

Sample Menu
Rafting Gourmet
Professional River Outfitters, Inc.

Start of Trip

Lunch: Cold Cuts (Turkey, Ham, Roast Beef)
Served with: PB & J Fixins
 Roasted Red Peppers
 Assorted Wheat & Rye Bread
 Almond Butter

Camp 1

Dinner: Butternut Squash Ravioli w/ Sage Butter
Served with: Pork Chops
 Crackers & Specialty Cheeses
 Fresh Vegetable - Asparagus
 Frozen Dessert of the Day

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

Lunch: Chinese Chicken Salad
Served with: Assorted Cookies
 Assorted Wraps
 Salty Mix

Camp 2

Dinner: Fish w/ Spicy Cilantro Sauce
Served with: Olive Tapenade, Cream Cheese, & Crackers
 Rice Pilaf
 Spinach Salad

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

Lunch: Cream Cheese & Cucumber
Served with: Red Vine Licorice
 Bagels
 Green Olives

Camp 3

Dinner: Doro Wat
Served with: Pound Cake w/ Whipped Cream (Add Fruit)
 Garden Salad
 Brown Rice
 Frozen Strawberries

Breakfast: Assorted Cold Cereals
Served with: Breakfast Fruit (Fresh)

Lunch: Guacamole
Served with: Black Olives
 Honey Roasted Nuts
 Flour Tortillas

Camp 4

Dinner: Fresh Stir Fry
Served with: Stir Fry Sauce
 Pork Strips
 White Rice
 Ginger Snaps

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

Lunch: Mediterranean Rice Salad
 Served with: Assorted Candy Bars
 Wasabi Peas
 Pita Flatbread

Camp 5

Dinner: Lamb Chops
 Served with: Quinoa Salad w/ Asparagus
 Fresh Vegetable - Yellow Squash
 Hummus, Carrots, Dolmas, & Greek Olives

Breakfast: Omelets w/ Assorted Fillings
 Served with: Breakfast Fruit (Fresh)

Lunch: Cold Cuts (Turkey, Ham, Roast Beef)
 Served with: Avocados
 Nuts (Mixed)
 Assorted Wheat & Rye Bread
 Relish Combo

Camp 6

Dinner: Chicken Tikka Masala
 Served with: Apple Crisp
 Pilau Rice
 Fresh Vegetable - Zucchini

Breakfast: Assorted Hot Cereals
 Served with: Raisins
 Walnuts
 Breakfast Fruit (Fresh)

Lunch: Muffuletta Sandwiches
 Served with: Assorted Cookies

Camp 7

Dinner: Pork Tenderloin
 Served with: Carrot Cake w/ Cream Cheese Frosting
 Greek Salad
 Fresh Vegetable - Red Potatoes
 Lemon Pepper Sauce

Breakfast: Breakfast Burritos
 Served with: Breakfast Fruit (Fresh)

Lunch: §Salmon Pasta Salad
 Served with: Honey Roasted Nuts
 Pita Flatbread

Camp 8

Dinner: Chicken w/ Basil & Thai Chili
 Served with: Creamy Coconut Rice
 Fresh Vegetable - Green Beans
 Crackers, Sardines, & Kipper Snacks

Breakfast: Fried Egg Sandwiches

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Lunch: **Tuna Salad**
 Served with: Breakfast Fruit (Fresh)
 Canadian Bacon
 Served with: Avocados
 Pepperoncini
 Pringles
 Assorted Wheat & Rye Bread

Camp 9

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

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

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

Camp 10

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

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

Lunch: **Salami & Cheese**
 Served with: Assorted Granola Bars
 Relish Combo
 Assorted Wheat & Rye Bread

Camp 11

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

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

Lunch: **Lunch Assortment**
 Served with: Lemony Oysters, Triscuits, & Cream Chees
 Cookies - Fig Newtons
 Summer Sausage

Camp 12

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

Breakfast: **Assorted Cold Cereals**

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Lunch: **Tabouli Salad**
 Served with: Breakfast Fruit (Fresh)
 Served with: Assorted Cookies
 Beef Jerky
 Triscuit Crackers

