

**Compiled Food Form**

Please use the Individual Food Survey to collect the information from your group to compile it here Please complete this menu summary and send it to Moenkopi at moefood@moenkopiriverworks.com two months before your trip.

Email to: moefood@moenkopiriverworks.com

**Trip Name: \_\_\_\_\_\_\_\_\_\_\_**\_\_\_\_\_\_\_ **Launch Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Trip Length: Passenger Exchange Day #/meal:\_\_\_\_\_\_\_\_

Number of People:\_\_\_ Before exchange:\_\_\_\_\_ After exchange :\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
|  **Rig Night Dinner:** |  **Take-out Day Breakfast:** |  **Take-out Day Lunch:**  |
| * Bring your own food (and charcoal) to prepare at Lee’s Ferry
* Eat at Marble Canyon Lodge (reserve in advance to ensure a shuttle)
 | * Eat leftovers
* Include in food pack (additional fee may apply)
* Moenkopi to bring food to the take-out (additional fee applies)
 | * Include in food pack (additional fee may apply)
* Moenkopi to bring food to the take-out (additional fee applies)
* Stop on way back to Flagstaff (bring money)
 |

**Menu Choice**

**Do you want to use an existing Sample Menu?**

Our tried and true menus have proved themselves to withstand the rigors of a Grand trip.  We consistently update and revise our menu options based on the feedback of guests, continually striving to ensure we have a menu that fits the needs of your group.  Use one as is, or feel free to use as a starting point, and switch / substitute meals as needed. If you’re customizing, put your changes into the document, save it, and email it to us.

|  |  |  |
| --- | --- | --- |
|  | **General Menu** A great combination of light and hearty meals perfect for any time of year **Hearty Winter Menu** Hearty, higher calorie meals for cold weather trips, with a mix of hot and cold breakfasts |  |
|  | **Light Summer Menu** Lighter menu options with mostly quick, cold breakfasts and smaller portions for warmer weather |  |
|  | **Vegetarian Menu** Vegetarian dishes or dishes with optional meat add-ins; great for mixed groups and pescatarians**Quick Prep Menu** Meals that all take under 3 min to cook, great menu for those who want to spend as little time as possible in the kitchen. **Gluten free Menu,** yes, it is true! An entire menu with no gluten in it!  |  |
|  | **Build-Your-Own** With hundreds of meal options to choose from, you can design your own menu from scratch from any of our meal options.  A great option if you have trip members who have dietary restrictions, allergies or preferences, as you can choose meals that suit their needs.  |  |

**Food Details**

1. **How many heavy or light eaters do you have? We will adjust your portions accordingly.**

|  |  |  |
| --- | --- | --- |
| **Breakfast**Heavy: Average:Light: | **Lunch**Heavy:Average:Light: | **Dinner**Heavy:Average:Light: |

**Food Details *–Continued-***

1. **How many people like spicy foods?**
2. **How much fresh fruit do you want (breakfast/lunch)? (Aside from specific ingredients listed in your menu dishes.)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Oranges** | (=88 in a case) | * 1/2 case
 | * 1/4 case
 |  |
| **Fuji Apples** | (=88 in a case) | * 1/2 case
 | * 1/4 case
 |  |
| **Other:** grapefruit | (=35 in a case) | * 1/2 case
 | * 1/4 case
 |  |
| **Other:** cantaloupe | (=12 in a case) | * 1/2 case
 | * 1/4 case
 |  |

**Drinks**

1. **Which of the following do you drink?**

|  |  |  |
| --- | --- | --- |
| [ ]  Juice (Assorted) | [ ]  Assorted Black Teas | [ ]  Powdered Gator-Aid |
| [ ]  Hot Chocolate | [ ]  Assorted Herbal Teas | [ ]  Powdered Lemonade |
| [ ]  Milk | [ ]  Green Tea | [ ]  Almond Milk |
| [ ]  Coffee ½ lb (recommended for 8 ppl) |  | [ ]  Soy Milk |
| [ ] Coffee 1lb (recommended for 16 ppl ) | [ ]  Other:  |
|  |

1. **What do you add to your breakfast/hot drinks and how many people will use each?**

(Check all the apply & enter the # of people for each checked option.)

|  |  |
| --- | --- |
| * Sugar:
 | * Evaporated Milk:
 |
| * Milk:
 | * Soy Milk:
 |
| * Half-n-Half:
 | * Almond Milk:
 |
| * Powdered Creamer:
 | * Honey:
 |
| * Equal/Sweet-n-Low:
 | * Other:
 |
| * Flavored Non-Dairy Creamers:
 |  |

**Allergies/Special Dietary Needs**

**How many people with special dietary needs?**

With dietary restrictions and allergies becoming more common these days, we've decided to give the option of simply adding a supplementary box to your package to accommodate these needs or a *Dietary Box*.   A great option if you don't want to build your own menu around a dietary restriction, or incur custom menu charges ($600 base charge + additional food purchased) for programing in allergies to your chosen menu.  These boxes are enough for 1-2 people (depending on your appetite), and include a range of substitutes that can be used throughout your trip at your discretion.

(Check all the apply & enter the # of people for each checked option. Please specify if they are part of your exchange hikers as well)

|  |  |
| --- | --- |
| **Vegan (no animal or diary):** **Vegetarian (no meat):**  |  |
| **Pescatarian (no meat but seafood):**  |  |
| **Gluten Free:** Would like to add the GF supplemental box  |
| **Lactose Intolerant:**  Would like to add the DF supplemental box **Other:** |  |

**Known food allergies?** **[ ]  No** **[ ]  Yes**

[\*\*Moenkopi will do their best to accommodate allergies however you are ultimately responsible for taking necessary precautions to guard against an allergic reaction. Please differentiate between a general intolerance for a particular food and a diagnosed or life-threatening allergy.]