

2008 Sample Menu
Vegetarian
Professional River Outfitters, Inc.

Day 1

Lunch: Cream Cheese and Cucumber
Served with: Assorted Cookies
Nuts: Mixed
Bagels
PB & J Fixins

Dinner: Pasta Primavera
Served with: Crackers and Specialty Cheeses
Garlic Bread
Spinach Salad (no bacon)
Alfredo Sauce
Linguine

Day 2

Breakfast: French Toast
Served with: Maple Syrup

Lunch: Veggie Cuts
Served with: Assorted Wheat and Rye Bread
Pringles

Dinner: Burritos
Served with: Watermelon
Brown Rice
Tort. Chips w/ Salsa & premade Guacamole

Day 3

Breakfast: Huevos Rancheros

Lunch: Marinated Veggie Salad
Served with: Pita Pockets
Gardettos Snak'ens

Dinner: Fresh Stir Fry
Served with: Ginger Snaps
Thai Peanut Sauce
Tofu
White Rice
Cucumber Salad

Day 4

Breakfast: Assorted Cold Cereals
Served with: Almond Butter
English Muffins

Lunch: Guacamole
Served with: Flour Tortillas
Honey Roasted Nuts

Dinner: Stroganoff
Served with: Meatless Crumbles
Fresh Vegetable - Green Beans
Pound Cake w/ Whipped Cream (add fruit)
Canned Peaches

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Day 5

Breakfast: Breakfast Burritos

Lunch: Hummus Spread

Served with: Pita Pockets
Roasted Red Peppers
Salty Mix

Dinner: Pasta and Sauce - Dreamy Sauce

Served with: After Dinner Mints
Olive Tapenade, Cream Cheese & Crackers
Tortellini
Fresh Vegetable - Zucchini

Day 6

Breakfast: Assorted Hot Cereals

Served with: Walnuts
Raisins

Lunch: Egg Salad

Served with: Assorted Wheat and Rye Bread
Trail Mix (Gorp)

Dinner: Falafel Burgers with Pita

Served with: Flash Flood Brownies
Greek Salad
Quinoa Salad with Asparagus

Day 7

Breakfast: Assorted Cold Cereals

Lunch: Veggie Cuts

Served with: Assorted Wheat and Rye Bread
Pickles
Cookies (Fig Newtons)

Dinner: Spinach Lasagna

Served with: Garlic Bread
Fresh Veggies & Ranch Dressing

Day 8

Breakfast: Granola

Served with: Yogurt

Lunch: Guacamole

Served with: Flour Tortillas
Assorted Candy Bars

Dinner: Indian Golden Curry Stew

Served with: Basmati Rice
Fresh Vegetable - Yellow Squash
Raisins
Hummus, Carrots, Dolmas & Greek Olives

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Day 9

Breakfast: Omelets with Assorted Fillings
Lunch: Cream Cheese and Cucumber
Served with: Bagels
Dried Fruit (mixed)
Dinner: Corn Chowder (no bacon)
Served with: Fruit Salad
Fresh Vegetable - Butternut Squash
Dinner Rolls

Day 10

Breakfast: Pancakes
Served with: Blueberries
Maple Syrup
Lunch: Tabouli Salad
Served with: Pita Pockets
Pepperoncini
Nutella
Pretzels
Dinner: Green Chile Stew w/ Torts & Cheese
Served with: Chile Corn Bread
Avocados

Day 11

Breakfast: Eggs to Order
Served with: Breakfast Potatoes
Salsa
Lunch: Hummus Spread
Served with: Triscuit Crackers
M&M's (peanut and plain)
PB & J Fixins
Dinner: Pasta and Sauce - Marinara
Served with: Garden Salad
Garlic Bread
Spaghetti
Mint Cookies

Day 12

Breakfast: Assorted Cold Cereals
Served with: English Muffins
Lunch: Pasta Salad
Served with: Assorted Cookies
Wasabi Peas
Dinner: Tomato Soup and Grilled Cheese Sandwiches
Served with: Dried Fruit (mixed)
Spinach Artichoke Dip

