

**2008 Sample Menu**  
**PRO Classic**  
**Professional River Outfitters, Inc.**

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**Day 1**

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**Lunch:**       **Cold Cuts (turkey, ham, roast beef)**  
                  Served with: Pringles  
                                  Roasted Red Peppers  
                                  Assorted Wheat and Rye Bread  
                                  PB & J Fixins

**Dinner:**       **Fresh Stir Fry**  
                  Served with: Thai Peanut Sauce  
                                  Chicken Strips  
                                  White Rice  
                                  Watermelon

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**Day 2**

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**Breakfast:**   **Bagels and Cream Cheese**  
                  Served with: Lox, Capers & Red Onion

**Lunch:**       **Chicken Salad**  
                  Served with: Assorted Cookies  
                                  Pickles  
                                  Assorted Wraps

**Dinner:**       **Salmon Steaks**  
                  Served with: Spinach Salad  
                                  Fresh Vegetable - Red Potatoes  
                                  Crackers and Specialty Cheeses

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**Day 3**

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**Breakfast:**   **Eggs to Order**  
                  Served with: English Muffins  
                                  Bacon for Breakfast

**Lunch:**       **Cream Cheese and Cucumber**  
                  Served with: Black Olives  
                                  Red Vine Licorice  
                                  Bagels

**Dinner:**       **Chicken**  
                  Served with: Carrot Cake w/ Cream Cheese Frosting  
                                  Greek Salad  
                                  Lemon Pepper Sauce  
                                  Rice Pilaf

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**Day 4**

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**Breakfast:**   **Assorted Cold Cereals**

**Lunch:**       **Guacamole**  
                  Served with: Flour Tortillas  
                                  Black Olives  
                                  Honey Roasted Nuts

**Dinner:**       **Pasta and Sauce - Marinara**  
                  Served with: Olive Tapenade, Cream Cheese & Crackers  
                                  Garlic Bread  
                                  Fresh Vegetable - Broccoli  
                                  Italian Sausage  
                                  Spaghetti

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**Day 5**

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**Breakfast:** Omelets with Assorted Fillings  
**Lunch:** Marinated Veggie Salad  
Served with: Pita Pockets  
Wasabi Peas  
Assorted Candy Bars  
**Dinner:** Fajitas  
Served with: Tort. Chips w/ Salsa & premade Guacamole  
Jicama Cucumber Salad  
Chicken Strips, Fajita Marinade  
Refried Beans

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**Day 6**

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**Breakfast:** Pancakes  
Served with: Log Cabin Syrup  
Sausage Links  
**Lunch:** Cold Cuts (turkey, ham, roast beef)  
Served with: Assorted Wheat and Rye Bread  
Green Olives  
Nuts: Mixed  
**Dinner:** Pasta and Sauce - Dreamy Sauce  
Served with: Mint Cookies  
Garlic Bread  
Fresh Vegetable - Zucchini  
Tortellini

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**Day 7**

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**Breakfast:** Assorted Hot Cereals  
Served with: Raisins  
Walnuts  
**Lunch:** Egg Salad  
Served with: Condiment Combo  
Assorted Wheat and Rye Bread  
Assorted Cookies  
**Dinner:** Stroganoff  
Served with: Sirloin Strips  
Fresh Vegetable - Green Beans  
Pringles Chips and Onion Dip

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**Day 8**

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**Breakfast:** Breakfast Burritos  
**Lunch:** Hummus Spread  
Served with: Honey Roasted Nuts  
Pita Pockets  
**Dinner:** Pork Loin Chops with Apple Sauce  
Served with: Garden Salad  
Herb Stuffing  
Crackers, Cream Cheese & Pepper Jelly

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**Day 9**

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**Breakfast:** **Fried Egg Sandwiches**  
Served with: Canadian Bacon

**Lunch:** **Tuna Salad**  
Served with: Avocados  
Pepperoncini  
Pringles  
Assorted Wheat and Rye Bread

**Dinner:** **Fresh Stir Fry**  
Served with: Kaibab Curry Stir Fry Sauce  
Basmati Rice  
Triscuits, Cream Cheese and Shrimp

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**Day 10**

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**Breakfast:** **Granola**  
Served with: Yogurt

**Lunch:** **Pasta Salad**  
Served with: Salty Mix  
PB & J Fixins

**Dinner:** **Rib Eye Steaks**  
Served with: German Chocolate Cake w/ Ccnut Pcn Frst  
Fresh Vegetable - Russet Potatoes  
Blue Cheese Slaw

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**Day 11**

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**Breakfast:** **Pancakes**  
Served with: Blueberries  
Log Cabin Syrup  
Bacon for Breakfast

**Lunch:** **Salami and Cheese**  
Served with: Salami  
Condiment Combo  
Assorted Wheat and Rye Bread  
Assorted Granola Bars

**Dinner:** **Enchilada Style Tamales**  
Served with: Instant Black Beans  
Fresh Veggies & Ranch Dressing  
No Bake Chocolate Mousse Pie

