

**ROCK CREEK PACK STATION
MEAL PLANNING GUIDE**

Please, print this page and mail with your deposit. (Landscape format works best)

PARTY NAME _____ **TRIP DATES FROM** ___/___/___ **TO** ___/___/___ **NO. IN PARTY** _____ **CONTACT PHONE NUMBER (____)** _____

IN ORDER TO CUSTOMIZE A MEAL PLAN FOR YOUR TRIP WE WOULD LIKE SOME INPUT FROM YOU.

PLEASE READ THROUGH THESE ITEMS AND SCRATCH OUT ITEMS YOU DO NOT LIKE OR WANT.

<p>BREAKFAST EGGS FRIED SCRAMBLED BENEDICT MEATS SAUSAGE LINKS SAUSAGE PATTIES SMOKED BEEF LINKS BACON HAM CANADIAN BACON CORNER BEEF HASH CEREAL HOT OATMEAL CREAM OF WHEAT COLD, VARIETY? * *POWDERED WHOLE MILK</p> <p>OTHER FRENCH TOAST PANCAKES HASH BROWNS ENGLISH MUFFINS BAGELS SWEET ROLLS COFFEE CAKE</p>	<p>JUICES ORANGE APPLE GRAPE CRANBERRY CRANBERRY BLENDS FRUIT HONEY DEW Cantaloupe GRAPEFRUIT SECTIONS ORANGE SLICES FRUIT COCKTAIL</p>	<p>LUNCH BREAD WHEAT SANDWICH SOURDOUGH RYE 9 GRAIN SANDWICH THINS MEAT TURKEY * TURKEY ONLY CARRIES 2 DAYS ROAST BEEF HAM PASTRAMI SALAMI CORNER BEEF TUNA CHEESE CHEDDAR SWISS PROVOLONE</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>LUNCHES ARE FILLED OUT WITH COOKIES, CANDY, SNACKS & FRUIT. PEANUT BUTTER & JELLY AVAILABLE DAILY</p> </div>	<p>DINNER ENTREES HAMBURGER CHICKEN PORK CHOP STEAK BEEF TRI TIP HAM CORNER BEEF LAMB MEATBALLS MARINA OR SWEET & SOUR FAJITAS TACOS STROGONOFF SIDES PASTA RICE COUSCOUS MASHED POTATOES MACARONI & CHEESE BEANS AU GRATIN POTATOES</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>WOULD YOU LIKE HOT DRINKS WITH BREAKFAST ? Y ___ N ___ DINNER ? Y ___ N ___ AFTERNOON ? Y ___ N ___ CUPS PER DAY? ____</p> </div>	<p>VEGETABLES fresh when possible subject to availability CORN COBETTES FROZEN CORN BROCCOLI GREEN BEANS CAULIFLOWER FROZEN PEAS MIXED VEGETABLES SQUASH SALADS GREEN COLESLAW PASTA BROCCOLI 3 BEAN WALDORF CUCUMBER DRESSINGS RANCH ITALIAN THOUSAND ISLAND BLUE CHEESE FRENCH CEASAR</p>	<p>SOUP would you occasionally like soup instead of salad with dinner? if so how many times ? ____ CHICKEN VEGETABLE TORTILLA WILD RICE BROCCOLI CHEESE DESSERTS PUDDING / CUSTARD CHEESE CAKE CUPCAKES BROWNIES POUND CAKE & FRUIT PUDDING PIES CAKES FRUIT PIES desserts every day Y ___ N ___ if no how many times ____ BEVERAGES COLD LEMONADE PINK LEMONADE FRUIT PUNCH ICE TEA ARNOLD PALMER 50/50 SUGAR FREE ON REQUEST HOT COFFEE DECAF COFFEE TEA HERBAL TEA HOT CHOCOLATE</p>
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WE DO OUR BEST TO ACCOMMODATE SPECIAL DIETS WHEN POSSIBLE.
DOES ANYONE IN YOUR PARTY HAVE ANY FOOD RESTRICTIONS OR ALLERGIES? GLUTTEN FREE, NUTS? IF YES PLEASE EXPLAIN.

IF YOU ARE VEGETARIAN WHAT DO YOU EAT?

NOTE: IF YOU CHANGE YOUR MIND ABOUT BEING A VEGETARIAN WHILE ON THE TRIP THERE WILL NOT BE MEAT TO ACCOMMODATE YOU.

NOTES:
