



Gluten Free 20-day Menu


Trip Name: **Rig Date:** **Launch Date:**




All breakfasts include ½ pound to one pound of coffee per day as described on your compiled food form, as well as juice, and apples/oranges, unless otherwise noted. Dinners include an assortment of hot teas and cocoa. Snacks will be provided each day (1 per person per day) and will include an assortment of sweet and salty items.


Please complete and return your compiled Food Planning Form along with your menu template to customize menu options and accommodate any special needs or food allergies. To moefood@moenkopiriverworks.com

 Grill item, cooked over fire pan charcoals

 Dutch Oven meal

 Pre-made entrees are prepared by a local chef using the highest quality ingredients. The food is then vacuum-sealed and frozen so that you need only to boil water and re-heat the food. All premade meals can be GF as requested

Date Box	Breakfast	Lunch	Appetizer	Dinner	Dessert
Rig day	Bring Your Own Food Can eat Dinner at Lodge				
(Launch day) Day 1	Scramble w/ pre-cooked bacon	LTA's	Edamame w/ tamari soy sauce	Calabacitas Tamales 	
Day 2	Kayaker quinoa	Taco salad	Veggies and dip	Chicken Curry	
Day 3	Quick steak tacos	Caprese sliders	Olive tapenade w/ baby carrots	Ahi Steaks w/ salad 	
Day4	GF cold cereal	Cold cut lettuce wraps	Cheese and veggies	Sweet and sour chicken	
Day5	Chilaquiles	Sweet chicken salad, bowls	Mixed greens salad	Steak fajitas w/ corn tortillas	
Day 6	Eggs, bacon and hash browns	Hummus and veggies	Chips, salsa and guac	Fish Tacos	
Day 7	Veggie, bacon and egg tacos	Chicken Cesar salad w/ GF wraps	Spinach dip w/ veggies	Spinach Enchiladas w/ corn tortillas 	
Day 8	GF strawberry Pancakes	Cold cut lettuce wraps	Crisp peas	GF Pesto Gnocchi	
Leafy Greens Cut Off date Summer time					
Day 9	Scramble w/ bacon	Taco salad	Bruschetta and veggies	Thai noodles w/ chicken	
Day 10	Yogurt and GF granola	Tuna salad w/ GF wraps	Pest cream cheese w/ veggies	Beef Stew	
Day 11	Quick steak tacos	Hummus and veggies w/ GF wraps	Edamame w- Tamari soy sauce	Cauliflower and potato curry	

Day 12	GF cold cereal	Squash soup	Veggies and dip	Steaks and potatoes 	
Day 13	Chilaquiles	Cold cut lettuce wrap- w/ cabbage	Olive tapenade w/ GF crackers	Bean and cheese Tacos	
Winter Leafy Green Cut Off					
Day 14	GF oatmeal	Black bean bowls	Cheese and GF crackers	GF spaghetti and meatballs	
Day 15	Veggie, bacon and egg tacos	LTA's- w/ cabbage	Mango Salsa w/ tortillas chips	Chicken Fajitas w/ corn tortillas	
Day 16	GF strawberry Pancakes	Sweet chicken salad w/ GF wraps	Spinach dip w/ GF crackers	Chicken tacos	
Day 17	Quick steak burritos w/ corn tortillas	Taco salad	Pesto and cream cheese w/ veggies	Kabobs 	
Day 18	Scramble w/ Bacon	Cold cut lettuce wraps- w/ GF wraps	Bruschetta w/ GF crackers	Chicken curry	
Day 19	GF cold cereal	Tostadas	Cheese and GF crackers	GF Pesto Gnocchi	
Day 20	Eggs, bacon and hash browns	Tuna salad w/ GF wraps	Spinach dip w/ veggies	Steak fajitas w/ corn tortillas	
Day 21	Yogurt and GF granola	Chicken Cesar salad w/ GF wraps	Edamame w/ tamari soy sauce	Shrimp Tacos	
Day 22	GF blueberry pancakes	Black bean bowls	Veggies and dip	Pork stir-fry	
Day 23	Kayaker Quinoa	Squash soup	Cheese and GF crackers	BBQ Chicken Grill 	
Day 24	Veggie, bacon and egg tacos	Cold cut lettuce wraps- w/ GF wraps	Chips salsa and guac	GF Pulled pork w/ slaw 	
Day 25	Leftovers	En route to Flagstaff			