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2030 East Sheridan Street Ely, MN 55731

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

Rice with Chicken & Vegies

Santa Fe Rice with Chicken

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

Spaghetti & Sauce with Beef flavored bits

Classic Three Cheese Lasagna

Beef Stroganoff

Louisiana Red Beans & Rice

STAPLES INCLUDED:

Margarine, salt, pepper, cooking oil, dish soap pad/scrubby, matches, toilet paper, paper towel.

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

OPTION CHOICES

Please check

Sugar / Creamer

Honey

Lemon Juice

Tartar Sauce

Hot Sauce

Steak Sauce

Ketchup

Mustard

Onions, fresh

Fish Breading

FRYIN' PAN BREAD with dinners

Choose one for each of your dinners.

Dill

Onion

Garlic

Italian

COMMENTS

BEVERAGE CHOICES

Indicate how many people would like each beverage

Hot Chocolate

Regular Coffee

Decaf Coffee

Black Tea

Hot Apple Cider