

**Meat/Veggie Combo Sample Menu**

**Professional River Outfitters, Inc.**

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**Start of Trip**

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**Lunch: Cream Cheese & Cucumber**

**Served with:** Cold Cuts - Sliced Turkey Breast  
Assorted Cookies  
Relish Combo  
Bagels  
PB & J Fixins

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**Camp 1**

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**Dinner: Pasta Primavera**

**Served with:** Crackers & Specialty Cheeses  
Spinach Salad  
Alfredo Sauce  
Fettuccine  
Pound Cake w/ Whipped Cream (Add Fruit)  
Frozen Strawberries

**Breakfast: Bagels & Cream Cheese**

**Served with:** Lox, Capers, & Red Onion

**Lunch: Cold Cuts (1/4 Veggie; 3/4 Turkey & Ham)**

**Served with:** Avocados  
Pringles  
Assorted Wheat & Rye Bread  
Assorted Granola Bars

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**Camp 2**

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**Dinner: Burritos**

**Ground Beef**

**Meatless Crumbles**

**Burritos:**

**Served with:** Tort. Chips w/ Salsa & Pre-Made Guac  
Spanish Rice

**Breakfast: Fried Egg Sandwiches**

**Lunch: Marinated Veggie Salad**

**Served with:** Pub Mix  
Pita Flatbread  
Beef Jerky

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**Camp 3**

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**Dinner: Fresh Stir Fry**

**Chicken Strips**

**Baked Tofu**

**Fresh Stir Fry:**

**Served with:** Ginger Snaps  
Apple & Mandarin Orange Salad  
Thai Peanut Sauce  
White Rice

**Breakfast: Assorted Cold Cereals**

**Served with:** Almond Butter  
English Muffins

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**Camp 3 Continued****Lunch: Guacamole**

**Served with:** Cookies - Fig Newtons  
 Flour Tortillas  
 Black Olives

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**Camp 4****Dinner: Burgers w/ the Works****Beef Patties****Veggie Burger****Burgers w/ the Works:**

**Served with:** Flash Flood Brownies  
 Pringles Chips & Onion Dip  
 Coleslaw (Traditional)

**Breakfast: Assorted Cold Cereals****Lunch: Egg Salad**

**Served with:** Trail Mix  
 Assorted Wheat & Rye Bread  
 PB & J Fixins

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**Camp 5****Dinner: Pasta & Sauce - Dreamy Sauce****Italian Sausage****Vegetarian Italian Sausage****Pasta & Sauce - Dreamy Sauce:**

**Served with:** Garlic Bread  
 Tortellini  
 Fresh Vegetable - Zucchini

**Breakfast: Breakfast Burritos****Lunch: Cold Cuts (1/4 Veggie; 3/4 Turkey & Ham)**

**Served with:** Pickles  
 Assorted Wheat & Rye Bread  
 Butter Toffee Mixed Nuts

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**Camp 6****Dinner: Falafel Burgers w/ Tortillas**

**Served with:** Hummus, Carrots, Dolmas, & Greek Olives  
 Greek Salad  
 Tabouli Salad

**Breakfast: Granola**

**Served with:** Yogurt

**Lunch: Hummus Spread**

**Served with:** Pita Flatbread  
 Roasted Red Peppers  
 Salty Mix  
 Turkey Jerky

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**Camp 7**

**Dinner:** **Fajitas**  
**Fajita Chicken Strips**  
**Meatless "chicken" Strips**  
**Fajitas:**  
**Served with:** After Dinner Mints  
Fresh Veggies & Ranch Dressing  
Refried Beans

**Breakfast:** **French Toast**  
**Turkey Sausage Links**  
**Sausage, Breakfast (Veg)**  
**French Toast:**  
**Served with:** Maple Syrup

**Lunch:** **Cold Cuts (1/4 Veggie; 3/4 Turkey & Ham)**  
**Served with:** Assorted Cookies  
Pub Mix  
Assorted Wraps

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**Camp 8**

**Dinner:** **Lemongrass Basil Simmer Sauce**  
**Chicken Thighs**  
**Baked Tofu**  
**Lemongrass Basil Simmer Sauce:**  
**Served with:** Crackers, Cream Cheese, & Pepper Jelly  
Basmati Rice

