

# Hiker's Menu "I wanna hike not cook!"

This menu is great for not spending too much time in the kitchen. No dutch oven meals, lots of deli spread lunches make it easy to just do pack lunches, and predominantly easy breakfasts for a quick get away.

<b>Date</b>	Rig day	Launch day										
<b>EACH DAY BOX BEGINS AT THE DINNER FOR THAT DAY &amp; THE BKST/LUNCH IS FOR THE FOLLOWING DAY.</b>												
<b>day box #</b>	<b>put-in/rig</b>	<b>DAY BOX 1</b>	<b>DAY BOX 2</b>	<b>DAY BOX 3</b>	<b>DAY BOX 4</b>	<b>DAY BOX 5</b>	<b>DAY BOX 6</b>	<b>DAY BOX 7</b>	<b>DAY BOX 8</b>	<b>DAY BOX 9</b>	<b>DAY BOX 10</b>	
<b>hors</b>		chips & dip	chips & salsa	veggies & dip	cheese, salami, crackers	pesto cream cheese & pita	veggies & dip	hummus, crackers, carrots	chips & dip	smoked oysters, cheese, crackers	nuts & pretzels	
<b>dinner</b>	<b>Marble Canyon Lodge or @ Lee's Ferry</b>	salmon, broccoli, rice	Burritos fajita style w/ chicken, rice & beans	steaks, potatoes, salad	stirfry w/ chicken, rice	spaghetti w/ italian sausage, salad, bread	stroganoff, egg noodles, corn, veggie salad	grilled chicken, orzo, veggie salad	burgers, blue cheese slaw & baked beans	thai chicken, coucous, asian slaw	chili w/ ground beef, salad, quesadillas	
<b>bkst</b>	<b>Put in breakfast/ Launch day</b>	eggs to order, english muffins, sausage	cold cereal, bagels	french toast w/ bacon	hot cereal, english muffins	breakfast burritos w/ chorizo	cold cereal, bagels, yogurt	pancakes w/ sausage patties	hot cereal, english muffins	eggs, homefries, sausage	cold cereal, bagels, yogurt	
<b>lunch</b>	<b>1st on river Lunch deli style</b>	deli lunch	chicken caesar wraps	deli lunch	deli lunch	snack style	deli lunch	deli lunch	veggie wraps	deli lunch	hardboiled eggs, cheese, crackers & jerky	
<b>Date</b>	<b>day</b>	<b>box #</b>	<b>DAY BOX 11</b>	<b>DAY BOX 12</b>	<b>DAY BOX 13</b>	<b>DAY BOX 14</b>	<b>DAY BOX 15</b>	<b>DAY BOX 16</b>	<b>DAY BOX 17</b>	<b>DAY BOX 18</b>	<b>DAY BOX 19</b>	<b>DAY BOX 20</b>
<b>hors</b>		bruschetta& crackers	hummus, crackers, carrots	chips & dip	nuts & pretzels	antipasto	hummus, crackers, carrots	cream cheese w/ salsa & crackers	pesto cream cheese & crackers	Pub mix	nuts & olives	
<b>dinner</b>		pork chops, stuffing, green beans	pasta alfredo & jicama, apple salad	chicken brats, coleslaw & beans	posole w/ rice, quesadillas	pesto pasta w/ 3-bean salad	veggie curry w/ tofu, & quinoa	grilled cheese & tomato soup	spaghetti w/ italian sausage, veggie salad	quesadillas, rice & beans	chicken noodle soup, w/ cheese & crackers	
<b>bkst</b>		eggs, english muffins, canadian bacon	hot cereal, english muffins	pancakes w/ breakfast ham	cold cereal, bagels, yogurt	eggwiches w/ canadian bacon	cold cereal, bagels, yogurt	<b>TAKEOUT MORNING DAY 18</b> cold cereal	hot cereal, english muffins	pancakes w/ eggs	<b>TAKEOUT MORNING DAY 21</b> cold cereal	
<b>lunch</b>		deli lunch	PB & J	deli lunch	deli lunch wraps	salmon salad wraps	snack style	tuna salad wraps	hardboiled eggs, cheese, crackers & jerky	cashew chicken salad wraps		
<b>Breakfast fruit available -10 mornings worth, mix &amp; match, eat what's ripe! Grapefruit, melons, oranges, pineapple</b>						<b>Your choice of dessert when you like! 12 total: 2 no bake cheesecake, 2 fruit salad, 2 cookies, 4 chocolates, 2 pound cake w/ strawberries</b>						

