (just call if you need help). Use an extra page if your trip is longer than 7 days.

Or we would be happy to design the meal combos for you .. all you need to do is fill-out the beverages-spices section below, look over the menu lists attached, circle anything that sounds real good (like the t-bones) and cross off any items that don't appeal to your crew's tastes (if you don't like peas, just cross it off!)

Breakfast on the first day and Dinner on the last day are not included. So for a 7-day trip (for example) choose 6 breakfasts, 7 lunches, 6 dinners.

BEVERAGES

(specify quantity needed per day)

- ground coffee – makes 8 cups
- regular decaf
- instant coffee – single serve
- regular decaf
- sugar – single serve
- Sweet & Low – single serve
- creamer – single serve
- tea bags
- regular decaf herbal
- apple cider – single serve
- apple cider – sugar free single serve
- hot chocolate – single serve
- hot chocolate – sugar free single serve
- Kool-Aid (specify # cups per day)
- Kool-Aid with Nutra-Sweet (specify # cups per day)

STAPLES

(always packed)

- salt & pepper
- margarine
- trash bags
- hand soap
- dish soap
- SOS/scouring pads
- toilet paper
- aluminum foil
- matches
- paper toweling
- Handi-Wipes
- potholder

OPTIONAL ITEMS

(check your preferences)

- fish breading
- vegetable oil
- fresh onion
- Miracle Whip
- mayonnaise
- mustard
- ketchup
- tartar sauce
- sweet relish
- lemon juice
- honey
- strawberry jelly
- grape jelly
- marshmallows
- firestarter tablets
- Raid (insect spray)

SPICES

(check your preferences)

- seasoned salt
- garlic powder
- onion powder
- cayenne powder
- Cajun seasoning
- lemon pepper
- A-1 steak sauce
- Heinz 57 steak sauce
- BBQ sauce
- individual qt water bottles
- # needed: _____

BREAKFASTS

- DAY2 _____
- DAY3 _____
- DAY4 _____
- DAY5 _____
- DAY6 _____
- DAY7 _____

LUNCHES

- DAY1 _____
- DAY2 _____
- DAY3 _____
- DAY4 _____
- DAY5 _____
- DAY6 _____
- DAY7 _____

DINNERS (please indicate a "second choice" main entrée for selections other than the fresh entrees)

- DAY1 _____
- DAY2 _____
- DAY3 _____
- DAY4 _____
- DAY5 _____
- DAY6 _____

Party Leader Name: _____

Group Size: _____

Please List Any Special Instructions Below:

Expedition Gear Guide

Your Expedition Package provides a full range of the gear you'll need for a comfortable wilderness canoe trip. To customize your equipment to your crew's needs, please provide us some additional information on the items below.

Tent preferences

- ___ # of regular length
- ___ # of tall length (people 6' +)

Sleeping bag preferences

- ___ # of 4-man tents
- ___ # of 6-man tents

Optional "Your Choice" Gear

- ___ Silva compass
- ___ Primus or Coleman lantern
- ___ Gerber hatchet with sheath
- ___ Sawvivor hatchet with sheath
- ___ Water purification system
- ___ Solar shower
- ___ Basic first aid kit
- ___ Personal water bottles
- ___ Camp pillow
- ___ U-Dig-It shovel (for Quetico trips)
- ___ Fire grate (for Quetico trips)
- ___ Lightweight nylon dining fly or lean-to
- ___ Rain poncho
- ___ Rod holders and anchor bags
- ___ Minnow/leech/bait container
- ___ Fish cleaning board
- ___ Fish net
- ___ 1 Gallon water container

Other Items Included: Hi-Tech "Spot Satellite Tracker", lightweight cook kit (pot, pans, fry pan, griddle, and coffeepot), lexan dinner service, cooking and eating utensils stored in a utensil wrap. Primus super light stove and fuel. Packs with padded shoulder and hip straps, dry bags for clothing and personal items, Crazy Creek canoe seat, under-seat canoe bag, Thermo-rest mattress, Bear rope system, 50' parachute cord

