

**Compiled Food Form**

Please use the Individual Food Survey to collect the information from your group and then compile the responses on this form. We ask that you complete this menu summary at least two months before your trip, with earlier submissions always appreciated.

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:**  |
| * Have Moenkopi provide a meal for you to prepare. ($12-$18/person)
* Cajun Boil!! ($350)
* Bring your own food (and charcoal) to prepare at Lee’s Ferry.
 | * Eat leftovers.
* Include in food pack. (Additional fee may apply)
 | * Include in food pack. (Additional fee may apply)
* Stop on the way back to Flagstaff. (Have money available)
 |

**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 time and time again. We are constantly updating and revising our menu options based on the feedback of guests, continually striving to provide the best quality meals in the Canyon. We know that dietary restrictions are on the rise, so we now include a variety of substitutions with our pre-set menus at no additional charge! Please reach out to our food manager for more details. Feel free to use a menu as is, or as a starting point for creating a BYO/Custom Menu ($2/person/day upcharge). If you’re customizing, please use our provided blank template and email it to us.

|  |  |  |
| --- | --- | --- |
|  | **General Menu-** The classic.A great combination of light and hearty meals perfect for any time of year. Also available with “cold” or “quick” breakfast options, if desired. **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.  |  |
|  | **Quick Prep Menu-** Meals that all take under 35 min to cook. The perfect 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/ Custom Menu-** With hundreds of meal options to choose from, you can design your own menu from scratch using any of our selections. This is a great choice if you have trip members who have dietary restrictions, 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
 |  |
| **Grapefruit-** | (=36 in a case) | * 1/2 case
 | * 1/4 case
 |  |
| **Select One: Pineapple, Cantaloupe, Honeydew-** | (=6 in a case) | * 1 case
 | * 1/2 case
 |  |

**Drinks**

1. **We send 1lb of coffee and 4 quarts of half and half for a 16 person trip, scaling down according to group size. We also include large containers of both of Gatorade/lemonade, 1 juice every 3 days, and an assortment of tea/cocoa every other day. Please indicate if you would like extras of the items below.**

|  |  |  |
| --- | --- | --- |
| [ ]  Juice (Assorted, approx. 6 per trip) | [ ]  Assorted Black Teas | [ ]  Powdered Gatorade  |
| [ ]  Hot Chocolate  | [ ]  Assorted Herbal Teas | [ ]  Powdered Lemonade |
|  | [ ]  Green Tea |  |
|  |  |  |
|  |  |
|  |

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. These items will be found in your silver extras box.)

|  |  |
| --- | --- |
| * Sugar:
 | * Evaporated Milk:
 |
| * Milk:
 | * Soy Milk:
 |
| * Half-n-Half:
 | * Almond Milk:
 |
| * Powdered Creamer:
 | * Honey:
 |
| * Equal/Sweet-n-Low:
 | * Other:
 |
| * 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 taken it upon ourselves to include substitutions for a wide range of needs at no additional charge. We wish for everyone’s meal time to go as smoothly as possible, integrating suitable options into the already existing group meal whenever we can.
* There may be some dietary restrictions that we will be unable to provide a substitution for. When it comes to the allergies/preferences we cannot cover, you are more than welcome to bring the items that you need from home! We can always find space for dry goods and can often make room in a cooler if needed.

**Please enter the number of people for each option. Please specify if they are part of the 1st or 2nd half of the trip.**

|  |  |
| --- | --- |
| **Vegan (no animal or diary):** **Vegetarian (no meat):**  |  |
| **Pescatarian (no meat but seafood):**  |  |
| **Gluten Free:** |
| **Lactose Intolerant:** **Other: (Please explain)** |  |

**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.]