

PRO Classic
Sample Menu
Professional River Outfitters, Inc.

Start of Trip

Lunch: **Cold Cuts (Turkey, Ham, Roast Beef)**
 Served with: Pringles
 Roasted Red Peppers
 Assorted Wheat & Rye Bread
 PB & J Fixins

Camp 1

Dinner: **Fresh Stir Fry**
 Served with: Thai Peanut Sauce
 Chicken Strips
 White Rice
 Pound Cake w/ Whipped Cream (Add Fruit)
 Frozen Strawberries

Breakfast: **Bagels & Cream Cheese**
 Served with: Lox, Capers, & Red Onion
 Breakfast Fruit - Fresh

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

Camp 2

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

Breakfast: **Eggs to Order**
 Served with: Bacon
 English Muffins
 Breakfast Fruit - Fresh

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

Camp 3

Dinner: **Grilled Chicken**
 Served with: Carrot Cake w/ Cream Cheese Frosting
 Greek Salad
 Rice Pilaf
 Herb & Garlic Marinade

Breakfast: **Assorted Cold Cereals**
 Served with: Breakfast Fruit - Fresh

Lunch: **Guacamole**
 Served with: Black Olives
 Butter Toffee Mixed Nuts
 Flour Tortillas
 Chicken Fajita Meat - Fully Cooked

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Camp 4

Dinner: Pasta & Sauce - Marinara

Served with: Olive Tapenade, Cream Cheese, & Crackers
 Garlic Bread
 Italian Sausage
 Fresh Vegetable - Broccoli
 Spinach & Cheese Ravioli

Breakfast: Omelets w/ Assorted Fillings

Served with: Breakfast Fruit - Fresh

Lunch: Marinated Veggie Salad

Served with: Pita Flatbread
 Wasabi Peas
 Assorted Candy Bars

Camp 5

Dinner: Fajitas

Served with: Tort. Chips w/ Salsa & Pre-Made Guac
 Jicama Cucumber Salad
 Chicken Strips w/ Fajita Marinade
 Refried Beans

Breakfast: Pancakes

Served with: Breakfast Fruit - Fresh
 Sausage Links
 Maple Syrup

Lunch: Cold Cuts (Turkey, Ham, Roast Beef)

Served with: Nuts (Mixed)
 Assorted Wheat & Rye Bread
 Relish Combo

Camp 6

Dinner: Pasta & Sauce - Creamy Sauce

Served with: Mint Cookies
 Garlic Bread
 Fresh Vegetable - Zucchini
 Tortellini

Breakfast: Assorted Hot Cereals

Served with: Breakfast Fruit - Fresh
 Raisins
 Walnuts

Lunch: BLT's w/ Pre-Cooked Bacon

Served with: Assorted Cookies
 Assorted Wheat & Rye Bread

Camp 7

Dinner: Caribbean Jerk Simmer Sauce

Served with: Pringles Chips & Onion Dip
 Fresh Vegetable - Green Beans
 Chicken Strips
 Pre-Cooked Brown Rice (Boil in Bag)

Breakfast: Breakfast Burritos

Served with: Breakfast Fruit - Fresh

Lunch: Hummus Spread - Pre-Made

Served with: Butter Toffee Mixed Nuts
 Pita Flatbread

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Camp 8

Dinner: Pork Loin Chops w/ Apple Sauce
 Served with: Garden Salad
 Herb Stuffing
 Crackers, Cream Cheese, & Pepper Jelly

Breakfast: Fried Egg Sandwiches
 Served with: Breakfast Fruit - Fresh
 Pork Sausage Patties - Pre-Cooked

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

Camp 9

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

Breakfast: Granola
 Served with: Yogurt
 Breakfast Fruit - Fresh

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

Camp 10

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

Breakfast: Pancakes
 Served with: Blueberries
 Breakfast Fruit - Fresh
 Bacon
 Maple Syrup

Lunch: Salami & Cheese
 Served with: Assorted Granola Bars
 Relish Combo
 Assorted Wheat & Rye Bread

Camp 11

Dinner: Enchilada Style Tamales - Pork & Chicken
 Served with: Black Beans (Refried)
 Fresh Veggies & Ranch Dressing
 No-Bake Chocolate Mousse Pie

Breakfast: Huevos Rancheros
 Served with: Breakfast Fruit - Fresh

Lunch: Zesty Wraps w/ Chicken
 Served with: Cookies - Fig Newtons

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Camp 12

Dinner: Spinach Lasagna
 Served with: After Dinner Mints
 Garlic Bread
 Fresh Vegetable - Yellow Squash

Breakfast: French Toast
 Served with: Breakfast Fruit - Fresh
 Bacon
 Maple Syrup

Lunch: Salami & Cheese
 Served with: Assorted Cookies
 Assorted Wraps

Camp 13

Dinner: Lemongrass Basil Simmer Sauce
 Served with: Pound Cake w/ Whipped Cream (Add Fruit)
 Canned Peaches
 Canned Chicken
 Basmati Rice
 Roasted Red Peppers

Breakfast: Omelets w/ Assorted Fillings
 Served with: Breakfast Fruit - Fresh

Lunch: Cream Cheese Spread
 Served with: Nutella
 Pretzels
 Bagels

Camp 14

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

Breakfast: Bagels & Cream Cheese
 Served with: Almond Butter

Lunch: Chicken Salad
 Served with: Nuts (Mixed)
 Pickles
 Assorted Wraps

Camp 15

Dinner: Enchiladas
 Served with: Queso Dip w/ Tortilla Chips
 Spanish Rice
 Garden Salad

Breakfast: Assorted Cold Cereals

Lunch: Bean Taco Salad
 Served with: Trail Mix
 Dried Fruit (Mixed)

Lunch: **BLTs w/ Pre-Cooked Bacon**
Served with: Assorted Wheat & Rye Bread
 Hard Candy (Assorted)

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Camp 21

Dinner: Green Chile Stew w/ Torts & Cheese

Served with:Chile Corn Bread
Fruit Cocktail

Breakfast: Assorted Hot Cereals

Served with:Raisins
Walnuts

Lunch: Hummus Spread

Served with:Triscuit Crackers
Turkey Jerky

Camp 22

Dinner: Veggie Noodle Soup

Served with:Canned Chicken
No-Bake Cheesecake
Cherry Filling

Breakfast: Granola

Lunch: Pasta Salad

Served with:Summer Sausage

Camp 23

Dinner: Indian Golden Curry Stew

Served with:White Rice
Crackers, Sardines, & Kipper Snacks

Breakfast: Oatmeal (Packets)

Served with:Dried Fruit (Mixed)

Lunch: Peanut Butter, Jelly, & Honey

Served with:Assorted Wheat & Rye Bread
Nutella
Pretzels

Camp 24

Dinner: Macaroni & Cheese

Served with:Canned Tuna
Boatman's Cheesecake

Breakfast: Assorted Cold Cereals
