

Menu

Meat/Veggie Combo Sample Menu

Professional River Outfitters, Inc.

Start of Trip

Lunch: Cream Cheese & Cucumber
Served with: Cold Cuts - Sliced Turkey Breast
 Assorted Cookies
 Relish Combo
 Bagels
 PB & J Fixins

Camp 1

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

Camp 2

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

Camp 3

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 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

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

Camp 9

Dinner: **Veggie Noodle Soup**
 Chicken Strips
 Veggie Noodle Soup:
 Served with: Lemony Oysters, Triscuits, & Cream Chees
 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

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

Camp 11

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

Camp 12

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

Served with:Nutella
Pretzels
Assorted Wheat & Rye Bread

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Camp 22

Dinner: **Pasta & Sauce - Alfredo Sauce**
 Served with:Linguine
 Canned Vegetable - Green Beans
 Popcorn & Butter

Breakfast: **Granola**

Lunch: **Bean Taco Salad**
 Served with:Salty Mix

Camp 23

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

Camp 24

Dinner: **Tomato Soup & Grilled Cheese Sandwiches**
 Served with:Triscuits, Cream Cheese, & Shrimp
 Canned Vegetable - Green Beans

Breakfast: **Assorted Cold Cereals**
