

Missinaibe Canoe Trip

**Missinaibi Canoe Trip
2008**

Carleton Place Venturer Company

Menu Plan and Grocery List

Presentation by: Cyndy Courtland

10 Youth

4 Adults

10 day trip

Missinaibe Canoe Trip

Day A: Car Travelling: Carleton Place to Mattice

Breakfast: at home

Lunch/Supper: Restaurant / Fast Food

Snacks brought from home for in the car

*****Each person is allowed a MEDIUM ZIPLOC BAG WITH TREATS**

This would be a special personal treat for later in the trip. Don't underestimate the value in "spirit lifting" of 'comfort food'. (Especially if it's raining)

Daily Staples

Drinks: Coffee, Tea, Hot Chocolate, Cappucino Mix, Apple Cider Mix, Juice Crystals

Spices: Salt and Pepper Garlic Steak spice Ginger Savory
Cinnamon

Seasonings: Butter Margarine Oil Soya Sauce Parmesan
Hot sauce

Snacks: Fruit Leathers (2 per person , per day)
Popcorn

Emergency Rations: Ramen Noodles 14 pouches
Soup mixes 7 pouches (crème of asparagus, etc)

Missinaibe Canoe Trip

Day 1: On River

Breakfast:	Bagels	1 1/2 per person	
	Bacon, pre cooked	3 pounds	
	Crème Cheese		
	Pea Butter		
	Butter		
	Hot Choc, Coffee, Tea, Juice Crystals		
Lunch :	Pepperoni	2 large sticks to share	
	Cheddar	1 Block to share	
	Crackers	2 boxes	
	Apples/Oranges	1 per person	
Supper:	Potatoes, pre cooked	1 each	
	Chicken, breast	1 each	
	Corn on the Cob	Pick up along the way ????	
	Corn, dried(back up for cob)	1 bag	

Warm potatoes on grill or slice and fry in pan
Cook chicken in pan or on grill.

Day 2: On River

Breakfast:	Sausage, pre cooked	3 pounds	
	Eggs	2 L	½ 1 for leaders
	English Muffins,ww	2 per	
	Pea Butter		
	Butter		
Lunch:	Pepperoni	2 large sticks to share	
	Cheddar	1 Block to share	
	Crackers	2 boxes	
	Apples/Oranges	1 per person	
Supper:	Stir Fry Beef and Veggies		
	Rice, minute, brown	6 cups	3 cups
	Beef , sliced	40 oz	16 oz
	Peppers, red and green	1 1/2 each	
	Carrots	3 large	
	Onion, sweet and red	1 each	
	Broccoli	¾ head	
	Cauliflower	¾ head	

Chop veggies into bite size pieces. Stir fry beef in pan with a little oil till slightly pink. Add veggies. Let cook covered about 8 minutes, stirring occasionally. If they are sticking, add a little water. Season veggie meat mix with soya sauce, garlic and ginger

Missinaibe Canoe Trip

Day 3: On River

Breakfast: Bacon, pre cooked 3 pounds
 Eggs 2 L ½ 1 for leaders
 Bagels 1 1/2 per person
 Pea Butter Butter

Lunch: Rice Salad

Rice 6 cups 3 cups
 Peppers, red and green ½ each
 Carrots 1 large
 Onion, sweet and red 1 each
 Broccoli ¼ head
 Cauliflower ¼ head
 Sunflower seeds 1 cup
 Asian dressing mix

Chop veggies in small ½ in. pieces. Cook rice with the carrots. Mix all ingredients with dressing. Store in Ziploc bags.

Supper: Fettucine Alfredo with Flakes of Chicken

Fettucine Mix 5 2 (leaders)
 Water 5 cups 2 cups
 Chicken Flakes, can 4 2

(half of the flakes of chicken is dried...needs to rehydrate for 20 min in 1 ½ cup

water

Butter ½ cup 4 T
 Milk 5 cups 2 cups
 Broccoli 2 heads

Dessert Cheese cake 2 boxes 1 box

Boil water, then add milk and noodle mixture. When cooked, stir in chicken. Rinse and simmer broccoli approx. 8 min.

Cheese cake: follow directions on bag.

