

Suggested Menus

	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast	Pancakes Syrup, fruit - melon Froz blueberries	Cobbler Empty 2 cans cherry filling into lined/sprayed pan. Empty 1 box chocolate cake mix on top. do not mix but add 1 stick butter and 2 c water. Cook about 1 hr in dutch oven	Eggs in a Frame & OJ Put butter in a skillet, tear out a ring in the bread (to make a hole for the egg). Crack open the egg and place it in the center of the bread. Grill both sides - flip over with a spatula as necessary.	Apple Toast Melt 2 T butter in saucepan. Add slices from 6 tart apples, 1/3 c powdered sugar, and 2 T water. Toss lightly, cook 'til barely tender. Fry bread both sides in buttered skillet. Place bread on plate and top with apple mixture. Sprinkle sugar & cinnamon mix on top.	Cold Cereal, Milk, Toast
lunch	Cold cut sandwiches lettuce, pretzels, olives, celery	Peanut butter & Jelly Sandwiches Apple, Country time	Cheese/Tomato Sandwiches Pretzels, dried fruit	Peanut butter & Jelly Sandwiches, Country time, cookies	Cold cut sandwich potato salad
supper	Grilled Chicken & Rice chicken breast browned in flour in skillet; mix jar of 16 oz salsa & 8 oz apricot jam and put over boneless chicken - cook 30 min. Carrots & Peas	Goulash Pour 1 pkg. sour cream mixed with 1/4 t salt, 1/4 t garlic powder, 4 T bell pepper flakes, 2 T celery flakes, 1 T paprika over 12 oz noodles, bagged salad Jello Cheesecake in a box	Grilled Salmon & Mannated Vegetables Marinate 1 1/2 lbs salmon 1 hr (1/2 c oil, 1/2 c soy sauce, 4 cloves garlic). Cook salmon over fire. Rice Smores	Grilled Burgers Vegeburgers/Steak, Potatoes o gratten Remove some core from tomatoes. Stuff w/cheese, top baco bits and bread crumbs. Wrap in heavy foil and roast	Spaghetti salad in a bag, garli toast sherbet

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grapes

	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast	Frozen waffles w/strawberries <i>Free Blackberry</i>	Cold cereal, fruit, toast	Tortilla Scramblers Fry bacon (or substitute). Scramble eggs while warming tortilla shells. Layer scrambled eggs, bacon, cheese, & salsa in shells.	Oatmeal (2 people) Mix ¾ c Quickoats; ¼ c pdr milk, 1/3 c raisins, 1/3 c nuts, 1 T brown sugar, dehydrated fruit. Pour into 2 c boiling water & let sit 'til ready to serve.	French toast Place egg battered bread in greased p and bake.
lunch	?	?	?	?	?
supper	Quesadillas Spread smashed black beans on tortilla. Top with chopped cilantro, green onions, tomatoes, peppers, black olives, shredded cheese. Fold, & cook over grill grate	Frozen Lasagne salad, rolls	Italian Chicken Marinate chicken in Italian dressing in zip-lock bag, 3 hrs. Cook on grill 'til juices run clear.	Steak Dinner HEAVY foil wrap seasoned steak strips, small onion, chopped potato, small carrots and cook on coals for 20-30 min., turning frequently (alternate: wrap vegeburgers with sliced carrots & spuds) Banana boats. Pull peel down but don't remove. Cut wedges out of bananas and replace w/marshmallows, chocolate, raisins. Pull up peel and wrap with heavy foil. Cook on coals 5 min.	Cubed steak in mushroom sauce o Noodles Fry steak cubes. Dr Heat mushroom so add steak cubes and cook 'til very tender: pour over cooked noodles Salad in a bag

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