

Sample Menu
Quick & Easy
Professional River Outfitters, Inc.

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Start of Trip

Lunch: **Cold Cuts (Turkey, Ham, Roast Beef)**
Served with: Assorted Wheat & Rye Bread
Assorted Cookies
PB & J Fixins
Roasted Red Peppers

Camp 1

Dinner: **Butternut Squash Ravioli w/ Sage Butter**
Served with: Spinach Salad
Chicken Sausage - Italian
Cheesecake Bites (3 Flavors)

Breakfast: **Bagels & Cream Cheese**
Served with: Lox, Capers, & Red Onion
Breakfast Fruit - Fresh

Lunch: **Guacamole**
Served with: Trail Mix
Flour Tortillas
Chicken Fajita Meat - Fully Cooked

Camp 2

Dinner: **Caribbean Jerk Simmer Sauce**
Served with: Grilled Chicken Breast Strips/Bites (Fully Cooked)
Pre-Cooked Brown Rice (Boil in Bag)
Canned Vegetable - Black Beans
Cookies - Fig Newtons

Breakfast: **Fried Egg Sandwiches**
Served with: Pork Sausage Patties - Pre-Cooked
Breakfast Fruit - Fresh

Lunch: **Cold Cuts (Turkey, Ham, Roast Beef)**
Served with: Pringles
Assorted Wheat & Rye Bread

Camp 3

Dinner: **Pork Chile Verde**
Served with: Jicama Cucumber Salad
Refried Beans
Pound Cake w/ Whipped Cream
Frozen Mixed Berries

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

Lunch: **Cream Cheese & Cucumber**
Served with: Bagels
Assorted Cookies
Black Olives

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Camp 4

Dinner: **BBQ Pulled Pork Sandwiches - Heat & Eat**

Served with: Instant Mashed Potatoes
Coleslaw (Traditional)

Breakfast: **Assorted Cold Cereals**

Served with: Breakfast Fruit - Fresh

Lunch: **Cold Cuts (Turkey, Ham, Roast Beef)**

Served with: Assorted Wheat & Rye Bread
Pub Mix
Pepperoncini

Camp 5

Dinner: **Enchilada Style Tamales - Pork & Chicken**

Served with: Tort. Chips w/ Salsa & Pre-Made Guac
Fresh Vegetable - Zucchini
Pre-Cooked Spanish Rice - Boil in Bag

Breakfast: **Bagels & Cream Cheese**

Served with: Breakfast Fruit - Fresh

Lunch: **Peanut Butter, Jelly, & Honey**

Served with: Assorted Wheat & Rye Bread
Salty Mix
Red Vine Licorice

Camp 6

Dinner: **Sloppy Joes**

Served with: Pringles Chips & Onion Dip
Garden Salad
Ground Beef

Breakfast: **Granola**

Served with: Yogurt
Breakfast Fruit - Fresh

Lunch: **Cold Cuts (Turkey, Ham, Roast Beef)**

Served with: Assorted Wheat & Rye Bread
Pickles
Luna Bars

Camp 7

Dinner: **Carnitas - Heat & Eat**

Served with: Crackers, Cream Cheese, & Pepper Jelly
Canned Vegetable - Black Beans
Pepperidge Farm Dessert Cookies

Breakfast: **Eggs to Order**

Served with: Sausage Links
Breakfast Fruit - Fresh

Lunch: **BLT's w/ Pre-Cooked Bacon**

Served with: Assorted Cookies
Assorted Wheat & Rye Bread

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Camp 8

Dinner: **Pasta & Sauce - Marinara**

Served with: Garlic Bread

Meatballs

Spaghetti

Fresh Vegetable - Yellow Squash

Breakfast: **Assorted Cold Cereals**

Served with: Breakfast Fruit - Fresh

Lunch: **Cold Cuts (Turkey, Ham, Roast Beef)**

Served with: Assorted Wheat & Rye Bread

Clif Bars

Camp 9

Dinner: **Burgers w/ the Works**

Served with: Pringles Chips & Onion Dip

Beef Patties

Baked Beans

Breakfast: **Oatmeal (Packets)**

Served with: Yogurt

Breakfast Fruit - Fresh

Lunch: **Hummus Spread - Pre-Made**

Served with: Summer Sausage

Assorted Wraps

Roasted Red Peppers

Camp 10

Dinner: **Lemongrass Basil Simmer Sauce**

Served with: Garden Salad

Grilled Chicken Breast Strips/Bites (FC)

Pre-Cooked Basmati Rice (Boil in Bag)

