

Menu Instructions

Getting Started

Food is **crucial** on a wilderness expedition. Before deciding on your menu plan and pack, investigate your participants' eating habits. It's simplest to accommodate individual preferences from the beginning. Following is a food preference survey. This is a good way to find out your group's needs. If you have a difficult mix of food requirements, such as food allergies, strict vegetarians *and* avid meat eaters, please contact us for strategies *before* you choose your menu.

Food Volume and Boat Capacity

Before finalizing your menu, we evaluate if your foodpack will fit in the boats, coolers, dry boxes and drop bags available. Your choice of a PRO or COMBO Pack influences the volume of your food, as do your meal choices. On average (16 day – 16 person trip), a PRO pack can snugly fit on four PRO 18' boats and a COMBO can fit on five PRO 18' boats.

If you are using personal boats, dry boxes and coolers need to arrive at PRO at least three weeks prior to your launch date. When submitting your initial menu selections please use the food container worksheet to list your coolers (with size by the quart) and dry boxes (with dimensions in inches). Food for 16 people for 16 days takes a lot of space. We can help you choose a menu that fits the dry, wet, and cold storage you have available.

Food Costs

The cost of your food will depend on the menu you choose. Meat and seafood are more expensive than beans and rice; prepared foods cost more than whole ingredients. The estimated cost of an average menu for a 16-person 16-day trip is \$18 per person, per day. Once we receive your selections, we provide you with a menu and shopping list for your approval, plus the exact cost of your menu. Your shop list includes all the food, and if selected, a spice kit, kitchen and toilet sundries: soaps, bleach, toilet supplies, cooking oil, spices, foil, and trash bags, etc.

Meal Portions

PRO's meal portions are large before any snacks, appetizers, sides and desserts are added. You may wish to adjust the number of servings for your trip, depending on how many light or heavy eaters you have in your group. The general rule is to add or subtract one portion for every three heavy or light eaters in your group.

Add portions or snack boxes to your menu if you are doing a winter trip or if your group includes several:

- ✓ very active people - kayakers, rowers, hikers, etc.
- ✓ people in their teens or twenties
- ✓ bottomless pit eaters
- ✓ males

Reduce portions on your trip if it's a summer trip (May-August) or if your group includes several:

- ✓ mellow raft passengers
- ✓ people in their 30's and older
- ✓ women and/or children

It is possible to have a different number of portions for different sections of the trip or to change a specific meal's portions. Please call us to discuss the specifics for your group.

Food Durability

It's not easy to know what will last and for how long, but with a few simple practices you can insure that you will have fresh food and ice for as long as possible. We estimate the durability of meals but we cannot know how long they will last in your care. Remind your boatmen to drain their coolers every day, and to open coolers as little as possible, only in the shade or cool times of day. When possible, sort through the remaining produce and meat to assess its condition (ground or strip meats thaw faster than solid meats). Immediately use or toss anything that is about to spoil. On a trip as long as the Grand Canyon, strategic rescheduling of meals is absolutely necessary. Toward the end of the trip you will need to trim bad spots and leaves from produce and use the remainder. Choose canned or salted meats for late in the trip. Do not assume that because something appears on day 14 of your menu that it is guaranteed to last that long. There are no guarantees, and no substitute for your own judgment.

Menu Planning Choices

Super Saver Plan \$10.00 per day

If your group shares similar tastes, you can select one of PRO's Sample Menus with the Super Saver Menu Plan. It's the easiest, most economical plan and can be adjusted for the number of persons, portions and days on the river. You can also select extra trip supplies from the Menu Selection Worksheet and we'll add them to your shoplist. They won't appear on your menu, so you'll have to remember to pull them when needed.

Customized Menu Plan \$20.00 per day

You can either modify a sample menu or start from scratch by selecting your meals from our PRO Menu. Using a blank selection sheet, our menu offers great flexibility; meals can be built from a variety of options in each section. The Customized Menu Plan includes two revisions after the first draft; additional changes will incur a \$30.00 per hour charge.

Customizing Menu Plan Tips

In the Dinner category you'll find codes for Dutch oven dishes (DO) and estimated preparation time in minutes (60). Realize that the options you add to a meal may affect its durability: many meals are durable unless you add fresh meat. If you choose to create your own menu, enter the codes and description of your choices on the blank Menu Selection Sheet. Make note of bread, meat/meatless, rice options, etc. after the main code, for example: Fresh Stir Fry with Chicken and Thai Peanut Sauce on Brown Rice is written as DA3-C-TP-RBR.