Breakfast Choices

BREAKFASTS

fresh eggs
Mex-Scrambled eggs (with cheddar cheese, peppers, onions, spices)
scrambled egg mix
scrambled egg mix with ham
scrambled egg with bacon mix
cheese omelette
western omelette
ham & cheese omelette
peasant omelette (with herbs, potatoes, onions)
sausage & cheese omelette
spicy cheese omelette (with cheese, peppers, onions)
French toast – white, wheat, or lympha bread
buttermilk pancakes
blueberry pancakes
apple-cinnamon pancakes
6 grain pancakes with apples
potato & cheese pancake
cinnamon rolls
coffee cake – apple walnut

QUICK BREAKFASTS

maple-almond granola
raspberry granola
strawberry granola
blueberry granola
honey-apple granola
whole-grain cereal
regular-flavor instant oatmeal
spice flavor instant oatmeal
fruit & cream instant oatmeal
English muffins
breakfast bars

BREAKFAST SIDE DISHES

(add these to complete your breakfast)
thick-sliced bacon
sausage patties
ham slice
roast beef hash
maple syrup
hash brown potatoes
hash browns with onions & peppers
raisins
applesauce
dried fruits
powdered milk
orange juice
pineapple-orange juice

Here's an example:

fresh eggs, ham slice, hash browns with peppers/onions, fruit cocktail, OJ
buttermilk pancakes, bacon, maple syrup, dried fruits, pineapple-orange juice
English muffins, fresh eggs, sausage patties .. makes a BWCA Breakfast Muffin! .. with OJ

To save time and weight:

English muffins, strawberry jelly, OJ (no cooking, minimal clean-up!)

Lunch Choices

SANDWICH LUNCHES (choose a bread)

fresh luncheon meats
cheddar cheese
Colby cheese
co-jack cheese
sliced American cheese
sharp cheddar cheese spread
summer sausage
sliced salami
peanut butter & jelly
tuna fish (add relish & mayo/Miracle Whip as desired)
chicken (add relish & may/Miracle Whip as desired)

HOT SOUP/STEW LUNCHES

chicken gumbo (spicy: chicken, rice, okra, veggies)
alpine minestrone (pasta, tomato, pinto & white beans, onion, carrots, cabbage, potato, peas)
potato & cheddar soup
split pea soup
seafood chowder (milk, potato, clams, shrimp, onions, celery, spices)
garden vegetable stew (potato, bulgur wheat, carrot, onion, tomato, spinach, parsley, leek)
ramen noodles – chicken or beef
hillbilly stew (vegetarian)
chili or chili-mac

TRAIL LUNCHES

(combine 2-3 items for snack-type lunch)
beef jerky
beef & cheese sticks
gorp
energy/power bars
granola bars
raisins & dried fruit

COLD SALADS (also good with bread/tortillas/crackers)

whitefish & crab salad
pasta salad
tuna salad
chicken salad
chicken almond salad

Note: dinner entrees (except fresh meats) can also be chosen for a hot lunch

BREAD CHOICES

white bread	honey cornbread (cooking required)	Rye-Crisp crackers
wheat bread	Indian bean bread (cooking required)	snack crackers
Swedish lympha rye bread	flour tortillas	saltine crackers
	pita pockets	

Here's an example:

alpine minestrone soup with honey-cornbread
sliced salami & co-jack cheese in pita bread

To save time & weight:

trail lunch: beef & cheese sticks, granola bars (no cooking, no clean-up)

All lunches include a "snack" .. cookies, hard candy, dried fruits, gorp/trail mix, etc.

Dinner Choices

NOTE: There are some ingredient lists & descriptions of some of the dinner entrées on the reverse side to help you make selections.

We would appreciate your indicating a “second choice” entrée for each meal (other than the “fresh meat” entrées) in case we need to make a substitution. Add vegetables & desserts as desired. Thanks!

Here's an example:

fresh t-bone steaks, vegetable pasta, Sicilian medley, strawberry cheesecake
fresh smoked sausage, red beans & rice, corn, apple d'lite
Sierra chicken, (2nd choice: teriyaki chicken), green beans, raspberry cobbler

FRESH DINNER ENTREES (max. 3 please)

FRESH – 1/3# hamburger
FRESH – 16 oz t-bone steak
FRESH – 10 oz ham steak
FRESH – smoked sausage
FRESH – chicken breast – boneless

BEEF ENTREES

beef rotini
beef teriyaki
beef stroganoff
spaghetti with meat sauce
chili or chili mac
Mexican rice with beef
western tamale pie
Thai beef with broccoli
BBQ Beef
lasagna w/meat sauce
beef w/potato & onion

