



# **Canyon REO's Meals and Menu Planner**

1-800-637-4604

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# Canyon REO's Menu Planner

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*Dear Fellow River Runners,*

I began running rivers in the steep creeks of Georgia when I should have been in my college science classes. Soon I ended up working as a guide on the Kern River in California, where I met my wonderful wife, Caroline. We opened Canyon REO in 1990 so we could share the magic of the river with other private boaters.

At Canyon REO, we combine our love for the river with our love of great food. We know how good fresh fruit tastes when you stop for lunch, how delicious Dutch oven brownies are under star-studded skies, and how the aroma of fresh coffee mingles with blooming cacti in the dawn stillness. We also recognize that although you enjoy good food, you probably don't feel like thinking about your menu for the next three months. And, you might not want to spend hours cooking dinner after running Lava, but you do love the smell of marinated steak sizzling over coals.

REO provides flexible menu options for a variety of different types of groups from those with gourmet tastes or the groups too busy hiking up Thunder River to be bothered. You can use one of our sample menus or select your own meals. We also customize meals for different types of eaters, food preferences, and allergies.

Please give us a call at 1-800-637-4604 with any questions or concerns that arise. Whether you need help planning your camp chores or a recommendation for a delicious dessert, we're here for you. We wish you a wonderful--safe, fun, and delicious--Grand Canyon trip.

*Donnie Dove  
and the Canyon REO staff*

# Canyon REO's Meal Service

Congratulations! Your group has chosen **Canyon REO's Meal Service**. We provide you with fun and easy alternatives to spending hours developing your menu, finding recipes, figuring food portions, shopping, and packing for your river trip. The **Custom Menu** plan allows you to choose your meals from our extensive selection of traditional grilled meals, ethnic foods, and delicious Dutch oven specials, or if you want to make it even easier, just use one of our **Standard Menus**.

Once you pick your menu, we develop the recipes, calculate how much you need for your group, purchase the food, pack it in our coolers and boxes, and take care of the trash and cleanup after your trip.

## Standard Menus

If the menu planning seems a little too overwhelming for you, consider one of our **Standard Menus**. These menus can be used as designed or modified for your group's needs or tastes. (Request the sample menu you prefer and use the blank Menu Planner to enter any changes you would like to make.)

**Canyon REO's Favorites** - A very balanced menu with a mixture of some of our most requested recipes.

**Canyon REO's Favorites for Mixed Groups** - REO's Favorites with vegetarian and adaptable options.

## Custom Menus

Our system allows you to choose your own meals based on tasty and tested recipes. Choosing the items for your customized menu is more labor intensive for you, but gives you the satisfaction of choosing all your own meals.

## Menu Template

The Menu Template was sent to you as a separate attachment in the same email as the Menu Planner. This is the form to use to tell us your meal choices. Be sure to fill out the top of Page 1 completely. Please indicate none or N/A where appropriate instead of leaving an item blank. The size of each cell will expand as you type.

## Guidelines for Planning Your Menu

1. Use the **Food Captain Worksheet (p 6)** to poll your participants.
2. Decide if you want to choose your own meals or use one of our **Standard Menus (pp 10-13)**
3. Use the **Workspace Column** on the **Meal Descriptions (pp 14-29)** to preplan your choices. Remember to pay attention to **Meal Perishability** and **Ease of Preparation**. You can use the **Menu Template (separate XLS file)** to see your choices laid out by camp.
4. Choose your **Dinners (pp 14-20)**, **Sides (pp 22-23)**, **Desserts (pp 24-25)**, **Breakfasts (pp 26-27)**, and **Lunches (pp 28-29)**.
5. Determine which (if any) **Additional Options** you want (**p 30**).
6. Fill out your **Group Information (separate XLS file)** and enter your menu choices and additional options in the **Menu Template (separate XLS file)**.
7. Send us your completed **Menu Template** by your **60 day** deadline. [Email to food@canyonreo.com](mailto:food@canyonreo.com)

**If you have any questions, give us a call. We are happy to help!**  
**1-800-637-4604**

## Things to Consider Before Using This Planner and Selecting Your Menu

Plenty of hearty food is essential for hungry boaters and hikers but make sure everyone agrees with the food philosophy (especially for the meals s/he will be preparing!) What do they want or need? Use the **Food Captain Worksheet (p 6)** to help you determine what is best for your group.

### Keep in Mind

- Cooking for 16 people is quite a task
  - Your group's range of tastes and appetites
  - How many people helping prepare each meal
  - Factor in time for clean-up (especially breakfasts)
  - Recipes often take longer to prepare in camp than at home
  - Gourmet Meals require more time, preparation, & cleanup
  - Grills and Dutch ovens (which require charcoal) take longer, so you may need to start your coals as soon as you start camp.
  - Consider your trip schedule—layover camps, long river days, and hiking days
- Special Dietary Needs
  - Strong Dislikes
  - Vegetarians\*
  - Allergies\*\*
  - Gluten-free/Dairy-free\*\*\*
  - Appetites



\* Many of our clients have split vegetarian and meat-eating groups. To satisfy everyone, we can provide substitute proteins for vegetarians and offer selections (such as spaghetti or stroganoff) that can be prepared for everyone—just cook the meat separately and let each boater add it to the pasta.

\*\* Simple food allergies are dealt with by (for example) removing nuts from a recipe. More complex allergies or dietary needs may require the individual to bring his/her own food.

\*\*\* For gluten-free participants, we provide GF bread, cookies, crackers, pasta, and tortillas (as they coincide with the menu). For dairy-free participants, we provide non-dairy cheese, milk, and yogurt.

***These additional items will incur an upcharge of \$30.00 per gluten-free or dairy-free participant.***



## Eating Preferences and Allergies

Many groups have members with different eating preferences, restrictions, and/or allergies. We do our best to accommodate these needs. Please let us know if there are any food preferences or allergies when you turn in your menu. We enter our accommodations to your recipes at this point so that group members— particularly those with allergies— can review the accommodations.

**Allergies:** As stated above, we need to know the allergies of your group members and the severity when you turn in your menu. Part of dealing with severe allergies depends on the group choosing appropriate meals and paying attention when cooking meals on the river. For severe allergies, it is very helpful for us to speak directly with the group member to discuss what they can and cannot eat. Occasionally, you will need to give us the brand names of the food companies that can provide appropriate food. These items may incur additional upcharges depending on their cost.

At times, it may be easier if the group member purchases their own non-perishable food. The food can then be either shipped to us for packing or we can provide one or two rocket boxes for you to pack the food into. Depending on the type of allergy, we recommend that group members with extremely severe or hard to accommodate allergies bring some or all of their own snacks.

# Food Captain Worksheet

Name	Cook Crew	Complete Trip	In or Out Phantom	Vegetarian/Type	Special Dietary Needs / Food Allergies & Severity (e.g. intolerance or if allergy is anaphylactic)	Coffee, Tea or Hot Chocolate	Strong Dislikes	Appetite (light, medium, hearty)
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								

# Using the Menu Planner

## Meal Perishability

When choosing your menu, *watch the meal perishability designations closely*. The **Perishability Code** indicates the **Last Camp** that you may choose a recipe.

A meal in the Perishability 12 (P12) group can be used for Camps 1 through 12, while a meal in the Non-Perishable group (NP) may be used at anytime on your trip. Most chicken and pork meals can be made non-perishable by using canned meats. During winter trips, some meals can be extended past their perishability dates if cooler space allows. On longer trips, bread is removed or replaced with crackers after Camp 18 (especially for lunches).

## Ease of Preparation

Recipe preparations are coded using a three-level system (**1, 2, or 3**). This coding corresponds with ease of preparation, but does not necessarily reflect cooking time. Some groups don't want to deal with charcoal, so we have remained neutral when evaluating recipes that require charcoal. If you don't like dealing with charcoal, we recommend that you steer clear of Grills and Dutch ovens, even if the recipe has an "easy" designation.

	Code	Description
1	Ultra Easy Prep.	Minimal slicing/chopping of ingredients. Meals may require Dutch oven or Grill but preparation will be minimal.
2	Simple Prep.	Some chopping/slicing required, but preparation is still pretty simple. Most meals can be made in one or two pots.
3	More Complicated Prep.	A fair amount of slicing/chopping. Some recipes may require partial preparation at a previous meal. Two pots or more.

## Tips for Using Grills and Dutch Ovens

The biggest concern we hear from people about **Grills** and **Dutch ovens** is the amount of time it takes for the charcoal to heat up to cooking temperature. Stick with the procedure below and cooking on coals can be a breeze!

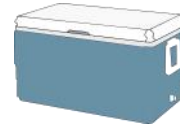
- Cook crews need to be familiar with the menu and know in advance if the meal requires a **Grill** or **Dutch oven**.
- Assign a **Charcoal Captain** to set up the fire pan and start the coals as soon as you reach camp. By the time the kitchen is set-up and the prep is done, the coals will be ready.
- See more helpful tips on our Dutch Oven Dinners section (pp 18-19).

## Understanding the Meal Descriptions

Each **Meal Descriptions** page contains some or all of the following columns:

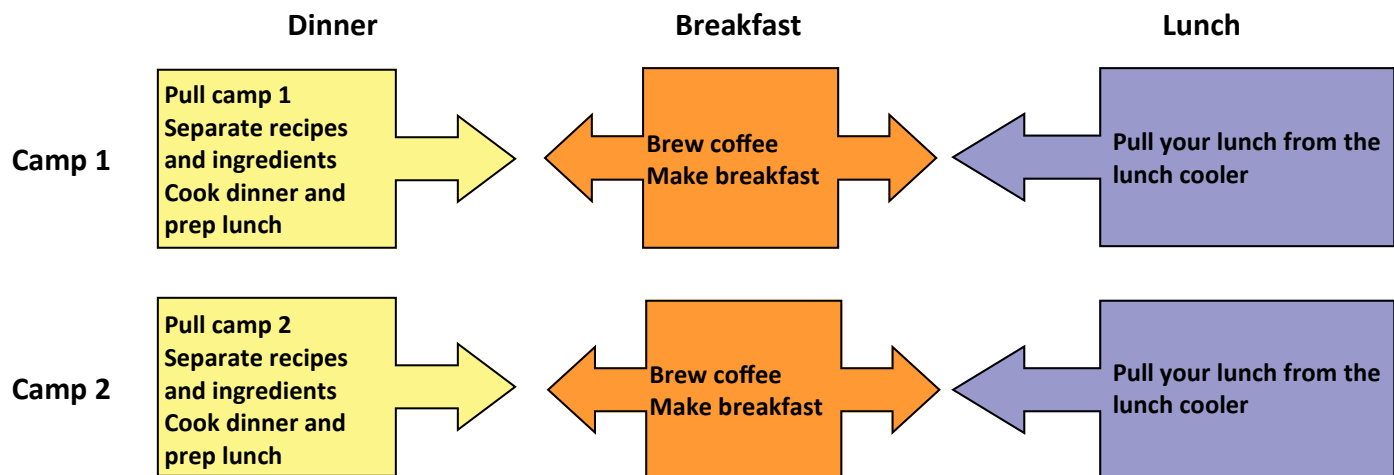
- **Perishability Camp Numbers**— **P#** represent the **Last Camp** a meal can be used. **NP** means non-perishable. Perishability on some items can be extended in winter if cooler space allows.
- **Preparation Difficulty** — **Numbers** tell you how easy or hard your meal will be to prepare.
- **Vegetarian** — **V** in the column tells you the meal is **vegetarian**.
- **Grill / Dutch Oven** — **Gr** in the column means the meal needs a **Grill**. **DO** means a **Dutch oven** is needed. **Gr/DO** means both a **Grill and Dutch oven** are needed.
- **Workspace** — Use this space to check the meals you want and/or to assign a camp number.
- **GF/LF** — **GF** means that the meal is either gluten-free or can easily be adapted to be gluten-free. **LF** means the meal is lactose-free.

