

Modified Sample Menu
PRO Classic – 25 Days
Professional River Outfitters, Inc.

Instructions

Select your menu from the pull-down menus below. Meals may be created using any meal options (ie: Lunch can include a dinner, dinner side dish, breakfast item, etc.) from the [PRO Menu](#) – please type in any item (along with the code) you wish to add to a meal that is not listed in the pull-down menus. Meals include all items listed in the meal description.

Submit completed menu selections along with your [menu details form](#) at least 60 days prior to launch date.

- ▶ **E-mail** to: info@proriver.com
- ▶ **Fax** to: 928-213-0936
- ▶ **Mail** to: P.O. Box 635, Flagstaff, AZ 86002

Please contact the PRO office at 800-648-3236 if you have any questions.

Menus must be finalized 30 days prior to launch

Day 1

Lunch: **Cold Cuts (turkey, ham, roast beef)**
 Served with: Pringles
 Roasted Red Peppers
 Assorted Wheat and Rye Bread
 PB & J Fixins

Dinner: **Fresh Stir Fry**
 Served with: Thai Peanut Sauce
 Chicken Strips
 White Rice
 Watermelon

Day 2

Breakfast: **Bagels and Cream Cheese**
 Served with: Lox, Capers & Red Onion

Lunch: **Chicken Salad**
 Served with: Assorted Cookies
 Pickles
 Assorted Wraps

Dinner: **Salmon Steaks**
 Served with: Spinach Salad
 Fresh Vegetable - Red Potatoes
 Crackers and Specialty Cheeses

Day 3

Breakfast: **Eggs to Order**
 Served with: English Muffins
 Bacon for Breakfast

Lunch: **Cream Cheese and Cucumber**
 Served with: Black Olives
 Red Vine Licorice
 Bagels

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

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Day 4

Breakfast: **Assorted Cold Cereals**

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

Dinner: **Pasta and Sauce - Marinara**
 Served with: **Olive Tapenade, Cream Cheese & Crackers**
 Garlic Bread
 Fresh Vegetable - Broccoli
 Italian Sausage
 Spaghetti

Day 5

Breakfast: **Omelets with Assorted Fillings**

Lunch: **Marinated Veggie Salad**
 Served with: **Pita Pockets**
 Wasabi Peas
 Assorted Candy Bars

Dinner: **Fajitas**
 Served with: **Tort. Chips w/ Salsa & premade Guacamole**
 Jicama Cucumber Salad
 Chicken Strips, Fajita Marinade
 Refried Beans

Day 6

Breakfast: **Pancakes**
 Served with: **Log Cabin Syrup**
 Sausage Links

Lunch: **Cold Cuts (turkey, ham, roast beef)**
 Served with: **Assorted Wheat and Rye Bread**
 Green Olives
 Nuts: Mixed

Dinner: **Pasta and Sauce - Creamy Sauce**
 Served with: **Mint Cookies**
 Garlic Bread
 Fresh Vegetable - Zucchini
 Tortellini

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Day 7

Breakfast: **Assorted Hot Cereals**
 Served with: Raisins
 Walnuts

Lunch: **Egg Salad**
 Served with: Condiment Combo
 Assorted Wheat and Rye Bread
 Assorted Cookies

Dinner: **Stroganoff**
 Served with: Sirloin Strips
 Fresh Vegetable - Green Beans
 Pringles Chips and Onion Dip

Day 8

Breakfast: **Breakfast Burritos**

Lunch: **Hummus Spread**
 Served with: Honey Roasted Nuts
 Pita Pockets

Dinner: **Pork Loin Chops with Apple Sauce**
 Served with: Garden Salad
 Herb Stuffing
 Crackers, Cream Cheese & Pepper Jelly

Day 9

Breakfast: **Fried Egg Sandwiches**
 Served with: Canadian Bacon

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

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

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Day 10

Breakfast: **Granola**
 Served with: Yogurt

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

Lunch: **Salami and Cheese**
 Served with: Salami
 Condiment Combo
 Assorted Wheat and Rye Bread
 Assorted Granola Bars

