

## Comprehensive Meal Offerings



Pre-made entrees are prepared by a local chef using the highest quality ingredients. The food is then vacuum-sealed and frozen so that you need only to boil water and re-heat the food. *All premade meals can be adjusted for dietary restrictions as requested.*



Meals that require the use of a Dutch oven, requiring a longer setup and cook time.



Meals that are vegetarian, with no changes needed. *Most unmarked meals can be adjusted for dietary restrictions as requested.*



Meals that are vegan, with no changes needed. *Most unmarked meals can be adjusted for dietary restrictions as requested.*



Meals that are gluten free, with no changes needed. *Most unmarked meals can be adjusted for dietary restrictions as requested.*



We include up to four premium meals with each food pack. Due to the increased price for the items in these meals, we charge an additional fee of \$8/person/day if you choose to include more than the allotted four. You are allotted 1 fish dinner, 1 steak night and 2 pre made meals.

### BREAKFAST

#### Quick Cook

**Bagels with Cream Cheese** spread of bagels, plain cream cheese, peanut butter and jelly

**Bagels with Cream Cheese and Yogurt** spread of bagels, plain cream cheese, peanut butter, jelly and yogurt

**Salmon Lox on Bagels** spread of bagels, plain cream cheese, lox, capers and tomatoes

**Salmon Lox on Bagels 2nd Half** spread of bagels, plain cream cheese, lox and capers

#### Cold Cereal:

**Cold Cereal with Bagels** cold cereal and milk in addition to a spread of bagels, plain cream cheese, peanut butter and jelly

**Cold Cereal with English Muffins** cold cereal and milk in addition to a spread of English muffins, peanut butter and jelly

**Cream of Wheat** with dried fruit and brown sugar

**Eggs, Hash Browns, Bacon** precooked bacon with flour tortillas, hot sauce, cheese and salsa

**Ham and Cheese Scramble** premade egg scramble

**Jack Fruit & Sweet Potato Hash** premade vegan hash

**Oatmeal**  with dried fruit, brown sugar and honey

**Oatmeal and Cream of Wheat**  with dried fruit, brown sugar, honey and walnuts

**Oatmeal & Bagels**  with dried fruit, brown sugar, honey, walnuts and cream cheese

**Oatmeal & Pre-Cooked Bacon** with dried fruit, brown sugar, honey and walnuts

**Pastrami Hash (PM)**   premade hash

**Quick Bacon Scramble**  egg scramble with precooked bacon, peppers, spinach, mushrooms and onion. Served with cheese, avocado and salsa.

**Quick Bacon Scramble 2nd Half**  egg scramble with precooked bacon, spinach, mushrooms and onion. Served with cheese, guacamole and salsa.

**Quick Egg Muffins** eggs and precooked bacon on English muffins, with cheese, tomatoes, green chilies and guacamole

**Quick Egg Muffins 2nd Half** eggs and precooked bacon on English muffins, with cheese, green chilies and guacamole

**Quick Egg Sammies** eggs and precooked bacon on bread, with cheese, tomatoes, green chilies and guacamole

**Quick Egg Sammies 2nd Half** eggs and precooked bacon on bread, with cheese, green chilies and guacamole

**Quick Gallo Pinto**  white rice served with eggs, precooked bacon, onion and black beans on a flour tortilla. Topped with guacamole, cheese, salsa and Worcestershire sauce.

**Quick Ham Scramble** egg scramble with sliced ham, peppers, mushrooms, spinach and onions. Served with cheese, salsa and avocados.

**Quick Ham Scramble 2nd Half** egg scramble with sliced ham, mushrooms, spinach and onions. Served with cheese, salsa and avocados.

**Quick Kayaker Quinoa**  precooked quinoa with almonds, dried fruit, brown sugar and honey

**Quick Steak Burritos** tortilla with eggs, precooked steak strips, peppers, black beans and onion. Served with guacamole, sour cream, cheese and salsa.

**Quick Steak Burritos 2nd Half** tortilla with eggs, precooked steak strips, peppers, potatoes and black beans. Served with guacamole, sour cream, cheese and salsa.

**Quick Steak Scramble**  egg scramble with precooked steak strips, peppers, spinach, mushrooms and onion. Served with cheese, avocado and salsa.

**Quick Steak Scramble 2nd Half**  egg scramble with precooked steak strips, peppers, potatoes, spinach, mushrooms and onion. Served with cheese, guacamole and salsa.

