

CHEWONKI FAMILY CANOE TRIP MENU*

TRIP LOCATION Allagash Wilderness Waterway

DATES: Sep 2–12, 2007

GROUP / CABIN/ SESSION: Elderhostel

day 1	day 2	day 3	day 4	day 5	day 6	day 7	day 8	day 9
Breakfast <i>Chewonki Dining Hall</i>	Scrambled Eggs, English muffins and Sausage	Bagels and Cream–cheese Melon and Yogurt	Organic Maine Blueberry Pancakes, w/ real Maple syrup, Bacon	French toast w/ real Maple syrup	Oatmeal, Coffee cake	Cold cereal Gingerbread/o r Banana bread	Pancakes and Bacon w/ real Maple syrup	Bagels and Cream cheese
Snacks: Gorp, nuts, pretzels, dried fruit, apples, oranges, cookies etc!								
Lunch Van– turkey and cheese sandwiches	Fresh hummus veggies and pitas	Curried chicken salad or hummus and veggie wraps	Tuna salad, or cheese, veggie wraps	Trail Lunch: Peanut butter, jelly, cheese, pepperoni, Pitas	Curried chicken salad or hummus wraps	Hummus, tomato and cheese pitas	Tuna salad, cheese, or PBJ wraps	Van– Deli lunch from Fort Kent grocery store
Appetizers: crackers, assorted cheeses, smoked fish, salami, etc!								
Dinner Grilled chicken, farm zucchini, portabellas, and potato salad <i>Pillsbury Island</i>	Veggie Stir–Fry w/tofu and rice <i>Pump Handle</i>	Black Bean and Corn Burritos <i>Churchill Dam</i>	Falafel and Tabouli wraps with Tzatziki <i>Chisolm Brook</i>	Vegetarian Chili and Cornbread <i>Long Lake Dam</i>	Spaghetti with Toasted Garlic bread <i>Five Finger Brook</i>	Chowder and Cheesy–herb biscuits <i>Allagash Falls</i>	Pesto Macaroni and Cheese <i>Allagash Village</i>	<i>Chewonki Dining Hall</i>
Dessert S'mores	Brownies	Gingerbread	Pineapple upside down cake	Cookies and canned fruit	Apple crisp	Chocolate and Graham crackers	Cookies and canned fruit	

*This menu portrays the wide range of meals that can be prepared on a wilderness trip. The activity, duration, participant needs, and culinary ambition of the trip leaders determine what the menu will be like. The amount and type of food that can be carried, as well as the method of cooking, varies greatly. For instance, hiking trips will bring less fresh fruit and vegetables and plan more dehydrated meals to save weight. They cook over small one–burner backpacking stoves and bring minimal kitchen items making one–pot meals, like lentils and cous–cous, or macaroni and cheese, the preferred options. A kayaking trip can bring some of the heavier fresh foods but they too are limited to these small stoves as fires are not permitted on the islands they camp on and bigger stoves will not fit in their boats. Canoeists, sailors, and whitewater kayakers have the option of using two burner gas stoves or an open fire, which means they can prepare meals that require more pots and pans in the preparation. That being said, brownie mix travels just as well in a backpack as it does in a canoe!