## Packing Your Meals



A point of pride for Canyon REO is the organization and efficiency with which we pack your meals. We pack our food by “Camp” rather than by like item. A Camp begins at the end of the day when you tie up for the night, so the first meal for each Camp will be Dinner (or Appetizers if they are chosen) and go through Lunch of the following day. All the dry ingredients for a Camp will be packed into one ammo can (depending on space) which you will bring up to camp with you. Coolers are also packed in Camp order with each ingredient clearly labeled with Camp numbers to make “shopping” a breeze.

This menu planner is also arranged in this manner to get you used to thinking by Camp. The first meal you will select and put into the Planner Template will be Dinner for the first evening of your trip (launch date).



## Deadlines and Fees



**Menu Template:** Due **60 days** prior to your trip—earlier if possible. Once received, we compile your menu, including all the recipes, into a PDF file and send it to you for final approval or modifications. We will also send you a questionnaire to confirm the specifics of your food pack.

**Final Meal Changes & Final Group Size:** Due **ASAP**, but not later than **30 days** prior to put-in.

**Group sign up with 90 days to put-in:** Complete your menu selections **ASAP**. We are unable to send you a copy of your menu for final review. The **30 day** final count /food change deadlines are still in effect.

**Group sign up with 60 days to put-in:** Our **Standard Menus** are available. **Custom Menus** are only available if your group is willing to pay the overtime costs for the food room personnel.

**Group sign up with 30 days to put-in:** Only our **Standard Menus** are available.

**Late Changes:** We charge an **adjustment fee** for **Meal or Group Count changes** after the final menu has been printed and/or your food packing has started.

**Additional Upcharges:** Special requests such as organic food, cage-free eggs, grass-fed beef, etc., can be accommodated at an additional cost.

**Menu Planning Costs:** Numerous deviations from our standard recipes may result in additional costs.

# On the River - What You Need to Know

## Camp Pack

We create our meal plan and recipes and pack our meals by camp rather than by day. It is very easy for the kitchen crew to fix dinner, breakfast, and pack the lunch cooler all in the same camp. Organize your kitchen duty by camp rather than by day.

## Boat Maps & Manifests

You will get a set of these in both the Staples Box and your Lunch Cooler.

*To see our food packs and protocols in action, check out our orientation videos on YouTube: [youtube.com/canyonreo](https://youtube.com/canyonreo)*

## Recipe Location

We make our recipes easy to read and understand for even the least experienced cooks!

**Staples Box** — contains an overview of the meals and a duplicate set of recipes for each meal.

**Dry Goods Box** — Each camp's **dry goods ammo box** contains recipes for that camp.

**Lunch Cooler** — contains an overview of the meals and a recipe for the put-in lunch.

## Food Location

**Bread** — Aluminum boxes marked **Bread** contain breads, flour tortillas, and sometimes tortilla chips.

**Dry Goods** — Non-perishable canned vegetables, pasta, rice, cake mixes, cookies, etc., are packed in ammo boxes labeled by camp number.

**Eggs** — Packed in the **Egg Ammo cans**. **KEEP OUT OF THE SUN!** Use the drop bags with lids to keep eggs and produce in the shade.

**Frozen Juice** — Frozen juice for breakfast and lunch is provided for the first 7 days of the trip. Powdered beverages will be substituted if you prefer.

**Powdered Drinks** — Starting at camp 8, breakfast and lunch drinks are a variety of powdered drinks. In addition, during summer months we send additional powdered Gatorade in some of the first seven camps.

**Fruit / Canned** — Canned fruit is packed for some late camp breakfasts starting at Camp 9.

**Fruit / Fresh** — Lunch fruit is primarily apples and oranges. If you have space in your produce cooler, we pack appropriate amounts of "soft" fruit for your first few lunches.

**Fruit / Recipes** — If you have fresh fruit recipes, such as "Melon Fruit Salad", the selection of fruit you get is strictly determined by seasonal availability. After camp 7, canned fruit is provided.

**Meat & Dairy Items** — Packed in camp coolers organized by camp. Coolers are labeled camps 1-4, 5-9 etc.

**Milk** - Fresh milk is available until Camp 8. Boxed milk is packed with dry goods for later camps.

**Half & Half** — Fresh half & half is available throughout the trip (space dependent).

**Vegetables** — Fresh vegetables are packed in one or two coolers, depending on amount and frame constraints. Hardier vegetables and fruit are placed in crates. (Keep in a covered hatch.)

## Food Safety

**Non-Perishable** — Many items, such as cereal, cookies, maple syrup, jelly, etc., may be carried over to later camps.

**Warnings** — **DO NOT** put **Hot** food in **coolers**. This also includes **beer** and **sodas**.

Canyon R.E.O. Food Room  
food@canyonreo.com  
1-800-637-4604

# Canyon REO's Favorites

	<b>DINNERS W/SIDE &amp; DESSERT</b>		<b>BREAKFASTS</b>	<b>LUNCHES</b>
<b>Put-In</b>	<b>Marble Canyon Lodge on your own</b>		Granola, Breakfast Bread, & Yogurt Fresh Fruit, Fresh Juice Coffee, Tea, Hot Cocoa	Deli Lunch Fresh Fruit, Frozen Juice Cookies
<b>Camp 1</b>	Fresh Asparagus Grilled Steak, Salmon, & Portabella Mushrooms w/ Baked Potatoes Strawberry Shortcake	Gr	Lox & Bagels w/ Smorgasbord Fresh Fruit, Frozen Juice Coffee, Tea, Hot Cocoa	Deli Lunch w/ Hummus Fresh Fruit, Frozen Juice Cookies
<b>Camp 2</b>	Hearty Garden Salad Chicken & Veggie Fajitas w/ Mexican Rice Carrot Cake (Pre-made)		Yogurt Fruit Salad & Granola Fresh Fruit, Frozen Juice Coffee, Tea, Hot Cocoa	Hummus Pockets w/ Turkey & Veggies Fresh Fruit, Frozen Juice Cookies
<b>Camp 3</b>	Green Salad & Romaine BBQ Chicken w/ Pre-Made Potato Salad S'Mores	Gr Fire	Cereal & English Muffins w/ Canadian Bacon Frozen Juice Coffee, Tea, Hot Cocoa	Deli Lunch Fresh Fruit, Frozen Juice Cookies
<b>Camp 4</b>	Steamed Veggies Chicken Curry & Rice w/ Veggies Cheesecake (Pre-made)		Eggs, Bacon, & Dehydrated Hashbrowns Fresh Fruit, Frozen Juice Coffee, Tea, Hot Cocoa	Trail Lunch w/ Summer Sausage Fresh Fruit, Frozen Juice Cookies
<b>Camp 5</b>	Green Salad Frozen Lasagna w/ Garlic Bread Chocolate Mints	2DO	Yogurt Fruit Salad & English Muffins Fresh Fruit, Frozen Juice Coffee, Tea, Hot Cocoa	Guacamole & Tortillas w/ Turkey Fresh Fruit, Frozen Juice Cookies
<b>Camp 6</b>	Asian Salad Chicken Teriyaki & Basmati Rice Fortune Cookies	Gr	Lox & Bagels Fresh Fruit, Frozen Juice Coffee, Tea, Hot Cocoa	Veggie, Turkey, & Cheese Pitas Frozen Juice Salty Snack Cookies
<b>Camp 7</b>	Hearty Garden Salad Tacos w/ Meat & Cheese Cheesecake Bites (Pre-made)		Breakfast Burritos w/ Potatoes Fresh Fruit, Frozen Juice Coffee, Tea, Hot Cocoa	Deli Salami & Turkey Sandwiches w/ Hummus Fresh Fruit, Frozen Juice Cookies
<b>Camp 8</b>	Coleslaw w/ Pineapple Burgers & Beans Pineapple Upside Down Cake	Gr DO	Cereal & English Muffins Fresh Fruit, Tang Coffee, Tea, Hot Cocoa	Burrito Bar Fresh Fruit Powdered Lunch Drink Cookies
<b>Camp 9</b>	Zippy Bean Salad Pineapple Poblano Tacos w/ Beef Chocolate Lover's Dessert Pie w/ Chocolate Chips (No-bake)		Jordy's Breakfast Smorgasbord Fresh Fruit, Tang Coffee, Tea, Hot Cocoa	Veggie, Cream Cheese, & Deli Meat Spread on Bagels Fresh Fruit Powdered Lunch Drink Cookies
<b>Camp 10</b>	Tomato Cucumber Salad Pesto Pasta & Italian Sausage Baked Brownies	DO	Quick Egg, Sausage, & Cheese Muffins Tang Coffee, Tea, Hot Cocoa	Hiking Lunch Powdered Lunch Drink Cookies

# Canyon REO's Favorites

	DINNERS W/SIDE & DESSERT		BREAKFASTS	LUNCHES
<b>Camp 11</b>	Citrus Salad Chicken Stir-Fry & Rice Pepperidge Farm Cookies		French Toast w/ Bacon Breakfast Fruit, Tang Coffee, Tea, Hot Cocoa	Tabouli & Pita w/ Turkey Powdered Lunch Drink Salty Snack
<b>Camp 12</b>	Peas & Carrots (Canned) Creamy Quinoa Primavera w/ Chicken Breasts Lemon Bars	DO	Jordy's Breakfast Smorgasbord Tang Coffee, Tea, Hot Cocoa	Taco Salad Powdered Lunch Drink Cookies
<b>Camp 13</b>	Fiesta Salad Boil-in-a-Bag Stuffed Mexican Chicken & Tamales Calabacita w/ Mexican Rice Cheesecake (No-bake)		Mexican Home Fries w/ Sausage, Eggs, & Hashbrowns Canned Fruit, Tang Coffee, Tea, Hot Cocoa	Hiking Lunch Powdered Lunch Drink Cookies
<b>Camp 14</b>	Tomato Creole Black Bean & Rice Stew w/ Sourdough Bread Blueberry Cheesecake (No-bake)		Pancakes & Bacon Tang Coffee, Tea, Hot Cocoa	Ham & Swiss Sandwiches w/ Hummus Dried Fruit Powdered Lunch Drink
<b>Camp 15</b>	Coleslaw Boil-in-a-Bag Italian Sausage Lasagna & Artichoke Lasagna w/ Garlic Bread Apples & Smoked Gouda		Oatmeal, Raisins, & Nuts w/ Bagels Canned Fruit, Tang Coffee, Tea, Hot Cocoa	Asian Chicken Salad Powdered Lunch Drink Salty Snack
<b>Camp 16</b>	Garlic Green Beans Tamale Pot Pie w/ Cornbread Brownies (Ready-made)	2DO	Cereal & English Muffins Tang Coffee, Tea, Hot Cocoa	Salami & Cheese Sandwiches Powdered Lunch Drink Cookies
<b>Camp 17</b>	Mixed Vegetables (Non-perishable) Spaghetti & Italian Sausage w/ Garlic Bread Death by Chocolate		Oatmeal & Pop Tarts Canned Fruit, Tang Coffee, Tea, Hot Cocoa	Burrito Bar Powdered Lunch Drink Salty Snack Cookies
<b>Camp 18</b>	Lemon Herb Sweet Peas Tortellini Parma Rosa w/ Garlic Bread Yellow Cake	DO	Blueberry Pancakes w/ Pre- Cooked Bacon Tang Coffee, Tea, Hot Cocoa	Tuna Salad w/ PB&J Powdered Lunch Drink Cookies
<b>Camp 19</b>	Apricot Honey Glazed Carrots Mediterranean Chicken Penne w/ Garlic Bread Oreo Pudding Pie (No-bake)		Jordy's Breakfast Smorgasbord Canned Fruit, Tang Coffee, Tea, Hot Cocoa	Trail Lunch w/ Summer Sausage Powdered Lunch Drink Cookies
<b>Camp 20</b>	Corn Canned Chili w/ Fresh Baked Cornbread Chocolate Mints	DO	Yogurt Fruit Salad & Breakfast Bars Tang Coffee, Tea, Hot Cocoa	Take-Out Lunch— <i>choose Deli Sandwich Lunch or Cold Fried Chicken n' Fixin's.</i>

