

2008 Sample Menu
Summer Light
Professional River Outfitters, Inc.

Day 1

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

Dinner: **Pasta and Sauce - Lemon, Garlic, Butter**
 Served with: Olive Tapenade, Cream Cheese & Crackers
 Spinach Salad
 Frozen Pre-Cooked Shrimp
 Linguine

Day 2

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

Lunch: **Hummus Spread**
 Served with: Black Olives
 Clif Bars
 Pita Pockets
 Red Vine Licorice

Dinner: **Fish Tacos with Lime Slaw**
 Served with: Watermelon
 Tort. Chips w/ Salsa & premade Guacamole

Day 3

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

Lunch: **Guacamole**
 Served with: Assorted Granola Bars
 Beef Jerky
 Flour Tortillas

Dinner: **Dinner Supplies**
 Served with: Mediterranean Rice Salad
 Greek Salad
 Pound Cake w/ Whipped Cream (add fruit)
 Cherry Filling

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Day 12

Breakfast: **Granola**
 Served with: Apple Sauce

Lunch: **Salmon Salad**
 Served with: Assorted Candy Bars
 Green Olives
 Triscuit Crackers

Dinner: **BLT's with Avocado**
 Served with: Boatman's Cheesecake
 Red Potato Salad

Day 13

Breakfast: **Eggs Benedict**

Lunch: **Marinated Veggie Salad**
 Served with: Nuts: Mixed
 Summer Sausage

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

Day 14

Breakfast: **Assorted Cold Cereals**
 Served with: Dried Fruit (mixed)

Lunch: **Egg Salad**
 Served with: Pringles
 Assorted Wheat and Rye Bread
 Cookies (Fig Newtons)

Dinner: **Falafel Burgers with Tortillas**
 Served with: Cous Cous Chick Pea Salad
 Hummus, Carrots, Dolmas & Greek Olives

Day 15

Breakfast: **Granola**

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

Dinner: **Black Beans and Rice w/ Quesadillas**
 Served with: Apple & Mandarin Orange Salad
 Garden Salad

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Day 16

Breakfast: Assorted Cold Cereals

Lunch: Chicken Salad

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

Dinner: Late Trip Stir Fry

Served with: White Rice
Linguine
Chinese Cabbage Salad
Ginger Snaps

Day 17

Breakfast: Eggs to Order

Served with: English Muffins

Lunch: Tuna Salad

Served with: Assorted Cookies
Assorted Wheat and Rye Bread
Wasabi Peas

Dinner: Pasta and Sauce - Pesto

Served with: Triscuits, Cream Cheese and Shrimp
Gnocchi
Fresh Vegetable - Baby Carrots

Day 18

Breakfast: Assorted Cold Cereals