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**Day 12**

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**Breakfast:** **Huevos Rancheros**

**Lunch:** **Lunch Assortment**  
Served with: Lemony Oysters, Triscuits & Cream Cheese  
Summer Sausage  
Cookies (Fig Newtons)

**Dinner:** **Spinach Lasagna**  
Served with: Garlic Bread  
After Dinner Mints

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**Day 13**

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**Breakfast:**   **French Toast**  
                  Served with: Bacon for Breakfast  
  Log Cabin Syrup

**Lunch:**       **Tabouli Salad**  
                  Served with: Triscuit Crackers  
  Beef Jerky  
  Assorted Cookies

**Dinner:**     **Corn Chowder**  
                  Served with: Black Bean Salad  
  Pound Cake w/ Whipped Cream (add fruit)  
  Canned Peaches

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**Day 14**

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**Breakfast:**   **Omelets with Assorted Fillings**

**Lunch:**       **Cream Cheese Spread**  
                  Served with: Nutella  
  Pretzels  
  Bagels

**Dinner:**     **Pasta and Sauce - Pesto**  
                  Served with: Spinach Artichoke Dip  
  Fresh Vegetable - Baby Carrots  
  Fettuccine

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**Day 15**

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**Breakfast:**   **Bagels and Cream Cheese**  
                  Served with: Almond Butter

**Lunch:**       **Chicken Salad**  
                  Served with: Nuts: Mixed  
  Pickles  
  Assorted Wraps

**Dinner:**     **Enchiladas**  
                  Served with: Queso Dip with Tortilla Chips  
  Spanish Rice

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**Day 16**

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**Breakfast:**   **Assorted Cold Cereals**

**Lunch:**       **Bean Taco Salad**  
                  Served with: Trail Mix (Gorp)  
  Dried Fruit (mixed)

**Dinner:**     **Falafel Burgers with Tortillas**  
                  Served with: Couscous  
  Hummus, Carrots, Dolmas & Greek Olives

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**Day 17**

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**Breakfast: Pancakes**  
Served with: Log Cabin Syrup  
Bacon for Breakfast

**Lunch: Salmon Salad**  
Served with: Assorted Wheat and Rye Bread  
Assorted Cookies

**Dinner: Jambalaya**  
Served with: White Rice  
Coleslaw, Traditional  
Pepperidge Farm Dessert Cookies

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**Day 18**

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**Breakfast: Assorted Cold Cereals**

**Lunch: Tuna Salad**  
Served with: Assorted Wheat and Rye Bread  
Gardettos Snak'ens

**Dinner: Black Beans and Rice w/ Quesadillas**  
Served with: Popcorn & Butter  
Calabacitas (Mexican Squash)  
Mole  
Canned Chicken

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**Day 19**

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**Breakfast: Granola**  
Served with: Oatmeal (instant packets)

**Lunch: Egg Salad**  
Served with: Assorted Wheat and Rye Bread  
M&M's (peanut and plain)

**Dinner: Late Trip Stir Fry**  
Served with: Ginger Snaps  
Apple & Mandarin Orange Salad  
Stir Fry Sauce  
Canned Chicken  
Basmati Rice

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**Day 20**

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**Breakfast: Eggs to Order**  
Served with: Toast

**Lunch: Peanut Butter, Jelly and Honey**  
Served with: Assorted Wheat and Rye Bread  
Salty Mix

**Dinner: Tomato Soup and Grilled Cheese Sandwiches**  
Served with: Caramel Apples

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**Day 21**

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**Breakfast:** Assorted Cold Cereals  
**Lunch:** BLT's with Avocado  
Served with: Hard Candy, Assorted  
**Dinner:** Green Chile Stew w/ Torts & Cheese  
Served with: Chile Corn Bread  
Tropical Fruit Salad

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**Day 22**

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**Breakfast:** Assorted Hot Cereals  
Served with: Raisins  
Walnuts  
**Lunch:** Hummus Spread  
Served with: Triscuit Crackers  
Turkey Jerky  
**Dinner:** Veggie Noodle Soup  
Served with: Canned Chicken  
No Bake Cheesecake  
Cherry Filling

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**Day 23**

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**Breakfast:** Granola  
**Lunch:** Pasta Salad  
Served with: Summer Sausage  
**Dinner:** Indian Golden Curry Stew  
Served with: White Rice  
Crackers, Sardines & Kipper Snacks

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**Day 24**

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**Breakfast:** Oatmeal (packets)  
Served with: Dried Fruit (mixed)  
**Lunch:** Peanut Butter, Jelly and Honey  
Served with: Assorted Wheat and Rye Bread  
Nutella  
Pretzels  
**Dinner:** Macaroni & Cheese  
Served with: Canned Tuna  
Boatman's Cheesecake

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**Day 25**

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**Breakfast:** Assorted Cold Cereals