

Lenhok'sin Menu 2017

Sunday

Dinner- Hearty base camp meal of chicken, potatoes, and veggies.

Monday

Breakfast at Baird- Scrambled eggs, bacon, hash browns, cereal (plus coffee)

Trail Lunch- Crackers with Summer Sausage, cheese, gorp

Dinner- Mountain House Chicken and Dumplings, Pretzel Sticks

Tuesday

Breakfast- Nature Valley Oat and Honey Bar, PopTarts, Organic Slammers Fruit Pouch, Beef Jerky

Lunch- Pita with Hummus, Clif Bar, Fig Newtons, Gatorade

Dinner- Mountain House Mexican Rice with Chicken, Dried Edamame

Wednesday

Breakfast- Hot Oatmeal with raisins, pepitas and cinnamon, dried pineapple

Lunch- Cashews or Honey Roasted Peanuts, Whole grain crackers and chicken with BBQ sauce. Crystal Light Drink Mix. Fresh fruit with resupply.

Dinner- Mountain House Lasagna with Chicken Noodle Cup-a-Soup

Thursday

Breakfast- Nutri-Grain bar, Pack of Walnuts, Almonds and Cranberries, Dried Apples, Beef Jerky

Lunch- Ritz Crackers with Tuna, Mayo and Relish, and banana chips, Cherry drink mix

Dinner- Mountain House Beef Stroganoff, Mashed Potatoes

Friday

Breakfast- Hot breakfast (late outpost checkout!) of pancakes, fried spam, hot tang, golden raisins

Lunch- Pita PB & J sandwiches, Oriental snack Mix, Slim Jim

Dinner- Back to base camp! Burgers and hot dogs with green salad and vegetarian pasta, Juice

Saturday

Breakfast- Continental-style with pastries, cereal, fruit, coffee, milk and juice

Some notes:

For our returning campers: We've spiced up most of these meals in our efforts to consistently improve and hope you enjoy our updates from last year's menu!

- We're doing a hot breakfast and late outpost check-out on Friday- call it casual Fridays! There will be pancakes and spam to fry up. We will provide a cast-iron skillet and spatula at each outpost so don't worry about bringing items needed for that.
- We're using Mountain House for our trail dinners this year- I know you'll miss that Pineapple Chicken! (Jokes, jokes...) Research shows it's more popular so here's hoping all our taste buds agree!
- No, we didn't forget desserts- Since you all will be preparing hot water for your outpost staff's dinner too, they will provide you with a dessert at outpost!

Other notes:

- Please note that items are subject to change pending availability
- The dried apples, pineapples, banana chips and sesame sticks are processed in a facility that also processes nuts.
- If you have other dietary restrictions please plan on bringing food to supplement the items you cannot eat, and feel free to get in touch with Matt Best at 504-784-6249 to check if we can or cannot accommodate your dietary restrictions, and please make sure we know them by listing them on your camp registration and pre-camp survey. Feel free to contact us with further questions or concerns!