Camp 13

Dinner: **Korean BBQ Simmer Sauce**
 Served with: Fresh Veggies & Ranch Dressing
 Brown Rice
 Ground Pork
 Canned Vegetable - Green Beans

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

Lunch: **Cream Cheese Spread**
 Served with: Nutella
 Pretzels
 Bagels

Camp 14

Dinner: **Corn Chowder**
 Served with: Garden Salad
 Crackers, Cream Cheese, & Pepper Jelly

Breakfast: **Bagels & Cream Cheese**
 Served with: Almond Butter

Lunch: **Zesty Wraps w/ Chicken**
 Served with: Nuts (Mixed)
 Pickles

Camp 15

Dinner: **Late Trip Stir Fry**
 Served with: Chinese Cabbage Salad
 Thai Peanut Sauce
 Canned Chicken
 White Rice
 Mint Cookies

Breakfast: **Granola**

Lunch: **Tuna Salad**
 Served with: Assorted Wheat & Rye Bread
 Pub Mix

Camp 16

Dinner: **Indian Golden Curry Stew**
 Served with: Basmati Rice
 Caramel Apples

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

Lunch: **Salmon Salad**
 Served with: Assorted Wheat & Rye Bread
 Assorted Cookies

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Camp 17

Dinner: Jambalaya
 Served with: White Rice
 Coleslaw (Traditional)
 Pepperidge Farm Dessert Cookies

Breakfast: Assorted Cold Cereals

Lunch: Bean Taco Salad
 Served with: Trail Mix
 Dried Fruit (Mixed)

Camp 18

Dinner: Black Beans and Rice w/ Quesadillas
 Served with: Mole
 Canned Chicken
 Calabacitas (Mexican Squash)
 Popcorn & Butter

Breakfast: Granola
 Served with: Oatmeal (Instant Packets)

Lunch: Egg Salad
 Served with: Assorted Wheat & Rye Bread
 M&M's (Peanut & Plain)

Camp 19

Dinner: Pasta & Sauce - Pesto
 Served with: Gnocchi
 Canned Vegetable - Green Beans
 German Chocolate Cake w/ Ccnut Pen Frst

Breakfast: Eggs to Order
 Served with: Toast

Lunch: Peanut Butter, Jelly, & Honey
 Served with: Assorted Wheat & Rye Bread
 Salty Mix

Camp 20

Dinner: Tomato Soup & Grilled Cheese Sandwiches
 Served with: After Dinner Mints

Breakfast: Assorted Cold Cereals

Lunch: Chicken Salad
 Served with: Assorted Wheat & Rye Bread
 Pringles
 Assorted Cookies

Camp 21

Dinner: Enchiladas
 Served with: Canned Chicken
 Spanish Rice
 Refried Beans

Breakfast: Fried Egg Sandwiches
 Served with: Breakfast Potatoes

Lunch: Salami & Cheese
 Served with: Roasted Red Peppers
 Assorted Wheat & Rye Bread

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Camp 22

- Dinner: Veggie Pot Pie**
 Served with: Canned Turkey
 Popcorn & Butter
 Coleslaw (Traditional)
 Pepperidge Farm Dessert Cookies
- Breakfast: Assorted Hot Cereals**
 Served with: Walnuts
 Raisins
- Lunch: Pasta Salad**
 Served with: Triscuit Crackers
 Beef Jerky
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Camp 23

- Dinner: Pasta & Sauce - Marinara**
 Served with: Tortellini
 Canned Vegetable - Green Beans
 Tropical Fruit Salad
- Breakfast: French Toast**
 Served with: Maple Syrup
- Lunch: Hummus Spread**
 Served with: Flour Tortillas
 Dried Fruit (Mixed)
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Camp 24 01/03 - 01/04

- Dinner: Macaroni & Cheese**
 Served with: Canned Vegetable - Peas
 Nuts (Mixed)
 Mint Cookies
- Breakfast: Granola**
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