**Sausage and Cheddar Scramble**   premade egg scramble

**Strawberry Pancakes w/ Pre-Cooked Bacon**  with strawberries, eggs and maple syrup  
**Yogurt and Granola:**

**Yogurt and Granola with Bagels**  with peanut butter, jelly and cream cheese

**Yogurt and Granola, with Cold Cereal**  with milk

**Yogurt and Granola with English Muffins**  with peanut butter and jelly

**Yogurt and Granola, with Oatmeal**  with honey and milk

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## Average Cook

**Bagels with Hard Boiled Eggs** (GF) (V) with peanut butter, jelly and cream cheese

**Blueberry Pancakes** (GF) (V) pancakes with blueberries and maple syrup, served with bacon

**Blueberry Pancakes with Sausage** (GF) same as above, with breakfast sausage instead of bacon

**Breakfast Burritos** (GF) flour tortilla with bacon, eggs, peppers, potatoes, onion and black beans. Served with sour cream, salsa and cheese

**Breakfast Burritos 2nd Half** (GF) flour tortilla with bacon, eggs, peppers, potatoes, onion and black beans. Served with sour cream, salsa and cheese

**Breakfast Burritos-Sausage** (GF) same as above, with the addition of breakfast sausage

**Chilaquiles** (GF) corn tortillas with eggs, chorizo and pinto beans. Topped with avocado, cheese, salsa and enchilada sauce.

**Chorizo and Eggs** flour tortillas with chorizo and eggs. Served with hot sauce, salsa, sour cream, cheese and guacamole

**Cold Cereal:** all cold cereal meals include milk

**Cold Cereal with Bagels and HB Eggs** (V) with jelly, peanut butter and cream cheese

**Cold Cereal with Hard Boiled Eggs** (GF) (V) served with hot sauce for eggs

**Cold Cereal with HB Eggs and Muffins** (V) with jelly, peanut butter and butter

**Egg Muffins** Canadian bacon, cheese, egg on English muffins. Served with green chilies, tomatoes and avocados

**Egg Muffins 2nd Half** Canadian bacon, cheese, egg on English muffins. Served with green chilies

**Egg Sammies** bacon, cheese, egg on bread. Served with green chilies, tomatoes and avocados

**Egg Sammies 2nd Half** bacon, cheese, egg on bread. Served with green chilies

**Eggs and Hashbrowns** (GF) (V) with flour tortillas, hot sauce, cheese and salsa

**Eggs, Bacon, and English Muffins** with peanut butter, jelly and butter

**Eggs Bandejo** (GF) eggs served with Spanish rice, pinto beans, salsa and cheese with a side of breakfast sausage

**Eggs Benedict** eggs on English muffins with Canadian bacon, hollandaise and asparagus

**French Toast and Bacon** Texas toast loaves with everything to make French toast. Served with bacon

**Blueberry French Toast with Bacon** same as above with blueberry topping

**French Toast and Breakfast Sausage** Texas toast loaves with everything to make French toast. Served with sausage

**Blueberry French Toast with Breakfast Sausage** same as above with blueberry topping

**Gallo Pinto** (GF) white rice served with eggs, bacon, onion and black beans on a flour tortilla. Topped with guacamole, cheese, salsa and Worcestershire sauce.

**Huevos Rancheros** (GF) eggs, Spanish rice, refried beans, tomatoes and green chilies served with flour tortillas, salsa, cheese and bacon

**Kayaker Quinoa** (GF) (V) quinoa with almonds, dried fruit, brown sugar and honey

**Oatmeal and Hard Boiled Egg** (V) with dried fruit, almonds and brown sugar

**Pancakes, Eggs, and Bacon** (GF) pancakes with mixed berries and maple syrup, eggs and bacon

**Strawberry Pancakes and Eggs with Bacon** (GF) same as above with strawberries

**Pancakes, Eggs, and Breakfast Sausage** (GF) pancakes with mixed berries and maple syrup, eggs and breakfast sausage

**Potatoes, Avocado Toast, & Bacon** toast with avocado with sides of potatoes and bacon

### Scrommlets:

**Scrommlets and Bacon** eggs with bacon, peppers, spinach and mushrooms. Served with English muffins and butter

**Scrommlets and Breakfast Sausage** eggs with sausage, peppers, spinach and mushrooms. Served with English muffins and butter