The meals you select will add up to one less than the number of days of your trip; an 16 day trip will have 15 breakfasts, 15 lunches, and 15 dinners. This is because PRO provides a separate quick continental breakfast for the morning of your launch and if we're doing your take out shuttle, we'll bring a fresh lunch with drinks.

Food Buy and Pack Choices

The PRO Pack: If you have limited boat space, this pack is for you. Similar items are packed together, much like your pantry. Cans are in crates, condiments are in one box, breakfast supplies in another. Coolers are split into meat/frozen (with dry ice), dairy, and produce. Crates and veggie bags are used for some durable fruits and vegetables.

Pros: Makes efficient use of limited storage space by packing similar items together; for example - all the pasta is together, and all cookies are together. Canned goods are packed in crates and labeled with permanent ink markers so they don't take up drybox space. Your boxes empty evenly throughout your fleet. There are separate coolers for meat, produce, and dairy, allowing different temperatures in each cooler and making an efficient cooler pack. You're able to utilize fresh foods as they ripen, and respond to changes in the weather or your schedule. Meals can be easily rescheduled to utilize produce or meats that are about to spoil. Unused foods from early in the trip are kept in a logical location where they are at the disposal of cooks for future meals. This is the type of pack used by commercial Grand Canyon river outfitters; it makes sense for a trip of this duration. And it's less expensive to pack.

Cons: Someone must locate and pull supplies for each meal. It takes more time for group members to identify whose raft has what, so "shopping" takes time and initially, participation of the boatmen. You need secure hatch space for crates of cans, fruit, and veggie bags (PRO Rigs have drop bags, but your boat may not).

The COMBO Pack: If you have tons of boat space, this pack is for you. Dry and canned goods are packed in order of use and labeled Camp 1, Camp 2, etc. A "Camp" is dinner and next day's breakfast and lunch. Condiments are packed with the camp's food as well. Bread and eggs are packed in their own boxes (for protection) and some durable fruit and vegetables are packed in crates and veggie bags.

Pros: Canned and dry goods are quickly located in the Camp Box, requiring less time to locate. There are separate coolers for meat, produce, and dairy, allowing different temperatures in each cooler. This pack has been used by many experienced private river runners because it is easy to get a meal started (just find the right camp box and shop in coolers for the meat/produce/dairy) and allows rookies to prepare meals without assistance from boatmen.

Cons: Uses more drybox space than the PRO Pack because the canned goods (which are waterproof) are in dryboxes, and because round and square items are packed together. Re-scheduling meals and finding extra needed supplies will be more difficult. If you run out of mayo you will have to dig into another Camp's supplies to find it.

The Sample Menus

PRO Classic: This menu has been used many times on the river, is a proven crowd pleaser and includes all our favorite river meals, both meaty and vegetarian. It works for most appetites.

PRO Classic #2: This menu is the Classic with meat included in nearly every meal, especially breakfast meats. This menu will satisfy the meat & potatoes fans, while having something for everyone.

Quick and Easy: This menu includes quick light breakfasts and a minimum of Dutch oven meals. The intention is to keep you out of the kitchen as much as possible and leave more time to hike and watch sunsets.

Vegetarian: This menu offers the best of the meatless meals and includes tofu, eggs and cheese.

Additional sample menus: **Summer Light, Winter Hearty, Veggie/Meat Combo, Rafting Gourmet, El Cheapo Menu**

Submit Menu

Mail, fax or e-mail us your completed Menu Detail, Food Container and the Menu Selection Sheet for your customized menu plan. Then we'll send you a menu and shop list of everything we plan to buy for your trip. For a Customized Menu, two revisions are allowed. Once final, we'll send you the first of two Menu Plans; a notebook containing your recipes and helpful information about outdoor food preparation. Be sure to bring this menu with you to Lee's Ferry. You'll receive a second Menu Plan just before your trip launches, annotated by our foodpacker as to the location of menu items. If you're buying a menu plan only and packing the supplies yourself, we'll send you both Menu Plans as soon as you've finalized your menu selections. Menus are final 30 days prior to launch.

