



## 2021 Lenhok'sin High Adventure Trek Menu



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	<i>Breakfast at Basecamp</i> (Chef's Choice)	Beef Stick Nutri-grain Breakfast Bar Pop Tart Assorted Dried Fruit	Chicken Bites Belvita Biscuit Pumpkin Seeds Mixed Dried Fruit	Beef Jerky Baked Breakfast Bars Sunflower Seeds Assorted Dried Fruit	Turkey Bites Oatmeal Raisins Hot Chocolate
<b>Lunch</b>	Cheese Wedges Ritz Crackers Pepperoni Slices Raisins Propel Drink Mix	Tuna Saltine Crackers Mott's Fruit Snacks Propel Drink Mix	Beef & Cheese Sticks Seed and Fruit Mix Assorted Fruit Leather Propel Drink Mix	Pita Chips and Hummus Chewy Bar BOLT Energy Chews Propel Drink Mix	Chicken Ritz Crackers Seed and Fruit Mix Mott's Fruit Snacks
<b>Dinner</b>	MH Mexican Rice and Chicken Tortillas Pretzels	MH Spaghetti & Meat Sauce Cup of Chicken Noodle Soup	MH Chicken Fried Rice Pudding	MH Chili Mac Mashed Potatoes Oreo Minis	<i>Dinner at Base Camp</i> (Chef's Choice)

MH = Mountain House



# 2021 Lenhok'sin High Adventure Trek Vegan Menu



Vegan, Vegetarian, Nut Free. We highly recommend bringing additional supplement food!

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	<i>Breakfast at Basecamp</i>  (Chef's Choice)	Primal Spirit Jerky  Baked Breakfast Bars  Unfrosted Pop Tart  Assorted Dried Fruit	Fruit Bar  Belvita Biscuit  Pumpkin Seeds  Mixed Dried Fruit	Primal Spirit Jerky  Baked Breakfast Bars  Sunflower Seeds  Assorted Dried Fruit	Fruit Bar  Oatmeal  Raisins  Hot Chocolate
<b>Lunch</b>	Pita Chips  Hummus  Assorted Fruit Leather  Raisins  Propel Drink Mix	Fish Free Tuna  Saltine Crackers  Annie's Fruit Snacks  Propel Drink Mix	Sun Butter  Ritz Crackers  Seed and Fruit Mix  Assorted Fruit Leather  Propel Drink Mix	Pita Chips  Hummus  Granola Bar  BOLT Energy Chews  Propel Drink Mix	Fish Free Tuna  Ritz Crackers  Seed and Fruit Mix  Annie's Fruit Snacks
<b>Dinner</b>	BP Three Amigos  Veggie Stew  Tortillas  Pretzels	BP Louisiana Red Beans and Rice  Annie's Bunny Grahams	BP Three Sisters Stew  Annie's Crispy Snack Bars	BP Kathmandu Curry  Mashed Potatoes  Annie's Bunny Grahams	<i>Dinner at Base Camp</i>  (Chef's Choice)

BP = Backpacker's Pantry