

RST Algonquin Menu 2010

Day	Meal	Items		Owner
1 - Sunday August 15	B	At Home		Self
	S	On Road – Coffee and bagel	Mount Forest Tim's	Self
	L	Weber's Burger Stop		Self
	S	Fruit Bar\Gorp	Daily ration in zip lock bag	Self
	D	Kabasa, selection of cheeses, oranges, grapes and wine, bread with olive oil and balsamic vinegar roasted garlic		Studenny
	Cam pfire	Port\cheese\chocolate\Hot Chocolate		Studenny
2 - Monday August 16	B	Loaded Omelets on Tortilla\ Yogurt		Taylor
	L	Roast Beef and Herbed Ham on Ciabatta bread\Soup	1 bagels each, 1 small bag of mini carrots, minestrone soup, cream cheese	Taylor
	S	Fruit Bar\Gorp	Daily ration in zip lock bag	Self
	D	Steak with Mushrooms and Blue Cheese, Cauliflower and Potatoes		Taylor
	Cam pfire	Port\cheese\chocolate\Hot Chocolate		Taylor
3 - Tuesday August 17	B	Oatmeal - pg 55\dried fruit		Redmond
	L	Salami sandwich on Rye\carrots\soup	Rye bread, Mennonite summer sausage, mayo, mustard, soup	Redmond
	S	Fruit Bar\Gorp	Daily ration in	Self

			zip lock bag	
	D	Stew & Dumplings - pg 77-add Chicken jerky		Redmond
	Cam pfire	Port\cheese\chocolate\Hot Chocolate		Redmond
4-Wednesday August 18	B	English Muffin with Sundried tomatoes and bacon		Studenny
	L	Bagels with Peanut butter, carrot sticks		Studenny
	S	Fruit Bar\Gorp	Daily ration in zip lock bag	Self
	D	Shrimp & Mushroom with Fettuccini Alfredo		Studenny
		Port\cheese\chocolate\Hot Chocolate		Studenny
5 - Thursday August 19	B	Oatmeal - pg 55\\dried fruit\Cinnamon Buns		Redmond
	L	Soup\cheese\bread		Redmond
	S	Fruit Bar\Gorp	Daily ration in zip lock bag	Self
	D	Southern Pilaf - pg 97-add Mexican Beef & Rice		Redmond
	Cam pfire	Port\cheese\chocolate\Hot Chocolate		Redmond
6 - Friday August 20	B	Pancakes & Syrup with dried fruit\bacon	Prepared mix – 2 cups – add berries, syrup	Taylor
	L	Fruit Bar\Gorp		Self
	S		Daily ration in zip lock bag	Self
	D	Webbers Burger stop		

Additional Notes:

Juice Crystals – Crystal Light