Menu Planning Checklist

- Using the following Food Preference Survey canvas your trip's food preference.
- Using the Food Container Worksheet compile a list of personal dry boxes and coolers for your foodpack.
- Using the Menu Detail Worksheet,
 - Select a Super Saver or Customized Menu Plan.
 - Select a PRO or Combo Pack.
 - Select a number of people, portions and days.
- Circle your Trip Option Choices, Snack Box, Spice Box & Sundries needed.
- Using the blank Menu Selection Sheet select a sample menu or build your own customized menu.
- 60days prior to launch, submit your Menu Detail, Food Container Worksheet and Customized menu selections.
- Don't forget to order enough peanut butter and hand sanitizer!!
- Final menu due 30 days prior to launch.

Food Preference Survey

For Your Menu Planning Purposes

To the Menu Planner: If you do not know what your trip participants like to eat, you may duplicate this form and distribute it to solicit feedback. Use this tool for assessing which sample menu to select and to get an idea of the drink and fruit preferences of your group, then submit your completed Menu Detail, Food Container Worksheet and Menu Selections to PRO. You may wish to fill out the deadline and your contact info before duplicating.

Menu Planner's Name and Contact Info:

To the Trip Participant: Please fill out this form and return it to the Menu Planner immediately if you want your food preferences to be considered. Your response must be in the hands of your trip's Menu Planner by ___ / ___ / ___ (deadline).

Trip Participant's Name and Contact Info: -

***Note to boatmen:** The availability of dry and cool storage space will influence menu choices. If you are providing a boat or other gear for the trip, please indicate here the size (in quarts) of your coolers and dimensions (in inches) of your dryboxes that will be used to pack food:

1. How big of an eater are you? Big eater/bottomless pit Moderate Light eater
2. What do you eat? (circle any that apply) Omnivore Vegetarian Meat & Potatoes
Quick & Easy Low Fat Vegan Other: _____
3. Do you have food ALLERGIES or other important diet restrictions? Yes / No
Please explain: _____
4. What is your breakfast drink of choice: Coffee Juice Black / Green / Herb Tea Cocoa
Please list essential supplies (evaporated milk, honey, etc): _____
5. Circle the breakfasts that you prefer: Eggs/hearty Cereals/light Other: _____
6. Do you need snacks between meals? Yes / No Favorite snacks: _____
7. Do you drink soda pop? Yes / No Type & amount desired per day: _____
8. Do you enjoy spicy/hot foods? The Hotter the Better Warm is yum Must have mild
9. Do you eat desserts? Gotta have sweets Take it or Leave it I don't like sweets
10. Do you like fresh breakfast and lunch fruit? Yes / No
11. Do you need Peanut Butter on a river trip? Yes / No
12. Circle the phrase that best represents your feelings about being in the Kitchen:
I love to cook!! I can chop, but I'm no Chef. Let's order out.

2007 PRO MENU

(Please, no substitutions)

BREAKFAST

Hearty Breakfast - these meals don't necessarily need a side dish, but most can be combined with meat.

- B1 Omelets with Assorted Fillings** – eggs, cheese, onions, peppers and tomatoes
- B2 Eggs Benedict** – eggs with Hollandaise sauce over English muffins and Canadian bacon
- B3 Fried Egg Sandwiches** – eggs, cheese and English muffins – add ham or Canadian bacon
- B4 Huevos Rancheros** – eggs, cheese, refried beans, tomatoes, salsa, corn tortillas and red enchilada sauce
- B5 Breakfast Burritos** – eggs, cheese, tomatoes, onion, salsa, flour tortillas and green enchilada sauce

Breakfast Accompaniments

Available with any meal

BAR	Raisins	BBB	Blueberries
BAW	Walnuts	BAS	Salsa
BAM	Maple Syrup	BAL	Log Cabin Syrup
BAB	Brown Sugar	BAA	Apple Sauce
BAK	Ketchup	BAH	Honey

Build your own Breakfast - these can be combined to create a hearty breakfast or served alone for a light breakfast.

- | | | |
|--|--------------------------------|----------------------------------|
| BB1 Pancakes (specify syrup) | BB8 Breakfast Potatoes | BB15 Canadian Bacon |
| BB2 Eggs to Order | BB9 English Muffins | BB16 Chorizo |
| BB3 French Toast | BB10 Flour Tortillas | BB17 Bacon |
| BB4 Lox, Capers & Red Onion (1x only) | BB11 Granola & Milk | BB18 Breakfast Ham |
| BB5 Assorted Cold Cereal & Milk | BB12 Assorted Cheese | BB19 Sausage Links |
| BB6 Assorted Hot Cereal | BB13 Oatmeal (packets) | BB20 Turkey Sausage Links |
| BB7 Bagels and Cream Cheese | BB14 Toast | BB21 Yogurt |

