

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

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

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

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

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

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

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

Sample Menu Quick & Easy

Professional River Outfitters, Inc.

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

Sample Menu Quick & Easy

Professional River Outfitters, Inc.

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

Sample Menu Quick & Easy

Professional River Outfitters, Inc.

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

Sample Menu

Quick & Easy

Professional River Outfitters, Inc.

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 Chees
Summer Sausage

Sample Menu Quick & Easy

Professional River Outfitters, Inc.

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**
