

Trip Name:

Cust #8140 - 20 Days

Launch Date:

09/06/2013

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

[Click Here for the Complete PRO Menu](#)
[Click Here for 16 Day Modifiable Menu](#)
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)**

- ☒ No Changes Served with: **Pringles**
☐ Change this Meal **Roasted Red Peppers**
 Assorted Wheat and Rye Bread
 PB & J Fixins

Dinner: Fresh Stir Fry

- ☒ No Changes Served with: **Thai Peanut Sauce**
☐ Change this Meal **Chicken Strips**
 White Rice
 Watermelon

Day 2**Breakfast:** BB7 - Bagels and Cream Cheese

- ☐ No Changes Served with: BB4 - Lox, Capers & Red Onion
☒ Change this Meal BB15 - Canadian Bacon
 Select Build Your Own Breakfast or Accompaniment...
 Select Build Your Own Breakfast or Accompaniment...

Notes:

Lunch: Chicken Salad

- ☒ No Changes Served with: **Assorted Cookies**
☐ Change this Meal **Pickles**
 Assorted Wraps

Dinner: DA8 - Salmon Steaks

- ☐ No Changes Served with: Select Marinade, Pasta Sauce, or Stir Fry Sauce...
☒ Change this Meal Select Meat/Protein Option...
 Select Rice or Pasta...
 FVRP - Red Potatoes - Fresh
 SD1 - Spinach Salad

A1 - Crackers & Specialty Cheese

SA3 - Frozen Dessert of the Day

Select Dessert Add-On...

Notes:

Day 3**Breakfast: Eggs to Order**

- ☒ No Changes Served with: **English Muffins**
☐ Change this Meal **Bacon for Breakfast**

Lunch: Cream Cheese and Cucumber

- ☒ No Changes Served with: **Black Olives**
☐ Change this Meal **Red Vine Licorice**
 Bagels

Dinner: DB1 - Pasta and Sauce

- ☐ No Changes Served with: MLP - Lemon Pepper Marinade
☒ Change this Meal IS - Italian Sausage
 PS - Spaghetti
 SD24 - Garlic Bread
 FVBR - Broccoli - Fresh

A13 - Olive Tapenade, Cream Chees

SA1 - New York Cheesecake

Select Dessert Add-On...

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Day 4

Breakfast: BB5 - Assorted Cold Cereal & Milk

☐ No Changes

Select Hearty or Build Your Own Breakfast...

☒ Change this Meal

BB20 - Turkey Sausage

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Notes:

Lunch: **Guacamole**

☒ No Changes

Served with: **Flour Tortillas**

☐ Change this Meal

Black Olives

Honey Roasted Nuts

Dinner: DA10 - Chicken

☐ No Changes

Served with: MLP - Lemon Pepper Marinade

☒ Change this Meal

Select Meat/Protein Option...

Select Rice or Pasta...

SD2 - Greek Salad

SD25 - Rice Pilaf

Select Appetizer...

SA7 - Carrot Cake

Select Dessert Add-On...

Notes:

Day 5

Breakfast: B1 - Omelets with Assorted Fillings

☐ No Changes

Select Hearty or Build Your Own Breakfast...

☒ Change this Meal

BB18 - Breakfast Ham

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Notes:

Lunch: **Marinated Veggie Salad**

☒ No Changes

Served with: **Pita Pockets**

☐ Change this Meal

Wasabi Peas

Assorted Candy Bars

Dinner: DA4 - Fajitas

☐ No Changes

Served with: Select Marinade, Pasta Sauce, or Stir Fry Sauce...

☒ Change this Meal

C-FAJ - Fajita Chicken Strips

Select Rice or Pasta...

SD15 - Jicama Cucumber Salad

SD22 - Refried Beans

A10 - Tortilla Chips, Salsa & Guacam

SB1 - Pound Cake & Whipped Cream

Select Dessert Add-On...

Notes:

Day 6

Breakfast: **Pancakes**

☒ No Changes

Served with: **Log Cabin Syrup**

☐ Change this Meal

Sausage Links

Lunch: **Cold Cuts (turkey, ham, roast beef)**

☒ No Changes

Served with: **Assorted Wheat and Rye Bread**

☐ Change this Meal

Green Olives

Nuts: Mixed

Dinner: **Pasta and Sauce - Creamy Sauce**

☒ No Changes

Served with: **Mint Cookies**

☐ Change this Meal

Garlic Bread

Fresh Vegetable - Zucchini

Tortellini

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Day 7

Breakfast: B5 - Breakfast Burritos

☐ No Changes

Served with: Select Hearty or Build Your Own Breakfast...