Breakfast Fruit Options

Your selections will be available every morning of your trip, unless noted otherwise

- BFF** A selection of cantaloupe, honeydew and grapefruit (to last up to 14 days)
- BFC** Assorted canned peaches, pears & apricots (for whole trip, or just after the fresh runs out, your choice)

Breakfast Beverage Options

Your selections will be available every morning of your trip, unless noted otherwise

- | | |
|---|------------------------------------|
| FGC Fresh Ground Coffee | CC Canned Coffee |
| HT Assorted Herbal Teas | BT Assorted Black Teas |
| FOJ Frozen Orange Juice
(available first 6 days only) | LT Lipton Tea |
| | HC Hot Cocoa |
| | CJ Canned Juice Concentrate |

Snack Boxes

Choose a Sweet, Salty or Combo Snack Box 20mm (see menu select sheet).

Sorry, no substitutions, 20mm rental not included.

Sweet

- Candy Bars
- Clif Bars
- Asst Cookies
- Dried Fruit
- Granola Bars
- Honey Roasted Nuts
- Red Vine Licorice
- Luna Bars
- Trail Mix

Salty

- Beef Jerky
- Gardettos
- Mixed Nuts
- Pretzels
- Pringle Chips
- Salty Mix
- Tortilla Chips
- Salsa
- Wasabi Peas

Combo

- Candy Bars
- Asst Cookies
- Dried Fruit
- Honey Roasted Nuts
- Red Vine Licorice
- Mixed Nuts
- Pretzels
- Pringle Chips
- Trail Mix
- Wasabi Peas

LUNCH

Perishable lunches available for the first 10 days

- LA1 Cold Cuts** – a selection of sliced turkey, beef and ham served with cheese, lettuce, tomato and onion, mayonnaise and mustard
- LA2 Cold Cuts Combo** – ¾ meat and ¼ veggie cuts served with same condiments as LA1
- LA3 Veggie Cuts** – tofu turkey & tofu salami with avocados and same condiments as LA1
- LA4 Guacamole** – avocado spread w/ cheese, lettuce, tomato, onion, sour cream & salsa
- LA5 Cream Cheese and Cucumbers** – with tomato, red onion and salsa, great on bagels

Meat/Meatless Lunch Add-Ons	
CCT	Turkey Breast
CCS	Salami
CCH	Ham
CCR	Roast Beef
CTS	Tofu Salami
CTT	Tofu Turkey

Bread Options			
ASW	Assorted Wheat and Rye Bread	BAG	Bagels
TOR	Flour Tortillas	PIT	Pita Pockets <i>(lasts for the first 10 days)</i>
ROL	Kaiser Rolls <i>(one time only)</i>	TRC	Triscuit Crackers

Non-Perishable lunches for any day of your trip

- LB1 Cream Cheese Spread** – diced red onion, black olives and salsa, great on bagels or crackers
- LB2 Hummus Spread** – garbanzo-tahini spread served with onions, tomatoes, lettuce
- LB3 Pasta Salad** – rotini (precooked in camp), red peppers, onions, olives, artichoke hearts, sun dried tomatoes and pesto dressing
- LB4 Tabouli Salad** – a wheat salad with cheese, sun dried tomatoes, cukes, olives and iceberg lettuce
- LB5 Marinated Veggie Salad** - three beans, roasted red peppers, sun dried tomatoes and cheese with dressing
- LB6 Bean Taco Salad** – meatless salad with beans, tortilla chips, cheese, salsa and flour tortillas
- LB7 Egg Salad** – eggs (hard boiled in camp), red onion, mayonnaise and pickle relish
- LB8 Salami and Cheese** – meat or meatless salami with cheese, red onion, mustard and mayonnaise
- LB9 Chicken Salad** – canned chicken, celery, lettuce, red onion, mayonnaise and cheese
- LB10 Tuna Salad** – canned tuna, celery, lettuce, mayonnaise and pickle relish
- LB11 Salmon Salad** – canned salmon, red onion, lettuce, capers and mayonnaise
- LB15 Peanut Butter, Jelly and Honey** - Quick, simple, and just like mom used to make!!! Yum.

