

**2008 Sample Menu**  
**Quick & Easy**  
**Professional River Outfitters, Inc.**

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**Day 1**

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- Lunch:**       **Cold Cuts (turkey, ham, roast beef)**  
                  Served with: Assorted Cookies  
                                  Roasted Red Peppers  
                                  Assorted Wheat and Rye Bread  
                                  PB & J Fixins
- Dinner:**       **Pasta and Sauce**  
                  Served with: New York Cheesecake  
                                  Frozen Pre-Cooked Shrimp  
                                  Lemon, Garlic, Butter (Scampi)  
                                  Linguine  
                                  Spinach Salad
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**Day 2**

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- Breakfast:**   **Bagels and Cream Cheese**  
                  Served with: Lox, Capers & Red Onion
- Lunch:**       **Guacamole**  
                  Served with: Flour Tortillas  
                                  Trail Mix (Gorp)
- Dinner:**       **Thanksgiving Turkey & Gravy**  
                  Served with: Herb Stuffing  
                                  Fresh Vegetable - Green Beans  
                                  Cookies (Fig Newtons)
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**Day 3**

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- Breakfast:**   **Fried Egg Sandwiches**  
                  Served with: Canadian Bacon
- Lunch:**       **Cold Cuts (turkey, ham, roast beef)**  
                  Served with: Pringles  
                                  Pita Pockets
- Dinner:**       **Enchilada Style Tamales**  
                  Served with: Tort. Chips w/ Salsa & premade Guacamole  
                                  Spanish Rice
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**Day 4**

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- Breakfast:**   **Assorted Hot Cereals**  
                  Served with: Raisins  
                                  Walnuts  
                                  Brown Sugar
- Lunch:**       **Cream Cheese and Cucumber**  
                  Served with: Assorted Cookies  
                                  Bagels  
                                  Black Olives
- Dinner:**       **Fresh Stir Fry**  
                  Served with: Apple & Mandarin Orange Salad  
                                  Stir Fry Sauce  
                                  Chicken Strips  
                                  Instant White Rice

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**Day 5**

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**Breakfast:** Assorted Cold Cereals

**Lunch:** Cold Cuts (turkey, ham, roast beef)  
Served with: Assorted Wheat and Rye Bread  
Gardetto's Snak'ens  
Pepperoncini

**Dinner:** Fish Tacos with Lime Slaw  
Served with: Pound Cake w/ Whipped Cream (add fruit)  
Jicama Cucumber Salad  
Cherry Filling  
Refried Beans

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**Day 6**

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**Breakfast:** Bagels and Cream Cheese

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

**Dinner:** Pasta Primavera  
Served with: Crackers and Specialty Cheeses  
Garlic Bread  
Alfredo Sauce  
Fettuccine  
Greek Salad

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**Day 7**

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**Breakfast:** Granola  
Served with: Yogurt

**Lunch:** Cold Cuts (turkey, ham, roast beef)  
Served with: Pickles  
Assorted Wheat and Rye Bread  
Luna Bars

**Dinner:** Burritos  
Served with: Crackers, Cream Cheese & Pepper Jelly  
Ground Beef  
Tropical Fruit Salad

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**Day 8**

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**Breakfast:** Eggs to Order  
Served with: Sausage Links

**Lunch:** Guacamole  
Served with: Flour Tortillas  
Assorted Cookies

**Dinner:** Pasta and Sauce - Marinara  
Served with: Garlic Bread  
Italian Sausage  
Marinara Sauce  
Spaghetti  
Fresh Vegetable - Yellow Squash

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**Day 9**

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**Breakfast:** Assorted Cold Cereals  
**Lunch:** Cold Cuts (turkey, ham, roast beef)  
Served with: Assorted Wheat and Rye Bread  
Clif Bars  
**Dinner:** Burgers with The Works  
Served with: Beef Patties  
Baked Beans  
Coleslaw, Traditional  
Pringles Chips and Onion Dip

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**Day 10**

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**Breakfast:** Oatmeal (packets)  
Served with: Yogurt  
**Lunch:** Hummus Spread  
Served with: Triscuit Crackers  
Greek Olives  
PB & J Fixins  
**Dinner:** Pasta and Sauce - Dreamy Sauce  
Served with: Dinner Rolls  
Tortellini  
Fresh Vegetable - Zucchini

