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## PERSONAL MENU FOR

DATES:

NUMBER OF CALENDAR DAYS:

\_\_\_ BREAKFASTS \_\_\_ LUNCHEs \_\_\_ DINNERS

**Return completed form to Spirit of the Wilderness at least 15 days prior to your arrival**

*Spirit of the Wilderness reserves the right to substitute items if an item becomes unavailable.*

## GROUP SIZE

Please specify the number of people in your group. \*Note: be sure to adjust the total group size if changes occur. We want to have everything ready when you arrive in Ely.

- Your first day breakfast and last day dinner are not included
- **F** – indicates the meal contains fresh food and should be used in the first two days.
- If you have special dietary needs, please call w/ questions. Ask about Gluten Free & Vegetarian menu options.

## BREAKFAST (Fruit Drink will be provided for every breakfast)

- F** Fresh Eggs, Bacon or Sausage (*check one*) and Toast
- Scrambled Eggs, Cheese, Hash Browns and Tortilla Wrap
- Hash Brown Potatoes & Bacon Egg Scramble
- Granola Cereal with Milk and Dried Fruit
- Buttermilk Pancakes with Maple Syrup
- Western Omelet and Hash Browns
- Oatmeal, Raisins and Granola Bar
- Biscuits 'n Gravy

## LUNCH (Fruit Drink will be provided for every lunch)

- F** Turkey or Ham (*check one*) Cheese, Mayo Wrap & Granola Bars
- F** Hot dogs w/ Tortilla Wrap and Cookies
- Fish Chowder (*add your fresh fish*), Crackers, and Trail Mix
- Tuna Salad Wrap w/Cheese, Mayo and Trail Mix
- Bean & Cheese Burrito and Granola Bars
- Cold Pasta Salad w/Veggies, Trail Mix
- Grilled Cheese, Soup & Crackers, and Granola Bars
- Peanut Butter & Jelly Sandwiches and Cookies
- Summer Sausage, Cheddar Cheese, Crackers and Dried Fruit
- MN Wild Rice Veggie Salad w/ Ranch or Italian (*check one*)
- Beef Jerky, Cheese & Crackers and Dried Fruit

## SNACKS & TREATS

*Choose one per day*

- Apples
- Oranges
- Carrots, fresh
- Nuts
- Cookies
- Trail bars
- Peanut butter & jelly
- Hard candy
- Trail Mix (raisin, chocolate, nuts)
- Beef Jerky
- Cup-O-Soup
- Raisins
- Fruit Snacks
- Popcorn
- S'mores

**DINNER** (Fruit Drink will be provided for every dinner)

F Chicken Breast, Vegetables and Seasoned Rice

F Steak, Mixed Vegetables and Garlic Mashed Potatoes *(Due to Covid-19 \$4/pp upcharge)*

F Brats, Tortilla Wrap, Mac & Cheese, Vegetables

Your fish, Fish Batter, Vegetables and Hash Browns

Rice Burrito Bowl with Beef / Chicken / Veggie *(check one)* and tortillas

Chicken Noodle Casserole

Beef or Chicken Stew *(check one)* with Dumplings

Spaghetti & Sauce with Beef flavored bits

Classic Three Cheese Lasagna

Beef Stroganoff

**DESSERT CHOICES**

*Choose one for each of your dinners.*

Cookies

Chocolate Pudding

Vanilla Pudding

Lemon Cream Pudding

Chocolate Pie

Hot Apple Cobbler

Cinnamon Apple Crisp

**FRYIN' PAN BREAD with dinners**

*Choose one for each of your dinners.*

Dill

Onion

Garlic

Italian

**OPTION CHOICES**

*Please check*

Sugar / Creamer

Honey

Lemon Juice

Tartar Sauce

Hot Sauce

Steak Sauce

Ketchup

Mustard

Onions, fresh

Fish Breading

**BEVERAGE CHOICES**

*Indicate how many people would like each beverage*

Hot Chocolate

Regular Coffee

Decaf Coffee

Black Tea

Hot Apple Cider

**COMMENTS**