

Le Menu
Bear Lakes Basin 13-20 August 2001
Chef de Cuisine: Don Endicott

Day	Breakfast	Lunch	Dinner
Monday 8/13 To Honeymoon Lake	Not provided	Bagels - 15 ct Hansen's bars Cream cheese Fruit preserves (1/2) Oreos	Tomato w/basil soup German potato salad Corned beef (4 cans) Scalloped potatoes Green Beans (FD) Salad dressing (pre-made) Cheesecake
Tuesday 8/14 Layover Day	Orange juice Scrambled eggs & Picanté sauce Cereal Milk (1 qt)	Monterey jack Stoned wheat thins Vanilla wafers	Spring vegetable soup Ramen & chicken Chicken (3 cans) Bullion cubes No bake brownies *note: soak fruit, cereal
Wednesday 8/15 To Merriam Meadow	Fruit mix 10-grain cereal English muffins Milk (2 qt) Brown sugar	Tortillas Honey Peanut butter Fruit preserves (1/2) Chips Ahoy cookies	Leek soup Ham & Potatoes Hash browns Canned ham (3 lb) Hot apple cobbler
Thursday 8/16 Layover Day	Orange juice Pancakes Syrup Cereal Milk (1 qt) Bacon (1 pkg)	Tillamook Medium Jerky Vinta crackers Marie lus	Minnestrone soup Spaghetti Noodles, sauce mix FD cooked beef Parmesan cheese Bread sticks (2 pkg) Peach crumble *note: soak fruit, cereal
Friday 8/17 To Ursa Lake	Fruit mix Apple granola Brown sugar Milk (2 qt)	Swiss Breton wheat crackers Ginger snaps	Vegetable soup Chicken montana Chicken (3 cans) Rice mix, vegie soup mix Chocolate pie
Saturday 8/18 Layover Day	Orange juice Cornbread stuffing Cereal Milk (1 qt)	Gouda Pita bread Vienna Fingers	French onion soup Tortellini Tortellini (3 lb) Pesto sauce, oil Cheesecake
Sunday 8/19 To Granite Park	Orange juice Malt-o-Meal Brown sugar Milk (2 qts)	Sharp cheddar Salami sausage Woven wheat crackers Pecan sandies	Cream of spinach soup Turkey & dressing Turkey (4 cans) Margarine (16 oz) Cranberry sauce Vanilla pie
Monday 8/20 To Trailhead	Orange juice Cold cereal Instant oatmeal Milk (2 qt)	String cheese Ritz crackers Oreos	Not provided

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Meal Contents (for 15)

Day	Breakfast	Lunch	Dinner
Monday 8/13 Day 1 To Honeymoon Lake	Not provided	Bagels - 15 ct Cream cheese - 1 lb Hansen bars - 15 ct Preserves - 8 oz (1/2) Oreos - 16 oz	Tomato w/basil soup - 4 pkg Corned beef - 3 cans Scalloped potatoes - 4 boxes Green Beans (FD) - 6 oz Onion flakes - 4 oz Salad dressing - 2 pkg pre-made per pkg Cheesecake - 3 boxes Nonfat milk powdr- 1 1/2 c add 4 1/4 c water

German Potato Salad Directions

Cut up meat into pieces. Cover potatoes, green beans, and onions with water 2 inches above. Boil about 20 minutes until water reduced and potatoes tender. Add cut-up meat. Heat again and add salad dressing. Heat again and serve.
Note: Salad dressing uses *Good Seasonings* packages or equivalent.

Tuesday 8/14 Day 2 Layover Day	OJ - 1 gallon Eggs - 1 1/2 lb (FD) Picante sauce - 12 oz jar (save some for dinner 3)	Monterey jack - 2 lb Stoned wheat thins - 24 oz Vanilla wafers - 16 oz	Spring vegie soup - 4 pkg Chicken ramen - 8 pkg Chicken - 3 cans Bullion cubes - 12 ct No bake brownies 2 1/2 c graham crackers 1/2 c walnuts 6 Tbsp powdered sugar 5 oz chocolate chips 1 sm can evaporated milk
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Scrambled Eggs Directions (for 1 1/2 lb freeze-dried eggs)

Boil 5 1/2 - 6 cups water. Pour slowly over scrambled eggs and toss gently. Serve when water has been absorbed. Serve with Picante sauce.

