

2011 Sample Menu
Rafting Gourmet
Professional River Outfitters, Inc.

Day 1

- Lunch:** **Cold Cuts (turkey, ham, roast beef)**
 Served with: PB & J Fixins
 Roasted Red Peppers
 Assorted Wheat and Rye Bread
 Almond Butter
- Dinner:** **Butternut Squash Ravioli w/ Sage Butter**
 Served with: Frozen Dessert of the Day
 Crackers and Specialty Cheeses
 Pork Chops
 Fresh Vegetable - Asparagus
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Day 2

- Breakfast:** **Bagels and Cream Cheese**
 Served with: Lox, Capers & Red Onion
- Lunch:** **Chinese Chicken Salad**
 Served with: Assorted Cookies
 Assorted Wraps
 Salty Mix
- Dinner:** **Fish with Spicy Cilantro Sauce**
 Served with: Olive Tapenade, Cream Cheese & Crackers
 Rice Pilaf
 Spinach Salad
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Day 3

- Breakfast:** **Eggs to Order**
 Served with: Bacon for Breakfast
 English Muffins
- Lunch:** **Cream Cheese and Cucumber**
 Served with: Red Vine Licorice
 Bagels
 Green Olives
- Dinner:** **Doro Wat**
 Served with: Pound Cake w/ Whipped Cream (add fruit)
 Garden Salad
 Brown Rice
 Cherry Filling
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Day 4

- Breakfast:** **Assorted Cold Cereals**
- Lunch:** **Guacamole**
 Served with: Black Olives
 Honey Roasted Nuts
 Flour Tortillas
- Dinner:** **Fresh Stir Fry**
 Served with: Stir Fry Sauce
 Pork Strips
 White Rice
 Ginger Snaps

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Day 9

Breakfast: **Fried Egg Sandwiches**
Served with: Canadian Bacon

Lunch: **Tuna Salad**
Served with: Avocados
Pepperoncini
Pringles
Assorted Wheat and Rye Bread

Dinner: **Tri Tip**
Served with: Flash Flood Brownies
Blue Cheese Slaw
Dinner Rolls
Chimichurri Sauce

Day 10

Breakfast: **Granola**
Served with: Yogurt

Lunch: **Pasta Salad**
Served with: Turkey Jerky

Dinner: **Chicken, Shrimp, & Chorizo Paella**
Served with: Spinach Artichoke Dip
Garden Salad

Day 11

Breakfast: **Pancakes**
Served with: Blueberries
Bacon for Breakfast
Maple Syrup

Lunch: **Salami and Cheese**
Served with: Salami
Assorted Granola Bars
Condiment Combo
Assorted Wheat and Rye Bread

Dinner: **Green Chile Stew w/ Torts & Cheese**
Served with: Tort. Chips w/ Salsa & premade Guacamole
Pork Strips
Jicama Cucumber Salad
Chile Corn Bread

Day 12

Breakfast: **Huevos Rancheros**

Lunch: **Lunch Assortment**
Served with: Lemony Oysters, Triscuits & Cream Cheese
Cookies (Fig Newtons)
Summer Sausage

Dinner: **Spinach Lasagna**
Served with: Boatman's Cheesecake
Garden Salad
Garlic Bread
Italian Sausage

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Day 13

Breakfast: Assorted Cold Cereals

Lunch: Tabouli Salad

Served with: Assorted Cookies
Beef Jerky
Triscuit Crackers

Dinner: Layover Chicken & Andouille Sausage Gumbo

Served with: Brown Rice
Fresh Veggies & Ranch Dressing

Day 14

Breakfast: French Toast

Served with: Bacon for Breakfast
Maple Syrup

Lunch: Cream Cheese Spread

Served with: Nutella
Pretzels
Bagels

Dinner: Corn Chowder

Served with: Garden Salad
Crackers, Cream Cheese & Pepper Jelly

Day 15

Breakfast: Bagels and Cream Cheese

Served with: Almond Butter

Lunch: Zesty Wraps

Served with: Nuts: Mixed
Pickles
Canned Turkey
Assorted Wraps

Dinner: Late Trip Stir Fry

Served with: Chinese Cabbage Salad
Thai Peanut Sauce
Canned Chicken
White Rice
Mint Cookies

Day 16

Breakfast: Granola