Fresh Vegetable - Bell Peppers

Breakfast: **Eggs to Order**

Served with: English Muffins

Ham for Breakfast

Breakfast Fruit - Fresh

Lunch: **Cold Cuts (Turkey, Ham, Roast Beef)**

Served with: Assorted Granola Bars

Assorted Wheat & Rye Bread

Camp 11

Dinner: **Beef Brisket - Heat & Eat**

Served with: Dinner Rolls

Instant Mashed Potatoes

Canned Vegetable - Green Beans

Breakfast: **Assorted Cold Cereals**

Served with: Breakfast Fruit - Fresh

Lunch: **Chicken Salad**

Served with: Assorted Wheat & Rye Bread

Assorted Cookies

Pickles

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Camp 12

Dinner: **Macaroni & Cheese**

Served with: Fresh Veggies & Ranch Dressing
Salsa
Pepperidge Farm Dessert Cookies

Breakfast: **Assorted Hot Cereals**

Served with: Raisins
Walnuts
Breakfast Fruit - Fresh

Lunch: **Salami & Cheese**

Served with: Dried Fruit (Mixed)
Assorted Wheat & Rye Bread

Camp 13

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

Served with: Canned Vegetable - Corn
Mint Cookies

Breakfast: **Eggs to Order**

Served with: Toast

Lunch: **Tuna Salad**

Served with: Assorted Candy Bars
Assorted Wheat & Rye Bread

Camp 14

Dinner: **Pasta & Sauce - Pesto**

Served with: Garlic Bread
Gnocchi
Canned Vegetable - Peas
No-Bake Chocolate Mousse Pie

Breakfast: **Bagels & Cream Cheese**

Served with: Oatmeal (Instant Packets)
Almond Butter

Lunch: **Peanut Butter, Jelly, & Honey**

Served with: Assorted Wheat & Rye Bread
M&M's (Peanut & Plain)

Camp 15

Dinner: **Chili Con Carne - Heat & Eat**

#10 Can
Served with: Queso Dip w/ Tortilla Chips
Coleslaw (Traditional)
Dinner Rolls
Cookies - Fig Newtons

Breakfast: **Granola**

Lunch: **Cream Cheese Spread**

Served with: Flour Tortillas
Wasabi Peas

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Camp 16

Dinner: **Late Trip Stir Fry**

Served with: Canned Chicken
Nuts (Mixed)
Pre-Cooked Basmati Rice (Boil in Bag)
Stir Fry Sauce
Ginger Snaps

Breakfast: **Eggs to Order**

Served with: English Muffins

Lunch: **Salami & Cheese**

Served with: Trail Mix
Assorted Wheat & Rye Bread

Camp 17

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

Served with: Caramel Apples

Breakfast: **Granola**

Lunch: **Chicken Salad**

Served with: Assorted Wheat & Rye Bread
Salty Mix

Camp 18

Dinner: **Coconut Curry Simmer Sauce (Korma)**

Served with: Canned Chicken
Canned Vegetable - Green Beans
Pre-Cooked Jasmine Rice (Boil in Bag)
No-Bake Cheesecake
Cherry Filling

Breakfast: **Eggs to Order**

Served with: Toast

Lunch: **Peanut Butter, Jelly, & Honey**

Served with: Assorted Wheat & Rye Bread
Pretzels
Nutella

Camp 19

Dinner: **Veggie Noodle Soup**

Served with: Canned Chicken
After Dinner Mints

Breakfast: **Assorted Hot Cereals**

Lunch: **Salami & Cheese**

Served with: Assorted Cookies
Assorted Wraps

Camp 20

Dinner: **Black Beans & Pre-Cooked Rice w/ Quesadillas**

Served with: Crackers, Sardines, & Kipper Snacks
Boatman's Cheesecake

Breakfast: **Assorted Cold Cereals**

Lunch: **Marinated Veggie Salad**

Served with: Lemony Oysters, Triscuits, & Cream Cheese
Summer Sausage

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Camp 21

Dinner: **BLTs w/ Avocado**
Served with: Hard Candy (Assorted)

Breakfast: **Oatmeal (Packets)**
Served with: Dried Fruit (Mixed)

Lunch: **Salami & Cheese**
Served with: Nuts (Mixed)
Assorted Wheat & Rye Bread

Camp 22

Dinner: **Pasta & Sauce**
Served with: Triscuits, Cream Cheese, & Shrimp
Assorted Cookies
Tortellini
Marinara Sauce

Breakfast: **Granola**

Lunch: **Bean Taco Salad**
Served with: Butter Toffee Mixed Nuts

Camp 23

Dinner: **Jambalaya**
Served with: Pre-Cooked Basmati Rice (Boil in Bag)
Cookies - Fig Newtons

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

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

Camp 24

Dinner: **Hot Chicken Sandwiches w/ Gravy**
Served with: Olive Tapenade, Cream Cheese, & Crackers
Canned Vegetable - Carrots

Breakfast: **Assorted Cold Cereals**