Day 4: On River

Breakfast: bagels left overs
 English muffins left overs
 Oatmeal 2 pouches per person (28 total)

Lunch: Smoked Meat Sandwiches

Rye Bread 40 slices 20 slices
 Meat 20 pouches 10 pouches
 Mustard, ketchup, margarine
 sprouts

Supper: Shepherds Pie

Mash potatoes 4 pouches 2 pouches
 Milk, 3 cups 1 ½ cups
 Margarine ½ cup ¼ cup
 Hamburger, dry 5 cups 2 cups
 Corn/peas, dry 1 cup ½ cup
 Gravy mix, pkg 2 1

Soak hamburger with peas/corn for 20 min in boiled water. Stir in gravy mix. Make potatoes

Missinaibe Canoe Trip

Day 5: On River

Breakfast:	granola	½ cup each, 7 cups total	
	Oatmeal	2 pouches each, 28 total	
Lunch:	Pepperoni	2 large sticks to share	
	Cheddar	1 Block to share	
	Crackers	2 boxes	
	Oranges	leftovers	
	Pumpkin seed clusters	to share	
Supper:	Soft Tacos		
	Wraps	30	12
	Hamburger, dry	5 cups	2 cups
	Taco seasoning	5 pouches	2 pouches
	Salsa	large jar	
	Cheese, cheddar	1 bar	
	Onions, sweet, red	1 each	1

Soak hamburger for 20 min in boiled water. Return to heat, add taco mix (and water if necessary). Grate cheese. Chop and fry onions

Day 6: On River

Breakfast:	Pancakes		
	Syrup	750 ml	
	Margarine		
	Crumbled bacon	1 ½ bags	½ bag (leaders)
	Dried berries	2 cups	
Lunch:	Wraps		
	Wraps	30	12
	Hummus, box	2	
	Cheese, marble	1 block	
	Left over meat		
	sprouts		
Supper:	Macaroni and Cheese	Cabbage Salad	
	Pasta	6 cups	3 cups
	Cheese sauce, pkg	5	2
	Milk	2 ½ cups	1 cup
	Margarine	½ cup	4 T

Cook pasta. Prepare sauce. Mix together

Cabbage	½ large head	½ small head
Carrots	3 large	1 large
Mayonnaise	500ml	

Season with paprika, savory, salt and pepper

Dessert:	Brownies	Graham crumbs	2 ½ cups
		Choc chips	2 cups
		Condensed milk, can	1
		Raisins	1 ½ cups
		Margarine	4 Tablespoons

Melt chips and marg. Mix graham crumbs with raisins and milk. Stir in chocolate. Press in pan. Let cool.

Missinaibe Canoe Trip

Day 7: On River

Breakfast:	Oatmeal Crisp		
	Oatmeal, 3 each	30	12
	Dried apples, berries	3 cups	
	Brown sugar	1 cup	
	Butter	1 cup	

Soak fruit the night before. Bring to simmer with brown sugar. Mix oatmeal with butter (till like crumbs. Put oatmeal mixture on top of fruit. Continue to cook, covered, till bubbly and oatmeal absorbs some of liquid.

Lunch:	Wraps		
	Wraps	20	8
	Cheese Whiz	2 bottles	
	Cheese, mozzarella	1 block	
	Bacon bits	1 bag	
	P butter		
	Salsa	large jar	

Supper:	Beef Stroganoff		
	Noodle mix, pkg	5	2
	Milk	5 cups	2 cups
	Hamburger, dry	5 cups	2 cups
	Mushrooms, dry	1 cup	
	Sour crème, dry mix		
	Durkey onions	2 tins	
	Margarine	½ cup	4 T

*****grate cheese for lunch**

Soak hamburger for 20 min in boiled water. Soak mushrooms with meat. Prepare noodles. Mix together, add sour crème at end. Top with Durkey onions.

Day 8: On River

Breakfast:	Oatmeal, 2 each	20	8
	Bannock	3 cups	3 cups
	Brown sugar	1 cup	
	Cinnamon		
	Butter	1 cup	

******boil beans for supper,
let soak for rest of day**

Add enough water to make a stiff dough. Knead 10-12 times. Brown on both sides in fry pan with butter.

Lunch:	Roll Up Pizzas		
	Wraps	20	8
	Pizza sauce	2 bottles	
	Cheese, mozzarella	1 block	
	Pepperoni, pre sliced	=2 sticks (900g)	

Supper:	Cheese Risotto		Mushroom Risotto
	Risotto mix	5	2 John has
	Milk	5 cups	2 cups
	Margarine	½ cup	4 T

****COOK PASTA FOR**

LUNCH

Beans, dried	2 ½ cups	1 cup
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Prepare risotto mix. Add soaked beans at start of cooking risotto mix.