Lunch Accompaniments and Snacks			
<i>Also available with any meal</i>			
LAS1	Assorted Cookies	LAS17	Clif Bars
LAS2	Trail Mix	LAS18	Luna Bars
LAS3	M & M's – both kinds	LAS19	Assorted Candy Bars
LAS4	Mixed Dried Fruit	LAS20	Honey Roasted Nuts
LAS5	Fig Newtons	LAS21	Mixed Nuts
LAS6	Red Vine Licorice	LAS22	Salty Trail Mix
LAS7	Pringles	LAS23	Gardetto's
LAS8	Wasabi Peas	LAS24	Pretzels
LAS9	Beef Jerky	LAS25	Almond Butter
LAS10	Turkey Jerky	LAS26	Green Olives
LAS11	Summer Sausage	LAS27	Black Olives
LAS12	Pepperoncini	LAS28	Greek Olives
LAS13	Avocados	LAS29	Artichoke Hearts
LAS14	Roasted Red Peppers	LAS30	PB & J Fixins
LAS15	Pickles	LAS31	Nutella
LAS16	Assorted Granola Bars	LAS32	Condiment Combo
<i>(Combo includes pickles, pepperoncini, & roasted red peppers)</i>			

Lunch Fruit Options			
<i>Most trips of 16 people for 18 days choose a half case each of apples and oranges. Green apples last entire trip.</i>			
CAG	Case of Green Apples	HCG	Half Case of Green
CAR	Case of Red Apples	HCR	Half case of Red
CO	Case of Oranges	HCO	Half Case of Oranges

Lunch Beverage Options			
LBL	Lemonade (dry mix to make 8oz per person per day)	LBG	Gatorade (dry mix to make 8oz per person per day)
LBS	Soda (default is one can per person per day) <i>Soda choices are: Coke, Pepsi, Dr. Pepper, Mtn Dew, Root Beer, Orange, Iced Tea, Ginger Ale, 7-Up or Sprite, Diets (Coke, Pepsi, Dr. Pepper, 7-Up), Club Soda, Tonic Water, V8 and Hansens. Please, whole cases only and no substitutions.</i>		

DINNER

The number in parenthesis after a meal description is the estimated amount of time, in minutes, which it will take to prepare the meal. The following dinners use fresh foods and are suitable for your first ten dinners – add your meat/meatless choice.

- DA1 **Stroganoff** – fresh mushrooms, garlic, onion, sour cream, pasta and add your choice of sirloin strips, meatless crumbles or veggies. (45)
- DA2 **Pasta Primavera** – a colorful mix of broccoli, cauliflower, carrots and onions with your choice of pasta and sauce (60)
- DA3 **Fresh Stir Fry** – onions, garlic, carrots, broccoli and bell peppers with choice of stir-fry sauce and rice (75) (add meat or tofu)
- DA4 **Fajitas** – bell peppers, onions, flour tortillas, sour cream, tomatoes, lettuce, cheese and salsa (add meat strips, C-FAJ or SS-FAJ) (75)
- DA5 **Burritos** – black beans, onions, cheese, avo's, tomatoes, sour cream and salsa (60) (add meat)
- DA6 **Fish Tacos** – cumin seasoned cod served on corn and flour tortillas and topped with cabbage lime slaw and salsa (45)
- DA7 **Thanksgiving Turkey** – breast meat served with cranberry sauce and gravy (45)


<u>Meat/Meatless Options</u>			
P	Pork Strips	SH	Frozen pre-cooked shrimp
SS	Sirloin Strips	GB	Ground Beef
C	Chicken Strips	GT	Ground Turkey
BCC	Canned Chicken	GDB	Garden Burgers
CS	Canned Shrimp	MC	Meatless Ground Crumbles
CT	Canned Tuna	TF	Tofu
CC	Canned Crab	BIT	Boca Italian Sausage
C-FAJ	Fajita Chicken Strips	IS	Italian Sausage
SS-FAJ	Fajita Sirloin Strips	CSA	Canned Salmon

<u>Rice Options</u>	
RBR	Brown
RW	White
RB	Basmati
RI	Instant White
RIB	Instant Brown

<u>Stir Fry Sauce Options</u>	
TP	Thai Peanut Sauce
SF	Stir Fry Sauce
KC	Kaibab Curry – red curry with raisins, cashews, coconut, chutney and pineapple chunks.










The following entrees are grilled on the firepan for your first 10 dinners – add your choice of marinades if you like.

