

**2011 Sample Menu**  
**Vegetarian**  
**Professional River Outfitters, Inc.**

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**Day 1**

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**Lunch: Cream Cheese and Cucumber**  
Served with: Assorted Cookies  
Nuts: Mixed  
Bagels  
PB & J Fixins

**Dinner: Pasta Primavera**  
Served with: Crackers and Specialty Cheeses  
Garlic Bread  
Spinach Salad (no bacon)  
Alfredo Sauce  
Linguine

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**Day 2**

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**Breakfast: French Toast**  
Served with: Maple Syrup

**Lunch: Veggie Cuts**  
Served with: Assorted Wheat and Rye Bread  
Pringles

**Dinner: Burritos**  
Served with: Watermelon  
Brown Rice  
Tort. Chips w/ Salsa & premade Guacamole

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**Day 3**

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**Breakfast: Huevos Rancheros**

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

**Dinner: Fresh Stir Fry**  
Served with: Ginger Snaps  
Thai Peanut Sauce  
Tofu  
White Rice  
Cucumber Salad

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**Day 4**

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**Breakfast: Assorted Cold Cereals**  
Served with: Almond Butter  
English Muffins

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

**Dinner: Stroganoff**  
Served with: Meatless Crumbles  
Fresh Vegetable - Green Beans  
Pound Cake w/ Whipped Cream (add fruit)  
Canned Peaches

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**Day 5**

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**Breakfast:** Breakfast Burritos

**Lunch:** Hummus Spread

Served with: Pita Pockets  
Roasted Red Peppers  
Salty Mix

**Dinner:** Pasta and Sauce - Dreamy Sauce

Served with: After Dinner Mints  
Olive Tapenade, Cream Cheese & Crackers  
Tortellini  
Fresh Vegetable - Zucchini

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**Day 6**

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**Breakfast:** Assorted Hot Cereals

Served with: Walnuts  
Raisins

**Lunch:** Egg Salad

Served with: Assorted Wheat and Rye Bread  
Trail Mix (Gorp)

**Dinner:** Falafel Burgers with Pita

Served with: Flash Flood Brownies  
Greek Salad  
Quinoa Salad with Asparagus

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**Day 7**

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**Breakfast:** Assorted Cold Cereals

**Lunch:** Veggie Cuts

Served with: Assorted Wheat and Rye Bread  
Pickles  
Cookies (Fig Newtons)

**Dinner:** Spinach Lasagna

Served with: Garlic Bread  
Fresh Veggies & Ranch Dressing

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**Day 8**

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**Breakfast:** Granola

Served with: Yogurt

**Lunch:** Guacamole

Served with: Flour Tortillas  
Assorted Candy Bars

**Dinner:** Indian Golden Curry Stew

Served with: Basmati Rice  
Fresh Vegetable - Yellow Squash  
Raisins  
Hummus, Carrots, Dolmas & Greek Olives

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**Day 9**

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**Breakfast:** Omelets with Assorted Fillings  
**Lunch:** Cream Cheese and Cucumber  
Served with: Bagels  
Dried Fruit (mixed)  
**Dinner:** Corn Chowder (no bacon)  
Served with: Fruit Salad  
Fresh Vegetable - Butternut Squash  
Dinner Rolls

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**Day 10**

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**Breakfast:** Pancakes  
Served with: Blueberries  
Maple Syrup  
**Lunch:** Tabouli Salad  
Served with: Pita Pockets  
Pepperoncini  
Nutella  
Pretzels  
**Dinner:** Green Chile Stew w/ Torts & Cheese  
Served with: Chile Corn Bread  
Avocados

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**Day 11**

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**Breakfast:** Eggs to Order  
Served with: Breakfast Potatoes  
Salsa  
**Lunch:** Hummus Spread  
Served with: Triscuit Crackers  
M&M's (peanut and plain)  
PB & J Fixins  
**Dinner:** Pasta and Sauce - Marinara  
Served with: Garden Salad  
Garlic Bread  
Spaghetti  
Mint Cookies

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**Day 12**

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**Breakfast:** Assorted Cold Cereals  
Served with: English Muffins  
**Lunch:** Pasta Salad  
Served with: Assorted Cookies  
Wasabi Peas  
**Dinner:** Tomato Soup and Grilled Cheese Sandwiches  
Served with: Dried Fruit (mixed)  
Spinach Artichoke Dip

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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  
Spanish Rice  
Caramel Apples

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**Day 14**

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**Breakfast:** Fried Egg Sandwiches

**Lunch:** Bean Taco Salad  
Served with: Assorted Cookies

**Dinner:** Pasta and Sauce - Pesto  
Served with: Carrot Cake w/ Cream Cheese Frosting  
Garden Salad  
Gnocchi

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**Day 15**

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**Breakfast:** Breakfast Burritos

**Lunch:** Salami and Cheese  
Served with: Meatless Salami (Soy)  
Assorted Wheat and Rye Bread  
Pickles  
Salty Mix

**Dinner:** Black Beans and Rice w/ Quesadillas  
Served with: Jicama Cucumber Salad  
Crackers, Cream Cheese & Pepper Jelly

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**Day 16**

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**Breakfast:** Granola