**Scrommlets 2nd Half** eggs with bacon, peppers, spinach and mushrooms. Served with English muffins and butter

**Tacos** (GF) chorizo, potatoes, onions, peppers and eggs served in corn tortillas, topped with cheese and salsa

**Tacos 2nd Half** (GF) chorizo, potatoes, onions, peppers and eggs served in corn tortillas, topped with cheese and salsa

**Yogurt, Granola, Bacon and Boiled Eggs** (GF) with precooked bacon, milk and honey

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### **Long Cook**

**Biscuits and Gravy** served with eggs and breakfast sausage

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### **Gluten Free Specific** (GF)

(GF) **Bagels with Hard Boil Eggs** (V) served with peanut butter, jelly and cream cheese

(GF) **Berry Pancakes and Eggs with Bacon** strawberry pancakes with maple syrup, eggs and bacon

(GF) **Burritos** black beans, peppers, potatoes, eggs and onions served on gluten free tortillas. Served with sour cream, salsa, cheese and bacon

(GF) **Cereal with Hardboiled Eggs** (V) as described with hot sauce for eggs

(GF) **Cold Cereal with Bagels** (V) with cream cheese, jelly and peanut butter

(GF) **Cold Cereal with (GF) Oatmeal** (V) as described

(GF) **Egg Sammies** egg and cheese sandwiches on GF bread with bacon, avocado, tomato and green chilies

(GF) **Eggs, Bacon, and Toast** with peanut butter and jelly

(GF) **Oatmeal** (V) with dried fruit, walnuts, brown sugar and honey

(GF) **Oatmeal and Hard Boiled Eggs** with dried fruit, almonds, brown sugar

(GF) **Pancakes, Eggs, and Bacon** with mixed berries, maple syrup, eggs and a side of bacon

(GF) **Pancakes, Eggs, and Sausage** same as above, with sausage instead of bacon

(GF) **Quick Steak Burritos** precooked steak strips with eggs, black beans, peppers and onions in a GF tortilla. Served with cheese, guacamole, sour cream and salsa.

(GF) **Quick Steak Tacos** same as above, served in corn tortillas

**(GF) Salmon Lox on Bagels** salmon lox with cream cheese, tomatoes, red onion, capers on gluten free bagels

**(GF) Scrommlets and Bacon** eggs with peppers, spinach, mushrooms and onions. Served on gluten free bread with cheese and bacon

**(GF) Scrommlets and Breakfast Sausage** same as above, with breakfast sausage instead of bacon

## LUNCH

All lunches include chips and cookies for the group. Adequate condiments (mustard, mayonnaise, pickles, pepperoncinis, etc.) are included in each sandwich meal when applicable. Additional condiments will be supplied in the group's lunch box.

### Quick Prep

**Bagel Sandwiches** ham with bell pepper, cucumber, tomato, avocado, lettuce and cream cheese on a bagel

**Bagel Sandwiches 2nd Half** ham with guacamole, cabbage and cream cheese on a bagel

**BLTA** precooked bacon, lettuce, tomato and avocado sandwich

**Caprese Salad Sandwich** salami, pesto, mozzarella, tomato and basil sandwiches

**Cheese and Crackers With Salami**  with spicy mustard and pickles

**Cold Cut Sammies** deli chicken or turkey with cheese, lettuce, avocado, red onion and tomatoes on bread

**Cold Cut Sammies 2nd Half** deli chicken or turkey with cheese, guacamole and red onion on bread

**Cold Cut Wraps** deli chicken or turkey with cheese, lettuce, avocado, red onion and tomatoes on a tortilla

**Cold Cut Wraps 2nd Half** deli chicken or turkey with cheese, guacamole and red onion on a tortilla

**Cuban Wrap** ham and Swiss cheese with pickle spears, spicy mustard and precooked bacon on a tortilla

**Hummus Pitas**  veggie pitas with tomato, bell pepper, cucumbers, carrots and hummus. With additional beef jerky and trail mix.

