

2011 Sample Menu
Winter Hearty
Professional River Outfitters, Inc.

Day 1

Lunch: Cold Cuts (turkey, ham, roast beef)

Served with: Assorted Cookies
PB & J Fixins
Assorted Wheat and Rye Bread
Condiment Combo

Dinner: Rib Eye Steaks

Served with: Pineapple Upside Down Cake
Fresh Veggies & Ranch Dressing
Fresh Vegetable - Russet Potatoes
Blue Cheese Slaw

Day 2

Breakfast: Eggs to Order

Served with: Almond Butter
Bacon for Breakfast
Oatmeal (instant packets)
Bagels

Lunch: Guacamole

Served with: Black Olives
Nuts: Mixed
Flour Tortillas

Dinner: Fresh Stir Fry

Served with: Frozen Dessert of the Day
Cucumber Salad
Ramen Noodles
Stir Fry Sauce
White Rice
Pork Strips

Day 3

Breakfast: Bagels and Cream Cheese

Served with: Lox, Capers & Red Onion

Lunch: Cold Cuts (turkey, ham, roast beef)

Served with: Assorted Wheat and Rye Bread
Assorted Cookies
Pringles

Dinner: Stroganoff

Served with: Sirloin Strips
Crackers and Specialty Cheeses
Fresh Vegetable - Green Beans
Pepperidge Farm Dessert Cookies

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Day 4

Breakfast: Granola

Served with: Yogurt
Honey

Lunch: Salami and Cheese

Served with: Salami
Assorted Wheat and Rye Bread
Dried Fruit (mixed)

Dinner: Halibut Steaks

Served with: Apple Crisp
Triscuits, Cream Cheese and Shrimp
Rice Pilaf
Fresh Vegetable - Broccoli

Day 5

Breakfast: Fried Egg Sandwiches

Served with: Canadian Bacon

Lunch: Hummus Spread

Served with: Beef Jerky
Pita Pockets
Green Olives

Dinner: Pasta and Sauce - Alfredo Sauce

Served with: No Bake Chocolate Mousse Pie
Olive Tapenade, Cream Cheese & Crackers
Frozen Pre-Cooked Shrimp
Linguine
Spinach Salad

Day 6

Breakfast: Omelets with Assorted Fillings

Served with: Turkey Sausage Links

Lunch: Bean Taco Salad

Served with: Cookies (Fig Newtons)
Turkey Jerky

Dinner: Lamb Chops

Served with: Spinach Artichoke Dip
Greek Salad
Tabouli Salad
Fresh Vegetable - Yellow Squash
Carrot Cake w/ Cream Cheese Frosting

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Day 10

- Breakfast: Pancakes**
Served with: Maple Syrup
Ham for Breakfast
Blueberries
- Lunch: Tabouli Salad**
Served with: M&M's (peanut and plain)
Salty Mix
- Dinner: Burritos**
Served with: Spanish Rice
Ground Beef
Hard Candy, Assorted
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Day 11

- Breakfast: Huevos Rancheros**
- Lunch: Tuna Salad**
Served with: Assorted Candy Bars
Assorted Wheat and Rye Bread
Pringles
- Dinner: Chicken**
Served with: Flash Flood Brownies
Italian Dressing
Fettuccine
Pesto Sauce
Fresh Vegetable - Yellow Squash
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Day 12

- Breakfast: Pancakes**
Served with: Maple Syrup
Sausage Links
- Lunch: Peanut Butter, Jelly and Honey**
Served with: Clif Bars
Assorted Wheat and Rye Bread
- Dinner: Enchilada Style Tamales**
Served with: Caramel Apples
Queso Dip with Tortilla Chips
Chile Corn Bread
Instant Black Beans
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Day 13

- Breakfast: Assorted Hot Cereals**
Served with: Raisins
Walnuts
- Lunch: Pasta Salad**
Served with: M&M's (peanut and plain)
Gardetto's Snak'ens
- Dinner: Falafel Burgers with Tortillas**
Served with: Ginger Snaps
Couscous
Hummus, Carrots, Dolmas & Greek Olives

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Day 14

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

Lunch: **Marinated Veggie Salad**
Served with: Nutella
Pretzels

Dinner: **Enchiladas**
Served with: Canned Chicken
Black Bean Salad
Tropical Fruit Salad
S'Mores!

Day 15

Breakfast: **Bagels and Cream Cheese**

Lunch: **Egg Salad**
Served with: Flour Tortillas
Pringles
Assorted Granola Bars

Dinner: **Late Trip Stir Fry**
Served with: Kaibab Curry Stir Fry Sauce
Basmati Rice
Garden Salad
Lemony Oysters, Triscuits & Cream Cheese
Mint Cookies

Day 16

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