

Sample Menu Quick & Easy

Professional River Outfitters, Inc.

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: Pasta & Sauce - Lemon, Garlic, Butter
 Served with: Cheesecake Bites (3 Flavors)
 Linguine
 Spinach Salad
 Frozen Pre-Cooked Shrimp

Breakfast: Bagels & Cream Cheese
 Served with: Breakfast Fruit (Fresh)
 Lox, Capers, & Red Onion

Lunch: Guacamole
 Served with: Flour Tortillas
 Trail Mix

Camp 2

Dinner: Thanksgiving Turkey & Gravy
 Served with: Herb Stuffing
 Fresh Vegetable - Green Beans
 Cookies - Fig Newtons

Breakfast: Fried Egg Sandwiches
 Served with: Breakfast Fruit (Fresh)
 §Pork Sausage Patties - Pre-Cooked

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

Camp 3

Dinner: Pork Chile Verde
 Served with: Pound Cake w/ Whipped Cream (Add Fruit)
 Jicama Cucumber Salad
 Refried Beans
 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

Camp 4

Dinner: BBQ Pulled Pork Sandwiches - Heat & Eat
 Served with: Instant Mashed Potatoes
 Coleslaw (Traditional)

Breakfast: Assorted Cold Cereals

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Lunch: **Cold Cuts (Turkey, Ham, Roast Beef)**
 Served with: Breakfast Fruit (Fresh)
 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
 Pepperidge Farm Dessert Cookies
 Canned Vegetable - Black Beans

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

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)**

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Served with: Assorted Wheat & Rye Bread
Clif Bars

Camp 9

Dinner: Burgers w/ the Works
Served with: Beef Patties
Baked Beans
Pringles Chips & Onion Dip

Breakfast: Oatmeal (Packets)
Served with: Yogurt
Breakfast Fruit (Fresh)

Lunch: Hummus Spread - Pre-Made
Served with: Green Olives
Triscuit Crackers

Camp 10

Dinner: Pork Loin Chops - Heat & Eat
Served with: Garden Salad
Apple Sauce
Pre-Cooked Rice Pilaf - Boil in Bag

Breakfast: Eggs to Order
Served with: English Muffins
Ham for Breakfast
Breakfast Fruit (Fresh)

Lunch: Cream Cheese Spread
Served with: Bagels
Assorted Granola Bars

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

Camp 12

Dinner: Macaroni & Cheese
Served with: Fresh Veggies & Ranch Dressing
Sloppy Joes
Assorted 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

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Served with: Canned Vegetable - Corn
Mint Cookies

Breakfast: Eggs to Order

Served with: Toast

Lunch: Salmon Salad

Served with: Assorted Wheat & Rye Bread
Assorted Candy Bars

Camp 14

Dinner: Pasta & Sauce - Pesto

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

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

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Served with: Cookies - Fig Newtons
Quesadillas

Breakfast: Granola

Lunch: Cream Cheese Spread

Served with: Flour Tortillas
Wasabi Peas

Camp 16

Dinner: Late Trip Stir Fry

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

Breakfast: Eggs to Order

Served with: English Muffins

Lunch: Tuna Salad

Served with: Assorted Wheat & Rye Bread
Trail Mix

Camp 17

Dinner: Green Chile Stew w/ Torts & Cheese

Served with: Caramel Apples

Breakfast: Granola

Lunch: Lunch Assortment

Served with: Hummus, Carrots, Dolmas, & Greek Olives
Beef Jerky

Camp 18

Dinner: Indian Golden Curry Stew

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Served with: Couscous
Canned Chicken
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: After Dinner Mints
Canned Chicken

Breakfast: Assorted Hot Cereals

Lunch: Chicken Salad

Served with: Flour Tortillas
Assorted Cookies

Camp 20

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

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

Breakfast: Assorted Cold Cereals

Lunch: Marinated Veggie Salad

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

Camp 21

Dinner: BLTs w/ Avocado

Served with: Hard Candy (Assorted)

Breakfast: Oatmeal (Packets)

Served with: Dried Fruit (Mixed)

Lunch: Tabouli Salad

Served with: Nuts (Mixed)
Turkey Jerky

Camp 22

Dinner: Corn Chowder

Served with: Triscuits, Cream Cheese, & Shrimp
Assorted Cookies

Breakfast: Granola

Lunch: Bean Taco Salad

Served with: Honey Roasted Nuts

Camp 23

Dinner: Jambalaya

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

Breakfast: Assorted Hot Cereals

Served with: Raisins
Walnuts

Lunch: Peanut Butter, Jelly, & Honey

Sample Menu
Quick & Easy
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Served with: Assorted Wheat & Rye Bread
Pringles

Camp 24

Dinner: Hot Turkey Sandwiches

Served with: Olive Tapenade, Cream Cheese, & Crackers
Canned Vegetable - Carrots

Breakfast: Assorted Cold Cereals