**Hummus Pitas 2nd Half** sliced turkey and cheese with bell peppers, carrots and hummus with additional beef jerky

**Lox on Bagels with Cream Cheese** salmon lox bagels with spread of cream cheese, onion, capers and tomato

**Lox on Bagels with Cream Cheese 2nd Half** salmon lox bagels with spread of cream cheese, onions and capers

**Nutella and Jelly**  a sweeter hazelnut version of a tried and true classic

**Peanut Butter and Jelly**  an American classic for busy days

**Reuben Pitas** pastrami, cheese, thousand island dressing and sauerkraut

**Reuben Wraps** the same as above on a flour tortilla

**Roast Beef Wraps** with tomatoes, avocados, onion and cheddar

**Roast Beef Wraps 2nd Half** with guacamole, diced tomato, onion and cheddar

**Turkey and Swiss Pitas** with guacamole, lettuce and cucumber

**Turkey and Swiss Pitas 2nd Half** with guacamole

**Turkey and Swiss Wraps** with guacamole, lettuce and cucumber

**Turkey and Swiss Wraps 2nd Half** with guacamole

**Veggie Bagel Sandwiches**  bell pepper, cucumber, tomato, avocado, lettuce and veggie cream cheese

**Veggie Bagel Sandwiches 2nd Half** turkey, cheese, onion, red cabbage and veggie cream cheese

**Veggie Pitas**  zucchini, cucumber, bell pepper, squash, lettuce, tomato, avocado and onion with ranch dressing

**Veggie Pitas 2nd Half** turkey, cheese, diced tomato, green cabbage, onion, asparagus and avocado with ranch dressing and hummus

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### Morning Prep

**Black Bean and Corn Quinoa Salad**  cherry tomatoes, lettuce and avocados. Served on flour tortillas with creamy cilantro dressing and lime juice

**Chicken Caesar Pitas** with lettuce, olives, red onion and parmesan cheese

**Chicken Caesar Pitas 2nd Half** with cabbage, olives, red onion and parmesan cheese

**Chicken Caesar Wraps** same as above, with flour tortillas instead of pitas

**Chicken Caesar Wraps 2nd Half** same as above, with flour tortillas instead of pitas

**Chicken Curry Wraps** green curry paste, tomatoes, avocados, lettuce and cheese

**Chicken Curry Wraps 2nd Half** green curry paste, avocados, cabbage and cheese

**Chicken Salad Pitas** chicken salad with celery, tomatoes, lettuce, avocados, cheese and red onion

**Chicken Salad Pitas 2nd Half** chicken salad with tomatoes, guacamole, cheese and red onion

**Healthy Tuna Salad** tuna with bell pepper, celery, lemon juice and red onion

**Healthy Tuna Salad 2nd Half** tuna with bell pepper, cabbage, lemon juice and red onion

**Mediterranean Tuna Salad** tuna with Kalamata olives, tomatoes, bell pepper, feta, cucumbers, red onion and vinaigrette

**Mediterranean Tuna Salad Pitas 2nd Half** tuna with olives, sun dried tomatoes, roasted red peppers, feta, bell pepper, red onion and vinaigrette

**Mexi Wraps**  black beans, pinto beans, tomatoes, green chilies and corn with taco seasoning in flour tortillas. Served with sour cream, guacamole, cheese, olives and salsa

**Sweet Chicken Salad** chicken salad with celery, lettuce, tomatoes, avocados, cheese, balsamic vinaigrette, cranberries, almonds, red onion and apples

**Sweet Chicken Salad 2nd Half** chicken salad with avocados, cheese, balsamic vinaigrette, cranberries, almonds, apples and cabbage

**Taco Salad**  black beans, kidney beans, pinto beans, tomatoes, corn and green chilies with taco seasoning, served on flour tortillas and tortilla chips. Includes sour cream, lettuce, guacamole, salsa and beef jerky.

**Taco Salad 2nd Half**  black beans, kidney beans, pinto beans, tomatoes, corn and green chilies with taco seasoning, served on flour tortillas and tortilla chips. Includes sour cream, cabbage, guacamole, salsa and beef jerky

**Tuna Salad** tuna with celery, lettuce, tomatoes, cheese and red onion

**Tuna Salad 2nd Half** tuna with celery, cabbage, diced tomatoes, cheese and red onion

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### Requires pre-cooking/cooking

**Black Bean Wrap** precooked steak strips and black beans in flour tortillas, served with lettuce, tomatoes, cucumbers, sour cream, cheese, guacamole, green chilies and salsa

**Black Bean Wraps 2nd Half** precooked steak strips and black beans in flour tortillas, served with green cabbage, sour cream, guacamole, cheese, olives, green chilies and salsa

**Buffalo Chicken Salad Wrap** buffalo chicken in a flour tortilla with precooked bacon, served with side salad ingredients including lettuce, ranch dressing, bell peppers, avocados, and tomatoes