Ramen and Chicken Directions

Add ramen to 4.5 quarts water, bring to boil, and boil uncovered until tender (5 -10 min). Add chicken and spices from Ramen soup packages. If necessary, reheat and serve.

No Bake Brownies Directions

Grease 1 pie pan. Combine crumbs, sugar, and nuts. Melt chips in milk, stirring constantly to prevent burning. Use heavy duty pie pans as double boiler to melt chips. Combine all ingredients. Put into pan and let cool.

Cereal and Fruit Preparation Directions (night before soak)

Place fruit mix in largest pot and cover with 2 inches of water. Place cereal contents in medium pot and cover with 16 c water. Using whisk, mix 2 qt Milkman lowfat milk in small pot. Important to allow all above to soak overnight.

Wednesday 8/15 Day 3 To Merriam Meadow	Fruit mix - 1 lb (cut up) 10-grain cereal - 1 pkg (15 servings) English muffins - 15 ct Milk - 2 qt Brown sugar	Tortillas - 30 ct Honey - 12 oz Peanut butter - 16 oz Preserves - 8 oz (1/2) Chips Ahoy cookies - 16 oz	Leek soup - 4 pkg Canned ham - 3 lb Hash browns - 5 boxes Onion flakes - 4 oz Picante sauce (leftover) Hot apple cobbler - 4 pkg (Backpacker's Pantry)
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Ham and Potatoes Directions

Cover ham and potatoes and onions with boiling water. Simmer for 15 min until potatoes are tender. Drain. Melt 4 Tbsp margarine on griddle. Spread potatoes evenly on griddle. Cook until bottom is brown, then turn with pancake spatula and cook until other side is brown. Serve.

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Meal Contents for 15 (continued)

Day	Breakfast	Lunch	Dinner
Thursday 8/16	OJ - 1 gallon	Tillamook medium- 2 lb	Minnestrone soup - 4 pkg
Day 4	Pancakes - 1 box complete	Jerky - 2 pkg	Spaghetti noodles - 1.5 lb
Layover day	Margarine	Vinta crackers - 16 oz	Sauce mix - 4 pkg
	Syrup - 1 sm bottle	Marie lus - 16 oz	Diced Beef (FD) - 1 lb
	Cold cereal - self serve		Tomato powdr (FD) - 1 pkg
	Optional:		Tomato diced (FD) - 8 oz
	Left over cobbler		Mushrooms (FD) - 2 oz
	(if any)		Margarine - 1 c
	Bacon - 1 pkg		Parmesan cheese - 1/2 16 oz
			Bread sticks - 2 pkg
			Peach crumble

Pancakes Directions

Add 4 c water to pancake mix. Gradually add up to 2 c more water or until desired consistency. Be careful not to add too much water. Stir just until large lumps disappear. Cook on griddle. Blueberry cobbler can be added to pancake mix before cooking if desired. Otherwise can be served as topping or side.

Spaghetti Directions

Sauce: Add all ingredients except spaghetti to 3 qts water. Bring to a boil and simmer 20 min. Add more water if too thick.

Spaghetti: In largest pot, boil at least 10 qt of water. Break spaghetti in half and slowly add to boiling water, stirring constantly. Cook 20 min or until done. Drain, stir in sauce. Serve with Parmesan cheese and bread sticks.

Peach Crumble Directions

Soak fruit to rehydrate. Spread graham cracker crumbs in pie plates as crust. Leftover crumbs go on top.

Cereal and Fruit Preparation Directions (night before soak)

Place fruit mix in largest pot and cover with 2 inches of water. Place cereal contents in medium pot and cover with water. Using whisk, mix 2 qt Milkman lowfat milk in small pot. Important to allow all above to soak overnight.