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**Day 11**

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**Breakfast:** Eggs to Order  
Served with: English Muffins  
Ham for Breakfast  
**Lunch:** Cream Cheese Spread  
Served with: Bagels  
Assorted Granola Bars  
**Dinner:** Tomato Soup and Grilled Cheese Sandwiches  
Served with: Canned Vegetable - Corn  
Mint Cookies

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**Day 12**

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**Breakfast:** Assorted Cold Cereals  
**Lunch:** Chicken Salad  
Served with: Assorted Wheat and Rye Bread  
Pickles  
Assorted Cookies  
**Dinner:** Macaroni & Cheese  
Served with: Pepperidge Farm Dessert Cookies  
Salsa  
Summer Sausage  
Fresh Veggies & Ranch Dressing

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**Day 13**

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**Breakfast:**   **Assorted Hot Cereals**  
                  Served with: Raisins  
  Walnuts

**Lunch:**       **Salami and Cheese**  
                  Served with: Salami  
  Dried Fruit (mixed)  
  Assorted Wheat and Rye Bread

**Dinner:**      **Jambalaya**  
                  Served with: After Dinner Mints  
  Honey Roasted Nuts  
  Instant White Rice  
  Garden Salad

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**Day 14**

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

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

**Dinner:**      **Pasta and Sauce - Pesto**  
                  Served with: No Bake Chocolate Mousse Pie  
  Canned Vegetable - Green Beans  
  Gnocchi  
  Garlic Bread

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**Day 15**

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**Breakfast:**   **Bagels and Cream Cheese**  
                  Served with: Almond Butter  
  Oatmeal (instant packets)

**Lunch:**       **Peanut Butter, Jelly and Honey**  
                  Served with: Assorted Wheat and Rye Bread  
  M&M's (peanut and plain)

**Dinner:**      **Veggie Chili**  
                  Served with: Queso Dip with Tortilla Chips  
  Cookies (Fig Newtons)

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**Day 16**

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**Breakfast:**   **Granola**

**Lunch:**       **Cream Cheese Spread**  
                  Served with: Wasabi Peas  
  Flour Tortillas

**Dinner:**      **Late Trip Stir Fry**  
                  Served with: Kaibab Curry Stir Fry Sauce  
  Canned Chicken  
  Instant White Rice  
  Nuts: Mixed  
  Ginger Snaps

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**Day 17**

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

**Lunch:** Tuna Salad  
Served with: Assorted Wheat and Rye Bread  
Trail Mix (Gorp)

**Dinner:** Green Chile Stew w/ Torts & Cheese  
Served with: Caramel Apples

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**Day 18**

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**Breakfast:** Granola

**Lunch:** Lunch Assortment  
Served with: Hummus, Carrots, Dolmas & Greek Olives  
Beef Jerky

**Dinner:** Indian Golden Curry Stew  
Served with: No Bake Cheesecake  
Canned Chicken  
Cherry Filling  
Instant Brown Rice

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**Day 19**

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

**Lunch:** Peanut Butter, Jelly and Honey  
Served with: Nutella  
Pretzels  
Assorted Wheat and Rye Bread

**Dinner:** Veggie Noodle Soup  
Served with: Canned Chicken  
After Dinner Mints

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**Day 20**

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**Breakfast:** Assorted Hot Cereals

**Lunch:** Chicken Salad  
Served with: Assorted Cookies  
Flour Tortillas

**Dinner:** Black Beans and Rice w/ Quesadillas  
Served with: Boatman's Cheesecake  
Crackers, Sardines & Kipper Snacks

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**Day 21**

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**Breakfast:** Assorted Cold Cereals

**Lunch:** Marinated Veggie Salad  
Served with: Summer Sausage  
Lemony Oysters, Triscuits & Cream Cheese

**Dinner:** BLT's with Avocado  
Served with: Baked Beans  
Hard Candy, Assorted

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**Day 22**

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

**Lunch:** Tabouli Salad  
Served with: Turkey Jerky  
Nuts: Mixed

**Dinner:** Corn Chowder  
Served with: Triscuits, Cream Cheese and Shrimp  
Assorted Cookies

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**Day 23**

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**Breakfast:** Granola

**Lunch:** Bean Taco Salad  
Served with: Honey Roasted Nuts

**Dinner:** Falafel Burgers with Tortillas  
Served with: Couscous  
Cookies (Fig Newtons)

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**Day 24**

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**Breakfast:** Assorted Hot Cereals  
Served with: Raisins  
Walnuts

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

**Dinner:** Pasta Salad  
Served with: Olive Tapenade, Cream Cheese & Crackers

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**Day 25**

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**Breakfast:** Assorted Cold Cereals