SEAFOOD ENTREES

shrimp alfredo
shrimp newburg

PORK ENTREES

sweet & sour pork

VEGETABLES

corn
green beans
green beans almondine
peas
peas & carrots
garden vegetables (carrots, peas, corn)
Sicilian medley (broccoli, corn, peppers, tomato)
Southwestern corn (has peppers, onions)

SIDE DISHES to be added to FRESH ENTREES (if you wish)

Monterey pintos & rice, red beans & rice, black beans & rice, fried rice, wild rice pilaf,
curried rice, macaroni & cheese, buttered noodles
garlic mashed potatoes, au gratin potatoes, hash browns, hash browns with red & green peppers,
potato & cheese pancake
mashed potatoes

POULTRY ENTREES

chicken primavera
chicken & noodles
Mexican chicken & rice
BBQ chicken
Sierra chicken
spicy chicken fajita
spicy Thai chicken
chicken & rice
chicken with mashed potatoes
teriyaki chicken
kung pao chicken
almond chicken
chicken rotelle
Polynesian chicken & rice
Oriental chicken & vegetables
brown rice chicken & vegetables
Dijon chicken
pineapple orange chicken
turkey with mashed potatoes
wild tyme turkey
turkey fettuccini alfredo
turkey supreme

MEATLESS ENTREES

three cheese lasagna
mushroom pilaf w/vegetables
chili
spaghetti marinara with mushrooms
spicy Thai peanut
fettuccini primavera
sundried tomato pasta
alfredo primavera
spaghetti marinara
black bean tamale pie
macaroni & cheese
curried rice
cheese enchilada

(please call for vegetarian FRESH entrée ideas)

DESSERTS

fruit cocktail	blueberry cobbler	strawberry cheesecake
chocolate pudding	raspberry cobbler	blueberry cheesecake
mocha mousse pie	gingerbread	blackberry cheesecake
rice pudding with raisins	chocolate peanut butter pie	raisin-cinnamon muffins
French vanilla mousse	lemon pie	apple muffins
apple cobbler	apple brown betty	blueberry muffins
three berry cobbler	applesauce	chocolate cake
apple almond crisp	apple d'lite	Bishop's bread
chocolate mud slide	peach crumble	(chocolate chips/cherries)

HELPFUL HINTS

Some ideas for saving weight & bulk in the food pack:

1. For breakfasts, orange juice, pancakes and maple syrup items have the most weight.
2. Plan on quick breakfasts that require no cooking (or just hot water) and almost zero-clean-up time.
3. Crackers and tortillas weigh less and take up less space than loaves of bread. Consider having the tuna fish sandwiches (for example) in a tortilla wrap!
4. For dinners, desserts are generally heavy .. consider not carrying a dessert for every meal.
5. For beverages, regular Kool-Aid and hot chocolate weigh a lot more than the Kool-Aid with nutra-sweet and the apple cider. For example, 2 cups of hot chocolate per day per person for a 7-day trip for 4 people is 56 packets which weighs about 3.5 pounds!

Please call if you'd like to discuss other ideas on minimizing your food pack weight.

EXPEDITION ENTRÉE ITEMS

Here 's a short description of some of the items on our Kevlar Elite menu which we hope will be helpful while making your selections. If you have any questions about ingredients, please give us a call.

BEEF ENTREES

beef rotini – beef and vegetables and pasta in a tomato sauce
beef teriyaki – beef, snow peas, bell peppers in a sweet cherry wine and soy sauce over rice
beef stroganoff – beef in a sour cream sauce over noodles
spaghetti with meat sauce – beef and spaghetti pasta in spicy tomato sauce
chili with meat sauce – beans, beef in spicy tomato sauce
Mexican rice with beef – rice, beef, cheddar cheese, vegetables, chili in a Mexican-spiced sour cream sauce
western tamale pie – blue corn meal base with beef, corn, and Mexican seasonings
Thai beef with broccoli – beef, peanuts, soy sauce, broccoli, garlic, onion, pepper, sesame oil & spices over rice
BBQ beef – beef, beans in a mesquite bbq sauce, seasoned mashed potato
lasagna with meat sauce – noodles, tomato, beef, Parmesan cheese, cottage cheese, , cheddar cheese, onion, spices, mushrooms
beef with potato & onion – beef, potato, onion, beefy sauce

