

2011 Sample Menu
Vegetarian
Professional River Outfitters, Inc.

Day 1

- Lunch: Cream Cheese and Cucumber**
Served with: Assorted Cookies
Nuts: Mixed
Bagels
PB & J Fixins
- Dinner: Pasta Primavera**
Served with: Crackers and Specialty Cheeses
Garlic Bread
Spinach Salad (no bacon)
Alfredo Sauce
Linguine
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Day 2

- Breakfast: French Toast**
Served with: Maple Syrup
- Lunch: Veggie Cuts**
Served with: Assorted Wheat and Rye Bread
Pringles
- Dinner: Burritos**
Served with: Watermelon
Brown Rice
Tort. Chips w/ Salsa & premade Guacamole
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Day 3

- Breakfast: Huevos Rancheros**
- Lunch: Marinated Veggie Salad**
Served with: Pita Pockets
Gardettos Snak'ens
- Dinner: Fresh Stir Fry**
Served with: Ginger Snaps
Thai Peanut Sauce
Tofu
White Rice
Cucumber Salad
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Day 4

- Breakfast: Assorted Cold Cereals**
Served with: Almond Butter
English Muffins
- Lunch: Guacamole**
Served with: Flour Tortillas
Honey Roasted Nuts
- Dinner: Stroganoff**
Served with: Meatless Crumbles
Fresh Vegetable - Green Beans
Pound Cake w/ Whipped Cream (add fruit)
Canned Peaches

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Day 5

Breakfast: Breakfast Burritos

Lunch: Hummus Spread

Served with: Pita Pockets
Roasted Red Peppers
Salty Mix

Dinner: Pasta and Sauce - Dreamy Sauce

Served with: After Dinner Mints
Olive Tapenade, Cream Cheese & Crackers
Tortellini
Fresh Vegetable - Zucchini

Day 6

Breakfast: Assorted Hot Cereals

Served with: Walnuts
Raisins

Lunch: Egg Salad

Served with: Assorted Wheat and Rye Bread
Trail Mix (Gorp)

Dinner: Falafel Burgers with Pita

Served with: Flash Flood Brownies
Greek Salad
Quinoa Salad with Asparagus

Day 7

Breakfast: Assorted Cold Cereals

Lunch: Veggie Cuts

Served with: Assorted Wheat and Rye Bread
Pickles
Cookies (Fig Newtons)

Dinner: Spinach Lasagna

Served with: Garlic Bread
Fresh Veggies & Ranch Dressing

Day 8

Breakfast: Granola

Served with: Yogurt

Lunch: Guacamole

Served with: Flour Tortillas
Assorted Candy Bars

Dinner: Indian Golden Curry Stew

Served with: Basmati Rice
Fresh Vegetable - Yellow Squash
Raisins
Hummus, Carrots, Dolmas & Greek Olives

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Day 9

Breakfast: Omelets with Assorted Fillings
Lunch: Cream Cheese and Cucumber
Served with: Bagels
Dried Fruit (mixed)
Dinner: Corn Chowder (no bacon)
Served with: Fruit Salad
Fresh Vegetable - Butternut Squash
Dinner Rolls

Day 10

Breakfast: Pancakes
Served with: Blueberries
Maple Syrup
Lunch: Tabouli Salad
Served with: Pita Pockets
Pepperoncini
Nutella
Pretzels
Dinner: Green Chile Stew w/ Torts & Cheese
Served with: Chile Corn Bread
Avocados

Day 11

Breakfast: Eggs to Order
Served with: Breakfast Potatoes
Salsa
Lunch: Hummus Spread
Served with: Triscuit Crackers
M&M's (peanut and plain)
PB & J Fixins
Dinner: Pasta and Sauce - Marinara
Served with: Garden Salad
Garlic Bread
Spaghetti
Mint Cookies

Day 12

Breakfast: Assorted Cold Cereals
Served with: English Muffins
Lunch: Pasta Salad
Served with: Assorted Cookies
Wasabi Peas
Dinner: Tomato Soup and Grilled Cheese Sandwiches
Served with: Dried Fruit (mixed)
Spinach Artichoke Dip

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Day 13

- Breakfast:** **Assorted Hot Cereals**
 Served with: Raisins
 Walnuts
- Lunch:** **Egg Salad**
 Served with: Assorted Wheat and Rye Bread
 Clif Bars
- Dinner:** **Enchiladas**
 Served with: Black Bean Salad
 Spanish Rice
 Caramel Apples
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Day 14

- Breakfast:** **Fried Egg Sandwiches**
- Lunch:** **Bean Taco Salad**
 Served with: Assorted Cookies
- Dinner:** **Pasta and Sauce - Pesto**
 Served with: Carrot Cake w/ Cream Cheese Frosting
 Garden Salad
 Gnocchi
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Day 15

- Breakfast:** **Breakfast Burritos**
- Lunch:** **Salami and Cheese**
 Served with: Meatless Salami (Soy)
 Assorted Wheat and Rye Bread
 Pickles
 Salty Mix
- Dinner:** **Black Beans and Rice w/ Quesadillas**
 Served with: Jicama Cucumber Salad
 Crackers, Cream Cheese & Pepper Jelly
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Day 16

- Breakfast:** **Granola**