

Camp Meal Ideas



Breakfast

- pancakes
- waffles
- crepes
- muffins
- croissants and ham
- cheese scones
- fruit scones
- yogurt
- cold cereal
- hot oatmeal
- omelette
- bagels
- fruit salad
- hash browns
- egg and sausage on English muffin
- sausage and bacon on English muffin
- sausage and cheese on English muffin
- eggs-in-a-bag
- breakfast parfait
- sunrise spuds
- French toast

Lunch

- tuna melt
- octopus hot dog
- pita wraps
- quesadilla
- taco-in-a-bag
- sloppy joe
- tuna fish sandwich
- egg salad sandwich
- club house sandwich
- grilled cheese sandwich
- chicken nuggets
- chicken strips
- bagelwich with cheese, alfalfa sprouts and tomatoes
- bagelwich with tuna, red bell pepper, and cucumbers
- bagelwich with turkey or ham, coleslaw and mayonnaise
- banana bran muffinwich with hard cheese
- apple oatmeal muffinwich with tuna
- cornmeal muffinwich with BBQ chicken
- pita pockets with turkey and bean sprouts
- pita pockets with hummus and vegetables
- pita pockets with chicken, cheese and bell peppers
- hamburger or cheese burger
- beef and chicken kabobs
- mini pizzas on English muffins

Fresh Fruits

- apples
- oranges
- bananas
- grapes
- cherries
- kiwis
- pears
- plums
- honeydew
- strawberries
- blueberries
- raspberries
- blackberries
- watermelon
- cantaloupe

Cool Veggies

- turnip sticks
- carrot sticks
- celery sticks
- cauliflower
- broccoli
- radishes
- zucchini sticks
- bell pepper strips
- cherry tomatoes

Salads

- potato salad
- green salad
- fruit salad
- tuna salad
- pasta salad
- kale salad
- Greek salad
- Caesar salad
- mixed bean salad
- spinach salad

Soups

- tomato soup
- corn chowder
- vegetable soup
- clam chowder
- chicken noodle soup
- split pea soup
- lentil soup
- mushroom soup

Alternatives to Bread

- English muffins
- flat bread
- pita bread
- cracker bread
- roti bread
- bagels
- scones
- rice cake
- Melba toast
- bannock
- rolls
- biscuits
- breadsticks
- chapati

Dinner

- perogies
- spaghetti and meatballs
- macaroni and cheese
- beef burrito
- chicken fajita
- lasagne and garlic bread
- shake and bake chicken
- turkey
- chili
- curry
- stew
- fish sticks
- chicken stir fry
- Shepard's pie
- steak
- baked salmon and potatoes
- BBQ pulled pork
- perogies
- chicken burger
- pork chops
- pork tenderloin
- roast ham

Mug-Up

- classic s'mores
- ice cream s'mores
- waffle s'mores
- dessert burritos
- bannock
- banana boat
- cheese fondue
- chocolate fondue
- cheese and crackers
- pepperoni sticks
- nachos and cheese

Snacks

- dried fruits
- granola bars
- fresh fruits
- veggies and dip
- cheese sticks
- yogurt tubes
- goldfish crackers

- beef jerky
- banana loaf
- trail mix
- popcorn
- apple crisp
- baked apples
- Jello tree

- ice cream-in-a-bag
- Rice Krispies squares
- zucchini bread
- GORP
- yogurt
- cookies
- fruit leather

Meal and Snack Ideas for GF & Vegan Breakfast

General	Gluten-Free (GF)	Vegan	Milk Allergy
Scrambled eggs with buttered toast and fruit	Scrambled eggs with buttered GF toast and fruit	Scrambled tofu with toast spread with dairy-free margarine and fruit	Scrambled eggs with toast spread with dairy-free margarine and fruit
Instant oatmeal with powdered milk, raisins and pumpkin seeds OR Quinoa with powdered soy milk, raisins and pumpkin seeds	GF instant oatmeal (eg. Glutenfreeda brand – available online) with powdered milk, raisins and pumpkin seeds OR Quinoa with powdered soy milk, raisins and pumpkin seeds	Instant oatmeal with powdered soy milk (eg. Better Than Milk – available online), raisins and pumpkin seeds OR Quinoa with powdered soy milk, raisins and pumpkin seeds	Instant oatmeal with powdered soy milk (eg. Better Than Milk – available online), raisins and pumpkin seeds OR Quinoa with powdered soy milk, raisin and pumpkin seeds

Lunch

General	Gluten-Free (GF)	Vegan	Milk Allergy
Deli meat and cheese sandwich with yogurt cup and apple	Cheese sandwich on GF bread with yogurt cup and apple	Vegetarian “meat” sandwich (eg. Yves brand) with soy yogurt cup and apple	Deli meat sandwich with soy yogurt cup and apple

Dinner

General	Gluten-Free (GF)	Vegan	Milk Allergy
Pasta with Bolognese sauce, powdered Parmesan cheese and veggie sticks with ranch dip	GF pasta with Bolognese sauce and real grated Parmesan cheese OR Vegan-and-GF cheese substitute (eg. Daiya brand) and veggie sticks with GF ranch dip	Pasta with marinara sauce and vegan cheese substitute (eg. Daiya brand) and veggie sticks with hummus	Pasta with Bolognese sauce and vegan cheese substitute (eg. Daiya brand) and veggie sticks with hummus
Chili (ground beef, canned beans, tomatoes, peppers, onions, spices) with buttered rolls and Caesar salad OR Bean chili* (omit beef) over rice and green salad with vinaigrette *ensure all ingredients GF and dairy-free	Chili (ground beef, GF canned beans , tomatoes, peppers, onions, GF spices) with GF bread and Caesar salad, no croutons, GF Caesar dressing OR Bean chili (omit beef) over rice and green salad with vinaigrette	Chili (omit beef , canned beans, tomatoes, peppers, onions, spices) with rolls with dairy-free margarine and Caesar salad, no dressing, or a vinaigrette OR Bean chili (omit beef) over rice and green salad with vinaigrette	Chili (ground beef, canned beans, tomatoes, peppers, onions, spices) with rolls with dairy-free margarine and Caesar salad, no dressing, or a vinaigrette OR Bean chili* (omit beef) over rice and green salad with vinaigrette

Mug-Up

General	Gluten-Free (GF)	Vegan	Milk Allergy
Hot chocolate mix	Cocoa powder with sugar and milk	Cocoa powder with sugar and soy milk	Cocoa powder with sugar and soy milk

Some Resources

Gluten-free items at Save-on-Foods:

<http://www.saveonfoods.com/gluten-free-products>

Backcountry meal ideas:

<http://www.wildernesscooking.com/backcountry-cooking.htm>

Product examples ("X" indicates many products in the line meet dietary requirements):

	Gluten-Free	Vegan	Dairy-Free
Daiya dairy-free cheese substitute	X	X	X
Udi's breads	X		X
Silver Hills gluten-free bread varieties	X	X	X
Gluten Freeda	X		
Glutino	X	X	X
All But Gluten	X	X	X
Bob's Red Mill	X	X	X