

# ARO Menu Options

Breakfast Options	Lunch Options	Dinner Options	Appetizers	Desserts	
Pancakes	Deli Sandwiches	Baked Halibut Tatshenshini	Cheese and Crackers	Dinner Mints	
French Toast	Pasta Salad	Grilled Salmon	Bruschetta and Crackers	Fancy Cookies	
Eggs to Order	Tuna Salad Sandwiches	Thai Curry Chicken	Chips and Salsa	Premium Chocolate	
Huevos Rancheros	Chicken Salad Sandwiches	Moroccan Chicken	Pringles and Onion Dip	S'mores	
Chorizo Burrito	Turkey Club Wrap	Chicken Fajitas	Nuts and Olives	No-Bake Cheesecake	
Pesto Breakfast Burrito	Italian Sub Sandwiches	Shredded Pork Tacos	Pickled Antipasta	Dutch Oven Brownies	
Smoked Salmon Bagels	Smoked Salmon Cream Cheese Crackers	Hawaiian BBQ Pork Bowls	Hummus and Carrots	Dutch Oven German Chocolate Cake	
Cheesy Grits and Eggs	Hummus Veggie Pitas	Bratwurst and Mashed Potatoes	Smoked Oysters	Dutch Oven Yellow Cake	
Kale Sausage Scramble	Guacamole Wrap	Burger Night		Dutch Oven Carrot Cake	
Cream Cheese Bagels	Hiker Lunch	Grilled Steak and Potatoes			
Hot Cereal		Beef Stew and Cornbread			
Cold Cereal		Grilled Cheese and Soup			
		Smoked Salmon Pesto Pasta			
		Shrimp Scampi Linguini Pasta			
		Spaghetti with Italian Sausage			
		Veggie Stir Fry			
		Bean and Rice Burritos			

Download and Save this PDF to your desktop. Then make a selection by clicking on the drop down fields

**Menu Work Sheet**

Permittee / TL \_\_\_\_\_

Launch Date: \_\_\_\_\_

Fly-out Date: \_\_\_\_\_

	Breakfast	Lunch	Dinner	Appetizer	Dessert
<b>Day 1</b>	on your own				
<b>Day 2</b>					
<b>Day 3</b>					
<b>Day 4</b>					
<b>Day 5</b>					
<b>Day 6</b>					
<b>Day 7</b>					
<b>Day 8</b>					
<b>Day 9</b>					
<b>Day 10</b>					
<b>Day 11</b>					
<b>Day 12</b>					
<b>Day 13</b>					
<b>Day 14</b>					
<b>Day 15</b>					
<b>Day 16</b>					

# Menu Selector Part 2

Food Organizer Contact

1. **Name and email address \***

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2. **Trip Leader Name \***

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3. **Put-in Date \***

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*Example: December 15, 2012*

4. **Fly-out Date**

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*Example: December 15, 2012*

## Additional Info/Items

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5. **How many light, moderate and heavy eaters do you have in the group?**

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6. **Do you want us to provide locally roasted ground coffee? If yes, how many pounds? What condiments do you prefer? Half and half, non-dairy creamer, honey, etc.**

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7. **Do you want us to provide breakfast Orange Juice Concentrate? How many days?**

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8. **Do you want us to provide Boat Snacks (Gorp, Bars, etc)?**
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9. **Anything else?**

## **Allergies/Food Preferences**

Please ask individuals with food preferences or allergies to complete the separate "Individual Food Preferences/Allergies" form so that we have contact information and a more complete record of their needs.

10. **What individuals in your group have special eating preferences or food allergies? Please list them by name and state their allergies/preferences:**