

Sample Menu
Summer Light
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: Pasta & Sauce - Lemon, Garlic, Butter
 Served with: Olive Tapenade, Cream Cheese, & Crackers
 Spinach Salad
 Frozen Pre-Cooked Shrimp
 Linguine

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

Lunch: Hummus Spread
 Served with: Black Olives
 Clif Bars
 Pita Flatbread
 Red Vine Licorice

Camp 2

Dinner: Fish Tacos w/ Lime Slaw
 Served with: Watermelon
 Tort. Chips w/ Salsa & Pre-Made Guac

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

Lunch: Guacamole
 Served with: Assorted Granola Bars
 Beef Jerky
 Flour Tortillas

Camp 3

Dinner: Dinner
 Served with: Pound Cake w/ Whipped Cream (Add Fruit)
 Greek Salad
 Mediterranean Rice Salad
 Frozen Strawberries

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

Lunch: Lunch Assortment
 Served with: Fruit Salad
 Triscuit Crackers
 Summer Sausage

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Camp 4

- Dinner: Dinner**
 Served with: No-Bake Chocolate Mousse Pie
 Gaspacho
 Mexi-Beef Salad
 Dinner Rolls
- Breakfast: Assorted Cold Cereals**
 Served with: Breakfast Fruit (Fresh)
- Lunch: Cold Cuts (Turkey, Ham, Roast Beef)**
 Served with: M&M's (Peanut & Plain)
 Assorted Wheat & Rye Bread
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Camp 5

- Dinner: Grilled Chicken**
 Served with: Lemon Pepper Sauce
 Quinoa Salad w/ Asparagus
 Apple Crisp
- Breakfast: Eggs to Order**
 Served with: Cheese (Assorted Sliced)
 Breakfast Fruit (Fresh)
- Lunch: Guacamole**
 Served with: Assorted Cookies
 Flour Tortillas
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Camp 6

- Dinner: Dinner**
 Served with: Salmon Pasta
 Garden Salad
 Crackers & Specialty Cheeses
 Mint Cookies
- Breakfast: Assorted Cold Cereals**
 Served with: Breakfast Fruit (Fresh)
- Lunch: Cream Cheese & Cucumber**
 Served with: Nutella
 PB & J Fixins
 Pretzels
 Pita Flatbread
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Camp 7

- Dinner: Burritos**
 Served with: Ground Turkey
 Queso Dip w/ Tortilla Chips
- Breakfast: Granola**
 Served with: Yogurt
 Breakfast Fruit (Fresh)
- Lunch: Bean Taco Salad**
 Served with: Trail Mix
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Camp 8

- Dinner: Rib Eye Steaks**
 Served with: Peach Cobbler
 Blue Cheese Slaw
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Breakfast: French Toast
 Served with: Maple Syrup
 Turkey Sausage Links
 Breakfast Fruit (Fresh)

Lunch: Cream Cheese Spread
 Served with: Honey Roasted Nuts
 Bagels
 Avocados

Camp 9

Dinner: Fresh Stir Fry w/ Chicken Strips
 Served with: Thai Peanut Sauce
 Basmati Rice
 Cucumber Salad
 Pepperidge Farm Dessert Cookies

Breakfast: Bagels & Cream Cheese
 Served with: Breakfast Fruit (Fresh)

Lunch: Pasta Salad
 Served with: Turkey Jerky

Camp 10

Dinner: Lamb Chops
 Served with: Tabouli Salad
 Fresh Veggies & Ranch Dressing
 Greek Olives

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

Lunch: Salami & Cheese
 Served with: Assorted Wheat & Rye Bread
 Relish Combo
 Dried Fruit (Mixed)

Camp 11

Dinner: Pasta & Sauce - Creamy Sauce
 Served with: Hard Candy (Assorted)
 Garlic Bread
 Tortellini
 Fresh Vegetable - Zucchini
 Fresh Vegetable - Yellow Squash

Breakfast: Granola
 Served with: Apple Sauce
 Breakfast Fruit (Fresh)

Lunch: Salmon Salad
 Served with: Assorted Candy Bars
 Green Olives
 Triscuit Crackers

Camp 12

Dinner: BLTs w/ Avocado
 Served with: Boatman's Cheesecake
 Red Potato Salad

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

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Lunch: Marinated Veggie Salad
 Served with: Nuts (Mixed)
 Summer Sausage

Camp 13

Dinner: Green Chile Stew w/ Torts & Cheese
 Served with: Black Bean Salad
 Caramel Apples

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

Lunch: Egg Salad
 Served with: Pringles
 Assorted Wheat & Rye Bread
 Cookies - Fig Newtons

Camp 14

Dinner: Falafel Burgers w/ Tortillas
 Served with: Couscous Chick Pea Salad
 Hummus, Carrots, Dolmas, & Greek Olives

Breakfast: Granola

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

Camp 15

Dinner: Black Beans and Rice w/ Quesadillas
 Served with: Apple & Mandarin Orange Salad
 Garden Salad

Breakfast: Assorted Cold Cereals

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

Camp 16

Dinner: Late Trip Stir Fry
 Served with: White Rice
 Linguine
 Chinese Cabbage Salad
 Ginger Snaps

Breakfast: Eggs to Order
 Served with: English Muffins

Lunch: Tuna Salad
 Served with: Assorted Cookies
 Assorted Wheat & Rye Bread
 Wasabi Peas

Camp 17

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

Breakfast: Assorted Cold Cereals
