

Sample Menu
2011 Quick & Easy 16 Days
Professional River Outfitters, Inc.

Day 1

- Lunch:** **Cold Cuts (turkey, ham, roast beef)**
 Served with: Assorted Wheat and Rye Bread
 Assorted Cookies
 PB & J Fixins
 Roasted Red Peppers
- Dinner:** **Pasta and Sauce - Lemon, Garlic, Butter**
 Served with: Frozen Pre-Cooked Shrimp
 Linguine
 Spinach Salad
 New York Cheesecake
-

Day 2

- Breakfast:** **Bagels and Cream Cheese**
 Served with: Lox, Capers & Red Onion
- Lunch:** **Guacamole**
 Served with: Flour Tortillas
 Trail Mix (Gorp)
- Dinner:** **Thanksgiving Turkey & Gravy**
 Served with: Herb Stuffing
 Fresh Vegetable - Green Beans
 Cookies (Fig Newtons)
-

Day 3

- Breakfast:** **Fried Egg Sandwiches**
 Served with: Canadian Bacon
- Lunch:** **Cold Cuts (turkey, ham, roast beef)**
 Served with: Pita Pockets
 Pringles
- Dinner:** **Enchilada Style Tamales**
 Served with: Tort. Chips w/ Salsa & premade Guacamole
 Spanish Rice
 Fresh Vegetable - Zucchini
 Frozen Dessert of the Day
-

Day 4

- Breakfast:** **Assorted Hot Cereals**
 Served with: Raisins
 Walnuts
 Brown Sugar
- Lunch:** **Cream Cheese and Cucumber**
 Served with: Bagels
 Assorted Cookies
 Black Olives
- Dinner:** **BBQ Pulled Pork Sandwiches, Heat & Eat**
 Served with: Instant Mashed Potatoes
 Coleslaw, Traditional

Sample Menu
2011 Quick & Easy 16 Days
Professional River Outfitters, Inc.

Day 5

Breakfast: Assorted Cold Cereals

Lunch: Cold Cuts (turkey, ham, roast beef)
Served with: Assorted Wheat and Rye Bread
Pub Mix
Pepperoncini

Dinner: Fish Tacos with Lime Slaw
Served with: Instant Brown Rice
Jicama Cucumber Salad
Pound Cake w/ Whipped Cream (add fruit)
Cherry Filling

Day 6

Breakfast: Bagels and Cream Cheese

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

Dinner: Pasta and Sauce - Alfredo Sauce
Served with: Fettuccine
Greek Salad
Garlic Bread

Day 7

Breakfast: Granola
Served with: Yogurt

Lunch: Cold Cuts (turkey, ham, roast beef)
Served with: Assorted Wheat and Rye Bread
Pickles
Luna Bars

Dinner: Carnitas, Heat & Eat
Served with: Crackers, Cream Cheese & Pepper Jelly
Instant Black Beans
Tropical Fruit Salad

Day 8

Breakfast: Eggs to Order
Served with: Sausage Links

Lunch: Guacamole
Served with: Flour Tortillas
Assorted Cookies

Dinner: Pasta and Sauce - Marinara
Served with: Meatballs
Spaghetti
Fresh Vegetable - Yellow Squash
Garlic Bread

Sample Menu
2011 Quick & Easy 16 Days
Professional River Outfitters, Inc.

Day 9

Breakfast: Assorted Cold Cereals
Lunch: Cold Cuts (turkey, ham, roast beef)
Served with: Assorted Wheat and Rye Bread
Clif Bars
Dinner: Burgers with The Works
Served with: Beef Patties
Baked Beans
Pringles Chips and Onion Dip

Day 10

Breakfast: Oatmeal (packets)
Served with: Yogurt
Lunch: Hummus Spread
Served with: PB & J Fixins
Triscuit Crackers
Green Olives
Dinner: Pork Loin, Heat & Eat
Served with: Apple Sauce
Rice Pilaf
Garden Salad

Day 11

Breakfast: Eggs to Order
Served with: Ham for Breakfast
English Muffins
Lunch: Cream Cheese Spread
Served with: Bagels
Assorted Granola Bars
Dinner: Prime Rib, Heat & Eat
Served with: Instant Mashed Potatoes
Dinner Rolls
Canned Vegetable - Green Beans

Day 12

Breakfast: Assorted Cold Cereals
Lunch: Chicken Salad
Served with: Assorted Wheat and Rye Bread
Assorted Cookies
Pickles
Dinner: Macaroni & Cheese
Served with: Beef Sausage, Heat and Eat
Fresh Veggies & Ranch Dressing
Salsa
Pepperidge Farm Dessert Cookies

Sample Menu
2011 Quick & Easy 16 Days
Professional River Outfitters, Inc.

Day 13

- Breakfast:** **Assorted Hot Cereals**
 Served with: Raisins
 Walnuts
- Lunch:** **Salami and Cheese**
 Served with: Salami
 Assorted Wheat and Rye Bread
 Dried Fruit (mixed)
- Dinner:** **Tomato Soup and Grilled Cheese Sandwiches**
 Served with: Canned Vegetable - Corn
 Mint Cookies
-

Day 14 01/14

- Breakfast:** **Eggs to Order**
 Served with: Toast
- Lunch:** **Salmon Salad**
 Served with: Assorted Wheat and Rye Bread
 Assorted Candy Bars
- Dinner:** **Pasta and Sauce - Pesto**
 Served with: Garlic Bread
 Gnocchi
 Canned Vegetable - Spinach
 No Bake Chocolate Mousse Pie
-

Day 15

- Breakfast:** **Bagels and Cream Cheese**
 Served with: Oatmeal (instant packets)
 Almond Butter
- Lunch:** **Peanut Butter, Jelly and Honey**
 Served with: Assorted Wheat and Rye Bread
 M&M's (peanut and plain)
- Dinner:** **Chili Con Carne (#10 Can), Heat & Eat**
 Served with: Queso Dip with Tortilla Chips
 Cookies (Fig Newtons)
-

Day 16

- Breakfast:** **Granola**