

# PaddleFoot Sample Trip Meals

## Youth Programs

Breakfast	Lunch	Dinner	Desserts/Snacks
<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Apple Crisp</li> <li>• Cream of Wheat</li> <li>• Fruit Cobbler</li> <li>• Hashbrowns</li> <li>• Pancakes</li> <li>• Breakfast Burritos</li> <li>• Granola</li> </ul>	<ul style="list-style-type: none"> <li>• Pitas and Hummus</li> <li>• Soy Butter and Jam</li> <li>• Tuna Sandwich</li> <li>• Bean Salad</li> <li>• Potato Salad</li> <li>• Pasta Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Sheppard's Pie</li> <li>• Mac n' Cheese</li> <li>• Pita Pizza</li> <li>• Quesadillas</li> <li>• Chili</li> <li>• Lazy Perogies</li> <li>• Poutine</li> <li>• Lasagna</li> <li>• Stir Fry</li> </ul>	<ul style="list-style-type: none"> <li>• Brownies</li> <li>• S'mores</li> <li>• Marshmallows</li> <li>• Juice Crystals</li> <li>• Cheesecake</li> </ul>

\*Please Note\* These are all only examples of meals, meals will vary depending on every trip. We also cater to dietary restrictions\*