### More days on the river?

**Let us know and we can suggest more REO Favorites  
that are non-perishable and well-liked by past river trips.**

Just send us an email at [food@canyonreo.com](mailto:food@canyonreo.com)  
or give us a call at 1-800-637-4604.

# Canyon REO's Favorites for Mixed Groups

REO's Favorite meals including vegetarian and other adaptable options—  
with variety to please everyone.

	DINNERS W/SIDE & DESSERT		BREAKFASTS	LUNCHES
<b>Put-In</b>	<b>Marble Canyon Lodge on your own</b>		Granola, Breakfast Bread, & Yogurt Fresh Fruit Coffee, Tea, Hot Cocoa	Deli Lunch w/ Hummus Fresh Fruit, Cookies Frozen Juice
<b>Camp 1</b>	Asparagus, Fresh Grilled Steak, Salmon, & Portabella Mushrooms w/ Baked Potatoes Strawberry Shortcake	Gr	Lox & Bagels w/ Smorgasbord Fruit, Juice Coffee, Tea, Hot Cocoa	Deli Lunch w/ Hummus & Melon Fresh Fruit, Frozen Juice Cookies
<b>Camp 2</b>	Hearty Garden Salad Chicken & Tofu Fajitas w/ Rice Carrot Cake (pre-made)		Yogurt Fruit Salad & Granola Fruit, Juice Coffee, Tea, Hot Cocoa	Hummus Pockets w/ Turkey and Veggies Fresh Fruit, Frozen Juice Cookies
<b>Camp 3</b>	Greek Salad w/ Romaine BBQ Chicken & Veggie Burgers w/ Pre-made Potato Salad S'Mores	Gr Fire	Cereal & English Muffins w/ Canadian Bacon & Veggie Meat Fruit, Juice Coffee, Tea, Hot Cocoa	Deli Lunch w/ Hummus Fresh Fruit, Frozen Juice Cookies
<b>Camp 4</b>	Steamed Veggies Chicken Curry & Rice with Veggies Cheesecake (pre-made)		Eggs, Bacon, & Dehydrated Hashbrowns w/ Veggie Meat Fruit, Juice Coffee, Tea, Hot Cocoa	Trail Lunch w/ Summer Sausage & Bruschetta Spread Fresh Fruit, Frozen Juice Cookies
<b>Camp 5</b>	Green Salad Frozen Meat and Vegetarian Lasagna Chocolate Mints	2DO	Yogurt Fruit Salad & English Muffins Fruit, Juice Coffee, Tea, Hot Cocoa	Guacamole & Tortillas w/ Turkey Fresh Fruit, Frozen Juice Cookies
<b>Camp 6</b>	Asian Salad Chicken & Tempeh Teriyaki w/ Basmati Rice Fortune Cookies	Gr	Lox & Bagels Fruit, Juice Coffee, Tea, Hot Cocoa	Veggie, Turkey, & Cheese Pitas Fresh Fruit, Frozen Juice Cookies
<b>Camp 7</b>	Hearty Garden Salad Tacos w/ Meat and/or Black Beans Cheesecake Bites (pre-made)		Breakfast Burritos w/ Potatoes Fruit, Juice Coffee, Tea, Hot Cocoa	Deli Salami & Turkey Sandwiches w/ Hummus Fresh Fruit, Frozen Juice Cookies
<b>Camp 8</b>	Coleslaw w/ Pineapple Burgers, Veggie Burgers, & Beans Pineapple Upside Down Cake	Gr DO	Cereal & English Muffins Fruit, Tang Coffee, Tea, Hot Cocoa	Burrito Bar Fresh Fruit, Frozen Juice Cookies
<b>Camp 9</b>	Zippy Bean Salad Pineapple Poblano Tacos w/ Beef & Veggie Meat Chocolate Lover's Dessert Pie w/ Chocolate Chips (no-bake)		Jordy's Breakfast Smorgasbord Fruit, Tang Coffee, Tea, Hot Cocoa	Veggie, Cream Cheese, and Deli Meat Spread on Bagels Fresh Fruit, Frozen Juice Cookies

# Canyon REO's Favorites for Mixed Groups

	DINNERS W/SIDE & DESSERT		BREAKFASTS	LUNCHES
<b>Camp 10</b>	Tomato Cucumber Salad Pesto Pasta w/ Italian Sausage & Veggie Sausage Baked Brownies	DO	Quick Egg, Sausage, & Cheese Muffins Fruit, Tang Coffee, Tea, Hot Cocoa	Hiking Lunch Powdered Lunch Drink Cookies
<b>Camp 11</b>	Citrus Salad Chicken & Tofu Stir-Fry w/ Rice Pepperidge Farm Cookies		French Toast w/ Bacon & Veggie Meat Tang Coffee, Tea, Hot Cocoa	Tabouli & Pita w/ Turkey Powdered Lunch Drink Cookies
<b>Camp 12</b>	Peas and Carrots, Canned Creamy Quinoa Primavera w/ Chicken Breasts & Veggie Strips Lemon Bars	DO	Jordy's Breakfast Smorgasbord Dried Fruit, Tang Coffee, Tea, Hot Cocoa	Taco Salad Powdered Lunch Drink Cookies
<b>Camp 13</b>	Fiesta Salad Boil-in-a-Bag Stuffed Mexican Chicken & Tamales Calabacita w/ Mexican Rice Cheesecake (no-bake)		Mexican Home Fries w/ Sausage, Veggie Meat, Eggs, and Hashbrowns Tang Coffee, Tea, Hot Cocoa	Hiking Lunch Powdered Lunch Drink Cookies
<b>Camp 14</b>	Tomato Creole Black Bean & Rice Stew w/ Sourdough Bread Blueberry Cheesecake (no-bake)		Pancakes, Bacon, & Veggie Meat Tang Coffee, Tea, Hot Cocoa	Ham & Swiss Sandwiches w/ Hummus Dried Fruit Gatorade
<b>Camp 15</b>	Coleslaw Boil-in-a-Bag Italian Sausage Lasagna & Artichoke Lasagna w/ Garlic Bread Apples & Smoked Gouda		Oatmeal, Raisins, & Nuts w/ Bagels Fruit, Tang Coffee, Tea, Hot Cocoa	Asian Chicken Salad for Mixed Groups Powdered Lunch Drink Cookies
<b>Camp 16</b>	Garlic Green Beans Tamale Pot Pie & Cornbread Brownies (ready-made)	2DO	Cereal & English Muffins Dried Fruit, Tang Coffee, Tea, Hot Cocoa	Salami & Cheese Sandwiches w/ Bruschetta Spread Powdered Lunch Drink Cookies
<b>Camp 17</b>	Mixed Vegetables (non-perishable) Spaghetti w/ Italian Sausage & Veggie Sausage Death by Chocolate		Oatmeal & Pop Tarts Dried Fruit, Tang Coffee, Tea, Hot Cocoa	Burrito Bar Powdered Lunch Drink Cookies
<b>Camp 18</b>	Lemon Herb Sweet Peas Tortellini Parma Rosa w/ Garlic Bread Yellow Cake	DO	Blueberry Pancakes w/ Pre-Cooked Bacon Coffee, Tea, Hot Cocoa, Tang	Tuna Salad w/ PB&J Powdered Lunch Drink Cookies
<b>Camp 19</b>	Apricot Honey Glazed Carrots Mediterranean Chicken Penne for Mixed Groups Oreo Pudding Pie (no-bake)		Jordy's Breakfast Smorgasbord Tang Coffee, Tea, Hot Cocoa	Trail Lunch w/ Summer Sausage & Bruschetta Spread Powdered Lunch Drink Cookies
<b>Camp 20</b>	Corn Canned Meat Chili & Vegetarian Chili w/ Cornbread Chocolate Mints	DO	Yogurt Fruit Salad & Breakfast Bars Coffee, Tea, Hot Cocoa, Tang	Take-Out Lunch— <i>choose Deli Sandwich Lunch or Cold Fried Chicken n' Fixin's.</i>

# Dinner Descriptions

**Choose a dinner entrée, a side, and dessert for your dinner. All dinners come with a carbohydrate, usually rice, potatoes, or bread.**

Most meals can be easily adapted for vegetarian and gluten-free needs. Tofu, beans, tempeh, veggie burgers, and portabella mushrooms are some of the protein options available. We also substitute vegetarian refried beans and veggie stock/broth where called for in recipes. Gluten-free adaptations are usually gluten-free carbohydrate substitutions.

