

Menu

Vegetarian Sample Menu

Professional River Outfitters, Inc.

Start of Trip

Lunch: Cream Cheese & Cucumber

Served with: Assorted Cookies
Nuts (Mixed)
Bagels
PB & J Fixins

Camp 1

Dinner: Pasta Primavera

Served with: Crackers & Specialty Cheeses
Garlic Bread
§Spinach Salad (No Bacon)
Linguine
Pesto Sauce

Breakfast: French Toast

Served with: Breakfast Fruit - Fresh
Maple Syrup
Sausage, Breakfast (Veg)

Lunch: Veggie Cuts w/ Avocados

Served with: Assorted Wheat & Rye Bread
Pringles

Camp 2

Dinner: Burritos

Served with: Watermelon
Tort. Chips w/ Salsa & Pre-Made Guac
Spanish Rice
Calabacitas (Mexican Squash)

Breakfast: Huevos Rancheros

Served with: Breakfast Fruit - Fresh

Lunch: Marinated Veggie Salad

Served with: Pita Flatbread
Pub Mix

Camp 3

Dinner: Fresh Stir Fry

Served with: Ginger Snaps
Cucumber Salad
Thai Peanut Sauce
White Rice
Baked Tofu

Breakfast: Assorted Cold Cereals

Served with: Almond Butter
English Muffins
Breakfast Fruit - Fresh

Lunch: Guacamole

Served with: Flour Tortillas
Honey Roasted Nuts

Camp 4

Dinner: Caribbean Jerk Simmer Sauce

Served with: Meatless "Chicken" Strips
Fresh Vegetable - Green Beans
Pound Cake w/ Whipped Cream
Frozen Strawberries

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Breakfast: **Breakfast Burritos**
 Served with: Breakfast Fruit - Fresh
 Soyrito (Vegan Chorizo)

Lunch: **Hummus Spread**
 Served with: Pita Flatbread
 Roasted Red Peppers
 Salty Mix

Camp 5

Dinner: **Pasta & Sauce - Dreamy Sauce**
 Served with: After Dinner Mints
 Olive Tapenade, Cream Cheese, & Crackers
 Tortellini
 Fresh Vegetable - Zucchini

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

Lunch: **Egg Salad**
 Served with: Assorted Wheat & Rye Bread
 Trail Mix

Camp 6

Dinner: **Falafel Burgers w/ Pita**
 Served with: Flash Flood Brownies
 Greek Salad
 Quinoa Salad w/ Asparagus

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

Lunch: **Veggie Cuts w/ Avocados**
 Served with: Assorted Wheat & Rye Bread
 Pickles
 Cookies - Fig Newtons

Camp 7

Dinner: **Spinach Lasagna**
 Served with: Garlic Bread
 Fresh Veggies & Ranch Dressing

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

Lunch: **Guacamole**
 Served with: Flour Tortillas
 Assorted Candy Bars

Camp 8

Dinner: **Burgers w/ the Works**
 Served with: Veggie Burgers
 Pringles Chips & Onion Dip
 Red Potato Salad
 Coleslaw (Traditional)

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

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Lunch: Cream Cheese & Cucumber

Served with: Bagels
Dried Fruit (Mixed)

Camp 9

Dinner: Celebration Roast - Vegetarian

Served with: Fresh Vegetable - Zucchini
Rice Pilaf

Breakfast: Pancakes

Served with: Blueberries
Maple Syrup
Breakfast Fruit - Fresh

Lunch: Tabouli Salad

Served with: Pita Flatbread
Pepperoncini
Nutella
Pretzels

Camp 10

Dinner: Green Chile Stew w/ Torts & Cheese

Served with: Chile Corn Bread
Avocados

Breakfast: Eggs to Order

Served with: Breakfast Fruit - Fresh
Breakfast Potatoes
Sausage, Breakfast (Veg)

Lunch: Hummus Spread

Served with: Triscuit Crackers
M&M's (Peanut & Plain)
PB & J Fixins

Camp 11

Dinner: Pasta & Sauce - Marinara

Served with: Mint Cookies
Garden Salad
Garlic Bread
Spaghetti
Italian Sausage (Vegetarian)

