

Sample Menu
Meat/Veggie Combo
Professional River Outfitters, Inc.

Start of Trip**Lunch: Cream Cheese & Cucumber**

Served with: Turkey Breast
 Assorted Cookies
 Relish Combo
 Bagels
 PB & J Fixins

Camp 1**Dinner: Pasta Primavera**

Served with: Crackers & Specialty Cheeses
 Spinach Salad
 Alfredo Sauce
 Fettuccine
 Pound Cake w/ Whipped Cream (Add Fruit)
 Frozen Strawberries

Breakfast: Bagels & Cream Cheese

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

Lunch: Cold Cuts (1/4 Veggie)

Served with: Avocados
 Pringles
 Assorted Wheat & Rye Bread
 Assorted Granola Bars

Camp 2**Dinner: Burritos**

Served with: Tort. Chips w/ Salsa & Pre-Made Guac
 Spanish Rice
 Sirloin Strips for Fajitas

Breakfast: Eggs Benedict

Served with: Breakfast Fruit (Fresh)

Lunch: Marinated Veggie Salad

Served with: Pub Mix
 Pita Flatbread
 Beef Jerky

Camp 3**Dinner: Fresh Stir Fry**

Served with: Ginger Snaps
 Apple & Mandarin Orange Salad
 Thai Peanut Sauce
 White Rice
 Chicken Strips
 §Tofu, Two Blocks

Breakfast: Assorted Cold Cereals

Served with: Almond Butter
 English Muffins
 Breakfast Fruit (Fresh)

Lunch: Guacamole

Served with: Cookies - Fig Newtons
 Flour Tortillas
 Black Olives

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Camp 4

- Dinner: Burgers w/ the Works**
Burgers w/ the Works
Burgers w/ the Works:
 Served with:Pringles Chips & Onion Dip
 Coleslaw (Traditional)
 Beef Patties
 Flash Flood Brownies
- Burgers w/ the Works:**
 Served with:Coleslaw (Traditional)
 §Garden Burgers
 Flash Flood Brownies
 §Garden Burgers
- Breakfast: Assorted Cold Cereals**
 Served with:Breakfast Fruit (Fresh)
- Lunch: Egg Salad**
 Served with:Trail Mix
 Assorted Wheat & Rye Bread
 PB & J Fixins
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Camp 5

- Dinner: Pasta & Sauce - Creamy Sauce**
 Served with:Garlic Bread
 Tortellini
 Fresh Vegetable - Zucchini
- Breakfast: Breakfast Burritos**
 Served with:Breakfast Fruit (Fresh)
- Lunch: Cold Cuts (1/4 Veggie)**
 Served with:Pickles
 Assorted Wheat & Rye Bread
 Honey Roasted Nuts
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Camp 6

- Dinner: Falafel Burgers w/ Tortillas**
 Served with:Hummus, Carrots, Dolmas, & Greek Olives
 Greek Salad
 Tabouli Salad
- Breakfast: Granola**
 Served with:Yogurt
 Breakfast Fruit (Fresh)
- Lunch: Hummus Spread**
 Served with:Pita Flatbread
 Roasted Red Peppers
 Salty Mix
 Turkey Jerky
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Camp 7

- Dinner: Spinach Lasagna**
 Served with:Fresh Veggies & Ranch Dressing
 Garlic Bread
 After Dinner Mints
- Breakfast: French Toast**
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Served with:Maple Syrup
 Turkey Sausage Links
 Breakfast Fruit (Fresh)

Lunch: Guacamole

Served with:Assorted Cookies
 Pub Mix
 Flour Tortillas

Camp 8

Dinner: Indian Golden Curry Stew

Served with:Raisins
 Chicken Strips
 Basmati Rice
 Crackers, Cream Cheese, & Pepper Jelly

Breakfast: Omelets w/ Assorted Fillings

Served with:Breakfast Fruit (Fresh)

Lunch: Cream Cheese & Cucumber

Served with:Ham
 Dried Fruit (Mixed)
 Bagels

Camp 9

Dinner: Veggie Noodle Soup

Served with:Chicken Strips
 Fresh Vegetable - Yellow Squash
 Lemony Oysters, Triscuits, & Cream Chees

Breakfast: Pancakes

Served with:Blueberries
 Maple Syrup
 Walnuts
 Breakfast Fruit (Fresh)

Lunch: Pasta Salad

Served with:Wasabi Peas
 Summer Sausage

Camp 10

Dinner: Green Chile Stew w/ Torts & Cheese

Served with:No-Bake Cheesecake
 Chile Corn Bread
 Pork Strips
 Cherry Filling

Breakfast: Eggs to Order

Served with:Breakfast Potatoes
 Cheese (Assorted Sliced)
 Breakfast Fruit (Fresh)