Dinner: **Enchilada Style Tamales**
 Served with: Instant Black Beans
 Fresh Veggies & Ranch Dressing
 No Bake Chocolate Mousse Pie

Day 12

Breakfast: **Huevos Rancheros**

Lunch: **Lunch Assortment**
 Served with: Lemony Oysters, Triscuits & Cream Cheese
 Summer Sausage
 Cookies (Fig Newtons)

Dinner: **Spinach Lasagna**
 Served with: Garlic Bread
 After Dinner Mints

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Day 13

Breakfast: **French Toast**
 Served with: **Bacon for Breakfast**
 Log Cabin Syrup

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 with Assorted Fillings**

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

Dinner: **Pasta and Sauce - Pesto**
 Served with: **Spinach Artichoke Dip**
 Fresh Vegetable - Baby Carrots
 Fettuccine

Day 15

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

Lunch: **Chicken Salad**
 Served with: **Nuts: Mixed**
 Pickles
 Assorted Wraps

Dinner: **Enchiladas**
 Served with: **Queso Dip with Tortilla Chips**
 Spanish Rice

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Day 16

Breakfast: **Assorted Cold Cereals**

Lunch: **Bean Taco Salad**
 Served with: **Trail Mix (Gorp)**
 Dried Fruit (mixed)

Dinner: **Falafel Burgers with 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 and Rye Bread**
 Assorted Cookies

Dinner: **Jambalaya**
 Served with: **White Rice**
 Coleslaw, Traditional
 Pepperidge Farm Dessert Cookies

Day 18

Breakfast: **Assorted Cold Cereals**

Lunch: **Tuna Salad**
 Served with: **Assorted Wheat and Rye Bread**
 Gardettos Snak'ens

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

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Day 19

Breakfast: **Granola**
 Served with: Oatmeal (instant packets)

Lunch: **Egg Salad**
 Served with: Assorted Wheat and Rye Bread
 M&M's (peanut and 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 and Honey**
 Served with: Assorted Wheat and Rye Bread
 Salty Mix

Dinner: **Tomato Soup and Grilled Cheese Sandwiches**
 Served with: Caramel Apples

Day 21

Breakfast: **Assorted Cold Cereals**

Lunch: **BLT's with Avocado**
 Served with: Hard Candy, Assorted

Dinner: **Green Chile Stew w/ Torts & Cheese**
 Served with: Chile Corn Bread
 Tropical Fruit Salad

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Day 22

Breakfast: **Assorted Hot Cereals**
 Served with: Raisins
 Walnuts

Lunch: **Hummus Spread**
 Served with: Triscuit Crackers
 Turkey Jerky

Dinner: **Veggie Noodle Soup**
 Served with: Canned Chicken
 No Bake Cheesecake
 Cherry Filling

Day 23

Breakfast: **Granola**

Lunch: **Pasta Salad**
 Served with: Summer Sausage

Dinner: **Indian Golden Curry Stew**
 Served with: White Rice
 Crackers, Sardines & Kipper Snacks

Day 24

Breakfast: **Oatmeal (packets)**
 Served with: Dried Fruit (mixed)

Lunch: **Peanut Butter, Jelly and Honey**
 Served with: Assorted Wheat and Rye Bread
 Nutella
 Pretzels

Dinner: **Macaroni & Cheese**
 Served with: Canned Tuna
 Boatman's Cheesecake

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Day 25

Breakfast: Assorted Cold Cereals

Please submit your menu selections to PRO 60 days prior to your launch date.

**Menu as an e-mail attachment through your e-mail program
(Outlook, Eudora, etc..)**

**Menu to attach as an e-mail attachment through your internet
e-mail account (Yahoo, Hotmail, etc..)**

**Menu to Mail or Fax to PRO
Mail To: PRO, P.O. Box 635, Flagstaff, AZ 86002
FAX to: 928-213-0936**