Friday 8/17	Fruit mix - 1 lb (cut up)	Swiss - 2 lb	Vegetable soup - 4 pkg
Day 5	Apple granola - 1 pkg	Wheat wafers - 24 oz	Chicken - 3 cans
To Ursa Lake	(12 servings)	Ginger snaps - 16 oz	Minute rice (long gr)- 32 oz
	Brown sugar	Leftovers (if any)	Cream of chicken- 4 pkg
	Milk - 2 qt	Tortillas	Cream of vegie - 4 pkg
		Honey	Knorr's vegie soup - 4 pkg
			Chocolate pie
			Graham crumbs - 2 1/2 c
			Dream whip - 1 box, 3 pk
			Nonfat milk powdr - 1/2 c
			Water - 1 1/2 c
			Choc pudding - 2 lg box
			Vanilla pudding - 1 lg box
			Nonfat milk powdr- 1 1/2 c
			Water - 4 1/2 c
			Margarine - 1/2 c

Chicken Montana Directions

Bring soups and 10 c water to a boil. Stir in rice and boil 5 minutes (if long grain; 2 minutes if regular). Remove from heat, cover, let stand 10 minutes. Add chicken and mix well. Return to stove to reheat if necessary.

Chocolate MoussePie Directions

Crust: Melt margarine. Stir in crumbs and press onto bottom and sides of 2 pie pans.

Filling: Mix with 1 1/2 c milk powder and 4 1/2 c cold water (or 4 1/2 c water to pre-mixed filling) and spread on top of crumbs. Mix dream whip, 1/2 c milk powder, and 1 1/2 c cold water and spread on top of pudding.

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Meal Contents for 15 (continued)

Day	Breakfast	Lunch	Dinner
Saturday 8/18 (Day 6)	OJ - 1 gallon	Gouda - 4 x 7 oz	French onion soup - 4 pkg
Day 6	Cornbread stuffing - 4 bxs	Pita bread - 15 ct	Tortellini - 3 lbs
Layover Day	Cold cereal - self serve	Vienna fingers - 16 oz	Pesto sauce - 2 pkg
	Margarine - 1 c		Oil - 1/2 c
			Parmesan cheese - 1/2 16 oz
			Cheesecake - 3 boxes
			Nonfat milk powdr - 1 1/2 c
			add 4 1/4 c water

Cornbread Stuffing Directions

Bring 6 2/3 c water and 1 c margarine to a boil. Reduce heat, stir in stuffing and seasoning (pre-mixed), Cover, and simmer 10 min. Stir in stuffing crumbs. Cover, remove from heat, and let stand 5 min. Fluff with fork.

Tortellini Directions

Sauce: Stir in 2 c water, 1/2 c oil, and sauce mix until well blended. Stirring frequently, bring to a boil. Reduce heat and simmer 5 min, stirring occasionally.

Tortellini: In largest pot, boil 9 qt water, add tortellini, and cook 15-20 min or until tender. Drain water, pour in pesto sauce, and stir until coated. Serve with parmesan cheese.

Cheesecake Directions

Prepare per instructions on box and set to side until firm.

Sunday 8/19	OJ - 1 gallon	Sharp cheddar - 2 lb	Crn of spinach soup - 4 pkg
Day 7	Malt-o-Meal - 15 servings	Salami sausage - 1 lb	Turkey - 4 cans
To Granite Park	Brown sugar	Woven wheat crckrs - 24 oz	Stovetop dressing - 5 boxes
	Milk - 2 qt	Pecan sandies - 16 oz	Magarine - 1 lb
			Cranberry sauce - 1 can
			Vanilla pie
			Oreo crumbs - 2 1/2c
			Vanilla pudding - 3 lg box
			Nonfat milk powdr- 1 1/2 c
			Margarine 1/2 c

Turkey and Dressing Directions

Combine contents of vegetable/seasoning packets and 10 c water in pan. Add margarine. Bring to a boil, cover, and simmer 6 min. Add stuffing crumbs, stirring to moisten. Stir in turkey. Cover, remove from heat, and let stand 5 min. Serve cranberry sauce.