☒ Change this Meal

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

BB17 - Bacon

Notes:

Lunch: **Egg Salad**

☒ No Changes

Served with: **Condiment Combo**

☐ Change this Meal

Assorted Wheat and Rye Bread

Assorted Cookies

Dinner: DA12 - Pork Loin Chops

☐ No Changes

Served with: Select Marinade, Pasta Sauce, or Stir Fry Sauce...

☒ Change this Meal

Select Meat/Protein Option...

Select Rice or Pasta...

SD5 - Garden Salad

SD27 - Herb Stuffing

A4 - Crackers, Cream Cheee & Peppe

SA6 - Flash Flood Brownies

Select Dessert Add-On...

Notes:

Day 8

Breakfast: BB6 - Assorted Hot Cereal & Milk

☐ No Changes

Select Hearty or Build Your Own Breakfast...

☒ Change this Meal

BAR - Raisins

BAW - Walnuts

BB22 - Beef Sausage

Notes:

Lunch: **Hummus Spread**

☒ No Changes

Served with: **Honey Roasted Nuts**

☐ Change this Meal

Pita Pockets

Dinner: DA1 - Stroganoff

☐ No Changes

Served with: Select Marinade, Pasta Sauce, or Stir Fry Sauce...

☒ Change this Meal

SS - Sirloin Strips

Select Rice or Pasta...

FVGB - Green Beans - Fresh

SD27 - Herb Stuffing

A9 - Pringles with Sour Cream & Oni

SB12 - Caramel & Apples

Select Dessert Add-On...

Notes:

Day 9

Breakfast: **Fried Egg Sandwiches**

☒ No Changes

Served with: **Canadian Bacon**

☐ Change this Meal

Lunch: **Tuna Salad**

☒ No Changes

Served with: **Avocados**

☐ Change this Meal

Pepperoncini

Pringles

Assorted Wheat and Rye Bread

Dinner: DA3 - Fresh Stir Fry

☐ No Changes

Served with: KC - Kaibab Curry Stir Fry Sauce

☒ Change this Meal

P - Pork Strips

RB - Basmati Rice

Select Salad, Side Dish or Vegetable...

Select Salad, Side Dish or Vegetable...

A7 - Triscuits, Cream Cheese, Shrimp

SB5 - Pepperidge Farm Cookies

Select Dessert Add-On...

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Day 10

Breakfast: BB11 - Granola & Milk☐ No Changes**Served with:** BB21 - Yogurt☒ Change this Meal

BB16 - Chorizo

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Notes:

Lunch: Pasta Salad☒ No Changes**Served with: Salty Mix**☐ Change this Meal**PB & J Fixins****Dinner: Rib Eye Steaks**☒ No Changes**Served with: German Chocolate Cake w/ Ccnut Pcn Frst**☐ Change this Meal**Fresh Vegetable - Russet Potatoes****Blue Cheese Slaw**

Day 11

Breakfast: Pancakes☒ No Changes**Served with: Blueberries**☐ Change this Meal**Log Cabin Syrup****Bacon for Breakfast****Lunch: Salami and Cheese**☒ No Changes**Served with: Salami**☐ Change this Meal**Condiment Combo****Assorted Wheat and Rye Bread****Assorted Granola Bars****Dinner: Enchilada Style Tamales**☒ No Changes**Served with: Instant Black Beans**☐ Change this Meal**Fresh Veggies & Ranch Dressing****No Bake Chocolate Mousse Pie**

Day 12

Breakfast: B4 - Huevos Rancheros☐ No Changes

Select Hearty or Build Your Own Breakfast...

