

**PRO Classic
Sample Menu
Professional River Outfitters, Inc.**

Page 1

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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Page 2

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 - Dreamy 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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Page 4

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)

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Page 5

Camp 16

Dinner: **Falafel Burgers w/ Tortillas**
Served with: Couscous
Hummus, Carrots, Dolmas, & Greek Olives

Breakfast: **Pancakes**
Served with: Bacon
Maple Syrup

Lunch: **Salmon Salad**
Served with: Assorted Wheat & Rye Bread
Assorted Cookies

Camp 17

Dinner: **Jambalaya**
Served with: White Rice
Coleslaw (Traditional)
Pepperidge Farm Dessert Cookies

Breakfast: **Assorted Cold Cereals**

Lunch: **Tuna Salad**
Served with: Assorted Wheat & Rye Bread
Pub Mix

Camp 18

Dinner: **Black Beans and Rice w/ Quesadillas**
Served with: Popcorn & Butter
Calabacitas (Mexican Squash)
Canned Chicken

Breakfast: **Granola**
Served with: Oatmeal (Instant Packets)

Lunch: **Egg Salad**
Served with: Assorted Wheat & Rye Bread
M&M's (Peanut & Plain)

Camp 19

Dinner: **Late Trip Stir Fry**
Served with: Ginger Snaps
Apple & Mandarin Orange Salad
Stir Fry Sauce
Canned Chicken
Basmati Rice

Breakfast: **Eggs to Order**
Served with: Toast

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

Camp 20

Dinner: **Tomato Soup & Grilled Cheese Sandwiches**
Served with: Caramel Apples

Breakfast: **Assorted Cold Cereals**

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

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Page 6

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**
