

Sample Menu

Winter Hearty

Professional River Outfitters, Inc.

Start of Trip

Lunch: Cold Cuts (Turkey, Ham, Roast Beef)
Served with: Assorted Cookies
 PB & J Fixins
 Assorted Wheat & Rye Bread
 Relish Combo

Camp 1

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

Breakfast: Eggs to Order
Served with: Almond Butter
 Bagels
 Bacon for Breakfast
 Oatmeal (Instant Packets)
 Breakfast Fruit (Fresh)

Lunch: Guacamole
Served with: Black Olives
 Nuts (Mixed)
 Flour Tortillas

Camp 2

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

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

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

Camp 3

Dinner: Stroganoff
Served with: Crackers & Specialty Cheeses
 Sirloin Strips
 Fresh Vegetable - Green Beans
 Pound Cake w/ Whipped Cream (Add Fruit)
 Frozen Strawberries

Breakfast: Granola
Served with: Honey
 Yogurt
 Breakfast Fruit (Fresh)

Lunch: Salami & Cheese

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Served with: §Salami
Assorted Wheat & Rye Bread
Dried Fruit (Mixed)

Camp 4

Dinner: Halibut Steaks

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

Breakfast: Fried Egg Sandwiches

Served with: Canadian Bacon
Breakfast Fruit (Fresh)

Lunch: Hummus Spread

Served with: Beef Jerky
Pita Flatbread
Green Olives

Camp 5

Dinner: Pasta & Sauce - Alfredo Sauce

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

Breakfast: Omelets w/ Assorted Fillings

Served with: Turkey Sausage Links
Breakfast Fruit (Fresh)

Lunch: Bean Taco Salad

Served with: Cookies - Fig Newtons
Turkey Jerky

Camp 6

Dinner: Lamb Chops

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

Breakfast: Assorted Hot Cereals

Served with: Brown Sugar
Raisins
Walnuts
Yogurt
Breakfast Fruit (Fresh)

Lunch: Cold Cuts (Turkey, Ham, Roast Beef)

Served with: Assorted Wheat & Rye Bread
Relish Combo
Assorted Cookies

Camp 7

Dinner: Fajitas

Served with: Chicken Strips w/ Fajita Marinade
Tort. Chips w/ Salsa & Pre-Made Guac
Refried Beans

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No-Bake Cheesecake
Cherry Filling

Breakfast: French Toast
Served with: Breakfast Fruit (Fresh)
Maple Syrup
Bacon for Breakfast

Lunch: Salmon Salad
Served with: Assorted Wheat & Rye Bread
PB & J Fixins

Camp 8

Dinner: Burgers w/ the Works
Served with: Beef Patties
Baked Beans
Red Potato Salad
German Chocolate Cake w/ Ccnut Pen Frst

Breakfast: Eggs Benedict
Served with: Breakfast Fruit (Fresh)

Lunch: Chicken Salad
Served with: Trail Mix
Assorted Wheat & Rye Bread
Relish Combo

Camp 9

Dinner: Spinach Lasagna
Served with: Crackers, Sardines, & Kipper Snacks
Garlic Bread
Italian Sausage
Fresh Vegetable - Zucchini
Pepperidge Farm Dessert Cookies

Breakfast: Pancakes
Served with: Blueberries
Maple Syrup
Ham for Breakfast
Breakfast Fruit (Fresh)

Lunch: Tabouli Salad
Served with: M&M's (Peanut & Plain)
Salty Mix

Camp 10

Dinner: Burritos
Served with: Spanish Rice
Ground Beef
Hard Candy (Assorted)

Breakfast: Huevos Rancheros
Served with: Breakfast Fruit (Fresh)

Lunch: Tuna Salad
Served with: Assorted Candy Bars
Assorted Wheat & Rye Bread
Pringles

Camp 11

Dinner: Grilled Chicken

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Served with: Flash Flood Brownies
Italian Dressing
Fettuccine
Pesto Sauce
Fresh Vegetable - Yellow Squash

Breakfast: Pancakes

Served with: Maple Syrup
Sausage Links
Breakfast Fruit (Fresh)

Lunch: Peanut Butter, Jelly, & Honey

Served with: Clif Bars
Assorted Wheat & Rye Bread

Camp 12

Dinner: Enchilada Style Tamales - Pork & Chicken

Served with: Caramel Apples
Queso Dip w/ Tortilla Chips
Chile Corn Bread
Black Beans (Refried)