Lunch: Tabouli Salad

Served with:Assorted Candy Bars
 Beef Jerky

Camp 11

Dinner: Pasta & Sauce - Marinara

Served with:Olive Tapenade, Cream Cheese, & Crackers
 Garden Salad
 Garlic Bread
 Spaghetti

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Breakfast: Assorted Cold Cereals
 Served with: Oatmeal (Instant Packets)
 Breakfast Fruit (Fresh)

Lunch: Hummus Spread
 Served with: M&M's (Peanut & Plain)
 Triscuit Crackers

Camp 12

Dinner: Tomato Soup & Grilled Cheese Sandwiches
 Served with: Pepperidge Farm Dessert Cookies
 Three Bean Salad
 Crackers, Sardines, & Kipper Snacks

Breakfast: Assorted Hot Cereals
 Served with: Raisins
 Walnuts

Lunch: Egg Salad
 Served with: Assorted Wheat & Rye Bread
 Clif Bars

Camp 13

Dinner: Enchiladas
 Served with: Black Bean Salad
 Jicama Cucumber Salad

Breakfast: Fried Egg Sandwiches
 Served with: Breakfast Fruit (Fresh)

Lunch: Bean Taco Salad
 Served with: Assorted Cookies
 Black Olives

Camp 14

Dinner: Pasta & Sauce - Pesto
 Served with: No-Bake Chocolate Mousse Pie
 Garden Salad
 Canned Crab
 Linguine

Breakfast: Breakfast Burritos

Lunch: Cream Cheese Spread
 Served with: Red Vine Licorice
 Roasted Red Peppers
 Triscuit Crackers

Camp 15

Dinner: Black Beans and Rice w/ Quesadillas
 Served with: Avocados
 Boatman's Cheesecake

Breakfast: Assorted Cold Cereals

Lunch: Salami & Cheese
 Served with: §Salami (3/4 Meat, 1/4 Veg)
 Pringles
 Assorted Wheat & Rye Bread
 Pepperoncini

Camp 16

Dinner: Late Trip Stir Fry

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Served with: §Chicken, Two extra cans
 §Tofu, Two Blocks
 Kaibab Curry Stir Fry Sauce
 White Rice
 Chinese Cabbage Salad

Breakfast: Huevos Rancheros

Lunch: Peanut Butter, Jelly, & Honey

Served with: Assorted Wheat & Rye Bread
 Nutella
 Pretzels

Camp 17

Dinner: Veggie Pot Pie

Served with: Spinach Artichoke Dip
 Canned Chicken
 Mint Cookies

Breakfast: Assorted Cold Cereals

Lunch: Hummus Spread

Served with: Honey Roasted Nuts
 Triscuit Crackers

Camp 18

Dinner: Macaroni & Cheese

Served with: Caramel Apples
 Salsa
 Summer Sausage
 Canned Vegetable - Peas

Breakfast: Assorted Hot Cereals

Served with: Brown Sugar
 Raisins

Lunch: Cream Cheese Spread

Served with: Luna Bars
 Summer Sausage
 Triscuit Crackers

Camp 19

Dinner: §Corn Chowder (No Bacon)

Served with: Hard Candy (Assorted)
 Fresh Vegetable - Baby Carrots

Breakfast: Eggs to Order

Served with: Breakfast Potatoes
 Cheese (Assorted Sliced)
 Salsa

Lunch: Peanut Butter, Jelly, & Honey

Served with: Trail Mix
 Assorted Wheat & Rye Bread

Camp 20

Dinner: Veggie Chili

Served with: Tropical Fruit Salad

Breakfast: Assorted Cold Cereals

Lunch: BLTs w/ Avocado

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Served with: Nuts (Mixed)

Camp 21

Dinner: Falafel Burgers w/ Tortillas
 Served with: Cookies - Fig Newtons
 Couscous

Breakfast: Oatmeal (Packets)
 Served with: Dried Fruit (Mixed)

Lunch: Tuna Salad
 Served with: Triscuit Crackers
 PB & J Fixins
 Pringles

Camp 22

Dinner: Pasta & Sauce - Alfredo Sauce
 Served with: Linguine
 Canned Vegetable - Green Beans
 Popcorn & Butter

Breakfast: Granola

Lunch: Chicken Salad
 Served with: Assorted Wheat & Rye Bread
 Salty Mix

Camp 23

Dinner: Green Chile Stew w/ Torts & Cheese
 Served with: Queso Dip w/ Tortilla Chips

Breakfast: Assorted Hot Cereals
 Served with: Raisins
 Walnuts

Lunch: Salmon Salad
 Served with: Flour Tortillas
 Assorted Cookies

Camp 24

Dinner: Pasta & Sauce - Pesto
 Served with: Triscuits, Cream Cheese, & Shrimp
 Gnocchi
 Fresh Vegetable - Butternut Squash

Breakfast: Assorted Cold Cereals