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Day 13

Breakfast: Assorted Hot Cereals
Served with: Raisins
Walnuts

Lunch: Egg Salad
Served with: Assorted Wheat and Rye Bread
Clif Bars

Dinner: Enchiladas
Served with: Black Bean Salad
Spanish Rice
Caramel Apples

Day 14

Breakfast: Fried Egg Sandwiches

Lunch: Bean Taco Salad
Served with: Assorted Cookies

Dinner: Pasta and Sauce - Pesto
Served with: Carrot Cake w/ Cream Cheese Frosting
Garden Salad
Gnocchi

Day 15

Breakfast: Breakfast Burritos

Lunch: Salami and Cheese
Served with: Meatless Salami (Soy)
Assorted Wheat and Rye Bread
Pickles
Salty Mix

Dinner: Black Beans and Rice w/ Quesadillas
Served with: Jicama Cucumber Salad
Crackers, Cream Cheese & Pepper Jelly

Day 16

Breakfast: Granola

Lunch: Cream Cheese Spread
Served with: Triscuit Crackers
Roasted Red Peppers
Red Vine Licorice

Dinner: Late Trip Stir Fry
Served with: Pringles Chips and Onion Dip
Chinese Cabbage Salad
Kaibab Curry Stir Fry Sauce
Tofu
Brown Rice
Pepperidge Farm Dessert Cookies

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Day 17

Breakfast: Eggs to Order
Served with: Cheese, Assorted
Oatmeal (instant packets)

Lunch: Peanut Butter, Jelly and Honey
Served with: Assorted Wheat and Rye Bread
Trail Mix (Gorp)

Dinner: Veggie Chili
Served with: Quesadillas
Apple & Mandarin Orange Salad

Day 18

Breakfast: Assorted Cold Cereals

Lunch: Pasta Salad
Served with: Cookies (Fig Newtons)

Dinner: Macaroni & Cheese
Served with: No Bake Chocolate Mousse Pie
Canned Vegetable - Peas
Salsa

Day 19

Breakfast: French Toast
Served with: Apple Sauce
Maple Syrup

Lunch: Bean Taco Salad
Served with: Black Olives
Luna Bars

Dinner: Veggie Noodle Soup
Served with: Boatman's Cheesecake
Nuts: Mixed

Day 20

Breakfast: Pancakes
Served with: Raisins
Maple Syrup

Lunch: Hummus Spread
Served with: Triscuit Crackers
Black Olives
Roasted Red Peppers

Dinner: Pasta and Sauce - Alfredo Sauce
Served with: Three Bean Salad
Honey Roasted Nuts
Tortellini

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Day 21

Breakfast: Assorted Cold Cereals

Lunch: Salami and Cheese

Served with: Meatless Salami (Soy)
Assorted Wheat and Rye Bread
Condiment Combo
Pringles
Hard Candy, Assorted

Dinner: Veggie Pot Pie

Served with: S'Mores!
Coleslaw, Traditional
Tofu; one 12 oz block

Day 22

Breakfast: Oatmeal (packets)

Served with: Dried Fruit (mixed)

Lunch: Tabouli Salad

Served with: Assorted Granola Bars
Greek Olives
Triscuit Crackers

Dinner: Green Chile Stew w/ Torts & Cheese

Served with: Tropical Fruit Salad
Queso Dip with Tortilla Chips

Day 23

Breakfast: Granola

Lunch: Egg Salad

Served with: Green Olives
Pringles
Assorted Wheat and Rye Bread

Dinner: Falafel Burgers with Tortillas

Served with: No Bake Cheesecake
Cherry Filling
Cous Cous Chick Pea Salad

Day 24

Breakfast: Assorted Hot Cereals

Served with: Raisins
Walnuts

Lunch: Peanut Butter, Jelly and Honey

Served with: Assorted Wheat and Rye Bread
Nutella
Pretzels

Dinner: Pasta and Sauce - Pesto

Served with: Popcorn & Butter
Linguine
Canned Vegetable - Green Beans

Day 25

Breakfast: Assorted Cold Cereals