**Egg Salad Sandwiches** yellow onion, tomatoes, avocados, relish and cheese on bread. Served with trail mix

**Egg Salad Pitas 2nd Half** yellow onion, tomatoes, relish, cheese and guacamole on bread.  
Served with trail mix

**Grilled Ham and Cheese & Tomato Soup** Texas toast with avocados and tomatoes

**Grilled Ham and Cheese 2nd Half** Texas toast with guacamole (includes tomato soup)

**River Pasta Salad** penne with canned chicken, cheese cubes, sun dried tomatoes, roasted red peppers, olives and artichoke hearts

**Tostadas**  refried beans, tomatoes, and green chilies served in corn tortillas. Served with cheese, guacamole, lettuce, salsa and tortilla chips

**Tostadas 2nd Half**  refried beans, and green chilies served in corn tortillas. Served with cheese, guacamole, cabbage, salsa and tortilla chips

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### Gluten Free Specific

**(GF) BLTA** precooked bacon, lettuce, tomato and avocado sandwich with gluten free bread

**(GF) Cold Cut Sammies** deli chicken or turkey with cheese, lettuce, avocado, red onion and tomatoes on gluten free bread

**Cold Cut Lettuce Wraps** same as above with lettuce in lieu of bread

**(GF) Crackers and Cheese With Salami** served with spicy mustard and trail mix

**(GF) Lox on Bagels with Cream Cheese** salmon lox, cream cheese, tomatoes, capers and red onion on gluten free bagels

**(GF) Peanut Butter and Jelly**  a classic with gluten free bread

**(GF) River Pasta Salad**  gluten free penne with cheese cubes, sun dried tomatoes, olives, artichoke hearts and roasted red peppers

**(GF) Roast Beef Wraps** with lettuce, tomatoes, avocados, cheese and red onion on gluten free tortillas

**Healthy Tuna Salad Lettuce Wraps** tuna with celery, bell pepper, lemon juice and red onion on lettuce

**(GF) Veggie Bagel Sandwiches**  gluten free bagels with veggie cream cheese, bell peppers, cucumbers, tomatoes, avocados and lettuce

## APPETIZERS

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### No Cook

**Antipasto Salad** salami, prosciutto, cherry tomatoes, bell peppers, mozzarella, olives, artichoke hearts

**Apples and Nutella**   fuji or gala apples with a sweet hazelnut twist

**Apples and Peanut Butter**   fuji or gala apples

**Brie and Crackers**   with dried cranberries

**Bruschetta**   artichoke or sundried tomato spread with crackers

**Caesar Salad**   romaine with tomatoes, red onion, croutons and parmesan

**Cheese and Crackers**  

**Cheese and Crackers with Salami**  with spicy mustard

**Chips and Dip**   potato chips with onion dip

**Crisp Peas**   snap peas with ranch dressing

**Garden Salad**   iceberg lettuce with tomatoes, avocados, cucumbers, onion, croutons and ranch dressing

**Goldfish**  baked goldfish crackers

**Hummus and Pita Chips**  flavored hummus with chips

**Hummus and Veggies**   with bell pepper, cucumber and baby carrots

**Mango Salsa and Chips**   tortilla chips with a sweet, chunky salsa

**Mixed Green Salad**   mixed greens with avocados, tomatoes, croutons and carrots

**Mixed Nuts**  

**Olive Tapenade**  savory spread with crackers

**Pesto Cream Cheese**  with crackers

**Pesto Cream Cheese and Veggies**  with bell peppers and baby carrots

**Pretzels and Cheese Dip**  with herb and cheese dip

**Shrimp Dip** with crackers

**Smoked Gouda and Crackers**   a variation to classic cheese and crackers

**Smoked Gouda with Salami**  with crackers and spicy mustard

**Smoked Gouda with Summer Sausage**  with crackers and spicy mustard

**Smoked Oysters**  with capers, cheese and crackers

**Spinach Dip**  with crackers

**Spinach Dip and Veggies**  with bell peppers and baby carrots

**Spinach Salad**   with sunflower seeds, cranberries, bell peppers, croutons and avocados

**Tomato and Mozzarella Sliders**   with balsamic vinegar and fresh basil

**Tomato Mozzarella Salad**   with balsamic vinegar and dried basil

**Tortilla Chips, Salsa, and Guacamole**  

**Train Wreck**   black beans, green chilies, salsa and cream cheese, served with tortilla chips

**Veggies and Dip**  ranch dressing with baby carrots, cucumbers and bell pepper

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### **Cooking Required**

**Boneless Wings** with celery, baby carrots and ranch

**Chicken Noodle Soup**

**Cream of Chicken Soup**

**Edamame**   with tamari soy sauce

**Egg Rolls**  veggie spring rolls served with sweet and sour sauce

**Hearty Vegetable Soup**   one of our vegan soup options

**Mac and Cheese**  Velveeta mac and cheese

**Quesadillas**  flour tortillas and shredded cheese

**Shrimp and Mango Salsa Shuttles**  shrimp and mango salsa served on red cabbage

**Squash Soup**   one of our vegan soup options

**Tostadas**   corn tortillas, refried beans, salsa and cream cheese

**Veggie Soup**   one of our vegan soup options

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### **Gluten Free Specific**