***3 or more steak dinner selections in your menu will incur an upcharge.***

Perishability Camp #	Prep Difficulty	Vegetarian	Workspace
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<b>Seafood Pasta w/ Sourdough Bread</b> Fresh shrimp & scallops (P1) or canned shrimp & crab meat (NP) in rich alfredo sauce over linguine with parmesan cheese and garlic bread	P1	2		
<b>Ratatouille w/ Basmati Rice</b> Fresh bell peppers, eggplant, squash, zucchini, onion and tomatoes simmered in a rich tomato sauce with olives, spices; served on rice with cheese on top	P2	3	V	
<b>Tofu Stir Fry w/ Fresh Vegetables &amp; Rice</b> Snow peas, peppers, broccoli, celery, carrots, squash, onions and water chestnuts stir fried in sauce with tofu and served over basmati rice	P5	3	V	
<b>Fresh Vegetable Fettuccini &amp; Garlic Bread</b> Fresh peppers, carrots, squash, broccoli, snow pea pods and tomatoes in rich parmesan cheese sauce over fettuccine and garlic bread	P7	2	V	
<b>Fresh Vegetable Sauté w/ Rice</b> Fresh peppers, broccoli, carrots, cauliflower, celery, squash, cabbage, onions and sweet potatoes sautéed with mushrooms and spices over rice	P7	3	V	
<b>Vegetable Fajitas w/ Rice</b> Fresh peppers, carrots, squash, tomatoes, onions sautéed with seasonings, served in flour tortillas with cheese topping, Mexican rice on the side	P10	2	V	
<b>Black Bean Turkey Chili for Mixed Groups</b> Carrots, onion, black beans, tomatoes and jalapenos mixed with ground turkey, served with sour cream, cheese and bread <b>V=add Tofurkey</b>	P10	2	V	
<b>Chicken &amp; Veggie Fajitas w/ Rice</b> Fajita-seasoned chicken tenders, avocados, onions, bell peppers and tomatoes wrapped in tortillas with salsa, sour cream & cheese plus Mexican rice <b>V=add Tofu</b>	P10	2	V	
<b>Chicken Curry w/ Rice</b> Chicken tenders, fresh veggies cooked in curry paste & garlic, served over basmati rice with condiments - chutney, cashews, coconut flakes, raisins <b>V=add Tofu</b>	P10	2	V	
<b>Chicken Picante w/ Rice</b> Boneless chicken breasts smothered in a Picante, sugar and Dijon mustard sauce over Minute rice, with cheddar cheese topping	P10	2		
<b>Chicken Stir Fry w/ Rice</b> Fresh veggies (including broccoli and pea pods, P7) with chicken tenders in stir-fry sauce over basmati rice <b>V=add Tofu</b>	P10	2	V	
<b>Herb-Citrus Chicken w/ Carrots &amp; Couscous</b> Oranges, lemons, rosemary and parsley flavor sautéed chicken breast tenders and carrots served over couscous <b>V=add Tofu</b>	P10	2	V	
<b>Pesto Pork Chops w/ Orzo</b> Seasoned pan-fried pork loin chops served with pesto sauce, orzo & chives	P12	2		
<b>Pesto Pork Chops w/ Couscous</b> Pork Loin chops and fresh tomatoes spread with pesto sauce and sautéed, served with couscous <b>V=add Tempeh and use veg. broth</b>	P12	2	V	
<b>Beef Stroganoff w/ Egg Noodles &amp; French Bread</b> Mushrooms, sour cream and onion form a classic sauce over egg noodles with garlic bread <b>V= add Tofu</b>	P12	2	V	
<b>Burgers &amp; Beans</b> Pan-fried burgers with buns, condiments and Pringles <b>V=add Veggie Burgers</b>	P12	2	V	
<b>Red Beans &amp; Rice w/ Spicy Sausage</b> Fresh peppers and onions added to canned chiles, red beans and tomatoes, seasoned with garlic and oregano on top of rice with hot sausage <b>V=add Tofurkey</b>	P12	2	V	

# Dinner Descriptions

**Important! Don't forget the perishability camp # when choosing your dinner entrees!**

	Perishability Camp #	Prep Difficulty	Vegetarian	Workspace
<b>Shepherd's Pie</b> Ground beef, green chiles, Mexican-style corn and BBQ sauce with cheddar-bacon potatoes and cheddar cheese on top	P12	2		
<b>Traditional Shepherd's Pie</b> Ground beef, onions, corn, green beans topped with mashed potatoes and cheddar cheese.	P12	2		
<b>Sloppy Joe's for Mixed Groups</b> Ground beef mixed with sloppy joe mix and tomato paste over buns with Pringles and dill pickles <b>V=add Mushrooms</b>	P12	2	V	
<b>Tacos w/ Meat, Beans &amp; Cheese</b> Seasoned ground beef and onions, plus refried beans, black olives, lettuce, tomatoes, sour cream, cheese and corn tortillas <b>V=Veg. Refried Beans</b>	P12	2	V	
<b>Veggie-Style Jambalaya</b> Fresh bell peppers, carrots, onions and squash in a spicy tomato sauce and rice with sourdough bread	P12	2	V	
<b>Ham &amp; Potatoes Au Gratin</b> Ham chub with easy-to-make potatoes <b>V=add Veggie Burgers</b>	P12	2	V	
<b>Indonesian Rice Salad</b> Basmati rice flavored with fresh celery, bell peppers, lemon, garlic, and soy sauce, topped with pineapple, cashews, raisins, peanuts and water chestnuts	P12	2	V	
<b>Black Bean &amp; Rice Stew w/ Sourdough Bread</b> Red peppers, squash, zucchini, potatoes, onions with peas, black beans in light tomato sauce, served over rice and with sourdough bread	P14	3	V	
<b>Creamy Fettuccine w/ Peas &amp; Ham</b> Classic dish with parmesan cheese sauce <b>V=add Tofu</b>	P14	2	V	
<b>Creamy Quinoa Primavera</b> Zucchini, carrots, bell peppers with onions, garlic and quinoa in a rich parmesan cheese and basil sauce	P14	2	V	
<b>Falafel &amp; Tabouli Salad w/ Pitas</b> Fried falafel with fresh cucumber stuffed in a pita, covered with a yogurt-chutney sauce and a fresh tabouli salad with tomatoes	P14	2	V	
<b>Jambalaya for Mixed Groups</b> Spicy sausage, chunk chicken, shrimp, bell peppers and onions in a tomato sauce with spices, rice and sourdough bread	P14	2	V	
<b>Pesto Pasta w/ Italian Sausage</b> Fresh pesto sauce in early camps, tossed with pasta and sweet sausage on the side with garlic bread <b>V=add Tofurkey</b>	P14	2	V	
<b>Pineapple Poblano Tacos w/ Ground Beef</b> Seasoned ground beef and sautéed vegetables served with a poblano, tomato and pineapple salsa and Mexican rice <b>V=add Veggie "Meat"</b>	P14	2	V	
<b>Spaghetti, Italian Sausage w/ Garlic Bread</b> Fresh peppers, onions, garlic added to sauce served over spaghetti with hot sausage on the side plus garlic bread <b>V=add Tofurkey</b>	P14	2	V	
<b>Potato Corn Chowder</b> Fresh carrots, onions and potatoes mixed with corn, green beans and peas in a creamy sauce—hearty food for the canyon	P16	2	V	
<b>Tortellini Parma Rosa w/ Garlic Bread</b> Creamy parmesan/tomato sauce over stuffed pasta with garlic bread	NP	2	V	

To see our food packs and protocols in action, check out our orientation videos on YouTube: [youtube.com/canyonreo](https://www.youtube.com/canyonreo)

# Dinner Descriptions - Dutch Oven or Grill

## Cooking Meals in Dutch Ovens

- Pre-heat Dutch Oven (DO) and DO Lid on propane stove.
- Place 6 hot coals in bottom of DO in firepan.
- Add ingredients to DO and place DO over coals in firepan.
- Place @ 20 hot coals on top of DO lid in a checkerboard pattern.
- Create a wind break.
- **Wait for delicious smell before removing lid.**



## Calculating Your Total Charcoal Needs

- 5 coals per 16 person Dutch Oven meal
- 10 coals per 16 person Grill meal
- 12 coals per 16 person Dutch Oven/Grill combo meal



Perishability Camp #	Prep Difficulty	Vegetarian	Grill/Dutch Oven	Workspace
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<b>Frozen Meat Lasagna w/ Garlic Bread</b> Open package, insert in Dutch Ovens, wait until it smells great and serve with hot garlic bread	<b>P7</b>	<b>2</b>		<b>2DO</b>	
<b>Frozen Meat &amp; Vegetarian Lasagna w/ Garlic Bread</b> Open packages, insert in Dutch ovens, wait until they smell great and includes garlic bread to sop up all the sauce	<b>P7</b>	<b>2</b>	<b>V</b>	<b>2DO</b>	
<b>Spinach Lasagna w/ Garlic Bread</b> Made from scratch with spinach, noodles, ricotta, parmesan and mozzarella cheeses layered in a Dutch Oven	<b>P10</b>	<b>3</b>	<b>V</b>	<b>DO</b>	
<b>Roast Turkey Breast w/ Stuffing &amp; Mashed Potatoes</b> plus cranberry sauce. ~ Will require <i>more than 1 hour to cook.</i> ~	<b>P10</b>	<b>3</b>		<b>DO</b>	
<b>Meat &amp; Cheese Enchiladas</b> Ground beef and cheese with Mexican rice and refried beans	<b>P12</b>	<b>3</b>		<b>DO</b>	
<b>Pizza in a Dutch Oven</b> Pepperoni, peppers, onions, mushrooms, black olives, mozzarella & parmesan cheese. ~ Will require <i>extra time to cook</i> ~	<b>P14</b>	<b>3</b>	<b>V</b>	<b>2DO</b>	
<b>Posole &amp; Corn Bread</b> Spicy sausage, hominy, black beans, potatoes, onions, tomatoes	<b>P14</b>	<b>3</b>		<b>2DO</b>	
<b>Potato Corn Chowder &amp; Corn Bread</b> Corn, peas, beans, potatoes, carrots, onions	<b>P16</b>	<b>3</b>	<b>V</b>	<b>DO</b>	
<b>Tamale Pot Pie &amp; Corn Bread</b> Corn tortillas layered with black & refried beans, salsa, olives, tomatoes, green chiles and cheese.	<b>NP</b>	<b>3</b>	<b>V</b>	<b>DO</b>	
<b>Cheese Enchiladas</b> Mexican rice & refried beans on the side	<b>NP</b>	<b>2</b>	<b>V</b>	<b>DO</b>	
<b>Spinach Enchiladas</b> Mexican rice & refried beans	<b>NP</b>	<b>3</b>	<b>V</b>	<b>DO</b>	
<b>Chili &amp; Corn Bread</b> Canned chili with onions & cheese for toppings. Butter and honey for corn bread	<b>NP</b>	<b>2</b>	<b>V</b>	<b>DO</b>	

To prevent burned and raw portions of your meal, rotate your oven occasionally - maybe every 10 minutes.