- DA8 **Salmon Steaks** – with lemon wedges & sour cream sauce (75)
- DA9 **Halibut Steaks** – with lemon wedges and tartar sauce (75)
- DA10 **Chicken** – boneless skinless chicken breasts (75)
- DA11 **Lamb Chops** – with a mint sauce (75)
- DA12 **Pork Loin Chops** – boneless with applesauce (75)
- DA13 **Burgers and/or Dogs** – use codes DA13-BG for burgers, DA13-DOG for dogs, DA13-BRA for brats & sauerkraut. All come with fixin's and you can combine up to two of these meals. (75)
- DA14 **Ribeye Steaks** – with sautéed mushrooms, onions and steak sauce (75)

<u>Marinades</u>	
Pre-made	MB-BBQ MLP-Lemon Pepper MI-Italian
From Scratch	 MCC-Chimichurri (an Argentinean delight made with garlic, parsley, vinegar & oil – great on any meat.)


<u>Burg and Dog Options</u>	
BP	Beef Patties
GDB	Garden Burgers
BB	Boca Burger
TB	Tempeh Burgers
TFP	Tofu Pups
HD	Hot Dogs
PSS	Polish Sausage
BW	Bratwurst

Any recipe marked with a  denotes a recipe that is part of the "rafting gourmet" menu. These meals take more time or culinary skill, but are well worth it.

- DA15  **Tri Tip** – Beef's best kept secret; a California classic, this is a relatively inexpensive, yet tender and tasty steak cut from the bottom half of the sirloin. Great with the chimichurri marinade (75)
- DA16  **Doro Wat (DO)** – this classic Ethiopian red pepper stew with boneless chicken thighs can be as hot or mild as you wish (90)
- DA17  **Chicken Tikka Masala** – Boneless chicken thighs marinated in yogurt and an Indian curry spice blend (90)
- DA18  **Butternut Squash Ravioli with Sage Butter**
- DA19  **Pork Tenderloin** – try either marinated (75) or **DA19-A**  stuffed with prosciutto, spinach, herbs & parmesan (90)
- DA20  **Chicken, Shrimp, & Chorizo Paella (DO)** (90)
- DA21  **Chicken with Basil and Thai Chili (DO)** – a great spicy and sweet sauce (90)
- DA23  **Orange Roughy with Spicy Cilantro Sauce** (75) fish substitution may occur depending on availability

MORE DINNER OPTIONS

The following dinners can be early or late trip meals, depending on the meat/meatless option added.

- DB1 Pasta and Sauce** – your choice of pasta & sauce with parmesan (75)
- DB2 Spinach Lasagna (DO)** - canned spinach & mushrooms, onions, peppers and marinara sauce layered with mozzarella, ricotta and pasta (150)
- DB3 Green Chile Stew** – crushed tomatoes, green chilies, pinto beans, onions, and garlic served with cheese, salsa and flour tortillas (45)
- DB4 Enchiladas (DO)** - cheese, onions, bell peppers, and jalapenos layered with corn tortillas and red enchilada sauce (90)
- DB5 Veggie Noodle Soup** – homemade with veggies, pasta, boullion, crackers and your choice of chicken strips, canned chicken or tofu. (45)
- DB6  Layover Chicken and Andouille Sausage Gumbo (120)**

Pasta Options	
PS Spaghetti	PF Fettuccine
PL Linguine	PR Rotini
	PT Tortellini

The following dinners utilize non-perishable ingredients and are suitable for any dinner.

- DC1 Macaroni & Cheese** – Kraft sharp cheddar deluxe (30) (add canned tuna, peas)
- DC2 Corn Chowder** – hearty corn, potato and bacon chowder you make from scratch (60)
- DC3 Jambalaya** – Cajun dish of summer sausage, canned shrimp and chicken with tomatoes, peppers, and onions. Add your choice of rice (60)
- DC4 Tomato Soup and Grilled Cheese Sandwiches** (45)
- DC5 Black Beans and Rice with Quesadillas** (45)
- DC6 Veggie Chili** – packaged mix with canned tomatoes and beans served with flour tortillas and cheese (45)
- DC7 Hammus Alabamus** – canned ham with cloves smeared with honey mustard, served with pineapple slices. (60)
- DC8 Late Trip Stir Fry** – onions, garlic, carrots, bean sprouts, water chestnuts, bamboo shoots and peas. Add choice of canned meat, sauce, and rice (60)
- DC9 Falafel Burgers** – pan-fried falafel patties in flour tortillas with tahini sauce, tomatoes, pickles, red onions and Greek olives (75) (during the first week of the trip you may request pita bread, use code DC9-PITA)
- DC10 Veggie Pot Pie (DO)** – add choice of canned meat to this veggie medley with a golden Bisquick crust. (45)
- DC11 Indian Curry Stew** – a golden curry with potatoes, carrots, onions and spinach. (45)
- DC12 BLT's** - bacon, lettuce, tomato, avocados and cheese sandwiches. (35) (order some sides)