**Brie and (GF) Crackers**

**Bruschetta and (GF) Crackers** artichoke or sundried tomato bruschetta

**Cheese and (GF) Crackers**

**(GF) Chips and Dip** potato chips with onion dip

**Olive Tapenade (GF) Crackers** 

**Pesto Cream Cheese (GF) Crackers**

**Smoked Gouda and (GF) Crackers**

**Spinach Dip (GF) Crackers**

## **DINNER**

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### **Quick Cook (usually 30 minutes or less)**

**Quick Beef Bowls**  precooked steak strips, stir fry veggies and radishes over white rice. Topped with Sriracha mayo

**Quick Beef Bowls 2nd Half**  precooked steak strips, stir fry veggies and edamame over white rice. Topped with Sriracha mayo

**Quick Brussel Sprout and Black Bean Tacos**   with sweet potato, onion and cheese on corn tortillas

**Cheese and Chicken Quesadillas** precooked chicken, Spanish rice, refried beans, flour tortillas and toppings

**Quick Chicken and Quinoa**  precooked chicken and quinoa with zucchini, squash, bell pepper, cauliflower and cheese

**Quick Chicken and Quinoa 2nd Half**  precooked chicken and quinoa with peppers, onions, cauliflower and cheese

**Quick Chicken Bowls**  precooked chicken strips, stir fry veggies and radishes over white rice. Topped with Sriracha mayo

**Quick Chicken Breasts**  with BBQ sauce, brown rice and green beans

**Quick Chicken & Cauliflower Curry**  white rice with green curry, onion, spinach, squash, zucchini and bell pepper

**Quick Chicken Curry**  white rice with green curry, onion, spinach, squash, zucchini and bell pepper

**Quick Chicken Curry 2nd Half**  white rice with green curry, stir fry veggies, onion and potatoes

**Quick Chicken Stir Fry** precooked chicken strips and brown rice with stir fry veggies and cabbage

**Quick Chicken Tacos**  precooked chicken strips, black beans, Spanish rice and cheese in corn tortillas. Served with taco toppings

**Quick Pesto Chicken Gnocchi** with bell pepper, snap peas and garlic bread

**Quick Pesto Chicken Gnocchi 2nd Half** with roasted red pepper and garlic bread

**Quick Seared Cod and Quinoa**  with stir fry veggies

**Quick Steak Fajitas** precooked steak strips with black beans, bell peppers, and onions on flour tortillas. Served with fajita toppings

**Quick Steak Fajitas 2nd Half** precooked steak strips with black beans, peppers, and onions in flour tortillas. Served with fajita toppings

**Quick Steak & Sweet Potato Fajitas** precooked steak strips with black beans, sweet potatoes, bell peppers, and onions on flour tortillas. Served with fajita toppings

**Quick Steak Tacos**  precooked steak strips, Spanish rice and black beans in corn tortillas. Served with taco toppings

**Quick Sweet and Sour Chicken**  precooked chicken strips with bell pepper, onion, sweet and sour sauce and pineapple on white rice

**Quick Sweet and Sour Chicken 2nd Half**  precooked chicken strips with stir fry veggies, sweet and sour sauce, onion and pineapple over white rice

**Quick Teriyaki Chicken Bowls** precooked chicken strips with stir fry veggies and cauliflower over white rice

**Quick Thai Noodles**  with precooked chicken, bell pepper, water chestnuts, baby corn, cabbage, mushrooms and onions

**Quick Thai Noodles 2nd Half**  with precooked chicken, water chestnuts, baby corn, mushrooms, roasted red pepper, cabbage and yellow onion

**Tortellini w/ Chicken** precooked chicken with marinara. Sides of garlic bread and green beans

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### Average Cook (usually 30 to 45 minutes)

