

**2011 Sample Menu**  
**Summer Light**  
**Professional River Outfitters, Inc.**

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**Day 1**

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

**Dinner:**       **Pasta and Sauce - Lemon, Garlic, Butter**  
                  Served with: Olive Tapenade, Cream Cheese & Crackers  
                                  Spinach Salad  
                                  Frozen Pre-Cooked Shrimp  
                                  Linguine

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**Day 2**

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

**Lunch:**       **Hummus Spread**  
                  Served with: Black Olives  
                                  Clif Bars  
                                  Pita Pockets  
                                  Red Vine Licorice

**Dinner:**       **Fish Tacos with Lime Slaw**  
                  Served with: Watermelon  
                                  Tort. Chips w/ Salsa & premade Guacamole

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**Day 3**

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

**Lunch:**       **Guacamole**  
                  Served with: Assorted Granola Bars  
                                  Beef Jerky  
                                  Flour Tortillas

**Dinner:**       **Dinner Supplies**  
                  Served with: Mediterranean Rice Salad  
                                  Greek Salad  
                                  Pound Cake w/ Whipped Cream (add fruit)  
                                  Cherry Filling



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**Day 8**

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**Breakfast: Granola**  
Served with: Yogurt

**Lunch: Bean Taco Salad**  
Served with: Trail Mix (Gorp)

**Dinner: Rib Eye Steaks**  
Served with: Peach Cobbler  
Blue Cheese Slaw

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**Day 9**

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**Breakfast: French Toast**  
Served with: Maple Syrup  
Turkey Sausage Links

**Lunch: Cream Cheese Spread**  
Served with: Honey Roasted Nuts  
Bagels  
Avocados

**Dinner: Fresh Stir Fry w/ Chicken Strips**  
Served with: Thai Peanut Sauce  
Basmati Rice  
Cucumber Salad  
Pepperidge Farm Dessert Cookies

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**Day 10**

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**Breakfast: Bagels and Cream Cheese**

**Lunch: Pasta Salad**  
Served with: Turkey Jerky

**Dinner: Lamb Chops**  
Served with: Tabouli Salad  
Fresh Veggies & Ranch Dressing  
Greek Olives

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**Day 11**

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

**Lunch: Salami and Cheese**  
Served with: Salami  
Assorted Wheat and Rye Bread  
Condiment Combo  
Dried Fruit (mixed)

**Dinner: Pasta and Sauce - Dreamy Sauce**  
Served with: Hard Candy, Assorted  
Garlic Bread  
Tortellini  
Fresh Vegetable - Zucchini  
Fresh Vegetable - Yellow Squash

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**Day 12**

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

**Lunch:** Salmon Salad  
Served with: Assorted Candy Bars  
Green Olives  
Triscuit Crackers

**Dinner:** BLT's with Avocado  
Served with: Boatman's Cheesecake  
Red Potato Salad

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**Day 13**

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**Breakfast:** Eggs Benedict

**Lunch:** Marinated Veggie Salad  
Served with: Nuts: Mixed  
Summer Sausage

**Dinner:** Green Chile Stew w/ Torts & Cheese  
Served with: Black Bean Salad  
Caramel Apples

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**Day 14**

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**Breakfast:** Assorted Cold Cereals  
Served with: Dried Fruit (mixed)

**Lunch:** Egg Salad  
Served with: Pringles  
Assorted Wheat and Rye Bread  
Cookies (Fig Newtons)

**Dinner:** Falafel Burgers with Tortillas  
Served with: Cous Cous Chick Pea Salad  
Hummus, Carrots, Dolmas & Greek Olives

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**Day 15**

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**Breakfast:** Granola

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

**Dinner:** Black Beans and Rice w/ Quesadillas  
Served with: Apple & Mandarin Orange Salad  
Garden Salad

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**Day 16**

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**Breakfast:** Assorted Cold Cereals