Pasta Sauce Options	
ALF	Alfredo – packaged alfredo sauce
MAR	Marinara – spaghetti sauce with onions and mushrooms
LGB	Lemon, Garlic, Butter - Scampi
DRM	Dreamy Sauce – rich sauce of cream, basil, garlic, canned tomatoes and shredded Parmesan cheese
PSTO	Pesto – packaged pesto sauce with pine nuts

Spice Box Contents

The spices listed below make up a Spice Box from PRO. We offer two options: take the entire spice box or bring your own. See menu detail worksheet.

Allspice Bay Leaves Cajun Cayenne Pepper Chili Powder Cholula Sauce Cinnamon Cloves Coriander
 Cumin Curry Powder Dill Weed Garlic – granulated Ginger Italian Herbs Lemon Pepper Mint Leaves
 Nutmeg Oregano Paprika Parsley Pepper – Black Rosemary Sage Salt Seasoning Salt Tabasco
 Tarragon Thyme Tumeric Vanilla

SALADS AND SIDES

The following salads use very perishable ingredients and can only be served the first seven days. Ordered once is suggested.

- SD1 **Spinach Salad** - pre-washed spinach leaves, red onion, mushroom, bacon bits & honey dijon dressing
- SD2 **Greek Salad** - romaine lettuce, feta, olives, red onion, tomato, cucumber & Caesar dressing
- SD3 **Cucumber Salad** – cucumbers with a sugar and rice vinegar dressing
- SD39 **Salmon Pasta** – lemony butter dill sauce with green beans, pasta and smoked salmon
- SD40 **Mexi-Beef Salad** – beef, jicama, orange, avo's, beans tossed with a cilantro vinaigrette
- SD36 **Quinoa Salad** – quinoa grain, feta, asparagus, tomato and vinaigrette
- SD38 **Mediterranean Rice Salad** – with greek olives, parmesan, pine nuts and spinach
- SD41 **Gaspacho** – cold tomato veggie soup, made with V8 and veggies

<u>Fresh</u> <u>Vegetable</u> <u>Options</u>	
<i>In order of durability</i>	
FVAS	Asparagus (~3 days)
FVGB	Green Beans
FVBR	Broccoli (~5 days)
FVZC	Zucchini (~7 days)
FVYS	Yellow Squash
FVBS	Butternut Squash
FVBC	Baby Carrots
FVCR	Carrots
FVRP	Red Potatoes
FVRS	Russet Potatoes
FVYA	Yams

The following salads use heartier fresh ingredients and may be served the first 14 days.

- SD4 **Fruit Salad** – melon, apple, canned pineapple, raisin & walnut. Great for lunch
- SD5 **Garden Salad** - iceberg lettuce, tomato, carrot, cucumber, celery, red onion, and dressings
- SD7 **Tabouli Salad** - Middle Eastern wheat salad served with tomato, cucumber, and green onion
- SD42 **Blue Cheese Slaw** – green cabbage with a blue cheese and yogurt dressing

The following salads utilize mostly non-perishable ingredients and are great at any time of your trip.

- SD9 **Black Bean Salad** - canned black beans, corn and olives with diced bell peppers, red onion and oil & vinegar
- SD10 **Chinese Cabbage Salad** - green cabbage, and ramen noodles with a soy/sesame dressing
- SD12 **Coleslaw** - traditional cabbage crunch
- SD43 **Cous Cous Chick Pea Salad** – sweetened with raisins, apples and spices
- SD14 **Apple & Mandarin Orange Salad**
- SD15 **Jicama Cucumber Salad**
- SD32 **Red Potato Salad**
- SD17 **Tropical Fruit Salad**

<u>Canned</u> <u>Vegetable</u> <u>Options</u>	
CVGB	Green Bean
CVS	Spinach
CVP	Peas
CVC	Corn
CVCR	Carrots
CVZ	Zucchini
CVM	Mushrooms
CVGC	Green Chiles
CVBB	Black Beans
CVJ	Jalapeno
CVMS	Mushroom Soup

The following side dishes utilize mostly non-perishable ingredients and are great at any time of your trip.

