



## *Outpost Menu*

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>Day 1</b>	<b>Fresh Eggs &amp; Bacon</b> English muffin Juice	<b>Sandwich</b> Bologna & ham Cheese Kool-Aid	<b>Steak &amp; Potatoes</b> Corn Onions Dessert
<b>Day 2</b>	<b>Pancakes &amp; Sausages</b> Syrup	<b>Hot Dogs</b> Beans Chips	<b>Pork Chops</b> Mashed potatoes Salad Applesauce
<b>Day 3</b>	<b>Hot &amp; Cold Cereal</b> Fresh fruit Milk	<b>Sandwich</b> Peanut butter & jelly Chocolate Kool-Aid	<b>Macaroni &amp; Cheese</b> Fresh fish Peas Tossed salad
<b>Day 4</b>	<b>Fresh Eggs &amp; Bacon</b> English muffin Juice	<b>Soup &amp; Sandwich</b> Cheese Kool-Aid	<b>Chicken</b> Rice-a-Roni Carrots Chocolate cake
<b>Day 5</b>	<b>Oatmeal</b> Fresh fruit Muffins	<b>Sandwich</b> Fresh luncheon meat Cheese Chips	<b>Beef Stew</b> Toast Fruit cocktail
<b>Day 6</b>	<b>Pancakes &amp; Sausage</b> Syrup Juice	<b>Canned Chili</b> Crackers Peaches	<b>Hamburgers</b> Rice-a-Roni Corn Chips
<b>Day 7</b>	<b>Hot &amp; Cold Cereal</b> Fresh fruit Milk	<b>Soup &amp; Sandwiches</b> Cheese Kool-Aid	<b>Macaroni &amp; Cheese</b> Fresh fish Peas
<b>Staples</b>	Bread, peanut butter, jelly, margarine, fish breading, shortening, salad dressing, snacks, cookies, candy, salt & pepper, ketchup, mustard, mayonnaise, Kool-Aid, coffee, tea, cocoa, dry milk, toilet paper, paper towels, bar soap, dish soap, S.O.S. pads, dish towels and matches.		
<b>Trip Leader</b>		<b>Your Phone Number</b>	
<b>Your Name</b>		<b># of people in group</b>	
I have no changes to the menu.			
I have special requests (please list):			