



FOODPACK MENU THE CANOE TRIP

THE CANOE TRIP SURVIVAL FOODPACK

This menu is for reference only. All ingredients of the foodpack can differ a bit from this example.

THE CANOE TRIP

FOODPACK MEAT

ARRIVAL DAY

Fika: Cinnamon rolls and coffee or tea

Lunch: Pasta Bolognese

Dinner: Swedish meatballs with mashed potatoes

DAY 2

Breakfast: Expedition Breakfast

Lunch: Chicken Curry

Dinner: Rice with Chilli con Carne

DAY 3

Breakfast: Knäckebröt with chocolate spread

Lunch: Cashew Nasi

Dinner: Delicious hot dogs

DAY 4

Breakfast: Knusper Müsli

Lunch: Mince Beef Hotpot

Dinner: Ravioli

DAY 5

Breakfast: Expedition Breakfast

Lunch: Gulyas

Dinner: Mexican wraps

DAY 6

Breakfast: Rice cakes with Swedish cheese

Lunch: Veggie Couscous

Dinner: Pasta Pesto

DAY 7

Breakfast: Knusper Müsli

Lunch: Pasta Carbonara

Dinner: At the basecamp (optional booking)

DEPARTURE DAY

Breakfast: Knäckebröt with Swedish cheese

Lunch: African Bobotie

*Would you like more fresh ingredients? Bring these yourself to add to your foodpack.

FOODPACK VEGETARIAN

ARRIVAL DAY

Fika: Cinnamon buns and coffee or tea

Lunch: Pasta with mushrooms

Dinner: Vegetarian ravioli

DAY 2

Breakfast: Expedition Breakfast

Lunch: Pasta alle Noci

Dinner: Rice with curry and lentils

DAY 3

Breakfast: Knäckebröt with Swedish cheese

Lunch: Curry fruit rice

Dinner: Vegetarian hot dogs

DAY 4

Breakfast: Knusper Müsli

Lunch: Cashew Nasi

Dinner: Rice with curry and chickpeas

DAY 5

Breakfast: Expedition Breakfast

Lunch: Vegetable Hotpot

Dinner: Veggie Mexican wraps

DAY 6

Breakfast: Knäckebröt with chocolate spread

Lunch: Veggie Couscous

Dinner: Pasta Pesto

DAY 7

Breakfast: Knusper Müsli

Lunch: Mexican quinoa

Dinner: At the basecamp (optional booking)

DEPARTURE DAY

Breakfast: Rice cakes with Swedish cheese

Lunch: Lunch: Curry fruit rice

*Would you like more fresh ingredients? Bring these yourself to add to your foodpack.

SNACKS IN YOUR FOODPACK

- Peanuts ✓
- Salami sticks ✓
- Marshmallows ✓
- Salt chips ✓
- Veggie chips ✓
- Chocolate bar ✓
- Nut mix ✓
- Musli bars ✓
- Coffee ✓
- Tea ✓
- Soup ✓
- Jam ✓
- Pepper & salt ✓
- Apple ✓
- Carrot ✓

✓ veggie foodpack

*Would you like more fresh ingredients? Bring these yourself to fill up your foodpack.

CAMPING MADE EASY BY TRAVELBASE.EU

PREPARE FAST MEALS WITH YOUR TRANGIA COOKING SET

	MILK	GLUTEN	SOY	EGGS	NUTS	PINDA'S	CELERY	FISH	SESAME	
GRAINS	EXPEDITION BREAKFAST	X	X		X	X				
	MUESLI	X	X		X	X				
VEGETARIAN	VEGETABLE HOTPOT	X		X	X	X				
	CURRY FRUIT RICE	X		X	X	X				
	CASHEW NASI	X	X	X		X	X			
	PASTA AI FUNGHI	X	X		X	X	X			
	PASTA ALLE NOCI		X		X	X	X			
	VEGGIE COUSCOUS		X		X	X	X			
	MEXICAN QUINOA									
	MEAT	GULYAS	X			X	X			
		MINCE BEEF HOTPOT	X	X		X	X			
		CHICKEN CURRY	X			X	X			
BOBOTIE PASTA				X	X	X				
CARBONARA PASTA		X	X		X	X	X			
BOLOGNESE PASTA		X	X		X	X	X			
CHILI CON CARNE										

ALWAYS CHECK THE PRODUCT LABEL FOR UP-TO-DATE PRODUCTION INFORMATION.



WOULD YOU LIKE A FOODPACK DURING YOUR TRIP?

DON'T HAVE A CANOE TRIP SURVIVAL FOODPACK YET, BUT CHANGED YOUR MIND? FEEL FREE TO SEND AN EMAIL TO INFO@THECANOETRIP.COM TO ADD IT TO YOUR BOOKING (SUBJECT TO AVAILABILITY) OR DO IT VIA YOUR PERSONAL PROFILE ON THE WEBSITE.

See you in Sweden!