

## High Adventure 2012 July 7th - July 17th FINAL MENU

### Breakfast

Tuesday, July 10

Wednesday, July 11

B1-Camp cold cereal  
B1-Camp bananas & nutella  
B1-Camp muffins  
B1-Camp OJ, milk  
B1-Camp coffee/tea/hot choc  
TS1 beef jerky

Thursday, July 12

B2 bagels (regular), pb & honey  
B2 fruit cup  
B2 coffee/tea/hot choc  
TS2 mixed trail snack

Friday, July 13

B3 oatmeal with mix ins (nuts, fruit)  
B3 fruit cup  
B3 coffee/tea/ hot choc  
TS3 nature valley bars w/pb

Saturday, July 14

B4 hash browns ("milk carton" of dehydrated hash browns)  
B4 country ham  
B4 coffee/tea/hot choc  
TS4 prepackaged trail mix

Sunday, July 15

B5 waffles with pb&j  
B5 bacon  
B5 coffee/tea/hot choc  
TS5 leftover trail snacks

Extra meals

B-xtra oatmeal (2 per person)

### Lunch

on the road

L1 tortillas, turkey, cheese  
L1 mustard, apples  
L1 clif bar  
L1 gatorade

L2 pepperoni pasta salad (see below)  
L2 cereal bar  
L2 gatorade

L3 quesadillas (velveeta cheese, chicken, taco sauce/salsa, tortillas)  
L3 Lance crackers  
L3 gatorade

L4 pb&j pitas  
L4 cheese crackers  
L4 dried pineapple, mango  
L4 gatorade

L5 chicken salad in tortilla (tortilla, chicken, craisins, sunflower seeds, packet of salad dressing)  
L5 fig newtons (one tray per patrol)  
L5 gatorade

L-xtra tuna (1 per person), pack of mayo

### Dinner

eat in town

D1 beef and veggie rice (fresh meat, frozen veg, microwave rice, teriyaki seasoning)  
D1 corn fritters (cornbread mix)  
D1 no bake brownies (see below)

D2 loaded potatoes (instant butter flavor mashed potatoes, bacon pieces, cheese, fried onion pieces)  
D2 banana pudding, nilla wafers

D3 Burritos (tortillas, chicken, taco sauce/salsa, microwave rice mexican or santa fe style)  
D3 oreos

D4 pasta with chicken and summer veg (see below)  
D4 drop biscuits with honey, sugar/cinnamon (biscuit pouch mix)

D5 4 packs fish batter

D-xtra Mountain House

### **no bake brownies**

Put 3/4 cup milk chocolate chips and 3 tablespoons powdered milk into freezer bag.

Add 1/4 cup water to the bag, seal it and dip into warm water to melt the chocolate.

Add 1 1/4 cup graham cracker crumbs to the melted chocolate and knead to combine.

Flatten mixture within bag and set aside to cool while you eat dinner.

Break into pieces to serve.

Note: you can buy graham cracker crumbs in a box or crush a sleeve of whole graham crackers.

### **pepperoni pasta**

Put the noodles from a package of ramen noodles into a freezer bag and break them up. Throw the seasoning packet away.

Add 1/4 cup of dehydrated vegetables to the freezer bag and seal. We used a mix of tomato, bell pepper and onion.

Add 1 1/2 cups room temperature water to ziploc bag with ramen noodles and dried vegetables. Seal tightly and let sit 20-30 minutes.

Drain water (should absorb about half the water).

Add in Italian dressing packet, 1 tablespoon of parmesan cheese and 1 ounce of pepperoni.

### **summer pasta**

Cook pasta and 1/4 cup dehydrated vegetables in the same pot, boiling 7 minutes. Drain excess liquid.

In separate pot, prepare pesto sauce from packet. (Could substitute a salad dressing as the sauce)

Stir together pasta/veg, sauce and chicken.

Top with breadcrumbs and parmesan cheese.

Source for dehydrated vegetables - [www.harmonyhousefoods.com](http://www.harmonyhousefoods.com)