



Professional Bushcraft & Guide Training Programs Since 1999

Boreal Snowshoe Expedition - February, 2014

Day	Breakfast	Lunch	Dinner
2/2 - Su	Oats	PB+J/Bannock/Soup/Summer Sausage Leftovers	Chicken Stew - Boiled Chix - veg. + Rice
2/3 - M	Oats	PB+J/Bannock/Soup/Cheese Leftovers	Chicken Casserole - Rice/Onions/Celery/Soup - Add Tuna Separately
2/4 - T	Oats	PB+J/Bannock/Soup/Summer Sausage Leftovers	Pasta with Red Sauce +Ground Pork
2/5 - W	Oats	PB+J/Bannock/Soup/Cheese Leftovers	Gawunki Ground beef, rice, tomato soup, onions, cabbage
2/6 - Th	Oats	PB+J/Bannock/Soup/Summer Sausage Leftovers	Chicken Stew - Boiled Chix cooked separate - veg. + Rice
2/7 - F	Oats	PB+J/Bannock/Soup/Cheese Leftovers	Beef Stew - Rice/Onions/celery
2/8 - Sa	Oats	PB+J/Bannock/Soup/Summer Sausage Leftovers	Pasta w/Red Sauce Break
2/9 - Su	Oats	PB+J/Bannock/Soup/Cheese Leftovers	Chicken Stew - Boiled Chix cooked separate - veg. + Rice
2/10 - M	Oats	PB+J/Bannock/Soup/Summer Sausage Leftovers	Salmon Casserole - Rice/Onions/Celery/Soup
2/11 - T	Oats	PB+J/Bannock/Soup/Cheese Leftovers	Pasta with Red Sauce Ground Pork cooked separately
2/12 - W	Oats	PB+J/Bannock/Soup/Summer Sausage Leftovers	Gawunki Ground beef, rice, tomato soup, onions, cabbage
2/13 - Th	Oats	PB+J/Bannock/Soup/Cheese Leftovers	Chicken Stew - Boiled Chix - veg. + Rice
2/14 - F	Oats	PB+J/Bannock/Soup/Summer Sausage Leftovers	Beef Stew - Rice/Onions/celery
2/15 - Sa	Oats	End of program - extra day's food	Extra meal - Salmon Casserole - Rice/Onions/Celery/Soup
2/16 - Su	Oats	PB+J/Bannock/Soup/Summer Sausage Leftovers - extra day's food	Extra meal - Salmon Casserole - Rice/Onions/Celery/Soup

Staples: butter, brown sugar, salt, spices

Drinks: coffee, black tea, cocoa