**Artichoke Lasagna**   premade lasagna with garlic bread and green beans

**BBQ Brisket**   premade brisket served on buns with sweet potatoes and baked beans

**BBQ Pulled Chicken**   premade chicken served on buns with corn and mashed potatoes

**BBQ Pulled Pork**   precooked pork served on buns with baked beans and sweet potatoes

**BBQ Ribs**   precooked ribs with dinner rolls, baked beans and mashed sweet potatoes

**Bean and Cheese Burritos**  refried beans, black beans and Spanish rice in flour tortillas with cabbage, bell pepper, tomato, avocado, sour cream, salsa, green chilies, olives and red onion

**Bean and Cheese Burritos 2nd Half**  refried beans, black beans and Spanish rice in flour tortillas with cabbage, guacamole, sour cream, salsa, green chilies, olives and red onion

**Bean and Cheese Chili Rellenos**   premade rellanos with Spanish rice and refried beans

**Bean and Potato Tacos**  with cheese, sour cream, Spanish rice, green chilies, diced tomatoes, olives, salsa, red onion and cabbage

**Beef Chili**  slow cooked beef chili with saltines

**Beef Stew** beef, potato and veggie stew with garlic bread

**Beef Stir Fry**  jasmine rice with zucchini, bell pepper, snap peas, cabbage, water chestnuts, baby corn, bean sprouts and onion

**Beef Stir Fry 2nd Half**  jasmine rice with cauliflower, broccoli, baby corn, water chestnuts, onion, snow pea and carrots

**Beef Stroganoff** cubed beef, cream of mushroom soup, sour cream & egg noodles. Served with garlic bread

**Beef Tacos**  ground beef, refried beans, potatoes, corn tortillas & toppings

**Cauliflower and Potato Curry**   green curry with carrots, squash, onion and jasmine rice

**Cauliflower and Potato Curry 2nd Half**   green curry with carrots, onion and jasmine rice

**Chicken Burritos** cubed chicken, black beans, Spanish rice, veggies and burrito fixings

**Chicken Curry**  cubed chicken, green curry, coconut milk, potatoes, onions, peppers & rice

**Chicken Curry**   premade curry served with jasmine rice

**Chicken Enchiladas**   premade enchiladas with Spanish rice and enchilada toppings

**Chicken Fajitas** fajita meat with bell pepper, cheese, tomatoes, red onion, green chilies and avocados on flour tortillas

**Chicken Fettuccine Alfredo** with mushrooms, roasted red peppers, bell peppers, zucchini and parmesan. Served with garlic bread

**Chicken Pesto Pasta** angel hair and cubed chicken, served with garlic bread

**Chicken Sausages** Applewood smoked sausages in brat buns with wild rice, corn and baked beans

**Chicken Stir Fry**  jasmine rice with cubed chicken, zucchini, bell peppers, snap peas, cabbage, water chestnuts, baby corn, onions and bean sprouts

**Chicken Tacos**  chicken, onion, Spanish rice, refried beans and diced tomatoes in corn tortillas. Served with sour cream, cheese, guacamole, cabbage, chilies and black olives

**Cremini Panini** mushroom, avocado, ham, Swiss and roasted red pepper sandwich with pesto and long grain and wild rice

**Eggplant Parmesan**   premade eggplant with spaghetti, green beans and garlic bread

**Fettuccine Alfredo with Chicken Sausage** with bell pepper, parmesan, zucchini and roasted red peppers. Served with garlic bread

**Fettuccine Alfredo (No Meat)**  same as above without chicken

**Fish Tacos**  cod tacos with bell peppers, cabbage, tomatoes, avocados, black beans, onion, Spanish rice on corn tortillas. Served with taco toppings

**Grilled Ham Cheese & Tomato Soup** Texas Toast with tomatoes and avocados

**Italian Sausage Lasagna**  premade lasagna with garlic bread and green beans

**Jambalaya with Chicken and Sausage**  jambalaya with chicken and andouille sausage, mushrooms, bell pepper, onions and diced tomatoes

**Jambalaya with Chicken and Sausage 2nd Half**  jambalaya with chicken and andouille sausage, mushrooms, peppers, onions and diced tomatoes

**Jambalaya with Shrimp and Sausage**  jambalaya with shrimp and andouille sausage, mushrooms, bell pepper, onions and diced tomatoes

**Jambalaya with Shrimp and Sausage 2nd Half**  jambalaya with shrimp and andouille sausage, mushrooms, peppers, onions and diced tomatoes

