

# Menu Questionnaire – Camp Jewell YMCA Trips

Please take a moment to fill out this questionnaire and return it to Camp no later than one month prior to your trip session. This form will help our staff and our outfitters prepare a menu with your tastes in mind.

In general, most meals are vegetarian with meat added separately. Some choices are trip-specific.

**Name:** \_\_\_\_\_

**Trip:** \_\_\_\_\_

**Session #:** \_\_\_\_\_

**Check the following you will eat:**

(mark all that apply):

- Meat – Beef
- Meat – Pork
- Chicken
- Fish
- Cheese and Dairy

**Do you have any dietary restrictions or allergies?**

- No
- Yes (please indicate specifics):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please check any of the following sample menu items you cannot eat** (feel free to add notes; be specific if there are certain parts you cannot eat):

**Breakfast**

- Bagels with cream cheese/PB&J
- Granola
- Powdered Milk
- Soy or Rice Milk
- Flavored Oatmeal Packets
- Cereal Plain Cereal
- Pancakes/Waffles/Syrup

**Snacks**

- Tortilla Chips & Salsa
- Granola Bars
- Cereal Bars
- Pretzels
- Crackers (Ritz, wheat thins, etc)
- GORP (nuts, fruit, crackers)

**Fruit**

- Apples
- Oranges
- Bananas
- Dried Fruits (Raisins, Apples, Apricots, etc)

**Lunch**

- Cheese (American/Cheddar)
- Lunch Meat: \_\_\_\_\_
- Pita Bread
- Bread: \_\_\_\_\_
- Bagels
- Tortillas
- Hummus
- PB&J
- Tuna

**Drinks**

- Hot Cocoa
- Tea
- Flavor Crystals (eg. Kool-Aid)

**Dinner**

- Pasta
- Burritos/Enchiladas
- Chinese Stir Fry
- Fajitas
- Lasagna
- Pizza
- Vegetables (fresh or dried)

**Are there any additional items you would love to eat on the trail?** Keep in mind that trail foods must keep well, pack small, withstand temperatures, and appeal to lots of people (ie. No lobster bisque).

