

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									
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											
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					

