

# Menu

## Quick & Easy Sample Menu

### Professional River Outfitters, Inc.

---

#### Start of Trip - Launch Day

---

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

---

#### Camp 1

---

**Dinner:**        **Butternut Squash Ravioli w/ Sage Butter**  
                      Served with: Cheesecake Bites (3 Flavors)  
                                  Spinach Salad  
                                  Chicken Sausage - Italian

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

**Lunch:**        **Guacamole**  
                      Served with: Trail Mix  
                                  Flour Tortillas  
                                  Chicken Fajita Meat - Fully Cooked

---

#### Camp 2

---

**Dinner:**        **Caribbean Jerk Simmer Sauce**  
                      Served with: §Grilled Chicken Breast Strips (FC)  
                                  Cookies - Fig Newtons  
                                  Pre-Cooked Brown Rice (Boil in Bag)  
                                  Canned Vegetable - Black Beans

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

**Lunch:**        **Cold Cuts (Turkey, Ham, Roast Beef)**  
                      Served with: Pringles  
                                  Assorted Wheat & Rye Bread

---

#### Camp 3

---

**Dinner:**        **Pork Chile Verde**  
                      Served with: Pound Cake w/ Whipped Cream (Add Fruit)  
                                  Jicama Cucumber Salad  
                                  Refried Beans  
                                  Frozen Mixed Berries

**Breakfast:**    **Assorted Hot Cereals**  
                      Served with: Brown Sugar  
                                  Raisins  
                                  Walnuts  
                                  Breakfast Fruit - Fresh

**Lunch:**        **Cream Cheese & Cucumber**  
                      Served with: Bagels  
                                  Assorted Cookies  
                                  Black Olives

---

#### Camp 4

---

**Dinner:**        **BBQ Pulled Pork Sandwiches - Heat & Eat**  
                      Served with: Instant Mashed Potatoes  
                                  Coleslaw (Traditional)

**Breakfast:**    **Assorted Cold Cereals**

---

# Menu

## Quick & Easy Sample Menu

### Professional River Outfitters, Inc.

---

**Lunch:** **Cold Cuts (Turkey, Ham, Roast Beef)**  
 Served with: Breakfast Fruit - Fresh  
 Served with: Assorted Wheat & Rye Bread  
 Pub Mix  
 Pepperoncini

---

#### Camp 5

---

**Dinner:** **Enchilada Style Tamales - Pork & Chicken**  
 Served with: Tort. Chips w/ Salsa & Pre-Made Guac  
 Fresh Vegetable - Zucchini  
 Pre-Cooked Spanish Rice - Boil in Bag

**Breakfast:** **Bagels & Cream Cheese**  
 Served with: Breakfast Fruit - Fresh

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

---

#### Camp 6

---

**Dinner:** **Sloppy Joes**  
 Served with: Pringles Chips & Onion Dip  
 Garden Salad  
 Ground Beef

**Breakfast:** **Granola**  
 Served with: Yogurt  
 Breakfast Fruit - Fresh

**Lunch:** **Cold Cuts (Turkey, Ham, Roast Beef)**  
 Served with: Assorted Wheat & Rye Bread  
 Pickles  
 Luna Bars

---

#### Camp 7

---

**Dinner:** **Carnitas - Heat & Eat**  
 Served with: Crackers, Cream Cheese, & Pepper Jelly  
 Pepperidge Farm Dessert Cookies  
 Canned Vegetable - Black Beans

**Breakfast:** **Eggs to Order**  
 Served with: Sausage Links  
 Breakfast Fruit - Fresh

**Lunch:** **BLT's w/ Pre-Cooked Bacon**  
 Served with: Assorted Cookies  
 Assorted Wheat & Rye Bread

---

#### Camp 8

---

**Dinner:** **Pasta & Sauce - Marinara**  
 Served with: Garlic Bread  
 Meatballs  
 Spaghetti  
 Fresh Vegetable - Yellow Squash

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

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

---

**Menu**  
**Quick & Easy Sample Menu**  
**Professional River Outfitters, Inc.**

---

**Served with:** Assorted Wheat & Rye Bread  
 Clif Bars

---

**Camp 9**

---

**Dinner:        Burgers w/ the Works**  
                   **Served with:** Beef Patties  
    Baked Beans  
    Pringles Chips & Onion Dip

**Breakfast:    Oatmeal (Packets)**  
                   **Served with:** Yogurt  
    Breakfast Fruit - Fresh

**Lunch:         Hummus Spread - Pre-Made**  
                   **Served with:** Summer Sausage  
    Assorted Wraps  
    Roasted Red Peppers

---

**Camp 10**

---

**Dinner:        Lemongrass Basil Simmer Sauce**  
                   **Served with:** Garden Salad  
    Grilled Chicken Breast Strips (FC)  
    Pre-Cooked Basmati Rice (Boil in Bag)  
    Fresh Vegetable - Bell Peppers R & G

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

**Lunch:         Cold Cuts (Turkey, Ham, Roast Beef)**  
                   **Served with:** Assorted Granola Bars  
    Assorted Wheat & Rye Bread

