

## Our Menu

Dinner Marble Canyon Lodge on your own

Breakfast Coffeecake, fruit, yogurt, coffee, tea, hot cocoa (Canyon REO)

Put-In Wednesday, September 14

Lunch River Lunch (Deli Spread) & Veggies, Fresh Fruit, Cookies (add tofurkey for one) (Canyon REO)

Camp 1 - 14

Dinner Spinach Salad; Chicken Curry w/ Rice(a small portion with tofu); Pound Cake w/ Berry Topping & Whipped Cream

Breakfast Eggs, Bacon & Hash Browns(dehydrated) (cut up apples and oranges)

Lunch Hummus Pockets w/ Turkey & Veggies & Cheese (add tofurkey for one)

Camp 2 - 15

Dinner Zippy Bean Salad w/ Fresh Tomatoes; Grilled Steak & Salmon w/ Baked Potatoes(G)(couple veggie burgers); Fresh Fruit, Seasonal

Breakfast Lox & Bagels (cut up apples and oranges)

Lunch Turkey Burritos (includes refried black beans)

Camp 3 - 16

Dinner Mixed Green Salad; Tofu Stir Fry w/ Fresh Vegetables & Rice; Cheesecake or Cheesecake Bites (pre-made)

Breakfast Breakfast Burritos (hash browns dehydrated and sausage) (cut up apples and oranges)

Lunch Deli Lunch (add tofurkey for one)

Camp 4 - 17

Dinner Tomato Cucumber Salad; Frozen Meat & Vegetarian Lasagna w/ Garlic Bread (2DO); Strawberry Shortcake w/ Whipped Cream

Breakfast Blueberry Pancakes with Ham (cut up apples and oranges)

Lunch Seasonal Fresh Fruit Salad

Camp 5 - 18

Dinner Vegetable Minestrone ; Herb-Citrus Chicken w/ Carrots & Couscous(a small portion with tofu); Brownies (pre-made)

Breakfast Scromlets & Canadian Bacon (cut up apples and oranges)

Lunch Curried Chicken Salad w/ Apples (can of chickpeas)

Camp 6 - 19

Garden Salad; Roast Turkey Breast w/ Stuffing & Mashed Potatoes (add tempeh for one) (DO); Pumpkin Whip Pie, no-bake

Breakfast Cream of Wheat with turkey bacon (cut up apples and oranges)

Lunch Taco Salad

Camp 7 - 20

Dinner Fiesta Salad; Beef Stroganoff w/ Egg Noodles & French Bread (add tempeh for one); Frozen Fruit

Breakfast Huevos Rancheros with Sausage (cut up apples and oranges)

Lunch Deli Lunch (add tofurkey for one)

Camp 8 - 21

Dinner Greek Salad; Chicken Enchiladas in a bag (couple spinach); Lemon Silk Pie, no-bake

Breakfast French Toast with bacon (cut up apples and oranges)

Lunch Tabouli & Pita

Camp 9 - 22

Dinner Hearty Garden Salad; Burgers, Dogs & Baked Beans (a couple veggie burgers

too) (G); Peach Cobbler (DO)  
Breakfast Eggs Benedict (cut up apples and oranges)  
Lunch Asian Chicken Salad (can of chickpeas)  
Camp 10 - 23  
Dinner Pesto Tomatoes & Zucchini; Pesto Pork Chops w/ Couscous(a small portion with Tempeh); Chocolate Lovers Dessert Pie, no-bake  
Breakfast Cereal & Bagels with sausage (cut up apples and oranges)  
Lunch Taco Salad (includes beans)  
Camp 11 - 24  
Dinner Citrus Salad; Grilled Steak & Baked Potatoes (a couple veggie burgers too) (G); Carrot Cake w/Cream Cheese Frosting (DO)  
Breakfast Eggs, Bacon & Hash Browns(dehydrated) (cut up apples and oranges)  
Lunch Guacamole & Tortillas  
Camp 12 - 25  
Dinner Classic Waldorf Salad; Shepherd's Pie (add tempeh for one); Dinner Cookies  
Breakfast Yogurt Fruit Salad & Granola w/ Breakfast Bars with ham (cut up apples and oranges)  
Lunch Deli Lunch (add tofurkey for one)  
Camp 13 - 26  
Dinner Carrot Salad w/ Craisins & Walnuts in Red Wine Vinaigrette (no mayo); Pork Tenderloin & Seasoned Potatoes (G/DO)(a couple veggie burgers too); Lemon Bars(DO)  
Breakfast Quick Egg, Sausage, & Cheese Muffins (cut up apples and oranges)  
Lunch Burrito Bar  
Camp 14 - 27  
Dinner Crunchy Tomato Salad; Spaghetti, Italian Sausage w/ Garlic Bread(a small portion with tofu); Cheesecake, no-bake  
Breakfast Apple Pancakes with turkey bacon (cut up apples and oranges)  
Lunch Tuna, Apple, & Raisin Salad Sandwiches  
Camp 15 - 28  
Dinner Coleslaw w/ Mandarin Oranges & Almonds (no mayo) ; Chili & Corn Bread (include can of vegetarian chili) (DO); Cherry Cobbler (DO)  
Breakfast Scrambled Eggs & English Muffins (cut up apples and oranges)  
Lunch Bagel Lunch  
Camp 16 - 29  
Dinner Fruit Salad; Potato Corn Chowder; Oreo Cookie Pie, no-bake  
Breakfast Jordy's Breakfast Smorgasbord (cut up apples and oranges)  
Lunch Unbeatable Bean Salad w/ Salami  
Camp 17 - 30  
Dinner Beet Salad; Cheese Enchiladas (DO); Double Chocolate Brownies w/ Walnuts & Chocolate Chips (DO)  
Breakfast Breakfast Burritos Hash Browns(dehydrated) (cut up apples and oranges)  
Lunch Curried Chicken Salad w/ Apples (can of chickpeas)  
Camp 18 - 1  
Dinner Cream of Tomato Soup; Stuffed Pork Chops in a bag (a couple veggie burgers too); Chocolate Candy Bars  
Breakfast Pancakes (cut up apples and oranges)  
Lunch Salami & Cheese (add tofurkey for one)  
Camp 19 - 2  
Dinner Apricot Honey-Glazed Carrots; Tamale Pot Pie (no meat) (DO); Pineapple Upside Down Cake (DO)

Breakfast Scrambled Eggs & English Muffins (cut up apples and oranges)

Lunch Burrito Bar

Camp 20 - 3

Dinner Green Bean Casserole; Tortellini Parma Rosa w/ Garlic Bread; Chocolate Mints

Breakfast Granola, Dried Fruit & Yogurt (cut up apples and oranges)

Lunch Fried Chicken (Canyon REO) - Take out at Pierce Ferry Tuesday, October 4