



On our trips I want to keep you fed well both for energy and enjoyment. Day trips will include a sandwich-y lunch and several snacks to keep your energy levels high and your taste interests satisfied. Our approach to food is fairly "traditional". If our choices below don't include something you'd like **that is fairly mainstream and readily found**, feel free to suggest it. We can accommodate some dietary preferences items, but have found that shopping and preparation for some people with particular dietary needs can exceed our time, knowledge or the local grocery store's offerings. **So if you are particularly selective or sensitive because of health needs or choice please provide your own food for those specifics** so you aren't disappointed ... and so I don't become a nutrition counsellor!

SANDWICHES					GUIDE	GUEST NAMES							
<p>There are some sandwich choices. Under each person's name please list the preference for that food in the colored box. <i>The example under my name will get an egg salad on white with mustard, mayo, lettuce and bacon bits, plus the other things listed below. Yummm!</i> For groups, please be kind to me and imagine YOU shopping and making these lunches. Keep the number of different choices reasonably under control so I don't buy/make one of each. If you want two sandwiches just say so! Suggestions for things not on the list can be added somewhere below your names and if I can do it reasonably you'll get it.</p>													
					Oliver								
Bread	white	whole grain	gluten free		white								
Style	ham	turkey	egg salad	classic PB&J	egg salad								
	chicken salad		tuna salad										
Spread	mustard	mayo	butter		must & mayo								
Other	lettuce	bacon bits	cheese		lett'c & bacon								
Snacks													
Nuts	peanuts	cashews	almonds										
Chips	potato chips		tortilla chips		potato chip								
Other	olives	veggies (carrot, celery, etc)	salami	beef jerky	energy bar								
	dill pickle				pickle								
Sweets													
Cookies	chocolate chip	Fig Newton	Oreo	other (name)	choc chip								
Fruit	raisins	dried fruits or leathers	apple/orange	banana	raisin								
Chocolate	energy bar (fruit/nut)	M&M's (plain or peanut)	Hershey bar	toffee bar	M&M peanut								
Drinks													
	water	juice (specify)	V8	fruit soda	V8								
	soft drink (specify)												