

light on meat

This menu has no red meat, altho it does include a few breakfast meats for the serious carnivores among us! We can easily turn this into a more vegetarian menu or accommodate vegetarians with an alternative at any given meal.

| Date | Rig day | Launch day | | | | | | | | | |
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| 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 | | chips & dip | smoked oysters, cheese & crackers | veggies & dip | guacamole & chips | hummus, carrots & olives | cheese, apples & crackers | chips & salsa | smoked oysters, cheese & crackers | pesto cream cheese & pita | nuts & pretzels |
| dinner | Marble Canyon Lodge or @ Lee's Ferry | salmon, broccoli, wild rice | thai chicken, couscous, asian slaw | penne w/ marinera, salad, bread | fish tacos, rice, refried beans | grilled chicken, orzo, veggie salad | stir fry w/ chicken & rice | burritos w/ chicken, rice, black beans | veggie curry w/ tofu, quinoa | spinach lasagna, salad, bread | lentil soup, couscous salad w/ cornbread |
| bkst | Launch Morning Continental Bkst | eggs, muffins, canadian bacon | cold cereal, bagels, yogurt | french toast w/ turkey sausage | oatmeal w/ english muffins | breakfast burritos w/ chorizo | bagels, lox, tomatoes, cream cheese | cold cereal, bagels, yogurt | pancakes w/ bacon | eggs, homefries, tortillas, turkey sausage | cold cereal, bagels, yogurt |
| lunch | 1st on river Lunch deli style | taco salad | chicken caesar salad wraps | hummus & tabouli | deli style | cashew chicken salad in pita | PB & J | veggie wrap | deli style | pasta salad | deli style |

| Date | | | | | | | | | | | |
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| day box # | DAY BOX 11 | DAY BOX 12 | DAY BOX 13 | DAY BOX 14 | DAY BOX 15 | DAY BOX 16 | DAY BOX 17 | | | | |
| hors | antipasto | chips & dip | pesto cream cheese & crackers | chips & salsa | antipasto | tapenade & crackers | salsa, cream cheese & crackers | Breakfast fruit available - mix & match, eat what's ripe! Grapefruit, melons, oranges, pineapple | | | |
| dinner | pasta alfredo, apple/mandarin salad | chicken brats, potatoes, ratatouille | grilled cheese, tomato soup, jicama, apple salad | mexican casserole w/ canned chicken, rice | pesto pasta, bread, 3-bean salad | falafel burgers w/ hummus & blue cheese slaw | quesadillas, rice & refried beans | | | | |
| bkst | eggwiches w/ canadian bacon, tomatoes, cheese | steel cut oats w/ english muffins | blueberry pancakes w/ eggs | eggs, homefries, tortillas | Takeout morning day 16 cold cereal, bagels, yogurt | eggs & english muffins | TAKEOUT MORNING DAY 18 cold cereal | Your choice of dessert when you like! 12 desserts: 1 pineapple upside down cake, 1 fruit cobbler, 1 brownies, 2 poundcake w/ strawberries, 1 cheesecake, 2 cookies, 3 dessert chocolates, 1 s'mores | | | |
| lunch | deli style | hardboiled eggs, cheese & crackers | hummus & tabouli w/ crackers | tuna salad wraps | snack style | salmon salad wraps | | | | | |