

2008 Sample Menu
Winter Hearty
Professional River Outfitters, Inc.

Day 1

Lunch: Cold Cuts (turkey, ham, roast beef)

Served with: Assorted Cookies
PB & J Fixins
Assorted Wheat and Rye Bread
Condiment Combo

Dinner: Rib Eye Steaks

Served with: Pineapple Upside Down Cake
Fresh Veggies & Ranch Dressing
Fresh Vegetable - Russet Potatoes
Blue Cheese Slaw

Day 2

Breakfast: Eggs to Order

Served with: Almond Butter
Bacon for Breakfast
Oatmeal (instant packets)
Bagels

Lunch: Guacamole

Served with: Black Olives
Nuts: Mixed
Flour Tortillas

Dinner: Fresh Stir Fry

Served with: Frozen Dessert of the Day
Cucumber Salad
Ramen Noodles
Stir Fry Sauce
White Rice
Pork Strips

Day 3

Breakfast: Bagels and Cream Cheese

Served with: Lox, Capers & Red Onion

Lunch: Cold Cuts (turkey, ham, roast beef)

Served with: Assorted Wheat and Rye Bread
Assorted Cookies
Pringles

Dinner: Stroganoff

Served with: Sirloin Strips
Crackers and Specialty Cheeses
Fresh Vegetable - Green Beans
Pepperidge Farm Dessert Cookies

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Day 4

Breakfast: Granola

Served with: Yogurt
Honey

Lunch: Salami and Cheese

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

Dinner: Halibut Steaks

Served with: Apple Crisp
Triscuits, Cream Cheese and Shrimp
Rice Pilaf
Fresh Vegetable - Broccoli

Day 5

Breakfast: Fried Egg Sandwiches

Served with: Canadian Bacon

Lunch: Hummus Spread

Served with: Beef Jerky
Pita Pockets
Green Olives

Dinner: Pasta and Sauce - Alfredo Sauce

Served with: No Bake Chocolate Mousse Pie
Olive Tapenade, Cream Cheese & Crackers
Frozen Pre-Cooked Shrimp
Linguine
Spinach Salad

Day 6

Breakfast: Omelets with Assorted Fillings

Served with: Turkey Sausage Links

Lunch: Bean Taco Salad

Served with: Cookies (Fig Newtons)
Turkey Jerky

Dinner: Lamb Chops

Served with: Spinach Artichoke Dip
Greek Salad
Tabouli Salad
Fresh Vegetable - Yellow Squash
Carrot Cake w/ Cream Cheese Frosting

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Day 10

- Breakfast: Pancakes**
Served with: Maple Syrup
Ham for Breakfast
Blueberries
- Lunch: Tabouli Salad**
Served with: M&M's (peanut and plain)
Salty Mix
- Dinner: Burritos**
Served with: Spanish Rice
Ground Beef
Hard Candy, Assorted
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Day 11

- Breakfast: Huevos Rancheros**
- Lunch: Tuna Salad**
Served with: Assorted Candy Bars
Assorted Wheat and Rye Bread
Pringles
- Dinner: Chicken**
Served with: Flash Flood Brownies
Italian Dressing
Fettuccine
Pesto Sauce
Fresh Vegetable - Yellow Squash
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Day 12

- Breakfast: Pancakes**
Served with: Maple Syrup
Sausage Links
- Lunch: Peanut Butter, Jelly and Honey**
Served with: Clif Bars
Assorted Wheat and Rye Bread
- Dinner: Enchilada Style Tamales**
Served with: Caramel Apples
Queso Dip with Tortilla Chips
Chile Corn Bread
Instant Black Beans
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Day 13

- Breakfast: Assorted Hot Cereals**
Served with: Raisins
Walnuts
- Lunch: Pasta Salad**
Served with: M&M's (peanut and plain)
Gardetto's Snak'ens
- Dinner: Falafel Burgers with Tortillas**
Served with: Ginger Snaps
Couscous
Hummus, Carrots, Dolmas & Greek Olives

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Day 14

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

Lunch: **Marinated Veggie Salad**
Served with: Nutella
Pretzels

Dinner: **Enchiladas**
Served with: Canned Chicken
Black Bean Salad
Tropical Fruit Salad
S'Mores!

Day 15

Breakfast: **Bagels and Cream Cheese**

Lunch: **Egg Salad**
Served with: Flour Tortillas
Pringles
Assorted Granola Bars

Dinner: **Late Trip Stir Fry**
Served with: Kaibab Curry Stir Fry Sauce
Basmati Rice
Garden Salad
Lemony Oysters, Triscuits & Cream Cheese
Mint Cookies

Day 16

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

Lunch: **Chicken Salad**
Served with: Assorted Wheat and Rye Bread
Red Vine Licorice
Wasabi Peas

Dinner: **Veggie Chili**
Served with: Canned Chicken
Canned Vegetable - Corn
Quesadillas
Peach Cobbler

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Day 17

- Breakfast: Pancakes**
Served with: Blueberries
Walnuts
Log Cabin Syrup
- Lunch: Salami and Cheese**
Served with: Salami
Assorted Cookies
Pickles
Assorted Wheat and Rye Bread
- Dinner: Indian Golden Curry Stew**
Served with: Popcorn & Butter
Basmati Rice
Apple & Mandarin Orange Salad
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Day 18

- Breakfast: Assorted Hot Cereals**
Served with: Raisins
Walnuts
- Lunch: Cream Cheese Spread**
Served with: Summer Sausage
Triscuit Crackers
- Dinner: Tomato Soup and Grilled Cheese Sandwiches**
Served with: Devil's Food Cake w/Vanilla Frosting
Coleslaw, Traditional
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Day 19

- Breakfast: Breakfast Burritos**
- Lunch: Peanut Butter, Jelly and Honey**
Served with: Luna Bars
Assorted Wheat and Rye Bread
- Dinner: Jambalaya**
Served with: White Rice
Pringles Chips and Onion Dip
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Day 20

- Breakfast: Eggs to Order**
Served with: Breakfast Potatoes
Salsa
- Lunch: Chicken Salad**
Served with: Assorted Wheat and Rye Bread
Assorted Cookies
Pringles
- Dinner: Pasta and Sauce - Marinara**
Served with: After Dinner Mints
Tortellini
Canned Vegetable - Green Beans
Olive Tapenade, Cream Cheese & Crackers

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Day 21

Breakfast: Assorted Cold Cereals
Lunch: Hummus Spread
Served with: Triscuit Crackers
Beef Jerky
Green Olives
Dinner: Corn Chowder
Served with: Crackers, Cream Cheese & Pepper Jelly
Coleslaw, Traditional

Day 22

Breakfast: Oatmeal (packets)
Served with: Dried Fruit (mixed)
Lunch: BLT's with Avocado
Served with: Honey Roasted Nuts
Dinner: Macaroni & Cheese
Served with: Canned Tuna
Boatman's Cheesecake

Day 23

Breakfast: Granola
Lunch: Salmon Salad
Served with: Nuts: Mixed
Assorted Wheat and Rye Bread
Assorted Candy Bars
Dinner: Green Chile Stew w/ Torts & Cheese
Served with: Chile Corn Bread

Day 24

Breakfast: Assorted Hot Cereals
Served with: Raisins
Walnuts
Lunch: Peanut Butter, Jelly and Honey
Served with: Assorted Wheat and Rye Bread
Salty Mix
Dinner: Veggie Noodle Soup
Served with: Cookies (Fig Newtons)
Canned Turkey

Day 25

Breakfast: Assorted Cold Cereals