Breakfast: Assorted Cold Cereals

Served with: Breakfast Fruit - Fresh
English Muffins

Lunch: Pasta Salad

Served with: Assorted Cookies
Wasabi Peas

Camp 12

Dinner: Tomato Soup & Grilled Cheese Sandwiches

Served with: Dried Fruit (Mixed)
Spinach Artichoke Dip

Breakfast: Assorted Hot Cereals

Served with: Raisins
Walnuts
Breakfast Fruit - Fresh

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

Camp 13

Dinner: Enchiladas
Served with: Black Bean Salad
 Spanish Rice
 Caramel Apples

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

Lunch: Bean Taco Salad
Served with: Assorted Cookies

Camp 14

Dinner: Lemongrass Basil Simmer Sauce
Served with: Carrot Cake w/ Cream Cheese Frosting
 Garden Salad
 Tofu
 Roasted Red Peppers

Breakfast: Breakfast Burritos

Lunch: Veggie Salami & Cheese
Served with: Pickles
 Salty Mix
 Assorted Wheat & Rye Bread

Camp 15

Dinner: Black Beans and Rice w/ Quesadillas
Served with: Jicama Cucumber Salad
 Crackers, Cream Cheese, & Pepper Jelly

Breakfast: Granola

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

Camp 16

Dinner: Late Trip Stir Fry
Served with: Pringles Chips & Onion Dip
 Chinese Cabbage Salad
 Kaibab Curry Stir Fry Sauce
 Tofu
 Brown Rice
 Pepperidge Farm Dessert Cookies

Breakfast: Eggs to Order
Served with: Cheese (Assorted Sliced)
 Oatmeal (Instant Packets)

Lunch: Peanut Butter, Jelly, & Honey
Served with: Assorted Wheat & Rye Bread
 Trail Mix

Camp 17

Dinner: Veggie Chili
Served with: Quesadillas
 Apple & Mandarin Orange Salad

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Breakfast: Assorted Cold Cereals

Lunch: Pasta Salad

Served with: Cookies - Fig Newtons

Camp 18

Dinner: Macaroni & Cheese

Served with: No-Bake Chocolate Mousse Pie
Canned Vegetable - Peas
Salsa

Breakfast: French Toast

Served with: Apple Sauce
Maple Syrup

Lunch: Bean Taco Salad

Served with: Black Olives
Luna Bars

Camp 19

Dinner: Veggie Noodle Soup

Served with: Boatman's Cheesecake
Nuts (Mixed)

Breakfast: Pancakes

Served with: Blueberries
Maple Syrup

Lunch: Hummus Spread

Served with: Triscuit Crackers
Black Olives
Roasted Red Peppers

Camp 20

Dinner: Pasta & Sauce - Alfredo Sauce

Served with: Three Bean Salad
Honey Roasted Nuts
Tortellini

Breakfast: Assorted Cold Cereals

Lunch: Veggie Salami & Cheese

Served with: Hard Candy (Assorted)
Pringles
Relish Combo
Assorted Wheat & Rye Bread

Camp 21

Dinner: Veggie Pot Pie

Served with: S'Mores!
Coleslaw (Traditional)
Tofu

Breakfast: Oatmeal (Packets)

Served with: Dried Fruit (Mixed)

Lunch: Tabouli Salad

Served with: Assorted Granola Bars
Greek Olives
Triscuit Crackers

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Camp 22

Dinner: **Green Chile Stew w/ Torts & Cheese**
 Served with: Fruit Cocktail
 Queso Dip w/ Tortilla Chips

Breakfast: **Granola**

Lunch: **Egg Salad**
 Served with: Green Olives
 Pringles
 Assorted Wheat & Rye Bread

Camp 23

Dinner: **Falafel Burgers w/ Tortillas**
 Served with: No-Bake Cheesecake
 Cherry Filling
 Couscous Chick Pea Salad

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

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

Camp 24

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

Breakfast: **Assorted Cold Cereals**