

**2011 Sample Menu**  
**Winter Hearty**  
**Professional River Outfitters, Inc.**

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**Day 1**

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**Lunch: Cold Cuts (turkey, ham, roast beef)**

Served with: Assorted Cookies  
PB & J Fixins  
Assorted Wheat and Rye Bread  
Condiment Combo

**Dinner: Rib Eye Steaks**

Served with: Pineapple Upside Down Cake  
Fresh Veggies & Ranch Dressing  
Fresh Vegetable - Russet Potatoes  
Blue Cheese Slaw

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**Day 2**

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**Breakfast: Eggs to Order**

Served with: Almond Butter  
Bacon for Breakfast  
Oatmeal (instant packets)  
Bagels

**Lunch: Guacamole**

Served with: Black Olives  
Nuts: Mixed  
Flour Tortillas

**Dinner: Fresh Stir Fry**

Served with: Frozen Dessert of the Day  
Cucumber Salad  
Ramen Noodles  
Stir Fry Sauce  
White Rice  
Pork Strips

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**Day 3**

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**Breakfast: Bagels and Cream Cheese**

Served with: Lox, Capers & Red Onion

**Lunch: Cold Cuts (turkey, ham, roast beef)**

Served with: Assorted Wheat and Rye Bread  
Assorted Cookies  
Pringles

**Dinner: Stroganoff**

Served with: Sirloin Strips  
Crackers and Specialty Cheeses  
Fresh Vegetable - Green Beans  
Pepperidge Farm Dessert Cookies

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**Day 4**

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**Breakfast: Granola**

Served with: Yogurt  
Honey

**Lunch: Salami and Cheese**

Served with: Salami  
Assorted Wheat and Rye Bread  
Dried Fruit (mixed)

**Dinner: Halibut Steaks**

Served with: Apple Crisp  
Triscuits, Cream Cheese and Shrimp  
Rice Pilaf  
Fresh Vegetable - Broccoli

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**Day 5**

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**Breakfast: Fried Egg Sandwiches**

Served with: Canadian Bacon

**Lunch: Hummus Spread**

Served with: Beef Jerky  
Pita Pockets  
Green Olives

**Dinner: Pasta and Sauce - Alfredo Sauce**

Served with: No Bake Chocolate Mousse Pie  
Olive Tapenade, Cream Cheese & Crackers  
Frozen Pre-Cooked Shrimp  
Linguine  
Spinach Salad

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**Day 6**

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**Breakfast: Omelets with Assorted Fillings**

Served with: Turkey Sausage Links

**Lunch: Bean Taco Salad**

Served with: Cookies (Fig Newtons)  
Turkey Jerky

**Dinner: Lamb Chops**

Served with: Spinach Artichoke Dip  
Greek Salad  
Tabouli Salad  
Fresh Vegetable - Yellow Squash  
Carrot Cake w/ Cream Cheese Frosting



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**Day 10**

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- Breakfast: Pancakes**  
Served with: Maple Syrup  
Ham for Breakfast  
Blueberries
- Lunch: Tabouli Salad**  
Served with: M&M's (peanut and plain)  
Salty Mix
- Dinner: Burritos**  
Served with: Spanish Rice  
Ground Beef  
Hard Candy, Assorted
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**Day 11**

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- Breakfast: Huevos Rancheros**
- Lunch: Tuna Salad**  
Served with: Assorted Candy Bars  
Assorted Wheat and Rye Bread  
Pringles
- Dinner: Chicken**  
Served with: Flash Flood Brownies  
Italian Dressing  
Fettuccine  
Pesto Sauce  
Fresh Vegetable - Yellow Squash
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**Day 12**

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- Breakfast: Pancakes**  
Served with: Maple Syrup  
Sausage Links
- Lunch: Peanut Butter, Jelly and Honey**  
Served with: Clif Bars  
Assorted Wheat and Rye Bread
- Dinner: Enchilada Style Tamales**  
Served with: Caramel Apples  
Queso Dip with Tortilla Chips  
Chile Corn Bread  
Instant Black Beans
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**Day 13**

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- Breakfast: Assorted Hot Cereals**  
Served with: Raisins  
Walnuts
- Lunch: Pasta Salad**  
Served with: M&M's (peanut and plain)  
Gardettos Snak'ens
- Dinner: Falafel Burgers with Tortillas**  
Served with: Ginger Snaps  
Couscous  
Hummus, Carrots, Dolmas & Greek Olives

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**Day 14**

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

**Lunch:** **Marinated Veggie Salad**  
Served with: **Nutella**  
**Pretzels**

**Dinner:** **Enchiladas**  
Served with: **Canned Chicken**  
**Black Bean Salad**  
**Tropical Fruit Salad**  
**S'Mores!**

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**Day 15**

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**Breakfast:** **Bagels and Cream Cheese**

**Lunch:** **Egg Salad**  
Served with: **Flour Tortillas**  
**Pringles**  
**Assorted Granola Bars**

**Dinner:** **Late Trip Stir Fry**  
Served with: **Kaibab Curry Stir Fry Sauce**  
**Basmati Rice**  
**Garden Salad**  
**Lemony Oysters, Triscuits & Cream Cheese**  
**Mint Cookies**

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**Day 16**

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**Breakfast:** **Granola**  
Served with: **Apple Sauce**