POULTRY ENTREES

chicken primavera – pasta, tomato, chicken, onion, celery, parsley, spinach, garlic, peas, corn, red & green peppers, carrots
chicken & noodles – chicken, pasta, carrots, onion, red peppers
Mexican-style chicken & rice – brown rice, chicken, kidney beans, black olives, red peppers, green peppers, onions, sauce
BBQ chicken – chicken, pinto beans, corn, onion, garlic & spicy BBQ sauce with rice
sierra chicken – pasta, chicken, tomato, corn, onion, powdered milk, garlic, mushrooms, red & green peppers and spices
spicy chicken fajita - chicken, red & green bell peppers, corn, tomatoes
spicy Thai chicken - spaghetti, chicken, broccoli, tomato flakes, garlic, peanut flour, onion, spices, chicken flavor, cocoa
chicken & rice – chicken in bouillon gravy over rice
chicken with mashed potatoes & gravy – chicken, peas, carrots, and celery with chicken gravy and mashed potatoes
teriyaki chicken – chicken, snow peas, and bell peppers in a sweet cherry wine and soy sauce over rice
kung pao chicken – spicy pepper-ginger sauce, green onions, peanuts, soy sauce, tomatoes, snow peas, & chicken over pasta
almond chicken – chicken, vegetables and almonds over rice
chicken rotelle -- chicken and pasta in a sour cream sauce
Polynesian chicken & rice – chicken, pineapple, brown sugar, green pepper, OJ, soy sauce, Worcester, over rice
Oriental chicken & vegetables – green beans, chicken, water chestnuts, mushrooms, peppers, soy sauce, peanuts, with rice
brown rice chicken & vegetables - brown rice, barley flakes, garlic, diced chicken, carrots, peas, chicken flavor broth, onion, celery, parsley, spinach
Dijon chicken - brown rice, barley flakes, garlic, chicken, Romano cheese powder, sour cream powder, Parmesan cheese powder, peas, carrots
pinapple orange chicken - rice, chicken, honey powder, pineapple, red & green bell pepper, peas, chopped onion, chicken broth, pea pods, ginger
turkey with mashed potatoes & gravy -- turkey in creamy gravy with carrots and mushrooms over chunky mashed potatoes
wild tyme turkey – grains, brown rice, turkey, vegetables, and wild rice in a sour cream sauce
turkey fettuccini alfredo – noodles, vegetables, and turkey in a white-cheese alfredo sauce
turkey supreme – turkey and pasta in a white sauce

PORK ENTREES

sweet & sour pork – pork, pineapple, green peppers, onions, red peppers, spices, with rice

SEAFOOD ENTREES

Shrimp Alfredo – shrimp, Romano and Parmesan cheeses, and pasta in a sour cream sauce
Shrimp Newburg – shrimp, pasta, carrots, peppers, peas, cheddar cheese in a creamy dill sauce

MEATLESS ENTREES

three cheese lasagna – Monterey jack, parmesan and cottage cheeses in chunky tomato sauce over pasta (meatless)
spaghetti marinara - tomato, onion, parmesan cheese, spinach, zucchini, mushrooms, spices, garlic, beet and parsley
mushroom pilaf w/vegetables - mushrooms, carrots, red/green bell peppers, peas, chicken flavor broth, onion, celery, parsley, spinach, garlic, carrot
chili – no meat – chili beans in spicy tomato sauce
spaghetti marinara with mushrooms – spaghetti and mushrooms in spicy vegetable based tomato sauce
fettuccini Primavera – egg noodle pasta in white cheese sauce with broccoli, dried tomato, and bell pepper
alfredo primavera – vegetable pasta, soy flour, parmesan cheese, sweet cream, mushrooms, tomato, cauliflower, and broccoli
black bean tamale pie – black bean chili and cheese over corn chips
sundried tomato pasts – sundried tomato, broccoli, mushroom, fettuccini pasta, spicy sauce
spicy Thai peanut – brown rice, peanuts, potatoes, broccoli, corn, onions, carrots, red & green bell peppers, tomato flakes, celery, peas, cabbage
macaroni & cheese – macaroni noodles in a cheddar cheese sauce
curried rice – hi-calorie entree
cheese enchilada – cheddar cheese, rice, pumpkin seeds, green pepper on tortilla chips