

NAME

TEL.:

ADDRESS

POSTAL CODE

CITY/TOWN

E-MAIL

BEVERAGES

- Instant coffee Tea Iced Tea Mix
 Decaf coffee Hot Chocolate Fruit drink mix

FRESH FOODS WE OFFER

BREAKFAST

- Fresh eggs Sliced bacon Pancake mix Bread for toasting Syrup
 Sausages Eggos French toast Hot oatmeal Hashbrowns

LUNCH

- Hotdogs Sliced cheese Salami slices Carrot sticks
 Block cheese Ham slices Celery sticks Instant soups (beef/vegetable)

DINNER

- Striploin steak Hamburger patties Baked potatoes White rice Fresh onions
 Chicken breast Veggie burgers Ham steak Fresh carrots

ADDITIONAL ITEMS (ULTRALITE ONLY)

- Peameal bacon Coffee press Homemade garlic sausage Homemade chili Wild rice
 Real maple syrup Herbal tea Homemade spaghetti sauce Fresh mushrooms

NOTE: traditionally, the first dinner is a striploin steak, baked potato and fresh carrots. Your first lunch is pre-made sandwiches, with carrot & celery sticks and a juice box.

STAPLES

- Sugar Margarine Shortening/oil Mustard Salt Peanut butter
 Brown sugar Powdered milk Ketchup Relish Pepper Jam
 BBQ sauce Coffeemate (Coffee whitener)

SNACKS

- Apples Raisins Popcorn Marshmallows Trail mix Granola bars
 Oranges Dried fruit Instant pudding Peanuts Hard candy Cookies- assorted
 Cheese and crackers

These items are high quality dehydrated foods that taste great and are easy to prepare

- The Ultimate scrambled egg Stroganoff Hearty Beef stew Green beans
 Mushroom and cheese omelette Alfredo Primavera Chicken Teriyaki Whole kernel corn
 Eggs with ham Maritime Pasta Supreme Beef Teriyaki Instant potatoes