

# Sample Menu

## PRO Classic

### Professional River Outfitters, Inc.

#### Day 1

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

**Served with:** Pringles  
Roasted Red Peppers  
Assorted Wheat & Rye Bread  
PB & J Fixins

**Dinner: Fresh Stir Fry**

**Served with:** Thai Peanut Sauce  
Chicken Strips  
White Rice  
Pound Cake w/ Whipped Cream (Add Fruit)  
Frozen Strawberries

#### Day 2

**Breakfast: Bagels & Cream Cheese**

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

**Lunch: Chicken Salad**

**Served with:** Assorted Cookies  
Pickles  
Assorted Wraps

**Dinner: Salmon Filets**

**Served with:** Spinach Salad  
Fresh Vegetable - Red Potatoes  
Crackers & Specialty Cheeses

#### Day 3

**Breakfast: Eggs to Order**

**Served with:** Bacon for Breakfast  
English Muffins  
Breakfast Fruit (Fresh)

**Lunch: Cream Cheese & Cucumber**

**Served with:** Black Olives  
Red Vine Licorice  
Bagels

**Dinner: Grilled Chicken**

**Served with:** Carrot Cake w/ Cream Cheese Frosting  
Greek Salad  
Lemon Pepper Sauce  
Rice Pilaf

#### Day 4

**Breakfast: Assorted Cold Cereals**

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

**Lunch: Guacamole**

**Served with:** Flour Tortillas  
Black Olives  
Honey Roasted Nuts

**Dinner: Pasta & Sauce - Marinara**

**Served with:** Olive Tapenade, Cream Cheese, & Crackers  
Garlic Bread  
Italian Sausage  
Fresh Vegetable - Broccoli  
Spinach & Cheese Ravioli

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#### Day 5

**Breakfast: Omelets w/ Assorted Fillings**

Served with: Breakfast Fruit (Fresh)

**Lunch: Marinated Veggie Salad**

Served with: Pita Flatbread

Wasabi Peas

Assorted Candy Bars

**Dinner: Fajitas**

Served with: Tort. Chips w/ Salsa & Pre-Made Guac

Jicama Cucumber Salad

Chicken Strips w/ Fajita Marinade

Refried Beans

#### Day 6

**Breakfast: Pancakes**

Served with: Log Cabin Syrup

Sausage Links

Breakfast Fruit (Fresh)

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

Served with: Assorted Wheat & Rye Bread

Green Olives

Nuts (Mixed)

**Dinner: Pasta & Sauce - Creamy Sauce**

Served with: Mint Cookies

Garlic Bread

Fresh Vegetable - Zucchini

Tortellini

#### Day 7

**Breakfast: Assorted Hot Cereals**

Served with: Breakfast Fruit (Fresh)

Raisins

Walnuts

**Lunch: Egg Salad**

Served with: Relish Combo

Assorted Wheat & Rye Bread

Assorted Cookies

**Dinner: Stroganoff**

Served with: Sirloin Strips

Fresh Vegetable - Green Beans

Pringles Chips & Onion Dip

#### Day 8

**Breakfast: Breakfast Burritos**

Served with: Breakfast Fruit (Fresh)

**Lunch: Hummus Spread - Pre-Made**

Served with: Honey Roasted Nuts

Pita Flatbread

**Dinner: Pork Loin Chops w/ Apple Sauce**

Served with: Garden Salad

Herb Stuffing

Crackers, Cream Cheese, & Pepper Jelly

#### Day 9

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### Professional River Outfitters, Inc.

**Breakfast:**    **Fried Egg Sandwiches**  
                          Served with: Canadian Bacon  
    Breakfast Fruit (Fresh)

**Lunch:**        **Tuna Salad**  
                          Served with: Avocados  
    Pepperoncini  
    Pringles  
    Assorted Wheat & Rye Bread

**Dinner:**       **Fresh Stir Fry**  
                          Served with: Kaibab Curry Stir Fry Sauce  
    Basmati Rice  
    Triscuits, Cream Cheese, & Shrimp

#### Day 10

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

**Lunch:**        **Pasta Salad**  
                          Served with: Salty Mix  
    PB & J Fixins

**Dinner:**       **Rib Eye Steaks**  
                          Served with: German Chocolate Cake w/ Ccnut Pcn Frst  
    Fresh Vegetable - Russet Potatoes  
    Blue Cheese Slaw

#### Day 11

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

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

**Dinner:**       **Enchilada Style Tamales - Pork & Chicken**  
                          Served with: Black Beans (Refried)  
    Fresh Veggies & Ranch Dressing  
    No-Bake Chocolate Mousse Pie

#### Day 12

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

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

**Dinner:**       **Spinach Lasagna**  
                          Served with: After Dinner Mints  
    Garlic Bread  
    Fresh Vegetable - Yellow Squash

#### Day 13

**Breakfast:**    **French Toast**

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## Professional River Outfitters, Inc.