# Dinner Descriptions - Dutch Oven or Grill

**You want to avoid bunching of the briquettes on DOs as this will cause hot spots in your cooking.**

**Here are three possible patterns:**

- Checkerboard pattern under oven and on lid
- Circle pattern under oven and on lid
- Circle under oven and checkerboard on lid

Perishability Camp #	Prep Difficulty	Vegetarian	Grill/Dutch	Workspace
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<b>BBQ Chicken &amp; Corn Bread</b> Boneless, skinless chicken breasts plus kernel corn, butter & honey for the corn bread <b>V=add Veggie Burgers</b>	P10	2	V	Gr/DO	
<b>Beans, Biscuits, &amp; Chops</b> Boneless pork loin chops with BBQ sauce, Bisquick biscuits, baked beans, and applesauce <b>V=add Veggie Burgers</b>	P12	2	V	Gr/DO	
<b>Pork Tenderloin &amp; Seasoned Potatoes</b> Marinated pork, onion soup & sour cream for potatoes <b>V=add Tempeh</b>	P14	2	V	Gr/DO	

<b>Grilled Fish &amp; Rice Pilaf</b> Seasoned fish fillets cooked in foil with fresh lemon <b>V=add Tempeh</b>	P4	2	V	Grill	
<b>Grilled Salmon &amp; Rice Pilaf</b> Salmon steaks with dill & garlic steamed in foil with fresh lemon and rice Pilaf <b>V=add Tempeh</b>	P4	2	V	Grill	
<b>Grilled Steak &amp; Salmon w/ Baked Potatoes</b> 10-12 oz top sirloin steaks; seasoned salmon in foil with lemon; sautéed onions & mushrooms; baked potatoes with sour cream & chives <b>V=add Portabellas (P2)/Veggie Burgers</b>	P4	2	V	Grill	
<b>Grilled Steak, Salmon w/ Veggies &amp; Rice Pilaf</b> 10-12 oz top sirloin, salmon steaks, squash/zucchini sautéed with garlic and rice pilaf	P4	2		Grill	
<b>Chicken Teriyaki &amp; Basmati Rice</b> Teriyaki, orange and garlic marinade for chicken breasts served over Basmati rice <b>V=add Tempeh</b>	P10	2	V	Grill*	
<b>Burgers, Veggie Burgers, &amp; Beans</b> with cheese, buns, condiments & Pringles	P10	2	V	Grill*	
<b>Beef Shish Kebab w/ Couscous</b> Pineapple, marinated mushrooms, peppers, zucchini & onion on skewers with cubed marinated beef <b>V=add Tempeh</b>	P10	3	V	Grill	
<b>Burgers, Dogs &amp; Baked Beans</b> with cheese, buns, condiments & Pringles <b>V=add Veggie Burgers</b>	P12	2	V	Grill	
<b>Grilled Steak &amp; Baked Potatoes</b> 8-10 oz top sirloin steaks; sautéed onions & mushrooms, baked potatoes with sour cream, butter and chives <b>V=add Veggie Burgers</b>	P12	2	V	Grill	
<b>Grilled Steak au Poivre w/ Rice Pilaf</b> Black pepper, basil, rosemary, onion powder dry rub with sherry on 8 oz sirloins, served with rice pilaf. <b>V=add Veggie Burgers</b>	P12	2	V	Grill*	
<b>Grilled Steak au Poivre w/ Baked Potatoes</b> Black pepper, basil, rosemary, onion powder dry rub with sherry on 8 oz sirloins, served with baked potatoes. <b>V=add Tempeh</b>	P12	2	V	Grill	

**\* This meal can be made on a stove with a griddle or skillet**

# Dinner Descriptions - Boil-in-a-Bag

**Your food quote includes 2 pre-made "Boil-in-a-Bag" dinners. Boil-in-a-Bag dinners are ready in 45+ minutes and contain 12oz per person.** These dinners are great for saving space and provide easy preparation and clean-up. A local caterer prepares these meals fresh and vacuum seals them for us to freeze and pack.

**If you would like more of these super easy-to-prepare meals, they will be billed at \$5.00 per person per meal, unless noted otherwise.**

\*\* Note that Pulled Pork and Beef Brisket will incur a small upcharge (p.21).

Perishability Camp #	Prep Difficulty	Vegetarian	Workspace
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<b>BBQ</b>	<b>Pulled Chicken</b> Slow cooked chicken with lemon pepper and BBQ sauce *GF/LF	<b>P18</b>	<b>1</b>		
	<b>Beef Chili or Veggie Chili</b> In-house made chili *GF/LF	<b>P18</b>	<b>1</b>	<b>V</b>	
	<b>Stuffed Pork Chops</b> Pork chop stuffed with carrots, broccoli, zucchini, and gravy *GF/LF	<b>P18</b>	<b>1</b>		
<b>Italian</b>	<b>Artichoke Lasagna</b> Basil pesto lasagna layered with artichokes, zucchini, and mozzarella *LF	<b>P18</b>	<b>1</b>	<b>V</b>	
	<b>Italian Sausage Lasagna</b> Tomato sauce layered with Italian sausage, mozzarella, and cheddar *LF	<b>P18</b>	<b>1</b>		
	<b>Meatballs</b> Hand-rolled Italian meatballs served with a basil garlic tomato sauce	<b>P18</b>	<b>1</b>		
	<b>Stuffed Italian Chicken</b> Chicken breast stuffed with toasted French bread, sundried tomatoes, mozzarella cheese, and served in a basil garlic tomato sauce	<b>P18</b>	<b>1</b>		
	<b>Eggplant Parmesan</b> Baked eggplant filled with ricotta cheese, topped with mozzarella and served in a roasted garlic basil tomato sauce	<b>P18</b>	<b>1</b>	<b>V</b>	
<b>Mexican</b>	<b>Vegetable Posole</b> *GF/LF	<b>P18</b>	<b>1</b>	<b>V</b>	
	<b>Pork Posole</b> Slow cooked stew with green chiles, pork, and hominy *GF/LF	<b>P18</b>	<b>1</b>		
	<b>Stuffed Mexican Chicken</b> Chicken breast stuffed with black beans, green chiles, jack cheese, and served with green chili gravy *GF	<b>P18</b>	<b>1</b>		
	<b>Bean &amp; Cheese Chili Relleno</b> Roasted poblano pepper stuffed with pinto beans, cheddar cheese, and served in a tomato salsa *GF	<b>P18</b>	<b>1</b>	<b>V</b>	
	<b>Tamales Calabacita</b> Homemade tamales filled with zucchini jack cheese and salsa *GF	<b>P18</b>	<b>1</b>	<b>V</b>	
	<b>Chicken Enchiladas</b> Chicken, cream cheese, and green chiles wrapped in a corn tortilla topped with jack cheese and served with a tomatillo sauce *GF	<b>P18</b>	<b>1</b>		
	<b>Spinach Enchiladas</b> Spinach, onions, and cream cheese wrapped in a corn tortilla topped with cheddar cheese and served with a red sauce *GF	<b>P18</b>	<b>1</b>	<b>V</b>	
<b>Asian</b>	<b>Sweet Sour Pork</b> Roasted pork with Asian vegetables served with a sweet & sour sauce *GF/LF	<b>P18</b>	<b>1</b>		
	<b>Beef &amp; Broccoli</b> Roasted beef with broccoli served with a sesame teriyaki sauce *LF	<b>P18</b>	<b>1</b>		
	<b>Tofu Stir Fry</b> Baked tempah or tofu with Asian vegetables served with a sesame ginger sauce	<b>P18</b>	<b>1</b>	<b>V</b>	
	<b>Chicken Curry</b> Curried chicken and potatoes in a light coconut sauce *GF/LF	<b>P18</b>	<b>1</b>		

# Dinner Descriptions - Boil-in-a-Bag

Perishability Camp #	Prep Difficulty	Vegetarian	Workspace
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**Pulled Pork Boil-in-a-Bag Dinner**  
**is \$1.50 per person per meal as first 2 selections.**  
 Additional selections will be billed at \$6.50 per person per meal.

**Pulled Pork** slow cooked pork sirloin with annatto spice and BBQ sauce

**P18**

**1**

**Beef Brisket Boil-in-a-Bag Dinner**  
**is \$3.00 per person per meal as first 2 selections.**  
 Additional selections will be billed at \$8.00 per person per meal.

**Beef Brisket** slow cooked beef brisket and BBQ sauce

**P18**

**1**

## Boil-in-a-Bag Appetizers, Sides, & Breakfast Scrambles

**These Appetizers will be billed at \$5.00 per person per selection.**  
 Boil-in-a-Bag appetizers are ready in 25+ minutes and contain 6oz per person.

Appetizers	<b>Boneless Buffalo Chicken</b>	House-made boneless chicken wings with a medium heat buffalo sauce	*GF/LF	<b>P18</b>	<b>1</b>		
	<b>Artichoke Dip</b>	Cream cheese and mozzarella	*GF	<b>P18</b>	<b>1</b>	<b>V</b>	
	<b>Seaweed Salad</b>	(NO HEATING) Sweet with a sesame flavor	*LF	<b>P18</b>	<b>1</b>	<b>V</b>	
	<b>Antipasto</b>	(NO HEATING) Fresh mozzarella balls, olives, tomatoes, and artichokes	*GF	<b>P18</b>	<b>1</b>	<b>V</b>	
	<b>Asian Chicken Wraps</b>	(NO HEATING) Diced chicken, water chestnuts, green onion, and sweet Asian sauce	*GF/LF	<b>P18</b>	<b>1</b>		

**These Sides will be billed at \$3.00 per person per selection.**  
 Boil-in-a-Bag appetizers are ready in 25+ minutes and contain 6oz per person.

Sides	<b>Smashed Yams</b>	Brown sugar sweet smashed yamms	*GF/LF	<b>P18</b>	<b>1</b>	<b>V</b>	
	<b>Mac &amp; Cheese</b>	Elbow macaroni smothered in cheese sauce		<b>P18</b>	<b>1</b>	<b>V</b>	
	<b>Smashed Red Potatoes</b>	with olive oil, garlic, and skins on	*GF/LF	<b>P18</b>	<b>1</b>	<b>V</b>	
	<b>Black Bean Medley</b>	Sweet corn, tomatoes, green chiles, and cumin	*GF/LF	<b>P18</b>	<b>1</b>	<b>V</b>	

**These Breakfast Scrambles will be billed at \$4.00 per person per selection.**  
 Boil-in-a-Bag scrambles are ready in 30 minutes and contain 8oz per person.

Scrambles	<b>Ham &amp; American Cheese</b>		*GF	<b>P18</b>	<b>1</b>		
	<b>Sausage &amp; Cheddar</b>		*GF	<b>P18</b>	<b>1</b>		
	<b>Green Chili &amp; Jack</b>		*GF	<b>P18</b>	<b>1</b>	<b>V</b>	
	<b>Tomato &amp; Mozzarella</b>		*GF	<b>P18</b>	<b>1</b>	<b>V</b>	

# Dinner Descriptions - Non-Perishable Meals

Non-perishable meals provide flexible options that last throughout your entire trip. Generally, they utilize canned goods and require less preparation.