---

**Camp 11**

---

**Dinner:        Beef Brisket - Heat & Eat**  
                   **Served with:** Dinner Rolls  
    Instant Mashed Potatoes  
    Canned Vegetable - Green Beans

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

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

---

**Camp 12**

---

**Dinner:        Macaroni & Cheese**  
                   **Served with:** Fresh Veggies & Ranch Dressing  
    Salsa  
    Pepperidge Farm Dessert Cookies

**Breakfast:    Assorted Hot Cereals**  
                   **Served with:** Raisins  
    Walnuts  
    Breakfast Fruit - Fresh

**Lunch:         Salami & Cheese**

---

**Menu**  
**Quick & Easy Sample Menu**  
**Professional River Outfitters, Inc.**

---

**Served with:**Dried Fruit (Mixed)  
Assorted Wheat & Rye Bread

---

**Camp 13**

---

**Dinner: Tomato Soup & Grilled Cheese Sandwiches**

**Served with:**Canned Vegetable - Corn  
Mint Cookies

**Breakfast: Eggs to Order**

**Served with:**Toast

**Lunch: Tuna Salad**

**Served with:**Assorted Candy Bars  
Assorted Wheat & Rye Bread

---

**Camp 14**

---

**Dinner: Pasta & Sauce - Pesto**

**Served with:**No-Bake Chocolate Mousse Pie  
Garlic Bread  
Gnocchi  
Canned Vegetable - Peas

**Breakfast: Bagels & Cream Cheese**

**Served with:**Oatmeal (Instant Packets)  
Almond Butter

**Lunch: Peanut Butter, Jelly, & Honey**

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

---

**Camp 15**

---

**Dinner: Chili Con Carne - Heat & Eat**

#10 Can  
**Served with:**Coleslaw (Traditional)  
Dinner Rolls  
Cookies - Fig Newtons  
Queso Dip w/ Tortilla Chips

**Breakfast: Granola**

**Lunch: Cream Cheese Spread**

**Served with:**Flour Tortillas  
Wasabi Peas

---

**Camp 16**

---

**Dinner: Late Trip Stir Fry**

**Served with:**Ginger Snaps  
Canned Chicken  
Nuts (Mixed)  
Pre-Cooked Basmati Rice (Boil in Bag)  
Stir Fry Sauce

**Breakfast: Eggs to Order**

**Served with:**English Muffins

**Lunch: Salami & Cheese**

**Served with:**Trail Mix  
Assorted Wheat & Rye Bread

---

**Camp 17**

---

**Dinner: Green Chile Stew w/ Torts & Cheese**

---

# Menu

## Quick & Easy Sample Menu

### Professional River Outfitters, Inc.

---

Served with: Caramel Apples

**Breakfast:** Granola

**Lunch:** Chicken Salad

Served with: Assorted Wheat & Rye Bread  
Salty Mix

---

#### Camp 18

---

**Dinner:** Coconut Curry Simmer Sauce (**Korma**)

Served with: No-Bake Cheesecake  
Cherry Filling  
Canned Chicken  
Canned Vegetable - Green Beans  
Pre-Cooked Jasmine Rice (Boil in Bag)

**Breakfast:** Eggs to Order

Served with: Toast

**Lunch:** Peanut Butter, Jelly, & Honey

Served with: Assorted Wheat & Rye Bread  
Pretzels  
Nutella

---

#### Camp 19

---

**Dinner:** Veggie Noodle Soup

Served with: After Dinner Mints  
Canned Chicken

**Breakfast:** Assorted Hot Cereals

**Lunch:** Salami & Cheese

Served with: Assorted Cookies  
Assorted Wraps

---

#### Camp 20

---

**Dinner:** Black Beans & Pre-Cooked Rice w/ Quesadillas

Served with: Boatman's Cheesecake  
Crackers, Sardines, & Kipper Snacks

**Breakfast:** Assorted Cold Cereals

**Lunch:** Marinated Veggie Salad

Served with: Lemony Oysters, Triscuits, & Cream Chees  
Summer Sausage

---

#### Camp 21

---

**Dinner:** BLTs w/ Avocado

Served with: Hard Candy (Assorted)

**Breakfast:** Oatmeal (Packets)

Served with: Dried Fruit (Mixed)

**Lunch:** Salami & Cheese

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

---

#### Camp 22

---

**Dinner:** Pasta & Sauce

Served with: Triscuits, Cream Cheese, & Shrimp  
Assorted Cookies  
Tortellini  
Marinara Sauce

**Breakfast:** Granola

---

**Menu**  
**Quick & Easy Sample Menu**  
**Professional River Outfitters, Inc.**

---

**Lunch:        Bean Taco Salad**  
                  Served with: Honey Roasted Nuts

---

**Camp 23**

---

**Dinner:        Jambalaya**  
                  Served with: Cookies - Fig Newtons  
                  Pre-Cooked Basmati Rice (Boil in Bag)

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

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

---

**Camp 24**

---

**Dinner:        Hot Chicken Sandwiches w/ Gravy**  
                  Served with: Olive Tapenade, Cream Cheese, & Crackers  
                  Canned Vegetable - Carrots

**Breakfast:    Assorted Cold Cereals**

---