**Breakfast:** **Omelets w/ Assorted Fillings**

**Lunch:** **Cream Cheese & Cucumber**  
**Cold Cuts - Turkey**  
**Cream Cheese & Cucumber:**  
**Served with:** Dried Fruit (Mixed)  
Bagels

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**Camp 9**

**Dinner:** **Veggie Noodle Soup**  
**Chicken Strips**  
**Veggie Noodle Soup:**  
**Served with:** Lemony Oysters, Triscuits, & Cream Cheese  
Fresh Vegetable - Yellow Squash

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

**Lunch:** **Pasta Salad**  
**Served with:** Wasabi Peas  
Summer Sausage

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**Camp 10**

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

**Pork Strips**

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

**Served with:** No-Bake Cheesecake

Chile Corn Bread

Cherry Filling

**Breakfast:** **Eggs to Order**

**Served with:** Breakfast Potatoes

Cheese (Assorted Sliced)

**Lunch:** **Tabouli Salad**

**Served with:** Assorted Candy Bars

Beef Jerky

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**Camp 11**

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**Dinner:** **Pasta & Sauce - Marinara**

**Beef Meatballs (Heat & Eat)**

**Vegetarian Italian Sausage**

**Pasta & Sauce - Marinara:**

**Served with:** Olive Tapenade, Cream Cheese, & Crackers

Garden Salad

Garlic Bread

Spaghetti

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

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

**Lunch:** **Hummus Spread**

**Served with:** M&M's (Peanut & Plain)

Triscuit Crackers

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**Camp 12**

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**Dinner:** **Tikka Masala Simmer Sauce**

**Chicken Strips**

**Baked Tofu**

**Tikka Masala Simmer Sauce:**

**Served with:** Pepperidge Farm Dessert Cookies

Crackers, Sardines, & Kipper Snacks

Pre-Cooked Jasmine Rice (Boil in Bag)

**Breakfast:** **Assorted Hot Cereals**

**Served with:** Raisins

Walnuts

**Lunch:** **Cold Cuts (1/4 Veggie; 3/4 Turkey & Ham)**

**Served with:** Clif Bars

Assorted Wheat & Rye Bread

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**Camp 13**

**Dinner:** **Enchiladas**  
Served with: Black Bean Salad  
Jicama Cucumber Salad

**Breakfast:** **Fried Egg Sandwiches**

**Lunch:** **Bean Taco Salad**  
Served with: Assorted Cookies  
Black Olives

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**Camp 14**

**Dinner:** **Pasta & Sauce - Pesto**  
Served with: No-Bake Chocolate Mousse Pie  
Garden Salad  
Gnocchi  
Sundried Tomatoes

**Breakfast:** **Breakfast Burritos**

**Lunch:** **Cream Cheese Spread**  
Served with: Red Vine Licorice  
Roasted Red Peppers  
Triscuit Crackers

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**Camp 15**

**Dinner:** **Black Beans and Rice w/ Quesadillas**  
Served with: Avocados  
Boatman's Cheesecake

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

**Lunch:** **Salami & Cheese (3/4 Meat, 1/4 Veg)**  
Served with: Pepperoncini  
Pringles  
Assorted Wheat & Rye Bread

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**Camp 16**

**Dinner:** **Late Trip Stir Fry**  
**Canned Chicken**  
**Tofu (Shelf Stable)**  
**Late Trip Stir Fry:**  
Served with: Chinese Cabbage Salad  
Kaibab Curry Stir Fry Sauce  
White Rice

**Breakfast:** **Huevos Rancheros**

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

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**Camp 22**

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**Dinner:** **Pasta & Sauce - Alfredo Sauce**

**Served with:** Linguine

Canned Vegetable - Green Beans

Popcorn & Butter

**Breakfast:** **Granola**

**Lunch:** **Bean Taco Salad**

**Served with:** Salty Mix

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**Camp 23**

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

**Served with:** Queso Dip w/ Tortilla Chips

**Breakfast:** **Assorted Hot Cereals**

**Served with:** Raisins

Walnuts

**Lunch:** **Hummus Spread**

**Served with:** Assorted Cookies

Flour Tortillas

Roasted Red Peppers

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**Camp 24**

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

**Served with:** Triscuits, Cream Cheese, & Shrimp

Canned Vegetable - Green Beans

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

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