	Perishability Camp #	Prep Difficulty	Vegetarian	Workspace
<b>Bean and Rice Stew w/ Sourdough Bread</b> Black, red, kidney & garbanzo beans, diced tomatoes and rice in beef bouillon, parmesan cheese topping <b>V=Veg. Bouillon</b>	NP	2	V	
<b>Burrito Bar Dinner</b> Heated refried beans wrapped in tortillas, topped with lettuce, tomato, onion, olives, salsa, sour cream and cheese - Mexican rice on the side <b>V=Veg. Refried Beans</b>	NP	2	V	
<b>Burrito Bar Dinner w/ Canned Chicken</b> Fajita-seasoned chicken heated with beans, wrapped in tortillas and all toppings, lettuce, tomatoes, sour cream & cheese - Mexican rice included <b>V=Veg. Refried Beans</b>	NP	2	V	
<b>Canned Chili w/ Sourdough Bread</b> Open cans and heat, add chili powder for extra zip	NP	1		
<b>Creamy Chicken &amp; Dumplings w/ Garlic Bread</b> Canned chicken, peas, carrots in mushroom soup and fresh Bisquick dumplings, bread for sopping extra gravy <b>V=NO Chicken</b>	NP	2	V	
<b>Deluxe Mac &amp; Cheese</b> Jazzed up boxed mac/cheese with sautéed onion and sour cream	NP	2	V	
<b>Green Chile Burritos</b> Bean burritos covered in green chili sauce with tomatoes, olives and cheese plus Mexican rice on the side <b>V=Veg. Refried Beans</b>	NP	2	V	
<b>Linguine w/ Clam Sauce &amp; Garlic Bread</b> Canned clams, mushrooms with spices over linguine with parmesan cheese and garlic bread	NP	2		
<b>Mediterranean Chicken Penne &amp; Garlic Bread</b> Canned chicken, mushrooms, artichoke hearts and sun-dried tomatoes over penne with parmesan cheese <b>V=NO Chicken</b>	NP	2	V	
<b>Mediterranean Couscous and Chicken</b> Canned chicken, garbanzo beans, raisins and fresh tomatoes in vegetable broth w/couscous & feta cheese <b>V=NO Chicken</b>	NP	2	V	
<b>Seafood Pasta</b> Canned crab meat, shrimp in a rich Alfredo sauce over linguine with parmesan cheese and garlic bread <b>V=NO fish</b>	NP	2	V	
<b>Soup &amp; Garlic Bread</b> Hearty canned soup, open & heat with garlic bread <b>V=Veg. Soup</b>	NP	1	V	
<b>Spaghetti w/ Garlic Bread</b> with parmesan cheese <b>V=NO Meat sauce</b>	NP	2	V	
<b>Spaghetti w/ Veggies</b> Roasted red peppers, mushrooms, olives and capers sautéed in onions and garlic for the sauce over spaghetti, parmesan cheese and garlic bread <b>V=NO Meat sauce</b>	NP	2	V	
<b>Thai Pasta w/ Peanut Sauce</b> Sautéed tofu, onions with peanut sauce over linguine and bread	NP	2	V	
<b>Tuna, Macaroni &amp; Cheese Casserole</b> Canned tuna, mac and cheese mix, mushrooms and cream of mushroom soup with onions sautéed in butter make a classic meal	NP	2		
<b>Vegetarian Shepherd's Pie</b> Chiles, onion, corn, peas and carrots added to quinoa and lentil soup, mashed potatoes and cheddar cheese on top	NP	2	V	

Bread is available through Day 18.  
Crackers will be provided after Day 18.



*Photo: Jay McConagha*

# Dinner Sides

**Hot and cold soups, salads, fruit salads, hot and cold vegetable dishes that go with your dinner entree selections.**

(Some vegetable selections are great as salads\* - especially in late camps)

Perishability Camp #	Preparation Difficulty	Hot or Cold	Workspace
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## Soups

<b>Cold Gazpacho Soup</b> Cucumbers, bell peppers, red onion in a spicy tomato base seasoned with green chilies, chili powder, salsa and dill weed	P10	2	C	
<b>Cream of Tomato Soup</b>	NP	1	H	
<b>Clam Chowder</b>	NP	1	H	
<b>Vegetable Minestrone</b>	NP	1	H	

## Salads

<b>Spinach Salad</b> Pre-washed baby spinach, fresh mushrooms, cucumbers, red onion and tomatoes with Italian salad dressing	P4	2	C	
<b>Zippy Bean Salad w/ Fresh Tomatoes</b> Canned black beans, pinto beans and corn, fresh tomatoes, onion & garlic in an oil & balsamic vinegar dressing flavored with cilantro, cayenne pepper & hot sauce	P7	2	C	
<b>Garden Salad</b> Romaine lettuce, carrots, tomatoes, zucchini & dressing	P7	2	C	
<b>Mixed Green Salad</b> Fresh bell pepper, carrots, cucumbers, tomatoes and green onions over romaine lettuce with salad dressing	P7	2	C	
<b>Greek Salad</b> Cucumbers, red onion, lettuce (romaine P7), Kalamata olives, Italian salad dressing with walnuts and feta cheese	P10	2	C	
<b>Fiesta Salad</b> Garbanzo and black beans, corn, avocado, tomato, and salsa on iceberg lettuce topped with sour cream, salsa, shredded cheese, and/or ranch dressing	P10	2	C	
<b>Hearty Garden Salad</b> Fresh avocados, carrots, cucumbers, tomatoes, zucchini and iceberg lettuce with garbanzo beans, walnuts & dressing	P10	2	C	
<b>Tomato Cucumber Salad</b> Fresh with Italian salad dressing	P10	2	C	
<b>Pesto Tomatoes &amp; Zucchini</b> Fresh tomatoes and zucchini sautéed in olive oil with pesto sauce.	P10	2	H	
<b>Citrus Salad</b> Fresh avocados in a poppy seed dressing over iceberg lettuce, topped with mandarin oranges	P12	2	C	
<b>Asian Salad</b> Shredded red and green cabbage, in a sweet, soy, vinegar & oil dressing topped with toasted sesame seeds and fried noodles	P14	2	C	
<b>Carrot Salad w/ Craisins &amp; Walnuts in Red Wine Vinaigrette (no mayo)</b>	P14	2	C	
<b>Classic Waldorf Salad</b> Apples, celery, walnuts in mayonnaise dressing	P14	2	C	
<b>Crunchy Tomato Salad</b> Fresh tomatoes, red onion and water chestnuts with Italian salad dressing	P14	2	C	
<b>Tabouli Salad</b> Mix in olive oil with fresh celery, tomatoes & red onion	P14	2	C	
<b>Coleslaw</b>	P16	2	C	
<b>Coleslaw w/ Apples</b>	P16	2	C	
<b>Coleslaw w/ Pineapple</b>	P16	2	C	
<b>Coleslaw w/ Mandarin Oranges &amp; Almonds (no mayo)</b> Topped with Chinese fried noodles	P16	2	C	
<b>Beet Salad</b> Oil dressing flavored with dill weed & lemon juice	NP	1	C	
<b>Multi-Bean Salad</b> canned	NP	1	C	

# Dinner Sides

**Hot and cold soups, salads, fruit salads, hot and cold vegetable dishes that go with your dinner entree selections.**

(Some vegetable selections are great as salads\* - especially in late camps)

Perishability Camp #	Preparation Difficulty	Hot or Cold	Workspace
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Vegetables	<b>Curried Corn &amp; Peppers</b> Fresh green & red peppers, green onions, tomatoes mixed with canned corn and cooked in butter seasoned with curry powder	P7	2	H	
	<b>Steamed Broccoli, Fresh</b> Pre-washed broccoli tips with Mrs. Dash	P7	2	H	
	<b>Steamed Veggies, Fresh</b> Broccoli, crookneck & zucchini squash with Mrs. Dash	P7	2	H	
	<b>Potato &amp; Veggie Sauté, Fresh</b> Crookneck, zucchinis, red onion, potatoes sautéed in olive oil with sherry, soy, vinegar & Italian herbs	P10	2	H	
	<b>Creole Lima Beans</b> with fresh celery, bell peppers, onions & tomatoes in a spicy vegetable juice and cayenne pepper sauce	P14	2	H	
	<b>Tomato Creole</b> Fresh bell pepper & onion heated with canned corn & stewed tomatoes	P14	2	H	
	<b>Veggies &amp; Dip</b> Washed fresh mixed veggies (P5) or celery and carrots (P14) with onion soup/sour cream	P14	2	C	
	<b>Apricot Honey-Glazed Carrots</b> Fresh carrots (P14) or canned carrots (NP) in a honey apricot nectar glaze	NP	2	H	
	<b>Asparagus</b> Fresh (P2) or canned (NP)	NP	2	H	
	<b>Black Beans and Corn*</b> Canned black beans, garbanzo beans, corn, roasted red peppers, chile peppers, fresh red onion in vinegar with cumin spice	NP	2	C	
	<b>Corn</b> Canned; open, heat, and eat	NP	1	H	
	<b>Garlic Green Beans</b> Canned beans added to lots of fresh garlic sautéed in olive oil	NP	2	H	
	<b>Green Bean Casserole</b> Canned beans in mushroom soup topped with crisp onions	NP	2	H	
	<b>Green Bean Almondine</b> Canned beans sautéed in butter, garlic & slivered almonds	NP	2	H	
	<b>Green Beans</b> Canned; open, heat, and eat	NP	1	H	
	<b>Green Beans with Toasted Walnuts and Onion</b> Red onion & beans sautéed in chicken broth (veg broth optional) tossed with balsamic vinegar/oil, topped with nuts	NP	2	H/C	
	<b>Lemon Herb Sweet Peas &amp; Carrots</b> Fresh carrots (P14) or canned carrots (NP) and canned peas added to sautéed garlic and onion, lemon juice and thyme for flavor	NP	2	H	
	<b>Lemony Limas</b> Canned lima beans tossed with olive oil, lemon juice and parsley flakes	NP	2	C	
	<b>Mixed Vegetables</b> Canned; open, heat, and eat	NP	1	H	
	<b>Peas and Carrots</b> Canned; open, heat, and eat	NP	1	H	
<b>Potatoes Au Gratin</b> Prepackaged; add butter, milk, and cook per directions	NP	2	H		

Fruit	<b>Fruit Salad (Fresh)</b> Apples, oranges and seasonal melons	P4	2	C	
	<b>Fruit Salad</b> canned	NP	1	C	

Sweet potatoes are available as a salad option or replacement for russet potatoes.

# Dessert Descriptions using a Dutch Oven

**Dutch Oven desserts.....require hot coals and more time.**

**But....they can be cooked once and saved for another meal or snack (ideal for small groups).**



**Celebrating a birthday on the river?  
We'll supply candles for your cake!  
Just let us know!**

Perishability Camp #	Preparation Difficulty	Dutch Oven Required	Workspace
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<b>Carrot Cake w/Cream Cheese Frosting</b> Fresh carrots, raisins	NP	3	DO	
<b>Apple Cobbler</b> Bisquick, brown sugar, cinnamon, cloves, nutmeg and apple pie filling	NP	3	DO	
<b>Blueberry Cobbler</b> Bisquick and rich blueberry pie filling	NP	3	DO	
<b>Cherry Cobbler</b> Bisquick, brown sugar and cherry pie filling	NP	3	DO	
<b>Chocolate Cake w/ Frosting</b>	NP	3	DO	
<b>German Chocolate Cake w/ Coconut Pecan Frosting</b>	NP	3	DO	
<b>Baked Brownies</b> Just add eggs/water, bake & enjoy	NP	3	DO	
<b>Double Chocolate Brownies w/ Walnuts &amp; Chocolate Chips</b>	NP	3	DO	
<b>Gingerbread Cake w/ Whipped Cream</b>	NP	3	DO	
<b>Lemon Bars</b> Naturally flavored lemon bar cookie mix	NP	3	DO	
<b>Peach Cobbler</b> Bisquick, brown sugar, cling peaches & whipped cream on top	NP	3	DO	
<b>Pineapple Upside Down Cake</b> Pineapple slices, brown sugar, coconut flakes under/over yellow cake mix	NP	3	DO	
<b>Poppyseed Cake</b> White cake, poppy seeds with powdered sugar glaze	NP	3	DO	
<b>Spice Cake w/ Cream Cheese Frosting</b>	NP	3	DO	
<b>Yellow Cake w/ Frosting</b>	NP	3	DO	
<b>S'Mores—over a campfire</b> Yummy classic—sandwich made of toasted marshmallows, Hershey's chocolate between graham crackers!	NP	1	Fire	

# Dessert Descriptions — Pre-Made and No Bake

**Some Pre-Made Desserts require abundant packing space (cooler &/or cans).** If the carrying capacity of your rafts is not adequate, the number of pre-made desserts may need to be limited or eliminated.