Vanilla Pie Directions

Crust: Melt margarine. Stir in crumbs and press onto bottom and sides of 2 pie pans.

Filling: Combine filling mix with 4 1/2 c cold water. Beat with wire whisk to remove lumps. Pour into crusts.

Monday 8/20	OJ - 1 gallon	String cheese - 15 ct	Not provided
Day 8	Cold cereal	Ritz crackers - 2 boxes	
To: Trailhead	Instant oatmeal	Oreos - 16 oz	
	Milk - 2 qt		

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Beverages, Condiments, and Miscellaneous

- ___ Gorp (1 1/2 lb/person):
 - 6 lb dried fruit; 6 lbs M&Ms; 5 lb mixed nuts
 - 2 1/2 lb raisins; 2 lbs peanuts; 1 lb sunflower seeds
 - 2 lb dried papaya (available from Trader Joe's)
- ___ Candies:
 - 1 1/2 lb peppermints; 1 1/2 lb lemon drops
 - 3/4 lb Tootsie rolls
- ___ Crystal Lite lemonade: 2 qt/person
- ___ Cocoa (*not* sugarfree type) - 100 servings
- ___ Regular coffee - 12 oz (instant)
- ___ Decafinated coffee - 7 oz (instant)
- ___ Lipton tea - 50 bags
- ___ Herbal tea - 3 boxes (1bx Red Zinger, 2 bx Sleepy Time)
- ___ Creamer (1 sm plastic jar)
- ___ White sugar - 1 lb
- ___ Salt and pepper - 1 set of shakers
- ___ Dish gloves
- ___ Ivory liquid - 8 oz
- ___ SOS pads - 4 ct
- ___ Sponge/scrubber - 2 ct
- ___ Handiwipe - 2 ct
- ___ Paper towels - 1 roll
- ___ Toilet paper - 8 rolls, double ply
- ___ Pie plates (2 heavy duty aluminum)
- ___ Plastic spoons - 6 ct

Gorp contents quantities per person

Fruit	6 oz
M&Ms	6 oz
Mixed nuts	5 oz
Raisins	2.5 oz
Peanuts	2 oz
Papaya	2 oz
Sunflower seeds	1 oz

Backpacker's Pantry Order Details

2001 Bulk Products Wholesale Order Form

02	No-cook FD Scrambled Eggs	24 oz x 1.26/oz	30.24
11	FD Peaches	6 oz x 2.28/oz	18.24
18	No-cook FD Green Beans	6 oz x 2.10/oz	12.60
27	Tomato Flakes	8 oz x .60/oz	4.80
28	Tomato Powder	8 oz x .48/oz	3.84
29	FD Cooked Beef	16 oz x 1.92/oz	30.72
04625	Hot Apple Cobbler	4 x 4 servings x 2.88	11.52

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Shopping List (for 15)

Costco

Instant oatmeal - 4 boxes
 Tillamook - 2 lb
 Sharp cheddar - 2 lb
 Monterey jack - 2 lb
 Chicken - 8 lg cans
 FD Bacon – 1 pkg
 Corned beef - 4 cans
 Graham crackers - lg box
 Canned ham - 3 lb
 Jerky - 1 lb or 15 pkg
 Instant cocoa - 100 ct
 Dried mixed fruit - 8 lb
 Parmesan cheese - 16 oz
 Power Bars – 15 ct
 Tiger Bars - 15 ct
 Mixed nuts - 5 lb
 M&Ms – 6 lb
 Raisins – 2 /12 lb
 Crystal lite - 15 ct, 2 qt
 Coffee
 Reg – 12 oz
 Decaf – 10 oz
 Tang - 5 gal

Backpacker's Pantry

FD no-cook eggs – 24 oz
 FD Peaches – 8 oz
 FD Green beans – 6 oz
 FD tomato flakes - 8 oz
 FD tomato powder - 8 oz
 FD cooked beef - 1 lb
 Hot Apple Cobbler
 - 4 pkg

