

Frank Church Wilderness Pack Trip Menu

Day	Breakfast	Lunch	Dinner
Saturday	On Own	On Own	Trailhead Dinner Ham w/ carrots, mashed potatoes, stuffed peppers w/ cheese & bread.
Sunday	Southern Style Biscuits and gravy Coffee, Tea, Hot Cocoa	Bring your own in your saddlebag or make a wrap with the left over ham.	Steak, Baked Potatoes, Corn, Sautéed Mushrooms & onions.
Monday	Breakfast bars, coffee, Tea, Hot Cocoa.	Trail mix/ Saddle Bag Stuff.	Chicken Fajitas w/ Chips & Salsa
Tuesday	Up before the Mules Egg burritos or Oatmeal, Coffee, Tea, Hot Cocoa	Trail Mix Saddle bag stuff	Crooked Creek Ravioli- pepperoni w/ basil sauce zucchini, onions, & mushrooms. Wine & other libations
Wednesday	Cereal & fruit, Coffee, Tea, Hot Cocoa	Peanut Butter & Jelly Burritos	Smoked Turkey w/ Tortellini, mushrooms, red peppers, and peas with White Cheese sauce
Thursday	Potatoes and Sausage with gravy, green peppers & onions. Coffee, Tea & Hot Cocoa	Trail Mix Saddle Bag Stuff	German Style Corn Chowder w/ Bratwurst, onion, potatoes, corn zucchini and red pepper in a cheddar cheese sauce.
Friday	Cereal, Coffee, Tea, Hot Cocoa	Trail Mix Saddle bag stuff or Peanut butter Burritos	Hunter Mushroom Beef w/ onions, carrots, peas, seasoned gravy served with pasta
Saturday	Up before the mules Eggs Burritos or Oatmeal. Coffee or Tea	Saddle bag stuff	Sun River Chicken & Dumplings W/ celery, onions, peas & spices
Sunday	Blueberry Pancakes or Breakfast at a restaurant	On road	At Home