

SUGGESTED NINE DAY TRAIL MENU

(Seven full days, two-half days on trails)

The purpose of the following suggested menu is to assist the crew in working out the adequate day-by-day menu plan. This menu is by no means required, only inserted to relate to the crews the possibilities of crew menu planning and actual cooking participation. Such factors as weather layover days, animals and other unforeseen circumstances might cause a change in the best planned menu.

FIRST-DAY

<u>Breakfast</u>	<u>Lunch</u> (First meal on trails)	<u>Supper</u>
(at the base)	Bread and butter Peanut butter and jelly Cheese or salami Grape punch Candy	Boundary stew Rice pudding Cocoa, coffee Corn bread

SECOND-DAY

Oatmeal Cocoa	Bread and butter Cheese Hol-ry Lemonade Jam and peanut butter Raisins	Potatoes and gravy Fried spam or treet White cake or spice Apple sauce
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THIRD-DAY

Prunes Farina Bacon Cocoa	Bread and butter Peanut butter and jam Cheese, Hol-ry Lemonade	Spanish rice Apple pie or Chocolate pudding Cocoa and coffee
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FOURTH-DAY

Fruit stew Cocoa Pancakes	Bread and butter Jam and peanut butter Hol-ry Apricots Punch	Macaroni and cheese Spice cake Cocoa and tea
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FIFTH-DAY

Apple sauce Farina Cocoa	Bread and butter Hol-ry Punch Jam and peanut butter Salami	Creamed corned beef on biscuit Rice pudding Apple cake Coffee and tea
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