Perishability Camp #	Preparation Difficulty	Workspace
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<b>Fresh Fruit, Seasonal</b>	<b>P4</b>	<b>2</b>	
<b>Cheesecake or Cheesecake Bites (pre-made)</b> Your choice of New York style cheesecake or individual cheesecake bites	<b>P7</b>	<b>1</b>	
<b>Frozen Fruit</b> Mix of strawberries, pineapple, peaches & mangoes	<b>P7</b>	<b>1</b>	
<b>Strawberry Shortcake w/ Whipped Cream</b> on buttery pound cake	<b>P7</b>	<b>1</b>	
<b>Strawberry Yogurt Pie, no-bake</b> in a graham cracker crust	<b>P7</b>	<b>2</b>	
<b>Pound Cake w/ Berry Topping &amp; Whipped Cream</b>	<b>P7</b>	<b>1</b>	
<b>Lemon Silk Pie, no-bake</b> Lemon pudding and Cool Whip	<b>P16</b>	<b>2</b>	
<b>Brownies (pre-made)</b> with or without nuts	<b>NP</b>	<b>1</b>	
<b>Cheesecake, no-bake</b> Easy to prepare - chill in cooler	<b>NP</b>	<b>2</b>	
<b>Blueberry Cheesecake, no-bake</b> Easy to prepare - chill in cooler	<b>NP</b>	<b>2</b>	
<b>Cherry Cheesecake, no-bake</b> Easy to prepare - chill in cooler	<b>NP</b>	<b>2</b>	
<b>Strawberry Cheesecake, no-bake</b> Easy to prepare - chill in cooler	<b>NP</b>	<b>2</b>	
<b>Chocolate-Dipped Pears</b> Fresh (P2) or canned (NP) with melted Ghirardelli chocolate	<b>NP</b>	<b>2</b>	
<b>Chocolate Pudding Pie, no-bake</b> Easy to prepare - chill in cooler	<b>NP</b>	<b>2</b>	
<b>Chocolate Lovers Dessert Pie, no-bake</b> Rich chocolate mousse in graham cracker pie shells	<b>NP</b>	<b>2</b>	
<b>Pumpkin Whip Pie, no-bake</b> Easy to prepare - chill in cooler	<b>NP</b>	<b>2</b>	
<b>Chocolate Mints</b> York Peppermint Patties - cool, refreshing, perfect	<b>NP</b>	<b>1</b>	
<b>Chocolate Candy Bars</b> i.e. Snickers, Milky Way, Twix, 3 Musketeers	<b>NP</b>	<b>1</b>	
<b>Dinner Cookies</b> Assorted Pepperidge Farm cookies - perfect after a big meal	<b>NP</b>	<b>1</b>	
<b>Fortune Cookies</b> individually wrapped - wishing you good luck!	<b>NP</b>	<b>1</b>	
<b>Oreo Cookie Pie, no-bake</b> Easy to prepare - chill in cooler	<b>NP</b>	<b>2</b>	
<b>Fruit Salad, Canned</b>	<b>NP</b>	<b>1</b>	
<b>Chocolate Pudding Cups</b> Individual pudding cups—ready to eat	<b>NP</b>	<b>1</b>	
<b>Pudding Cups w/ Vanilla Wafers</b> Mixed vanilla and chocolate pudding	<b>NP</b>	<b>1</b>	

## Breakfast Descriptions — Perishable Meals

Breakfast always includes coffee, teas, and hot cocoa. We pack tea and cocoa in each camp box, or you can request a single “stash” be made in the Comm Box. Frozen juice and fresh seasonal fruit accompany up to the first 7 meals; after that, canned fruit and Tang are available to round out your breakfasts.

**Breakfast meats are included with egg, pancake, and French toast breakfasts. Include your choice of breakfast meat on your template when choosing these breakfasts.**

**Hashbrowns can be made either fresh potatoes or dehydrated, depending on your preference.**

	Perishability Camp #	Preparation Difficulty	Workspace
<b>Lox &amp; Bagels</b> Bagels, cream cheese, & smoked salmon with onion, cucumber, tomato, lemon and capers	<b>P7</b>	<b>1</b>	
<b>Yogurt, Fresh Fruit Salad &amp; Bagels</b> Seasonal fresh fruit with yogurt; bagels, cream cheese & honey	<b>P7</b>	<b>2</b>	
<b>Breakfast Burritos</b> Scrambled eggs with onions, cheese, pico de gallo, fresh veggies, hash browns served with tortillas and breakfast meat.	<b>P10</b>	<b>2</b>	
<b>Huevos Rancheros with Sausage</b> Scrambled eggs with onion, tomatoes & cheese served with spicy sausage, tortillas & refried beans	<b>P13</b>	<b>2</b>	
<b>Berry Crepes w/ Bacon</b> Homemade berry-filled crepes, yogurt topping with bacon. Delicious but time-consuming	<b>P14</b>	<b>3</b>	
<b>Eggs, Bacon &amp; Hash Browns</b> Scrambled eggs and bacon with cheese, veggies, and hash browns on the side.	<b>P14</b>	<b>3</b>	
<b>Eggs Benedict</b> English muffins, poached eggs, Canadian bacon topped with Hollandaise sauce	<b>P14</b>	<b>3</b>	
<b>Ham, Eggs &amp; English Muffins</b> Scrambled eggs with mushrooms and cheese, served with ham and toasted English muffins	<b>P14</b>	<b>2</b>	
<b>Mexican Home Fries w/Eggs &amp; Sausage</b> Scrambled eggs & pan-fried potatoes with onions, topped with cheese & salsa. Includes breakfast sausage	<b>P14</b>	<b>3</b>	
<b>Scromlets &amp; Canadian Bacon</b> Eggs with onion & peppers, cheese topping and Canadian bacon, toasted English Muffins and jelly	<b>P14</b>	<b>2</b>	
<b>Quick Egg, Sausage, &amp; Cheese Muffins</b> English muffin egg sandwich with sausage and cheese	<b>P14</b>	<b>1</b>	
<b>Bagel Breakfast</b> Toasted bagels, cream cheese, honey, peanut butter & jelly, and breakfast meat of your choice— <i>changes perishability</i>	<b>P18</b>	<b>1</b>	
<b>Cereal &amp; Bagels</b> Cold cereal and milk served with bagels, cream cheese and jelly	<b>P18</b>	<b>1</b>	
<b>Cereal &amp; English Muffins</b> Cold cereal and milk with toasted English muffins and jelly	<b>P18</b>	<b>1</b>	
<b>French Toast</b> Thick-sliced French toast with cinnamon and pure maple syrup. Breakfast meat optional— <i>changes perishability</i>	<b>P18</b>	<b>2</b>	
<b>Granola &amp; English Muffins</b> Granola with dried fruit, yogurt and English Muffins	<b>P18</b>	<b>2</b>	
<b>Scrambled Eggs &amp; English Muffins</b> Scrambled eggs with onions & cheese; toasted English muffins with honey & jelly. Breakfast meat optional— <i>changes perishability</i>	<b>P18</b>	<b>2</b>	
<b>Seven Grain Cereal &amp; English Muffins</b> Hot cereal, dried fruit, brown sugar, nuts plus English muffins	<b>P18</b>	<b>1</b>	
<b>Jordy’s Breakfast Smorgasbord</b> Spread of cold cereal, oatmeal, granola, bagels, and English Muffins with an array of breakfast toppings	<b>P18</b>	<b>1</b>	

Toast is also available as a replacement for English Muffins or Bagels.

# Breakfast Descriptions — Non Perishable Meals

**Hard boiled eggs add a quick & easy protein source to breakfast meal selections—boil at dinner the night ahead and chill for the next day!**

**Let us know if you would like extra eggs for hard-boiling.**

**Kitchen Tip: Use a Dutch Oven as a “holding receptacle ”to keep pancakes warm before serving.**

Perishability Camp #	Preparation Difficulty	Workspace
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<b>Apple Pancakes</b> Pancakes made with applesauce & cinnamon and pure maple syrup. Breakfast meat optional— <i>changes perishability</i>	<b>NP</b>	<b>2</b>	
<b>Blueberry Pancakes</b> Pancakes combined with blueberries and pure maple syrup. Breakfast meat optional— <i>changes perishability</i>	<b>NP</b>	<b>2</b>	
<b>Cereal &amp; Breakfast Bars</b> Cold cereal and milk served with breakfast bars	<b>NP</b>	<b>1</b>	
<b>Cereal &amp; Fruit</b> Cold cereal, dried fruit and milk	<b>NP</b>	<b>2</b>	
<b>Cereal &amp; Pop Tarts</b> Cold cereal & milk served with Pop Tarts	<b>NP</b>	<b>1</b>	
<b>Cream of Wheat</b> Cream of Wheat cereal served with milk, brown sugar, apricots, raisins, & nuts	<b>NP</b>	<b>1</b>	
<b>Cream of Wheat &amp; Pop Tarts</b> Cream of Wheat served with milk & Pop Tarts	<b>NP</b>	<b>1</b>	
<b>Granola, Dried Fruit &amp; Yogurt</b> Granola with raisins, Craisins, apricots and yogurt	<b>NP</b>	<b>1</b>	
<b>Hard-Boiled Eggs &amp; Instant Oatmeal</b> Eggs & instant oatmeal	<b>NP</b>	<b>1</b>	
<b>Mexican Home Fries w/ Eggs</b> Scrambled eggs & fried potatoes with onions, topped with cheese & salsa	<b>NP</b>	<b>3</b>	
<b>Oatmeal, Raisins &amp; Nuts</b> Your choice of bulk oats or instant oatmeal served with raisins, walnuts, & brown sugar	<b>NP</b>	<b>1</b>	
<b>Pancakes</b> Good old-fashioned buttermilk pancakes with pure maple syrup. Breakfast meat optional— <i>changes perishability</i>	<b>NP</b>	<b>2</b>	
<b>Potato Pancakes</b> Grated potato & egg pancake served with applesauce and pure maple syrup	<b>NP</b>	<b>3</b>	
<b>Rice &amp; Shine Cereal</b> Hot cereal with raisins, nuts & brown sugar	<b>NP</b>	<b>2</b>	
<b>Yogurt Fruit Salad &amp; Granola w/ Breakfast Bars</b> Mixed fruit, granola and cereal bars	<b>NP</b>	<b>1</b>	

**Put-In Breakfast**—prepared on launch day morning by our Rigger for Deluxe Trips—includes a variety of natural granolas, breakfast bread, yogurt, fresh juice and seasonal fruit, coffee, tea, hot cocoa, half & half and milk. The Rigger handles clean-up and this cooler returns to REO on launch day.

