

**2011 Sample Menu**  
**Meat/Veggie Combo**  
**Professional River Outfitters, Inc.**

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**Day 1**

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**Lunch:**        **Cream Cheese and Cucumber**  
                    Served with: Turkey Breast  
                                 Assorted Cookies  
                                 Condiment Combo  
                                 Bagels  
                                 PB & J Fixins

**Dinner:**        **Pasta Primavera**  
                    Served with: Crackers and Specialty Cheeses  
                                 Spinach Salad  
                                 Alfredo Sauce  
                                 Fettuccine

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**Day 2**

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

**Lunch:**        **Cold Cuts (1/4 Veggie)**  
                    Served with: Avocados  
                                 Pringles  
                                 Assorted Wheat and Rye Bread  
                                 Assorted Granola Bars

**Dinner:**        **Burritos**  
                    Served with: Tort. Chips w/ Salsa & premade Guacamole  
                                 Spanish Rice  
                                 Sirloin Strips for Fajitas

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**Day 3**

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**Breakfast:**    **Eggs Benedict**

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

**Dinner:**        **Fresh Stir Fry**  
                    Served with: Ginger Snaps  
                                 Apple & Mandarin Orange Salad  
                                 Thai Peanut Sauce  
                                 White Rice  
                                 Chicken Strips  
                                 Tofu, two blocks

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**Day 4**

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- Breakfast:** Assorted Cold Cereals  
Served with: English Muffins  
Almond Butter
- Lunch:** Guacamole  
Served with: Cookies (Fig Newtons)  
Flour Tortillas  
Black Olives
- Dinner:** Burgers with The Works  
Burgers with The Works:  
Served with: Pringles Chips and Onion Dip  
Coleslaw, Traditional  
Beef Patties  
Flash Flood Brownies
- Burgers with The Works:  
Served with: Coleslaw, Traditional  
Garden Burgers  
Flash Flood Brownies  
Garden Burgers

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**Day 5**

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- Breakfast:** Assorted Cold Cereals
- Lunch:** Egg Salad  
Served with: Trail Mix (Gorp)  
Assorted Wheat and Rye Bread  
PB & J Fixins
- Dinner:** Pasta and Sauce - Dreamy Sauce  
Served with: Garlic Bread  
Tortellini  
Fresh Vegetable - Zucchini

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**Day 6**

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- Breakfast:** Breakfast Burritos
- Lunch:** Cold Cuts (1/4 Veggie)  
Served with: Pickles  
Assorted Wheat and Rye Bread  
Honey Roasted Nuts
- Dinner:** Falafel Burgers with Pita  
Served with: Hummus, Carrots, Dolmas & Greek Olives  
Greek Salad  
Tabouli Salad



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**Day 10**

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- Breakfast:**   **Pancakes**  
                  Served with: Blueberries  
                                  Maple Syrup  
                                  Walnuts
- Lunch:**       **Pasta Salad**  
                  Served with: Wasabi Peas  
                                  Summer Sausage
- Dinner:**      **Green Chile Stew w/ Torts & Cheese**  
                  Served with: No Bake Cheesecake  
                                  Chile Corn Bread  
                                  Pork Strips  
                                  Cherry Filling
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**Day 11**

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- Breakfast:**   **Eggs to Order**  
                  Served with: Breakfast Potatoes  
                                  Cheese, Assorted
- Lunch:**       **Tabouli Salad**  
                  Served with: Assorted Candy Bars  
                                  Beef Jerky
- Dinner:**      **Pasta and Sauce - Marinara**  
                  Served with: Olive Tapenade, Cream Cheese & Crackers  
                                  Garden Salad  
                                  Garlic Bread  
                                  Spaghetti
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**Day 12**

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- Breakfast:**   **Assorted Cold Cereals**  
                  Served with: Oatmeal (instant packets)
- Lunch:**       **Hummus Spread**  
                  Served with: M&M's (peanut and plain)  
                                  Triscuit Crackers
- Dinner:**      **Tomato Soup and Grilled Cheese Sandwiches**  
                  Served with: Pepperidge Farm Dessert Cookies  
                                  Three Bean Salad  
                                  Crackers, Sardines & Kipper Snacks
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**Day 13**

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- 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  
                                  Jicama Cucumber Salad

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**Day 14**

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**Breakfast: Fried Egg Sandwiches**

**Lunch: Bean Taco Salad**

Served with: Assorted Cookies  
Black Olives

**Dinner: Pasta and Sauce - Pesto**

Served with: No Bake Chocolate Mousse Pie  
Garden Salad  
Canned Crab  
Linguine

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**Day 15**

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**Breakfast: Breakfast Burritos**

**Lunch: Cream Cheese Spread**

Served with: Red Vine Licorice  
Roasted Red Peppers  
Triscuit Crackers

**Dinner: Black Beans and Rice w/ Quesadillas**

Served with: Avocados  
Boatman's Cheesecake

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**Day 16**

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**Breakfast: Assorted Cold Cereals**