

**2008 Sample Menu**  
**Rafting Gourmet**  
**Professional River Outfitters, Inc.**

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**Day 1**

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- Lunch:**       **Cold Cuts (turkey, ham, roast beef)**  
                  Served with: PB & J Fixins  
                                  Roasted Red Peppers  
                                  Assorted Wheat and Rye Bread  
                                  Almond Butter
- Dinner:**       **Butternut Squash Ravioli w/ Sage Butter**  
                  Served with: Frozen Dessert of the Day  
                                  Crackers and Specialty Cheeses  
                                  Pork Chops  
                                  Fresh Vegetable - Asparagus
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**Day 2**

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- Breakfast:**   **Bagels and Cream Cheese**  
                  Served with: Lox, Capers & Red Onion
- Lunch:**       **Chinese Chicken Salad**  
                  Served with: Assorted Cookies  
                                  Assorted Wraps  
                                  Salty Mix
- Dinner:**       **Fish with Spicy Cilantro Sauce**  
                  Served with: Olive Tapenade, Cream Cheese & Crackers  
                                  Rice Pilaf  
                                  Spinach Salad
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**Day 3**

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- Breakfast:**   **Eggs to Order**  
                  Served with: Bacon for Breakfast  
                                  English Muffins
- Lunch:**       **Cream Cheese and Cucumber**  
                  Served with: Red Vine Licorice  
                                  Bagels  
                                  Green Olives
- Dinner:**       **Doro Wat**  
                  Served with: Pound Cake w/ Whipped Cream (add fruit)  
                                  Garden Salad  
                                  Brown Rice  
                                  Cherry Filling
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**Day 4**

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- Breakfast:**   **Assorted Cold Cereals**
- Lunch:**       **Guacamole**  
                  Served with: Black Olives  
                                  Honey Roasted Nuts  
                                  Flour Tortillas
- Dinner:**       **Fresh Stir Fry**  
                  Served with: Stir Fry Sauce  
                                  Pork Strips  
                                  White Rice  
                                  Ginger Snaps



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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:** **Tri Tip**  
Served with: Flash Flood Brownies  
Blue Cheese Slaw  
Dinner Rolls  
Chimichurri Sauce

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**Day 10**

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

**Lunch:** **Pasta Salad**  
Served with: Turkey Jerky

**Dinner:** **Chicken, Shrimp, & Chorizo Paella**  
Served with: Spinach Artichoke Dip  
Garden Salad

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**Day 11**

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**Breakfast:** **Pancakes**  
Served with: Blueberries  
Bacon for Breakfast  
Maple Syrup

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

**Dinner:** **Green Chile Stew w/ Torts & Cheese**  
Served with: Tort. Chips w/ Salsa & premade Guacamole  
Pork Strips  
Jicama Cucumber Salad  
Chile Corn Bread

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**Day 12**

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

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

**Dinner:** **Spinach Lasagna**  
Served with: Boatman's Cheesecake  
Garden Salad  
Garlic Bread  
Italian Sausage

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**Day 13**

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**Breakfast:** Assorted Cold Cereals

**Lunch:** Tabouli Salad

Served with: Assorted Cookies  
Beef Jerky  
Triscuit Crackers

**Dinner:** Layover Chicken & Andouille Sausage Gumbo

Served with: Brown Rice  
Fresh Veggies & Ranch Dressing

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**Day 14**

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**Breakfast:** French Toast

Served with: Bacon for Breakfast  
Maple Syrup

**Lunch:** Cream Cheese Spread

Served with: Nutella  
Pretzels  
Bagels

**Dinner:** Corn Chowder

Served with: Garden Salad  
Crackers, Cream Cheese & Pepper Jelly

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**Day 15**

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**Breakfast:** Bagels and Cream Cheese

Served with: Almond Butter

**Lunch:** Zesty Wraps

Served with: Nuts: Mixed  
Pickles  
Canned Turkey  
Assorted Wraps

**Dinner:** Late Trip Stir Fry

Served with: Chinese Cabbage Salad  
Thai Peanut Sauce  
Canned Chicken  
White Rice  
Mint Cookies

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**Day 16**

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**Breakfast:** Granola

**Lunch:** Tuna Salad

Served with: Assorted Wheat and Rye Bread  
Gardettos Snak'ens

**Dinner:** Indian Golden Curry Stew

Served with: Basmati Rice  
Caramel Apples

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**Day 17**

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**Breakfast:**   **Pancakes**  
                  Served with: Bacon for Breakfast  
  Maple Syrup

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

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

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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:**      **Pasta and Sauce - Pesto**  
                  Served with: Gnocchi  
  Canned Vegetable - Green Beans  
  German Chocolate Cake w/ Ccnut Pcn Frst

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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:**      **Pasta and Sauce - Pesto**  
                  Served with: Gnocchi  
  Canned Vegetable - Green Beans  
  German Chocolate Cake w/ Ccnut Pcn Frst

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**Day 21**

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