

21 day Guide's choice

It was grand Canyon guides who designed this menu. They knew they wanted to eat well and knew the things they never wanted to eat after working all summer on the river.

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	hummus, pita & carrots	nuts & pretzels	cheese, smoked oysters, crackers	guacamole & chips	veggies & dip	cheese, salami & crackers	chips & salsa	chips & dip	tapenade, feta, crackers
dinner	Marble Canyon Lodge or @ Lee's Ferry	salmon, broccoli & rice	thai chicken, couscous, asian slaw	spaghetti w/ italian sausage, bread, salad	steaks, potatoes, salad	fish tacos, refried beans, rice	grilled chicken, orzo, veggie salad	jambalaya w/ andouille & shrimp, Rice & salad	burritos w/ chicken, rice, black beans	burgers, coleslaw, baked beans	lasagna w/ italian sausage, salad, bread
bkst	Launch Morning Continental Bkst	eggs, muffins, sausage	cold cereal, yogurt, bagels	French toast w/ bacon	eggwiches w/ canadian bacon, tomato	hot cereal, english muffins	eggs, hash browns, tortillas, turkey sausage	bagels, smoked salmon, cream cheese	eggs, muffins, bacon	breakfast burritos w/ chorizo	cold cereal, yogurt, bagels
lunch	1st on river Lunch deli style	deli style	chicken caesar wraps	salmon salad	deli style	pasta salad	veggie wraps	tuna salad	deli style	cashew chicken salad w/ pita	taco salad

Your choice of dessert when you like!

Date	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	veggies & hummus	chips & salsa	antipasto	nuts & pretzels	salmon, cream cheese & crackers	cheese, apples & crackers	hummus, crackers & carrots	antipasto	cheese, smoked oysters, crackers	salsa, cream cheese & crackers
dinner	pork chops, stuffing, baked beans, coleslaw	burritos w/ chicken, rice, black beans	pasta alfredo, blue cheese slaw	chili w/ ground turkey, cornbread, veggie salad	grilled ham & cheese, tomato soup	veggie chow mein w/ tofu	shepherd's pie w/ apple salad	pesto pasta, garlic rolls, 3-bean salad	veggie curry, quinoa, tempeh	quesadillas, rice, beans, any leftovers!!
bkst	eggwiches w/ canadian bacon, tomato	eggs, hash browns, tortillas, sausage patties	hot cereal, english muffins	eggs, muffins, turkey sausage	breakfast burritos w/ chorizo	cold cereal, yogurt, bagels	pancakes w/ eggs	bagels, smoked salmon, cream cheese	eggs, hash browns, tortillas	TAKEOUT MORNING cold cereal & leftovers!
lunch	deli style	salmon salad	hard boiled eggs, cheese, crackers jerky	deli style	pasta salad	taco salad	snack style	veggie wraps	tuna salad	

14 Desserts - 2 cakes, 2 brownies, 1 cobbler, 1 pound cake & berries, 2 smores, 1 cheesecake, 2 cookies, 3 dessert chocolates

Breakfast fruit available - mix & match, eat what's ripe! Melons, grapefruit, oranges, pineapple