

**Sample Menu**  
**PRO Classic**  
**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 for Breakfast  
 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  
 Lemon Pepper Sauce  
 Rice Pilaf

**Breakfast: Assorted Cold Cereals**  
 Served with: Breakfast Fruit (Fresh)

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

**Camp 4**

**Dinner: Pasta & Sauce - Marinara**  
 Served with: Olive Tapenade, Cream Cheese, & Crackers  
 Garlic Bread  
 Italian Sausage

## Sample Menu

## PRO Classic

## Professional River Outfitters, Inc.

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: Log Cabin Syrup  
Sausage Links  
Breakfast Fruit (Fresh)

**Lunch: Cold Cuts (Turkey, Ham, Roast Beef)**  
Served with: Assorted Wheat & Rye Bread  
Green Olives  
Nuts (Mixed)

**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: Egg Salad**  
Served with: Relish Combo  
Assorted Wheat & Rye Bread  
Assorted Cookies

**Camp 7**

**Dinner: Stroganoff**  
Served with: Sirloin Strips  
Fresh Vegetable - Green Beans  
Pringles Chips & Onion Dip

**Breakfast: Breakfast Burritos**  
Served with: Breakfast Fruit (Fresh)

**Lunch: Hummus Spread - Pre-Made**  
Served with: Honey Roasted Nuts  
Pita Flatbread

**Camp 8**

**Dinner: Pork Loin Chops w/ Apple Sauce**

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

---

**Served with:** Garden Salad  
Herb Stuffing  
Crackers, Cream Cheese, & Pepper Jelly

**Breakfast: Fried Egg Sandwiches**

**Served with:** Canadian Bacon  
Breakfast Fruit (Fresh)

**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 Pen Frst  
Fresh Vegetable - Russet Potatoes  
Blue Cheese Slaw

**Breakfast: Pancakes**

**Served with:** Blueberries  
Log Cabin Syrup  
Bacon for Breakfast  
Breakfast Fruit (Fresh)

**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: Lunch Assortment**

**Served with:** Lemony Oysters, Triscuits, & Cream Chees  
Summer Sausage  
Cookies - Fig Newtons

---

**Camp 12**

---

**Dinner: Spinach Lasagna**

---

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

---

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

**Breakfast: French Toast**

**Served with:** Log Cabin Syrup  
Bacon for Breakfast  
Breakfast Fruit (Fresh)

**Lunch: Tabouli Salad**

**Served with:** Triscuit Crackers  
Beef Jerky  
Assorted Cookies

---

**Camp 13**

---

**Dinner: Corn Chowder**

**Served with:** Black Bean Salad  
Pound Cake w/ Whipped Cream (Add Fruit)  
Canned Peaches

**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)

---

**Camp 16**

---

**Dinner: Falafel Burgers w/ Tortillas**

**Served with:** Couscous  
Hummus, Carrots, Dolmas, & Greek Olives

**Breakfast: Pancakes**

**Served with:** Log Cabin Syrup  
Bacon for Breakfast

**Lunch: Salmon Salad**

---

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

**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)  
 Mole  
 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/ Avocado**  
**Served with:** Hard Candy (Assorted)

**Camp 21**

**Dinner: Green Chile Stew w/ Torts & Cheese**  
**Served with:** Chile Corn Bread  
 Tropical Fruit Salad

**Breakfast: Assorted Hot Cereals**  
**Served with:** Raisins  
 Walnuts

**Lunch: Hummus Spread**

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

**Served with:** Triscuit Crackers  
Turkey Jerky

**Camp**

**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**