

Summer classic #2

This menu has a little more lunch variety, and is just the classic set of river running meals. A little dutch oven work, some grilling and a mix of hot and cold breakfasts.

Date	Rig day	Launch day									
EACH DAY BOX BEGINS AT THE DINNER FOR THAT DAY & THE BKST/LUNCH IS FOR THE FOLLOWING DAY.											
day box #	rig/put-in	DAY BOX 1	DAY BOX 2	DAY BOX 3	DAY BOX 4	DAY BOX 5	DAY BOX 6	DAY BOX 7	DAY BOX 8	DAY BOX 9	DAY BOX 10
hors		chips & dip	hummus, carrots, pitas	cheese, salami & crackers	veggies & dip	guacamole & chips	bruschetta & crackers	cheese, smoked oysters & crackers	chips & salsa	pesto cream cheese & pita	chips & dip
dinner	Marble Canyon Lodge or @ Lee's Ferry	salmon, wild rice, broccoli	spaghetti w/ italian sausage, salad, bread	stir fry w/ chicken, rice	steaks, potatoes, salad	fish tacos, rice, refried beans	jambalaya, w/ shrimp & sausage, rice, salad	thai chicken, couscous, asian slaw	burritos w/ beef, rice & beans	lasagna w/ sausage, garlic bread, salad	burgers, beans & bluecheese slaw
bkst	Put in Breakfast (Launch morning)	eggs english muffins, sausage	cold cereal, yogurt, bagels	french toast w/ bacon	eggwiches w/ canadian bacon, tomato & cheese	cold cereal, yogurt, bagels	pancakes w/ turkey sausage	eggs, homefries, tortillas,	steel cut oats & english muffins	breakfast burrito w/ chorizo	cold cereal, yogurt, bagels
lunch	1st on river Lunch deli style	chicken ceasar wraps	deli style	taco salad	deli style	veggie wraps	deli style	chicken salad	hardboiled eggs, cheese, crackers, jerky	deli style	salmon salad wraps

Date											
day box #	DAY BOX 11	DAY BOX 12	DAY BOX 13	DAY BOX 14	DAY BOX 15	DAY BOX 16	DAY BOX 17				
hors	nuts & pretzels	cheese, apples & crackers	antipasto	pesto cream cheese & crackers	olive tapenade & feta	nuts & pretzels	salsa, cream cheese & crackers	Breakfast fruit available -12 mornings worth, mix & match, eat what's ripe! Grapefruit, melons, oranges, pineapple			
dinner	chili w/ ground turkey, cornbread, veggie salad	pork chops, stuffing, green beans	pesto pasta, bread, apple salad	mexican casserole, veggie salad, rice	veggie curry w/ quinoa & tempeh	pasta alfredo, garlic rolls, jicama/apple, salad	quesadillas, rice, beans				
bkst	eggs english muffins, sausage	cold cereal, yogurt, bagels	eggs, homefries, tortillas	cold cereal, yogurt, english muffins	pancakes w/ turkey links	eggs, english muffins	TAKEOUT MORNING DAY 18 cold cereal	Your choice of dessert when you like! 12 Desserts - 1 cakes, 1 brownies, 1 cobbler, 1 poundcake & berries, 1 cheesecake, 1 smores, 3 cookies, 3 dessert chocolates			
lunch	deli style	deli style	cashew chicken salad wraps	Hummus & Tabouli	snack style	tuna salad wraps					

