

**Menu**  
**Vegetarian Sample Menu**  
**Professional River Outfitters, Inc.**

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**Start of Trip****Lunch: Cream Cheese & Cucumber**

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

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**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

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**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

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**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

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**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  
Soyrizo (Vegan Chorizo)

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

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**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

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**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

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**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

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**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)

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**Camp 9**

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**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

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**Camp 10**

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**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

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**Camp 11**

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**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

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**Camp 12**

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**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

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**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

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**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

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**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

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**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

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**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

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**Camp 18**

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**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

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**Camp 19**

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**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

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**Camp 20**

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**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

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**Camp 21**

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**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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Page 6

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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

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**Camp 23**

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**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

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**Camp 24**

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

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

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