Served with: Log Cabin Syrup  
Bacon for Breakfast  
Breakfast Fruit (Fresh)

**Lunch: Tabouli Salad**

Served with: Triscuit Crackers  
Beef Jerky  
Assorted Cookies

**Dinner: Corn Chowder**

Served with: Black Bean Salad  
Pound Cake w/ Whipped Cream (Add Fruit)  
Canned Peaches

**Day 14****Breakfast: Omelets w/ Assorted Fillings**

Served with: Breakfast Fruit (Fresh)

**Lunch: Cream Cheese Spread**

Served with: Nutella  
Pretzels  
Bagels

**Dinner: Pasta & Sauce - Pesto**

Served with: Spinach Artichoke Dip  
Fresh Vegetable - Baby Carrots  
Fettuccine

**Day 15****Breakfast: Bagels & Cream Cheese**

Served with: Almond Butter

**Lunch: Chicken Salad**

Served with: Nuts (Mixed)  
Pickles  
Assorted Wraps

**Dinner: Enchiladas**

Served with: Queso Dip w/ Tortilla Chips  
Spanish Rice  
Garden Salad

**Day 16****Breakfast: Assorted Cold Cereals****Lunch: Bean Taco Salad**

Served with: Trail Mix  
Dried Fruit (Mixed)

**Dinner: Falafel Burgers w/ Tortillas**

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

**Day 17****Breakfast: Pancakes**

Served with: Log Cabin Syrup  
Bacon for Breakfast

**Lunch: Salmon Salad**

Served with: Assorted Wheat & Rye Bread  
Assorted Cookies

**Dinner: Jambalaya**

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### Professional River Outfitters, Inc.

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

#### Day 18

**Breakfast:**    **Assorted Cold Cereals**

**Lunch:**        **Tuna Salad**

**Served with:** Assorted Wheat & Rye Bread  
Pub Mix

**Dinner:**       **Black Beans and Rice w/ Quesadillas**

**Served with:** Popcorn & Butter  
Calabacitas (Mexican Squash)  
Mole  
Canned Chicken

#### Day 19

**Breakfast:**    **Granola**

**Served with:** Oatmeal (Instant Packets)

**Lunch:**        **Egg Salad**

**Served with:** Assorted Wheat & Rye Bread  
M&M's (Peanut & Plain)

**Dinner:**       **Late Trip Stir Fry**

**Served with:** Ginger Snaps  
Apple & Mandarin Orange Salad  
Stir Fry Sauce  
Canned Chicken  
Basmati Rice

#### Day 20

**Breakfast:**    **Eggs to Order**

**Served with:** Toast

**Lunch:**        **Peanut Butter, Jelly, & Honey**

**Served with:** Assorted Wheat & Rye Bread  
Salty Mix

**Dinner:**       **Tomato Soup & Grilled Cheese Sandwiches**

**Served with:** Caramel Apples

#### Day 21

**Breakfast:**    **Assorted Cold Cereals**

**Lunch:**        **BLTs w/ Avocado**

**Served with:** Hard Candy (Assorted)

**Dinner:**       **Green Chile Stew w/ Torts & Cheese**

**Served with:** Chile Corn Bread  
Tropical Fruit Salad

#### Day 22

**Breakfast:**    **Assorted Hot Cereals**

**Served with:** Raisins  
Walnuts

**Lunch:**        **Hummus Spread**

**Served with:** Triscuit Crackers  
Turkey Jerky

**Dinner:**       **Veggie Noodle Soup**

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Served with: Canned Chicken  
No-Bake Cheesecake  
Cherry Filling

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**Day 23**

**Breakfast:** Granola

**Lunch:** Pasta Salad

Served with: Summer Sausage

**Dinner:** Indian Golden Curry Stew

Served with: White Rice

Crackers, Sardines, & Kipper Snacks

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**Day 24**

**Breakfast:** Oatmeal (Packets)

Served with: Dried Fruit (Mixed)

**Lunch:** Peanut Butter, Jelly, & Honey

Served with: Assorted Wheat & Rye Bread

Nutella

Pretzels

**Dinner:** Macaroni & Cheese

Served with: Canned Tuna

Boatman's Cheesecake

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**Day 25**

**Breakfast:** Assorted Cold Cereals

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