Advantage

Pesto sauce - 2 pkg (Knorr's)
 Picante sauce - 12 oz
 Apple granola - 20 servings
 7 grain cereal - 16 servings
 Wheatena - 20 servings
 Cheerios - giant box
 Grape nuts - giant box
 Raisin bran - 2 boxes
 Brown sugar - 2 lb
 Pancake mix - 1 box
 Aunt Jemima complete
 Pancake syrup - smallest avail
 Milkman - 12 qts
 String cheese - 16 oz
 Jam - 16 oz or 2 x 8 oz
 Peanut butter - 16 oz
 Honey - 12 oz
 Cornbread stovetop - 4 boxes
 Ritz crackers - 48 oz
 Stoned wheat thins
 Oreos - 64 oz
 Vanilla wafers - 16 oz
 Chips Ahoy cookies - 16 oz
 Marie lus - 16 oz
 Ginger snaps - 16 oz
 Vienna fingers - 16 oz
 Pecan sandies – 16 oz
 Salami - 1 lb
 (summer sausage)
 Knorr's Soups
 Tomato w/basil - 4 pkg
 Spring vegetable – 4 pkg
 Vegetable - 8 pkg
 Leek - 4 pkg
 Minestrone - 4 pkg
 French onion - 4 pkg
 Cream of Spinach - 4 pkg
 Knorr's Soup (C. Montana)
 Cream of chicken – 1 pkg
 Cream of vegetable – 1 pkg
 Chicken bullion - 12 cubes
 Ramen - 12 ct
 Scalloped potatos - 5 boxes
 Minute rice - 32 oz (long grain)
 Walnuts - 1/2 c
 Cheesecake - 6 boxes (Jello)

Ralphs or Vons

Swiss cheese - 2 lb
 Cream cheese - 1 lb
 Pita bread - 15 ct
 Gouda cheese - 4x7oz
 Spaghetti sauce mix - 5 pkg
 Hash browns - 5 boxes
 Betty Crocker
 Salad dressing - 2 pkg¹
 Regular stovetop - 5 boxes
 Cranberry sauce - 1 can
 Powdered sugar - 1 box
 Chocolate chips - 10 oz
 Evaporated milk - 1 sm can
 Nonfat milk - 10 qt
 (for cheesecake, pies)
 Squeeze Parkay - 4 ct
 Choc pudding - 2 lg boxes
 Vanilla pudding - 4 lg boxes
 Dream whip - 1 box, 3 pkg
 Peppermints - 1 1/2 lb
 Lemon drops - 1 1/2 lb
 Tootsie rolls - 3/4 lb

Raisins - 2 1/2 lb
 Creamer - 1 sm plastic jar
 Lipton tea - 50 ct
 Herbal tea - 3 boxes
 White sugar - 1 box
 Salt & pepper shakers

Dish gloves - 1 pr
 SOS pads - 4 ct
 Paper towels - 1 roll
 Toilet paper - 8 rolls
 Ivory dishsoap - 1 sm bottle

3M scrubber - 3 ct
 Handiwipe - 2 ct
 Garbage bags - 5 ct
 Ziplocks
 Qt size
 Gallon size
 [Bacon - 1 lb package]
 only if not available at Costco

Other

Cinnamon - small
 Onion flakes - 8 oz
 Vinegar - 3/4 c
 Oil - 2 c
 Salad dressing
 Pesto sauce
 Bagels - 15 ct
 Engl muffins - 15 ct
 Tortillas - 30 ct
 Bread sticks - 2 pkg
 Kelloggs Oat Bran

Tube tent

Trader Joe's

Papaya - 1 1/2 lb
 Mushrooms – 2 oz
 Tortellini – 3 lbs
 Vinta crackers – 18 oz
 Breton wheats – 20 oz
 Woven wheats crackrs
 Spaghetti – 2 lb
 Turkey - 4 10 oz cans
 Sunflower seeds - 1 lb
 Peanuts - 2 lb
 Banana chips - 3/4 lb
 Sesame cookies - 16 oz

¹ Good Seasonings package mix