

Sample Menu
PRO Classic
Professional River Outfitters, Inc.

Day 1

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

Dinner: **Fresh Stir Fry**
 Served with: Thai Peanut Sauce
 Chicken Strips
 White Rice
 Watermelon

Day 2

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

Lunch: **Chicken Salad**
 Served with: Assorted Cookies
 Pickles
 Assorted Wraps

Dinner: **Salmon Steaks**
 Served with: Spinach Salad
 Fresh Vegetable - Red Potatoes
 Crackers and Specialty Cheeses

Day 3

Breakfast: **Eggs to Order**
 Served with: English Muffins
 Bacon for Breakfast

Lunch: **Cream Cheese and Cucumber**
 Served with: Black Olives
 Red Vine Licorice
 Bagels

Dinner: **Chicken**
 Served with: Carrot Cake w/ Cream Cheese Frosting
 Greek Salad
 Lemon Pepper Sauce
 Rice Pilaf

Day 4

Breakfast: **Assorted Cold Cereals**

Lunch: **Guacamole**
 Served with: Flour Tortillas
 Black Olives
 Honey Roasted Nuts

Dinner: **Pasta and Sauce - Marinara**
 Served with: Olive Tapenade, Cream Cheese & Crackers
 Garlic Bread
 Fresh Vegetable - Broccoli
 Italian Sausage
 Spaghetti

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Day 5

Breakfast: Omelets with Assorted Fillings
Lunch: Marinated Veggie Salad
Served with: Pita Pockets
Wasabi Peas
Assorted Candy Bars
Dinner: Fajitas
Served with: Tort. Chips w/ Salsa & premade Guacamole
Jicama Cucumber Salad
Chicken Strips, Fajita Marinade
Refried Beans

Day 6

Breakfast: Pancakes
Served with: Log Cabin Syrup
Sausage Links
Lunch: Cold Cuts (turkey, ham, roast beef)
Served with: Assorted Wheat and Rye Bread
Green Olives
Nuts: Mixed
Dinner: Pasta and Sauce - Dreamy Sauce
Served with: Mint Cookies
Garlic Bread
Fresh Vegetable - Zucchini
Tortellini

Day 7

Breakfast: Assorted Hot Cereals
Served with: Raisins
Walnuts
Lunch: Egg Salad
Served with: Condiment Combo
Assorted Wheat and Rye Bread
Assorted Cookies
Dinner: Stroganoff
Served with: Sirloin Strips
Fresh Vegetable - Green Beans
Pringles Chips and Onion Dip

Day 8

Breakfast: Breakfast Burritos
Lunch: Hummus Spread
Served with: Honey Roasted Nuts
Pita Pockets
Dinner: Pork Loin Chops with Apple Sauce
Served with: Garden Salad
Herb Stuffing
Crackers, Cream Cheese & Pepper Jelly

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Day 9

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

Lunch: **Tuna Salad**
Served with: Avocados
Pepperoncini
Pringles
Assorted Wheat and Rye Bread

Dinner: **Fresh Stir Fry**
Served with: Kaibab Curry Stir Fry Sauce
Basmati Rice
Triscuits, Cream Cheese and Shrimp

Day 10

Breakfast: **Granola**
Served with: Yogurt

Lunch: **Pasta Salad**
Served with: Salty Mix
PB & J Fixins

Dinner: **Rib Eye Steaks**
Served with: German Chocolate Cake w/ Ccnut Pcn Frst
Fresh Vegetable - Russet Potatoes
Blue Cheese Slaw

Day 11

Breakfast: **Pancakes**
Served with: Blueberries
Log Cabin Syrup
Bacon for Breakfast

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

Dinner: **Enchilada Style Tamales**
Served with: Instant Black Beans
Fresh Veggies & Ranch Dressing
No Bake Chocolate Mousse Pie

Day 12

Breakfast: **Huevos Rancheros**

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

Dinner: **Spinach Lasagna**
Served with: Garlic Bread
After Dinner Mints

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Day 13

Breakfast: **French Toast**
 Served with: Bacon for Breakfast
 Log Cabin Syrup

Lunch: **Tabouli Salad**
 Served with: Triscuit Crackers
 Beef Jerky
 Assorted Cookies

Dinner: **Corn Chowder**
 Served with: Black Bean Salad
 Pound Cake w/ Whipped Cream (add fruit)
 Canned Peaches

Day 14

Breakfast: **Omelets with Assorted Fillings**

Lunch: **Cream Cheese Spread**
 Served with: Nutella
 Pretzels
 Bagels

Dinner: **Pasta and Sauce - Pesto**
 Served with: Spinach Artichoke Dip
 Fresh Vegetable - Baby Carrots
 Fettuccine

Day 15

Breakfast: **Bagels and Cream Cheese**
 Served with: Almond Butter

Lunch: **Chicken Salad**
 Served with: Nuts: Mixed
 Pickles
 Assorted Wraps

Dinner: **Enchiladas**
 Served with: Queso Dip with Tortilla Chips
 Spanish Rice

Day 16

Breakfast: **Assorted Cold Cereals**