

good eatin'

This menu made the group happy! A pretty straight forward one. A few grill nites, nothing too laborious for dinner, some variety, and plain old good eatin'!!

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 #	put-in/rig	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		cheese, apples, crackers	chips & dip	chips & salsa	pesto cream cheese & crackers	hummus, carrots, pita	nuts & pretzels	cheese, salami, crackers	veggies & dip	cheese, smoked oysters, crackers	chips & salsa
dinner	Marble Canyon Lodge or @ Lee's Ferry	spaghetti w/ italian sausage, salad, bread	burgers, blue cheese slaw & beans	burritos fajita style w/ chicken, beans, rice	lasagna w/ italian sausage, bread & salad	grilled chicken w/ orzo & veggie salad	stirfry w/ chicken & rice	pasta alfredo w/ bread & endive salad	chicken brats, potatoes, baked beans	spaghetti w/ italian sausage, salad, bread	burritos w/ ground beef, beans, rice
bkst	Put in breakfast/ Launch day	eggs to order, muffins, sausage	cold cereal, yogurt & bagels	french toast w/ bacon	breakfast burritos w/ beans & chorizo	cold cereal, yogurt & bagels	eggwiches w/ bkst ham	hot cereal, bagels	eggs, homefries, sausage patties	pancakes w/ sausage	cold cereal, yogurt & bagels
lunch	1st on river Lunch deli style	taco salad	hummus & tabouli	deli style	chicken caesar wraps	deli style	PB & J	deli style	veggie wraps	deli style	snack style
day box #	DAY BOX 11	DAY BOX 12	DAY BOX 13	DAY BOX 14	DAY BOX 15	DAY BOX 16	DAY BOX 17	DAY BOX 18	DAY BOX 19	DAY BOX 20	
hors	chips & dip	salsa, cream cheese & crackers	veggies & dip	antipasto	pretzels	apples & cheese	chips & dip	cheese, salami, crackers	nuts & olives	salsa, cream cheese & crackers	
dinner	thai chicken, couscous & asian slaw	grilled cheese & tomato soup	lentil soup, cornbread, couscous salad	pesto pasta w/ bread & 3 bean salad	chili w/ canned beef, veggie salad, cornbread	quesadillas, rice & beans	penne w/ marinara sauce, jicama, apple salad	veggie curry w/ tempeh & quinoa	shepard pie	chicken noodle soup, cheese & crackers	
bkst	eggs, english muffins, sausage patties	cold cereal, yogurt & bagels	breakfast burritos w/ beans & chorizo	hot cereal, english muffins	TAKE OUT MORNING DAY 16 cold cereal	blueberry pancakes,	TAKE OUT MORNING DAY 18 cold cereal	eggs, homefries, tortillas	pancakes & eggs	TAKE OUT MORNING DAY 21 cold cereal	
lunch	tuna salad wraps	hard boiled eggs, cheese & crackers, jerky	deli style	salmon salad wraps	cashew chicken salad wraps	hummus & tabouli, crackers	PB & J	tuna salad wraps	snack style		
		Breakfast fruit available -10 mornings worth, mix & match, eat what's ripe! Grapefruit, melons, oranges, pineapple					Your choice of dessert when you like! 12 total: 1 cake, 1 brownie, 1 fruit cobbler, 2 cheesecake, 1 poundcake w/ strawberries, 3 cookies, 3 chocolate treats				

