

# WOOLF MENU

DAY 1		DAY 2			DAY 3			Day 4
Lunch	Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner	Breakfast
SANDWICHES* Pita Peanut butter Nutella Hummus (lemon, garlic powder, oil) Beef stick Cheddar cheese Carrots Oreos	CALZONES* Pita Tomato paste Spaghetti seasoning Peppers (1 red/1 green) Onions Shredded cheese Oil Pepperoni Smores	Oatmeal Bagels Cream cheese Peanut butter Nutella Hot chocolate	SANDWICHES* Leftovers from yesterday	BURRITOS* Tortillas Beans Rice MJack cheese Salsa Spices Oil Onions Green pepper Brownie sludge	Leftovers	Leftovers	MAC&CHEESE* Pasta Leftover cheese Spices Vegetables	Leftovers

**Trail snacks:** dried fruit, GORP (peanuts, raisins, craisins, M&Ms, pretzels), granola bars, apples, fig newtons, tang/lemonade

## Substitutions for dietary restrictions

NUT FREE		GLUTEN FREE	
Original	Sub	Original	Sub
Peanuts (GORP)	Pumpkin seeds	Pita	Corn tortillas, Udi's GF bagels
Peanut butter	Sun butter, Wow butter	Tortillas	Corn tortillas
Granola bars	Nutrigrain bars	Bagels	Udi's GF bagels
Nutella	Cookie butter	Pasta	Barilla gluten free rotini
M&Ms	Nestle semi-sweet chunks	Oatmeal	Glutenfreeda instant oatmeal
<b>DAIRY FREE</b>		Pretzels	Snyders GF pretzels
Original	Sub	Oreos, Fig Newtons	GF oreos
Cheeses	Daiya cheddar/mozz/ pepperjack style shreds	Granola bars	Nature Valley Oats&Honey or Apple Crisp
M&Ms (GORP), Hershey bars	Lindt 70% dark chocolate bars	Crackers	Glutino crackers
Nutella	Cookie butter	Graham crackers	Schlar GF honey graham cookies
Granola bars	Quaker oats oatmeal squares		

Contact Cooper at [kcs2@williams.edu](mailto:kcs2@williams.edu) with questions about substitutes for allergens or other dietary restrictions on WOOLF trips.

Updated Jul 12, 2022. Subject to revision

## PREP

### SANDWICHES:

1. Make hummus by mixing water, oil, lemon, salt and garlic powder to taste. Add water slowly
2. Portion food so that there is enough for remaining lunches

### CALZONES:

1. Cut up vegetables
2. Boil enough water in pot as tomato paste designates, then add paste and seasoning to water. Make sure sauce is HOT!
3. Sautee vegetables (onion until soft, then add pepper) in skillet with oil
4. Cut pitas into pockets and stuff with sauce, cheese, veggies, and pepperoni
5. Time and energy permitting, fry stuffed calzones in skillet → very slow process, but if sauce is hot enough then everything should melt and be tasty!

### BURRITOS:

1. Add boiling water slowly to beans (approx. 1 ½ c. water per 1 c. of beans), stir well, and let sit five minutes with lid on
2. Boil water, then add rice (1 c. water per 1 c. rice), let rice cook until soft
3. Slice cheese
4. Cut and cook vegetables in skillet with oil
5. Stuff tortillas with rice, beans, veggies, and cheese. Serve with salsa

### MAC&CHEESE:

1. Boil water and cook pasta
2. Drain pasta water and mix in cheese to melt
3. Season to taste

### CROSS-CONTAMINATION RULES:

- Prepare allergen-free food *first* so as not to contaminate pots/skillet/utensils
- Keep knives for spreading separate
- If you have questions or concerns, ASK person with allergy what precautions they take