

2008 Sample Menu
Meat/Veggie Combo
Professional River Outfitters, Inc.

Day 1

Lunch: Cream Cheese and Cucumber

Served with: Turkey Breast
Assorted Cookies
Condiment Combo
Bagels
PB & J Fixins

Dinner: Pasta Primavera

Served with: Crackers and Specialty Cheeses
Spinach Salad
Alfredo Sauce
Fettuccine

Day 2

Breakfast: Bagels and Cream Cheese

Served with: Lox, Capers & Red Onion

Lunch: Cold Cuts (1/4 Veggie)

Served with: Avocados
Pringles
Assorted Wheat and Rye Bread
Assorted Granola Bars

Dinner: Burritos

Served with: Tort. Chips w/ Salsa & premade Guacamole
Spanish Rice
Sirloin Strips for Fajitas

Day 3

Breakfast: Eggs Benedict

Lunch: Marinated Veggie Salad

Served with: Gardettos Snak'ens
Pita Pockets
Beef Jerky

Dinner: Fresh Stir Fry

Served with: Ginger Snaps
Apple & Mandarin Orange Salad
Thai Peanut Sauce
White Rice
Chicken Strips
Tofu, two blocks

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Day 4

- Breakfast:** Assorted Cold Cereals
Served with: English Muffins
Almond Butter
- Lunch:** Guacamole
Served with: Cookies (Fig Newtons)
Flour Tortillas
Black Olives
- Dinner:** Burgers with The Works
Burgers with The Works:
Served with: Pringles Chips and Onion Dip
Coleslaw, Traditional
Beef Patties
Flash Flood Brownies
- Burgers with The Works:
Served with: Coleslaw, Traditional
Garden Burgers
Flash Flood Brownies
Garden Burgers

Day 5

- Breakfast:** Assorted Cold Cereals
- Lunch:** Egg Salad
Served with: Trail Mix (Gorp)
Assorted Wheat and Rye Bread
PB & J Fixins
- Dinner:** Pasta and Sauce - Dreamy Sauce
Served with: Garlic Bread
Tortellini
Fresh Vegetable - Zucchini

Day 6

- Breakfast:** Breakfast Burritos
- Lunch:** Cold Cuts (1/4 Veggie)
Served with: Pickles
Assorted Wheat and Rye Bread
Honey Roasted Nuts
- Dinner:** Falafel Burgers with Pita
Served with: Hummus, Carrots, Dolmas & Greek Olives
Greek Salad
Tabouli Salad

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Day 14

Breakfast: Fried Egg Sandwiches
Lunch: Bean Taco Salad
Served with: Assorted Cookies
Black Olives
Dinner: Pasta and Sauce - Pesto
Served with: No Bake Chocolate Mousse Pie
Garden Salad
Canned Crab
Linguine

Day 15

Breakfast: Breakfast Burritos
Lunch: Cream Cheese Spread
Served with: Red Vine Licorice
Roasted Red Peppers
Triscuit Crackers
Dinner: Black Beans and Rice w/ Quesadillas
Served with: Avocados
Boatman's Cheesecake

Day 16

Breakfast: Assorted Cold Cereals
Lunch: Salami and Cheese
Served with: Salami (3/4 meat, 1/4 veg)
Pringles
Assorted Wheat and Rye Bread
Pepperoncini
Dinner: Late Trip Stir Fry
Served with: Chicken, Two extra cans
Tofu, two blocks
Kaibab Curry Stir Fry Sauce
White Rice
Chinese Cabbage Salad

Day 17

Breakfast: Huevos Rancheros
Lunch: Peanut Butter, Jelly and Honey
Served with: Assorted Wheat and Rye Bread
Nutella
Pretzels
Dinner: Veggie Pot Pie
Served with: Spinach Artichoke Dip
Canned Chicken
Mint Cookies

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Day 18

Breakfast: Assorted Cold Cereals
Lunch: Hummus Spread
Served with: Honey Roasted Nuts
Triscuit Crackers
Dinner: Macaroni & Cheese
Served with: Caramel Apples
Salsa
Summer Sausage
Canned Vegetable - Peas

Day 19

Breakfast: Assorted Hot Cereals
Served with: Brown Sugar
Raisins
Lunch: Cream Cheese Spread
Served with: Luna Bars
Summer Sausage
Triscuit Crackers
Dinner: Corn Chowder (no bacon)
Served with: Hard Candy, Assorted
Fresh Vegetable - Baby Carrots

Day 20

Breakfast: Eggs to Order
Served with: Breakfast Potatoes
Cheese, Assorted
Salsa
Lunch: Peanut Butter, Jelly and Honey
Served with: Trail Mix (Gorp)
Assorted Wheat and Rye Bread
Dinner: Veggie Chili
Served with: Tropical Fruit Salad

Day 21

Breakfast: Assorted Cold Cereals
Lunch: BLT's with Avocado
Served with: Nuts: Mixed
Dinner: Falafel Burgers with Tortillas
Served with: Cookies (Fig Newtons)
Couscous

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Day 22

Breakfast: Oatmeal (packets)
Served with: Dried Fruit (mixed)

Lunch: Tuna Salad
Served with: Triscuit Crackers
PB & J Fixins
Pringles

Dinner: Pasta and Sauce - Alfredo Sauce
Served with: Linguine
Canned Vegetable - Green Beans
Popcorn & Butter

Day 23

Breakfast: Granola

Lunch: Chicken Salad
Served with: Assorted Wheat and Rye Bread
Salty Mix

Dinner: Green Chile Stew w/ Torts & Cheese
Served with: Queso Dip with Tortilla Chips

Day 24

Breakfast: Assorted Hot Cereals
Served with: Raisins
Walnuts

Lunch: Salmon Salad
Served with: Flour Tortillas
Assorted Cookies

Dinner: Pasta and Sauce - Pesto
Served with: Triscuits, Cream Cheese and Shrimp
Gnocchi
Fresh Vegetable - Butternut Squash

Day 25

Breakfast: Assorted Cold Cereals