Breakfast: Assorted Hot Cereals

Served with: Raisins
Walnuts
Breakfast Fruit (Fresh)

Lunch: Pasta Salad

Served with: M&M's (Peanut & Plain)
Pub Mix

Camp 13

Dinner: Falafel Burgers w/ Tortillas

Served with: Ginger Snaps
Couscous
Hummus, Carrots, Dolmas, & Greek Olives

Breakfast: Fried Egg Sandwiches

Served with: Canadian Bacon
Breakfast Fruit (Fresh)

Lunch: Marinated Veggie Salad

Served with: Nutella
Pretzels

Camp 14

Dinner: Enchiladas

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

Breakfast: Bagels & Cream Cheese

Lunch: Egg Salad

Served with: Flour Tortillas
Pringles
Assorted Granola Bars

Camp 15

Dinner: Late Trip Stir Fry

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Served with: Kaibab Curry Stir Fry Sauce
 Basmati Rice
 Garden Salad
 Lemony Oysters, Triscuits, & Cream Chees
 Mint Cookies

Breakfast: Granola

Served with: Apple Sauce

Lunch: Chicken Salad

Served with: Assorted Wheat & Rye Bread
 Red Vine Licorice
 Wasabi Peas

Camp 16

Dinner: Veggie Chili

Served with: Canned Chicken
 Canned Vegetable - Corn
 Quesadillas
 Peach Cobbler

Breakfast: Pancakes

Served with: Blueberries
 Walnuts
 Log Cabin Syrup

Lunch: Salami & Cheese

Served with: Salami
 Assorted Cookies
 Pickles
 Assorted Wheat & Rye Bread

Camp 17

Dinner: Indian Golden Curry Stew

Served with: Popcorn & Butter
 Basmati Rice
 Apple & Mandarin Orange Salad

Breakfast: Assorted Hot Cereals

Served with: Raisins
 Walnuts

Lunch: Cream Cheese Spread

Served with: Summer Sausage
 Triscuit Crackers

Camp 18

Dinner: Tomato Soup & Grilled Cheese Sandwiches

Served with: Devil's Food Cake w/ Vanilla Frosting
 Coleslaw (Traditional)

Breakfast: Breakfast Burritos

Lunch: Peanut Butter, Jelly, & Honey

Served with: Luna Bars
 Assorted Wheat & Rye Bread

Camp 19

Dinner: Jambalaya

Served with: White Rice
 Pringles Chips & Onion Dip

Breakfast: Eggs to Order

Sample Menu
Winter Hearty
Professional River Outfitters, Inc.

Served with: Breakfast Potatoes
 Salsa

Lunch: Chicken Salad

Served with: Assorted Wheat & Rye Bread
 Assorted Cookies
 Pringles

Camp 20

Dinner: Pasta & Sauce - Marinara

Served with: After Dinner Mints
 Tortellini
 Canned Vegetable - Green Beans
 Olive Tapenade, Cream Cheese, & Crackers

Breakfast: Assorted Cold Cereals

Lunch: Hummus Spread

Served with: Triscuit Crackers
 Beef Jerky
 Green Olives

Camp 21

Dinner: Corn Chowder

Served with: Crackers, Cream Cheese, & Pepper Jelly
 Coleslaw (Traditional)

Breakfast: Oatmeal (Packets)

Served with: Dried Fruit (Mixed)

Lunch: BLTs w/ Avocado

Served with: Honey Roasted Nuts

Camp 22

Dinner: Macaroni & Cheese

Served with: Canned Tuna
 Boatman's Cheesecake

Breakfast: Granola

Lunch: Salmon Salad

Served with: Nuts (Mixed)
 Assorted Wheat & Rye Bread
 Assorted Candy Bars

Camp 23

Dinner: Green Chile Stew w/ Torts & Cheese

Served with: Chile Corn Bread

Breakfast: Assorted Hot Cereals

Served with: Raisins
 Walnuts

Lunch: Peanut Butter, Jelly, & Honey

Served with: Assorted Wheat & Rye Bread
 Salty Mix

Camp 24

Dinner: Veggie Noodle Soup

Served with: Cookies - Fig Newtons
 Canned Turkey

Breakfast: Assorted Cold Cereals