☒ Change this Meal

BB18 - Breakfast Ham

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Notes:

Lunch: Lunch Assortment☒ No Changes**Served with: Lemony Oysters, Triscuits & Cream Cheese**☐ Change this Meal**Summer Sausage****Cookies (Fig Newtons)****Dinner: Spinach Lasagna**☒ No Changes**Served with: Garlic Bread**☐ Change this Meal**After Dinner Mints**

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Day 13

Breakfast: French Toast

- ☒ No Changes Served with: **Bacon for Breakfast**
☐ Change this Meal **Log Cabin Syrup**

Lunch: Tabouli Salad

- ☒ No Changes Served with: **Triscuit Crackers**
☐ Change this Meal **Beef Jerky**
Assorted Cookies

Dinner:

- ☐ No Changes Served with:
☒ Change this Meal

Select Appetizer...
Select Dessert Add-On...
Notes:

Day 14

Breakfast:

- ☐ No Changes
☒ Change this Meal

Notes:

Lunch: Cream Cheese Spread

- ☒ No Changes Served with: **Nutella**
☐ Change this Meal **Pretzels**
Bagels

Dinner:

- ☐ No Changes Served with:
☒ Change this Meal

A12 - Spinach Artichoke Dip with Cr
SB10 - Ginger Snaps
Select Dessert Add-On...

Day 15

Breakfast: Bagels and Cream Cheese

- ☒ No Changes Served with: **Almond Butter**
☐ Change this Meal

Lunch: Chicken Salad

- ☒ No Changes Served with: **Nuts: Mixed**
☐ Change this Meal **Pickles**
Assorted Wraps

Dinner:

- ☐ No Changes Served with:
☒ Change this Meal

A8 - Popcorn & Butter
Select Dessert...
Select Dessert Add-On...
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Day 16

Breakfast: B5 - Breakfast Burritos

☐ No Changes

☒ Change this Meal

Select Hearty or Build Your Own Breakfast...

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Notes:

Lunch: **Bean Taco Salad**

☒ No Changes

☐ Change this Meal

Served with: **Trail Mix (Gorp)**

Dried Fruit (mixed)

Dinner: DC9 - Falafel Burgers

☐ No Changes

☒ Change this Meal

Served with: Select Marinade, Pasta Sauce, or Stir Fry Sauce...

Select Meat/Protein Option...

SD28 - Couscous

Select Salad, Side Dish or Vegetable...

Select Salad, Side Dish or Vegetable...

A11 - Hummus, Carrots, Dolmas, & C

SB13 - Assorted Hard Candy

Select Dessert Add-On...

Notes:

Day 17

Breakfast: **Pancakes**

☒ No Changes

☐ Change this Meal

Served with: **Log Cabin Syrup**

Bacon for Breakfast

Lunch: **Salmon Salad**

☒ No Changes

☐ Change this Meal

Served with: **Assorted Wheat and Rye Bread**

Assorted Cookies

Dinner: **Jambalaya**

☒ No Changes

☐ Change this Meal

Served with: **White Rice**

Coleslaw, Traditional

Pepperidge Farm Dessert Cookies

Day 18

Breakfast: B4 - Huevos Rancheros

☐ No Changes

☒ Change this Meal

Select Hearty or Build Your Own Breakfast...

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Notes:

Lunch: **Tuna Salad**

☒ No Changes

☐ Change this Meal

Served with: **Assorted Wheat and Rye Bread**

Gardetto's Snak'ens

Dinner: DB4 - Enchiladas

☐ No Changes

☒ Change this Meal

Served with: Select Marinade, Pasta Sauce, or Stir Fry Sauce...

Select Meat/Protein Option...

Select Rice or Pasta...

SD18 - Spanish Rice

Select Salad, Side Dish or Vegetable...

A5 - Queso Dip with Tortilla Chips

SA5 - Apple Crisp

Select Dessert Add-On...

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Day 19

Breakfast: BB2 - Eggs to Order

☐ No Changes

Served with: BB14 - Toast

☒ Change this Meal

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Notes:

Lunch: Egg Salad

☒ No Changes

Served with: Assorted Wheat and Rye Bread

☐ Change this Meal

M&M's (peanut and plain)

Dinner: DC8 - Late Trip Stir Fry

☐ No Changes

Served with: SF - Stir Fry Sauce

☒ Change this Meal

BCC - Canned Chicken

RB - Basmati Rice

SD14 - Apple & Mandarin Orange Salad

Select Salad, Side Dish or Vegetable...

Select Appetizer...

SB9 - S'Mores

Select Dessert Add-On...

Notes:

Day 20

Breakfast: BB11 - Granola & Milk

☐ No Changes

Served with: BB13 - Instant Oatmeal

☒ Change this Meal

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Notes:

Lunch: Select Lunch...