- | | | |
|--|-----------------------------------|--|
| SD8 Calabacitas (Mexican Squash) - blend of canned zucchini, green chilies, and corn, with onion, garlic and tomato | SD20 Three-Bean Salad | SD16 Chile Corn Bread (DO) |
| SD11 Green Bean Casserole | SD29 Dinner Rolls | SD31 Quesadillas |
| SD24 Garlic Bread | SD34 ☞ Creamy Coconut Rice | SD18 Spanish Rice |
| SD25 Rice Pilaf | SD26 Inst Black Beans | SD22 Refried Beans |
| SD21 Baked Beans | SD27 Herb Stuffing | SD28 Cous Cous |
| SD19 Inst Potatoes | SD30 Ramen Noodles | SD23 Soup (assorted inst single serv) |
| SD33 Salmon Cakes | SD45 Quick Navy Bean Soup | SD46 Quick Split Pea Soup |

APPETIZERS

Most of these appetizers are fine any time during your trip. Include them in any meal you wish. (* Early Trip Appetizers)

- | | | | |
|----|--|-----|---|
| A1 | *Crackers & Specialty Cheeses | A7 | Triscuits, Cream Cheese, Shrimp, Cocktail Sauce |
| A2 | Crackers, Sardines & Kippers | A8 | Popcorn & Butter |
| A3 | Lemony Oysters, Triscuits & Cream Cheese | A9 | Pringles with Sour Cream & Onion Dip |
| A4 | Crackers, Cream Cheese & Pepper Jelly | A10 | *Tortilla Chips, Salsa & Guacamole Dip |
| A5 | Queso Dip with Tortilla Chips | A11 | Hummus, Baby Carrots & Greek Olives |
| A6 | *Fresh Veggies and Ranch Dressing Dip | A12 | Spinach Artichoke Dip with Crackers & Veggies |
| | | A13 | Olive Tapenade, Cream Cheese & Crackers |

DESSERTS

Order desserts from this category only once and during the first 5 days; both require a lot of cooler space.

- | | | | |
|-----|---------------------|-----|---|
| SA1 | New York Cheesecake | SA3 | Frozen Dessert Of The Day - Restaurant style cake |
|-----|---------------------|-----|---|

These desserts are baked in a Dutch Oven over coals, and can be enjoyed any time during your trip. Plan on 75 minutes to prepare each dessert, start to finish.

- | | | | |
|-----|------------------------------------|------|---|
| SA4 | Peach Cobbler | SA8 | Devils Food Cake – Vanilla Frosted |
| SA5 | Apple Crisp | SA9 | Pineapple Upside-Down Cake |
| SA6 | Flash Flood Brownies | SA10 | German Chocolate Cake - Coconut Pecan Frosted |
| SA7 | Carrot Cake – Cream Cheese Frosted | | |

These desserts are suitable for the first 10 days of your trip.

- | | |
|-----|--|
| SB1 | Pound Cake & Whipped Cream – add fruit. |
| SB2 | Watermelon - please select only once, due to space |

You may plan to serve the following desserts any time during your trip.

- | | | | |
|------|---|------|--------------------------------|
| SB3 | Boatman's Cheesecake - Mini cheesecakes | SB8 | No-Bake Cheesecake (add fruit) |
| SB4 | No-Bake Chocolate Mousse Pie | SB9 | S'Mores! |
| SB5 | Pepperidge Farm Cookies | SB10 | Ginger Snaps |
| SB6 | After Dinner Mints | SB11 | Mint Cookies |
| SB13 | Assorted Hard Candy | SB12 | Caramel & Apples |

You may also choose sweets from Lunch Accompaniments and Snacks.

Dessert Add-ons

- | | | | |
|-----|--------------------|----|-------------------|
| CBB | Canned Blueberries | CP | Canned Peaches |
| CCC | Canned Cherries | CA | Apple Pie Filling |

Kitchen Sundries List

See menu detail worksheet.

Alum Chore Boy Scrubber Clorox (liquid)
 Dish Soap Foil Gloves (dishwashing)
 Grill Brush Hand Soap Handle Scrubs
 Handwipes Hot Mitts & Pads Matches
 Paper Towels Scotchbrite Scrubby Striker
 Trashbags (3ply, compactor and poly-woven)
 Ziplocs (large and small)

Porto Sundries List

See menu detail worksheet

Charcoal Lighter Fluid
 Clorox II (powder) Foam
 Cleaner Gloves (latex)
 Hand Soap Toilet Brush
 Toilet Paper

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