



# FOODPACK MENU THE CANOE TRIP

## THE CANOE TRIP SURVIVAL FOODPACK

This menu is for reference only. All ingredients can be changed and exchanged by the rangers.

**THE CANOE TRIP**

# FOODPACK MEAT

## ARRIVAL DAY

Fika: Cinnamon rolls and coffee or tea

Lunch: Kebab Stew

Dinner: Delicious hotdogs

## DAY 2

Breakfast: Blueberry & Vanilla Muesli

Lunch: Pasta Bolognese

Dinner: Ravioli

## DAY 3

Breakfast: Crunchy Granola

Lunch: Chicken Tikka Massala

Dinner: At the basecamp (Optional Booking)

## SNACKS

Chips

Nut mix

Musli bars

Coffee

Tea

Pepper & salt

Apple

Carrot

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

# FOODPACK VEGGIE

## ARRIVAL DAY

Fika: Cinnamon rolls and coffee or tea

Lunch: Thai Red Curry

Dinner: Tomato-Lentils Pasta

## DAY 2

Breakfast: Blueberry & Vanilla Muesli

Lunch: Veggie Couscous

Dinner: Delicious veggie hotdogs

## DAY 3

Breakfast: Crunchy Granola

Lunch: Squash Casserole

Dinner: At the Basecamp (Optional Booking)

## SNACKS

chips

Nut mix

Musli bars

Coffee

Tea

Pepper & salt

Apple

Carrot

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

CAMPING MADE EASY BY TRAVELBASE.EU

# PREPARE FAST MEALS WITH YOUR TRANGIA COOKING SET

MILK GLUTEN SOY EGGS NUTS PEANUTS CELERY FISH SESAME

## GRAINS

BLUEBERRY VANILLE MUSLI	X	X							
CRUNCHY GRANOLA	X								

## VEGETARIAN

ASIAN CURRY				X					
CHILI STEW				X					
THAI RED CURRY				X					
SQUASH CASSEROLE									
COUSCOUS	X	X	X				X		
POTATO GARAM MASALA	X		X						

## MEAT

CHICKEN CURRY			X						
KEBAB STEW	X								
TACO BOWL							X		
RAMEN NOODLES		X	X	X					
PASTA CREAMY SALMON	X	X						X	
PASTA BOLOGNESE		X	X				X		
CHICKEN TIKKA MASSALA									

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



### WOULD YOU LIKE A FOOD PACK 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](mailto: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!