

# Alex Welsh



*Dietary Restrictions: 4 people vegetarian, 2 people pescatarian, 1 person egg intolerance (similar to Lactose intolerance), 3 people with severe peanut allergies. NO PEANUTS ON ENTIRE TRIP.*

*Trip Details: 16 people, Hearty Winter Menu. 4 vegetarians, 2 pescatarians, 1 egg intolerance (similar to lactose intolerance) 3 severe peanut allergies. NO PEANUTS ON ENTIRE TRIP.*

*RND: Birgers and Brats*

*Bulk Fruit: 1/2 case oranges, 1/2 case fuji apples, 1 case pineapple*

*Silver Box/Drinks: juice (assorted), assorted black teas, hot chocolate, assorted herbal teas, 1 lb coffe/day, Sugar (4), Milk (8), almond milk (3), honey (6)*

*Supplements: No peanut butter on trip. Will provide alternative nut butter.*

*Supplemental items:*

Total individuals: 16  
 Total servings: 16.0  
 Dietary Restrictions: Shellfish (4), Peanuts (16), Eggs (1), Chicken (6), Beef (6), Pork (6), Fish (6)

## Calendar Planning

Day	Appetizer	Dinner	Breakfast	Lunch
Day 0	Safeway Lunch (16)	Rig Night (BYO or Moe Meal-additional charge) (16)	Breakfast Salmon Lox on Bagels (16)	Lunch Peanut Butter and Jelly (16)
Day 1	Appetizer Mixed Green Salad (16)	Dinner Fettuccine Alfredo with Chicken (16) Side Dish Caesar Salad (16)	Breakfast Quick Egg Sammies (16)	Lunch Hummus Pitas (16)
Day 2	Appetizer Tomato and Mozzarella Sliders (16)	Dinner Grilled Wild Salmon (16) Dessert Apple Crisp (DO) (16)	Breakfast Bagels with Hard Boiled Eggs (16)	Lunch Cold Cut Sammies (16)
Day 3	Appetizer Egg Rolls (16)	Dinner Pork Stir Fry (16)	Breakfast Quick Ham Scramble (16)	Lunch Chicken Salad Pitas (16)
Day 4	Appetizer Antipasto Salad (16)	Dinner Artichoke Lasagna (PM) (16) Side Dish Roasted Sweet Potatoes (16) Dessert Angel Food Cake (16)	Breakfast French Toast and Breakfast Sausage (16)	Lunch Caprese Salad Sandwich (16)
Day 5	Appetizer Caesar Salad (16)	Dinner Salmon Burgers (16) Side Dish River Slaw (16) Dessert Frozen Tropical Fruit (16)	Breakfast Salmon Lox on Bagels (16)	Lunch Black Bean and Corn Quinoa Salad (16)
Day 6	Appetizer Cheese and Crackers (16)	Dinner Spaghetti and Turkey (16) Side Dish Caesar Salad (16)	Breakfast Quick Bacon Scramble (16)	Lunch BLTA (16)
Day 7	Appetizer Edamame (16)	Dinner Brats (16) Dessert Mixed Berry Cobbler (DO) (16)	Breakfast Egg Sammies (16)	Lunch Taco Salad 2nd Half (16)
Day 8	Appetizer Olive Tapenade (16)	Dinner Chicken Curry (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch Mediterranean Tuna Salad Pitas 2nd Half (16)
Day 9	Appetizer Pesto Cream Cheese (16)	Dinner Kabobs (16) Dessert Pineapple Upside Down Cake (DO) (16)	Breakfast Cold Cereal with Bagels and HB Eggs (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 10	Appetizer Veggies and Dip (16)	Dinner Grilled Ham Cheese & Tomato Soup (16)	Breakfast Quick Steak Burritos 2nd Half (16)	Lunch Veggie Pitas 2nd Half (16)
Day 11	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Steak Fajitas (16) Side Dish Cilantro Lime Rice (16) Dessert Churros (16)	Breakfast Yogurt and Granola with English Muffins (16)	Lunch Reuben Wraps (16)
Day 12	Appetizer Bruschetta (16)	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (16)	Breakfast Strawberry Pancakes and Eggs with Bacon (16)	Lunch Lox on Bagels with Cream Cheese 2nd Half (16)
Day 13	Appetizer Smoked Gouda and Crackers (16)	Dinner Steaks and Potatoes 2nd Half (16) Dessert Blueberry and Peach Cobbler (DO) (16)	Breakfast Oatmeal and Hard Boiled Eggs (16)	Lunch Mexi Wraps (16)
Day 14	Appetizer Spinach Dip (16)	Dinner White Bean and Sausage Rigatoni (16)	Breakfast Yogurt and Granola with Bagels (16)	Lunch Cold Cut Sammies 2nd Half (16)

Day	Appetizer	Dinner	Breakfast	Lunch
Day 15	Appetizer Edamame (16)	Dinner Beef Tacos (16) Dessert Dark Chocolate Bars (16)	Breakfast Quick Egg Muffins 2nd Half (16)	Lunch Cheese and Crackers With Salami (16)
Day 16	Appetizer Train Wreck (16)	Dinner Chicken Pesto Pasta (16)	Breakfast Huevos Rancheros (16)	Lunch Cuban Wrap (16)
Day 17	Appetizer Squash Soup (16)	Dinner Beef Enchiladas (DO) (16) Dessert No Bake Cheesecake (16)	Breakfast Cold Cereal with Bagels (16)	Lunch River Pasta Salad (16)
Day 18	Appetizer Olive Tapenade (16)	Dinner Jambalaya with Shrimp and Sausage 2nd Half (16)	Breakfast Quick Egg Sammies 2nd Half (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 19	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Beef Chili (16) Dessert S'mores (16)	Breakfast Blueberry French Toast with Sausage (16)	Lunch Taco Salad 2nd Half (16)
Day 20	Appetizer Spinach Dip (16)	Dinner Tortellini w/ Chicken (16)	Breakfast Yogurt and Granola with English Muffins (16)	Lunch Turkey and Swiss Wraps 2nd Half (16)
Day 21	Appetizer Hearty Vegetable Soup (16)	Dinner Pork Stir Fry 2nd Half (16) Dessert Fortune Cookies (16)	Breakfast Quick Steak Scramble 2nd Half (16)	Lunch Reuben Pitas (16)
Day 22	Appetizer Train Wreck (16)	Dinner Chicken Pesto Pasta (16)	Breakfast Egg Sammies 2nd Half (16)	Lunch Peanut Butter and Jelly (16)
Day 23	Appetizer Bruschetta (16)	Dinner Stuffed Italian Chicken (PM) (16) Dessert Pepperidge Farms Cookies (16)	Breakfast Leftovers (16)	Lunch En Route to Flagstaff (16)
Day 24				