

\*\*\*\*\*Uco r rig'Menu  
**Meat/Veggie Combo**  
Professional River Outfitters, Inc.

---

**Start of Trip**

---

**Lunch: Cream Cheese and Cucumber**

Served with: Turkey Breast  
Assorted Cookies  
Relish Combo  
Bagels  
PB & J Fixins

---

**Camp 1**

---

**Dinner: Pasta Primavera**

Served with: Crackers and Specialty Cheeses  
Spinach Salad  
Alfredo Sauce  
Fettuccine  
Pound Cake w/ Whipped Cream (add fruit)  
Frozen Strawberries

**Breakfast: Bagels and Cream Cheese**

Served with: Lox, Capers & Red Onion  
Breakfast Fruit - Fresh

**Lunch: Cold Cuts (1/4 Veggie)**

Served with: Avocados  
Pringles  
Assorted Wheat and Rye Bread  
Assorted Granola Bars

---

**Camp 2 12/12 - 12/13**

---

**Dinner: Burritos**

Served with: Tort. Chips w/ Salsa & premade Guacamole  
Spanish Rice  
Sirloin Strips for Fajitas

**Breakfast: Eggs Benedict**

Served with: Breakfast Fruit - Fresh

**Lunch: Marinated Veggie Salad**

Served with: Pub Mix  
Pita Pockets  
Beef Jerky

---

**Camp 3 12/13 - 12/14**

---

**Dinner: Fresh Stir Fry**

Served with: Ginger Snaps  
Apple & Mandarin Orange Salad  
Thai Peanut Sauce  
White Rice  
Chicken Strips  
Tofu, two blocks

**Breakfast: Assorted Cold Cereals**

Served with: Breakfast Fruit - Fresh  
Almond Butter  
English Muffins

**Lunch: Guacamole**

Served with: Cookies - Fig Newtons  
Flour Tortillas  
Black Olives

---

\*\*\*\*\*  
**Uco rig'Menu**  
**Meat/Veggie Combo**  
**Professional River Outfitters, Inc.**

---

**Camp 4**

---

- Dinner: Burgers with The Works**  
**Burgers with The Works**  
**Burgers with The Works:**  
Served with: Pringles Chips and Onion Dip  
Coleslaw, Traditional  
Beef Patties  
Flash Flood Brownies
- Burgers with The Works:**  
Served with: Coleslaw, Traditional  
Garden Burgers  
Flash Flood Brownies  
Garden Burgers
- Breakfast: Assorted Hot Cereals**  
Served with: Breakfast Fruit - Fresh  
Raisins  
Walnuts
- Lunch: Egg Salad**  
Served with: Trail Mix  
Assorted Wheat and Rye Bread  
PB & J Fixins
- 

**Camp 5**

---

- Dinner: Pasta and Sauce - Dreamy Sauce**  
Served with: Garlic Bread  
Tortellini  
Fresh Vegetable - Zucchini
- Breakfast: Breakfast Burritos**  
Served with: Breakfast Fruit - Fresh
- Lunch: Cold Cuts (1/4 Veggie)**  
Served with: Pickles  
Assorted Wheat and Rye Bread  
Honey Roasted Nuts
- 

**Camp 6**

---

- Dinner: Falafel Burgers with Pita**  
Served with: Hummus, Carrots, Dolmas & Greek Olives  
Greek Salad  
Tabouli Salad
- Breakfast: Granola**  
Served with: Yogurt  
Breakfast Fruit - Fresh
- Lunch: Hummus Spread**  
Served with: Pita Pockets  
Roasted Red Peppers  
Salty Mix  
Turkey Jerky
- 

**Camp 7**

---

- Dinner: Spinach Lasagna**  
Served with: Fresh Veggies & Ranch Dressing  
Garlic Bread  
After Dinner Mints
- Breakfast: French Toast**
-

**Uco r'g Menu**  
**Meat/Veggie Combo**  
**Professional River Outfitters, Inc.**

---

**Lunch:**           **Guacamole**  
                          **Served with:** Maple Syrup  
  Turkey Sausage Links  
  Breakfast Fruit - Fresh

---

**Camp 8**

---

**Dinner:**           **Indian Golden Curry Stew**  
                          **Served with:** Raisins  
  Chicken Strips  
  Basmati Rice  
  Crackers, Cream Cheese & Pepper Jelly

**Breakfast:**       **Omelets with Assorted Fillings**  
                          **Served with:** Breakfast Fruit - Fresh

**Lunch:**           **Cream Cheese and Cucumber**  
                          **Served with:** Ham  
  Dried Fruit (mixed)  
  Bagels

---

**Camp 9**

---

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

**Breakfast:**       **Pancakes**  
                          **Served with:** Blueberries  
  Breakfast Fruit - Fresh  
  Maple Syrup  
  Walnuts

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

---

**Camp 10**

---

**Dinner:**           **Green Chile Stew w/ Torts & Cheese**  
                          **Served with:** No Bake Cheesecake  
  Chile Corn Bread  
  Pork Strips  
  Cherry Filling

**Breakfast:**       **Eggs to Order**  
                          **Served with:** Breakfast Potatoes  
  Cheese, Assorted Sliced  
  Breakfast Fruit - Fresh

**Lunch:**           **Tabouli Salad**  
                          **Served with:** Assorted Candy Bars  
  Beef Jerky

---

**Camp 11**

---

**Dinner:**           **Pasta and Sauce - Marinara**  
                          **Served with:** Olive Tapenade, Cream Cheese & Crackers  
  Garden Salad  
  Garlic Bread  
  Spaghetti

---

**Uco rig'Menu**  
**Meat/Veggie Combo**  
**Professional River Outfitters, Inc.**

---

**Camp 11 Continued**

---

**Breakfast: Assorted Cold Cereals**  
Served with: Oatmeal (instant packets)  
Breakfast Fruit - Fresh

**Lunch: Hummus Spread**  
Served with: M&M's (peanut and plain)  
Triscuit Crackers

---

**Camp 12**

---

**Dinner: Tomato Soup and Grilled Cheese Sandwiches**  
Served with: Pepperidge Farm Dessert Cookies  
Three Bean Salad  
Crackers, Sardines & Kipper Snacks

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

**Lunch: Egg Salad**  
Served with: Assorted Wheat and Rye Bread  
Clif Bars

---

**Camp 13**

---

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

**Breakfast: Fried Egg Sandwiches**  
Served with: Breakfast Fruit - Fresh

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

---

**Camp 14**

---

**Dinner: Pasta and Sauce - Pesto**  
Served with: No Bake Chocolate Mousse Pie  
Garden Salad  
Canned Crab  
Linguine

**Breakfast: Breakfast Burritos**

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

---

**Camp 15**

---

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

**Breakfast: Granola**

---