

Hiking Menu 2012	3 day menu
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DAY	1	2	3
BF		French Toast Syrup/ Brown sugar blueberries	Pancakes syrup/ Brown sugar Dried apple Dried blueberries
Lunch	SHOP or Lakeside	PC Thins Advocados, hummus, turkey slices selery	
Diner	Hummus/ chicken Wraps Tortillias Hummus/ chicken green pepper/tomato/ chives/spinach onion/carrots Dressing	Pizza/ panzarotti Naan/ pitta bread Mushrooms/ oinions/ peppers concentrated tomato sauce grated cheese	
Desert	Oatmeal cookies	Apple/brown sugar cinnamon	
SNACKS	granola Bars	Fruit to go	