**Boxed milk is packed for breakfast meals after camp 7.**  
Soy, almond, coconut, and rice milks are also available.

# Lunch Descriptions

## GENERAL INFORMATION:

- ◆ Some salad lunches like Pasta or Egg Salad are best prepared at breakfast or the night before and pre-chilled or put into ziplock bags and placed in lunch cooler.
- ◆ A variety of lunch breads, tortillas, Pita bread or bagels are provided with lunch. Our bread is whole wheat & multi-grain varieties from Oroweat.
- ◆ Frozen juice (early camps through 7) or powdered drinks (lemonade, iced tea, Gatorade) are included.
- ◆ Salty snacks such as Pringles, pretzels, nuts, Chex Mix, or REO GORP are provided with some lunches.
- ◆ Pickles or pepperoncinis accompany Deli lunches.
- ◆ Peanut butter is provided regularly so you shouldn't run out.
- ◆ A wide variety of cookies are supplied for lunch dessert.
- ◆ If there are vegetarians in your group, we provide alternative proteins for them to eat. For gluten-free people, we provide gluten-free bread (see Special Diets note on p 5).

**Note: Perishability Camp # indicates the last camp a meal can be used. Keep this in mind when creating your menu!**

## Lunch Cooler

**Put-In Lunch:** REO packs everything you need for your first meal on the river in your Lunch Cooler. After your launch day you will continue to use the lunch cooler for your lunch items pulled from food boxes, camp coolers, produce cooler, and bread boxes. Pack the days' lunch in the morning as this will reduce the number of times camp coolers are opened during the heat of the day.

**Paperwork & Tools** —Included in this cooler are copies of your meal plan, a food report and manifest (where to find everything and how we packed your trip's food) boat maps, lists of your staples and spices, lunch utensils and cutting boards.

**Vegetarian Options** - we will add hummus, PB&J, additional avocados, or a (bruschetta, olive tapenade) to a recipe. For Mexican dishes we offer vegetarian refried beans.

Perishability Camp #	Preparation Difficulty	Veggie Add-In Available	Workspace
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<b>Veggie &amp; Cheese Pitas</b> Start with mixed veggie appetizer spreads, add fresh vegetables and select cheese makes a good buffet style meal	<b>P7</b>	<b>2</b>	<b>V</b>	
<b>Hummus Pockets w/ Veggies &amp; Cheese</b> Lots of fresh veggies included to stuff in pitas; turkey deli meat optional	<b>P12</b>	<b>2</b>	<b>V</b>	
<b>Deli Lunch</b> Cheese and meat with pickles/pepperoncini peppers, lettuce, tomato, onion. <i>6 or more Deli Lunch selections in your menu will incur an upcharge.</i>	<b>P12</b>	<b>2</b>	<b>V</b>	
<b>Guacamole &amp; Tortillas</b> Pre-mashed avocados, black beans, salsa, tortilla chips, cheese & veggies on flour tortillas; turkey deli meat optional	<b>P12</b>	<b>2</b>	<b>V</b>	
<b>Turkey Burritos</b> Deli turkey, cheese, avocados, onion, refried beans, olives, salsa with flour tortillas	<b>P12</b>	<b>2</b>	<b>V</b>	
<b>Bagel Lunch</b> served with cream cheese, honey, peanut butter & jelly, GORP or mixed nuts	<b>P18</b>	<b>1</b>	<b>V</b>	
<b>Tomato Soup w/ Grilled Cheese &amp; Ham Sandwiches</b> also includes teas and hot cocoa; great for winter trips! ~ <b>Needs kitchen set-up!</b> ~	<b>P18</b>	<b>2</b>	<b>V</b>	
<b>Burrito Bar</b> Complete spread with refried beans, olives, jalapenos, green chiles, onions and cheese to fill flour tortillas (avocados P12)	<b>NP</b>	<b>2</b>	<b>V</b>	
<b>Salami &amp; Cheese</b> Crackers, pickles or pepperoncini round out this quick on-the-go meal	<b>NP</b>	<b>1</b>	<b>V</b>	
<b>Trail Lunch w/ Salami</b> Cheese with hard salami, crackers, pickles, trail mix and Pringles	<b>NP</b>	<b>2</b>	<b>V</b>	

**Deli Lunch Meats & Cheeses** — We provide a variety and selection to keep these lunches from becoming boring—i.e. roast beef, turkey, smoked ham, or pastrami. Cheese selections include pepper jack, cheddars, provolone, Swiss, muenster, Colby-jack and Monterey jack. *6 or more deli lunch selections will incur an upcharge.*

# Lunch Descriptions — Make Ahead Meals

**Special Note: These lunch salads are best prepared in advance— typically the night before or after breakfast.**

\* For salads, remember to add a large mixing bowl & large spoon/fork to the lunch cooler before closing up your Comm Box in the morning.

Perishability Camp #	Preparation Difficulty	Veggie Add-In Available	Workspace
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<b>Seasonal Fresh Fruit Salad</b> Serve sliced/chopped fruit with vanilla yogurt; cheese & crackers	<b>P4</b>	<b>2</b>	<b>V</b>	
<b>Tabouli &amp; Pita</b> Cucumber, onion, celery, tomatoes served in pita pockets.	<b>P10</b>	<b>2</b>	<b>V</b>	
<b>Taco Salad</b> Lots of beans, chile peppers, salsa, black olives, sour cream, veggies, cheese, tortilla chips and flour tortillas	<b>P12</b>	<b>2</b>	<b>V</b>	
<b>Chicken Salad Wraps</b> Mix canned chicken with celery, onion & raisins; wrap in flour tortillas	<b>P14</b>	<b>2</b>	<b>V</b>	
<b>Eggcellent Egg Salad</b> Combine hard-boiled eggs with celery, onion and spices, serve on lunch bread ~ <b>Cook eggs at dinner night before</b> ~	<b>P14</b>	<b>3</b>	<b>V</b>	
<b>Pasta Veggie Salad</b> Tapenade, sun-dried tomatoes, olives, artichoke hearts, bell peppers (P7), zucchini (P7), and Italian salad dressing mixed with penne or rotini pasta and Parmesan cheese ~ <b>Pre-cook pasta at breakfast &amp; mix to blend flavors</b> ~	<b>P14</b>	<b>3</b>	<b>V</b>	
<b>Salmon-Veggie Pita</b> Cream cheese/chives, celery, cucumbers and pink salmon mixed with Italian dressing on pita bread; cheese and pickles also included	<b>P14</b>	<b>2</b>	<b>V</b>	
<b>Shrimp &amp; Cream Cheese on Bagels</b> with cheese and crackers, too	<b>P14</b>	<b>2</b>		
<b>Veggie Cream Cheese Spread on Bagels</b> Chopped mixed fresh vegetables and cream cheese spread over bagels; pickles and olives included	<b>P14</b>	<b>2</b>	<b>V</b>	
<b>Asian Chicken Salad</b> Mixed canned chicken with cabbage, onions, soy sauce, sesame seeds, oil & vinegar served on crackers ~ <b>NO Mayo</b> ~	<b>P16</b>	<b>3</b>	<b>V</b>	
<b>Tuna, Apple, &amp; Raisin Salad Sandwiches</b> Chopped apples/raisins add variety to an old favorite. Lunch bread provided plus cheese	<b>P18</b>	<b>2</b>	<b>V</b>	
<b>Curried Chicken Salad w/ Apples</b> Add some curry and cayenne, served with crackers	<b>NP</b>	<b>2</b>	<b>V</b>	
<b>Unbeatable Bean Salad w/ Salami</b> Mixed beans with artichoke hearts & asparagus in oil/ vinegar dressing; salami & cheese on side or added to the mix ~ <b>NO Mayo</b> ~	<b>NP</b>	<b>2</b>	<b>V</b>	

**REO offers  
Special Lunches  
for Canyon Hikers**

**Hiking Lunch** Includes peanut butter and jelly, bread, granola bars, REO GORP, dried fruit, cookies, Gatorade, quart size zip lock bags for each, plus string cheese, candy bars, and lunch fruit.

To see our food packs and protocols in action, check out our orientation videos on YouTube: [youtube.com/canyonreo](https://www.youtube.com/canyonreo)

# Additional Options

## **Appetizers**

We suggest choosing appetizers for layover days, special occasions such as birthdays or anniversaries, and for dinners that may take a while to prepare. Appetizers can even be enjoyed as part of your own “happy hour”!

Our appetizers are mostly ready-made, requiring little to no preparation.

Appetizers are also non-perishable, unless otherwise noted.

- ◆ Apples & Smoked Gouda
- ◆ Cheese & Crackers
- ◆ Chips, Salsa & Black Bean Dip
- ◆ Chips & Guacamole (P12)
- ◆ Cream Cheese & Crab, Salmon or Shrimp
- ◆ Easy Antipasto w/ Crackers
- ◆ Eggplant Garlic Spread w/ Pitas
- ◆ Hummus with Olives & Crackers
- ◆ Mixed Nuts
- ◆ Nachos
- ◆ Onion Dip w/ Chips
- ◆ Quesadillas
- ◆ Salami & Cheese w/ Crackers
- ◆ Summer Sausage w/ Cheese & Crackers
- ◆ Tapenade w/ Pitas
- ◆ Veggies & Dip w/ Chips (P12)

**\*\* Appetizers are \$15.00 per offering (not per person)**

## **Gourmet Coffee**

Gourmet Coffee is always a treat! Local roasters provide our Gourmet “Black Gold.” Roasted and ground to order, you can’t get it much fresher!

You can choose either a full dark roast, or a medium-dark roast. We pack  $\frac{3}{4}$  pound per day—enough to make 2 of our 32-cup pots.

**\*\* Gourmet Coffee is \$8.25 per  $\frac{3}{4}$  pound bag**

## **Munchie Box**

The Munchie Box option is great for active groups, and/or groups with kayakers. Rig these on your boat in an accessible location, so you can enjoy a quick, sweet or salty snack anytime!

The Munchie Box contains:

- ◆ Beef Jerky
- ◆ Corn Nuts
- ◆ Dried fruit (Apricots and Mangos)
- ◆ Skittles & M&M’s or Starbursts
- ◆ REO’s own GORP
- ◆ Variety of granola bars—including Clif, Kashi, and Nature Valley brands

**\*\* Munchie Boxes are \$175 each**

## **Organic Options**

A broad range of organic foods are available. If your group is interested in organic options, we can further discuss which categories of organics would be best suited for your trip. You have the option of organic bread, canned goods, condiments, dairy, eggs, meat, pasta, and/or produce items. (Please keep in mind that organic produce has the tendency to spoil quicker than non-organic produce.)

**\*\* Organic options will incur an additional cost. That cost will vary, depending on which categories you choose.**

## **Ice Cooler**

Depending on your space, a cooler can be filled solely with our clear, solid block ice in bags made just for you on premises. Make cold drinks cold, keep snacks and drinks cool, or just feel more confident knowing that you have backup ice.

**\*\* Ice Coolers are \$75.00 each**

**Your Group Information Page and Menu Template (separate XLS attachments) must be filled out and emailed to REO within your 60-day deadline.**

Please contact us if you have questions or need assistance.

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