☐ No Changes

Served with: Select Bread....

☒ Change this Meal

Select Lunch Accompaniments/Snacks...

Select Lunch Accompaniments/Snacks...

Select Lunch Accompaniments/Snacks...

Notes:

Dinner: Select Dinner... Sandwiches

☐ No Changes

Served with: Select Marinade, Pasta Sauce, or Stir Fry Sauce...

☒ Change this Meal

Select Meat/Protein Option...

Select Rice or Pasta...

Select Salad, Side Dish or Vegetable...

Select Salad, Side Dish or Vegetable...

Select Appetizer...

Select Dessert...

Select Dessert Add-On...

Notes:

Day 21

Breakfast: Select Hearty or Build Your Own Breakfast...

☐ No Changes

Select Hearty or Build Your Own Breakfast...

☒ Change this Meal

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Notes:

Lunch: Select Lunch...

☐ No Changes

Served with: Select Bread....

☒ Change this Meal

Select Lunch Accompaniments/Snacks...

Select Lunch Accompaniments/Snacks...

Select Lunch Accompaniments/Snacks...

Notes:

Dinner: Select Dinner...

☐ No Changes

Served with: Select Marinade, Pasta Sauce, or Stir Fry Sauce...

☒ Change this Meal

Select Meat/Protein Option...

Select Rice or Pasta...

Select Salad, Side Dish or Vegetable...

Select Salad, Side Dish or Vegetable...

Select Appetizer...

Select Dessert...

Select Dessert Add-On...

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Day 22

Breakfast: Select Hearty or Build Your Own Breakfast...

☐ No Changes

Served with: Select Hearty or Build Your Own Breakfast...

☒ Change this Meal

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Notes:

Lunch:

Select Lunch...

☐ No Changes

Served with: Select Bread....

☒ Change this Meal

Select Lunch Accompaniments/Snacks...

Select Lunch Accompaniments/Snacks...

Select Lunch Accompaniments/Snacks...

Notes:

Dinner:

Select Dinner...

☐ No Changes

Served with: Select Marinade, Pasta Sauce, or Stir Fry Sauce...

☒ Change this Meal

Select Meat/Protein Option...

Select Rice or Pasta...

Select Salad, Side Dish or Vegetable...

Select Salad, Side Dish or Vegetable...

Select Appetizer...

Select Dessert...

Select Dessert Add-On...

Notes:

Day 23

Breakfast: Select Hearty or Build Your Own Breakfast...

☐ No Changes

Select Hearty or Build Your Own Breakfast...

☒ Change this Meal

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Notes:

Lunch:

Select Lunch...

☐ No Changes

Served with: Select Bread....

☒ Change this Meal

Select Lunch Accompaniments/Snacks...

Select Lunch Accompaniments/Snacks...

Select Lunch Accompaniments/Snacks...

Notes:

Dinner:

Select Dinner...

☐ No Changes

Served with: Select Marinade, Pasta Sauce, or Stir Fry Sauce...

☒ Change this Meal

Select Meat/Protein Option...

Select Rice or Pasta...

Select Salad, Side Dish or Vegetable...

Select Salad, Side Dish or Vegetable...

Select Appetizer...

Select Dessert...

Select Dessert Add-On...

Notes:

Day 24

Breakfast: Select Hearty or Build Your Own Breakfast...

☐ No Changes

Served with: Select Hearty or Build Your Own Breakfast...

☒ Change this Meal

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Select Build Your Own Breakfast or Accompaniment...

Notes:

Lunch:

Select Lunch...

☐ No Changes

Served with: Select Bread....

☒ Change this Meal

Select Lunch Accompaniments/Snacks...

Select Lunch Accompaniments/Snacks...

Select Lunch Accompaniments/Snacks...

Notes:

Dinner:

Select Dinner...

☐ No Changes

Served with: Select Marinade, Pasta Sauce, or Stir Fry Sauce...

☒ Change this Meal

Select Meat/Protein Option...

Select Rice or Pasta...

Select Salad, Side Dish or Vegetable...

Select Salad, Side Dish or Vegetable...

Select Appetizer...

Select Dessert...

Select Dessert Add-On...

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Day 25

Breakfast:

- ☐ No Changes
☒ Change this Meal

Notes:

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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..)



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