

Professional River Outfitters El Cheapo Sample Menu

DAY - MILES CAMP	BREAKFAST	LUNCH	LUNCH ACCOMPANIMENTS	DINNER	SIDE DISH	APPETIZER & OR DESSERT
DAY 1	<i>PIB Continental Breakfast</i>	Peanut Butter, Jelly &	raisins	Burritos with black beans,		assorted cookies
	<i>by PRO</i>	honey sandwiches		avos, sour crm & salsa		
DAY 2	Bagels and Cream Cheese	Tuna Salad Sandwiches	trail mix	Pasta Primavera on		watermelon
	with ham			linguine		
DAY 3	Fried Egg Sandwiches	Cold Cuts on assorted	pringles	Hot Dogs with relish	baked beans	pineapple upside down cake
		wheat and rye bread		and onions		
DAY 4	Assorted Hot Cereals with	Cream Cheese & Cukes	honey roasted nuts	Stroganoff with mushroom	fresh green beans	fresh veggies & ranch
	brown sugar	on bagels		and ground beef		dressing
DAY 5	Granola with milk	Egg Salad on	assorted cookies	Tomato Soup and green	garden salad	no bake chocolate
	and yogurt	flour tortillas		chile quesadillas		mousse pie
DAY 6	Potatoes and eggs on flour	Peanut Butter, Jelly &	beef jerky	Burritos with black beans,	ground beef	tortilla chips with salsa and
	tortillas with salsa	honey sandwiches		avos, sour crm & salsa		guacamole (pre-made)
DAY 7	Assorted Hot Cereals	Cold Cuts on assorted	pringles	Pasta Primavera on		assorted cookies
	with raisins	wheat and rye bread		fettucine		
DAY 8	Fried Egg Sandwiches	Cream Cheese & Cukes	roasted red peppers	Green Chile Stew		queso dip with tortilla chips
	with canned jalapenos	on bagels		w/ tortillas & cheese		caramel apples
DAY 9	Granola with milk	Peanut Butter, Jelly &	gardettos snak'ens	Macaroni and Cheese w/	canned green beans	
	and raisins	honey sandwiches		hot dogs	garden salad	
DAY 10	Bagels and Cream Cheese	Marinated Veggie Salad	pretzels	Black Beans & Rice		peach cobbler
				with quesadillas		
DAY 11	French Toast with log cabin	Salmon Salad Sandwiches	pickles	Spaghetti with	garden salad	
	syrup & apple sauce			Italian sausage		
DAY 12	Granola with milk	Peanut Butter, Jelly &	fig newtons	Burritos with black beans,		queso dip w/ tortilla chips
	and yogurt	honey sandwiches		avos, sour crm & salsa		

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DAY 13	Assorted Hot Cereals with raisins, walnuts	Bean Taco Salad	red vine licorice	Hot Dogs with relish and onions	canned corn	s'mores!
DAY 14	Fried Egg Sandwiches with ham	Chicken Salad Sandwiches	pringles	Black Beans & Rice with quesadillas		flash flood brownies
DAY 15	Eggs to Order with English muffins	Peanut Butter, Jelly & honey sandwiches	dried fruit	Dreamy Tortellini	canned peas	caramel apples
DAY 16	Granola with Milk	<i>TOL - Take Out Lunch or Cream Cheese Spread</i>	assorted cookies on bagels	Tomato Soup and green chile quesadillas	cucumber salad	
DAY 17	Eggs to Order with toast	Bean Taco Salad		Hammus Alabamus	instant mashed potatoes canned green beans	
DAY 18	Assorted Hot Cereals with raisins and walnuts	<i>TOL - Take Out Lunch or Chicken Salad Sandwiches</i>	with pickles	Indian Golden Curry Stew with canned chicken	white rice	tropical fruit salad
DAY 19	Granola with milk	Salami & Cheese on wheat or rye bread	pepperoncini assorted cookies	BLT's with Avocado	black bean salad soup	
DAY 20	Pancakes with log cabin syrup and ham	Peanut Butter, Jelly & honey sandwiches	wasabi peas nutella	Black Beans & Rice with quesadillas	jicama cucumber salad	boatman's cheesecake
DAY 21	Granola with milk	<i>TOL - Take Out Lunch</i>				

Submit your menu selections to PRO. Mail: POB 635 Flagstaff, AZ 86002 Fax: 928-213-0936 Email: info@proriver.com Call: 800-648-3236

Note: the El Cheapo menu is not recommended for winter trips. Bring your own spices and canned beverages. You should not have much (or any) leftovers using this menu.