**Jambalaya with Shrimp and Chicken Sausage**  jambalaya with shrimp and chicken sausage, mushrooms, peppers, onions and diced tomatoes

**Meatballs & Penne**  premade meatballs with penne, mushrooms, marinara and garlic bread

**Pasta Primavera with Chicken** penne with chicken, squash, zucchini, carrots, bell peppers and grape tomatoes, green beans and asparagus. Served with garlic bread

**Pasta Primavera with Chicken Sausage** same as above only with chicken sausage

**Pasta Primavera with Chicken Sausage 2nd Half** penne with chicken, roasted red peppers, diced tomatoes, green beans and asparagus. Served with garlic bread

**Pasta Primavera with Shrimp** penne with shrimp, squash, zucchini, carrots, bell peppers and grape tomatoes, green beans and asparagus. Served with garlic bread

**Pesto Gnocchi with Andouille** with snap peas, bell peppers, cauliflower and a side of garlic bread

**Pesto Gnocchi with Andouille 2nd Half** with cauliflower, roasted red peppers and a side of garlic bread

**Pork Pasole & Quesadillas**  premade pork soup with a side of cheese quesadillas

**Pork Stir Fry** brown rice with cauliflower, carrots, bell peppers and celery

**River Pasta with Chicken** penne with artichoke hearts, sun dried tomatoes, olives and a side of garlic bread

**Salmon Burgers** served with tomatoes, red onion, capers, horseradish, cocktail sauce and a side of baked beans

**Shrimp Curry**  jasmine rice with green curry, bell peppers, carrots and potatoes

**Shrimp Scampi** angel hair with sides of green beans and garlic bread

**Shrimp Tacos**  shrimp, black beans, bell peppers, Spanish rice, diced tomatoes and onions in corn tortillas. Served with taco toppings

**Sloppy Joes** seasoned ground beef with a side of green beans

**Spaghetti and Meatballs** with green beans and a side of garlic bread

**Spaghetti and Meatballs 2nd Half** with green beans and a side of garlic bread

**Spaghetti and Turkey** with bell peppers, marinara and mushrooms. Served with garlic bread

**Spaghetti and Veggies** with mushrooms, bell peppers, zucchini, squash and marinara. Served with garlic bread

**Spinach Enchiladas**  premade enchiladas with refried beans, Spanish rice, diced tomatoes and toppings

**Steak Fajitas** fajita meat with tomatoes, avocados, onion, green chilies, cheese and bell peppers. Served with toppings on flour tortillas

**Steak & Chicken Fajitas** fajita meat with tomatoes, avocados, onion, green chilies, cheese and bell peppers. Served with toppings on flour tortillas

**Steak & Salmon Fajitas** fajita meat and salmon with tomatoes, avocados, onion, green chilies, cheese and bell peppers. Served with toppings on flour tortillas

**Steak & Shrimp Fajitas** fajita meat and shrimp with tomatoes, avocados, onion, green chilies, cheese and bell peppers. Served with toppings on flour tortillas

**Stuffed Italian Chicken**   premade chicken with couscous and corn

**Stuffed Mexican Chicken**   premade chicken with Spanish rice, corn tortillas, cheese and green beans

**Stuffed Pork Loin**   premade pork with mashed potatoes and corn

**Sweet and Sour Chicken**  instant white rice and sweet and sour sauce with cubed chicken, zucchini, squash, bell pepper, carrots, pineapple

**Sweet and Sour Pork**  instant white rice and sweet and sour sauce with cubed pork, zucchini, squash, bell pepper, carrots, pineapple

**Sweet and Sour Pork**   premade pork with jasmine rice

**Taco Stuffed Bell Peppers**  peppers stuffed with seasoned ground beef, Spanish rice and cheese. Topped with tomatoes, lettuce, avocado and salsa.

**Tamales Calabacitas**   premade tamales with Spanish rice and a side of chips and salsa

**Thai Cashew Chicken and Rice**  brown rice with stir fry veggies, onion, zucchini and cashews

**Three Cheese Ravioli and Frozen Meatballs** marinara sauce with green beans and garlic bread

**Tofu Curry**   jasmine rice with green curry, potatoes, onion, carrots, squash and bell peppers

**Tofu Stir Fry**  jasmine rice with zucchini, bell peppers, snap peas, cabbage, water chestnuts, baby corn and bean sprouts

**Tofu Stir Fry 2nd Half**  jasmine rice with stir fry veggies, cabbage, water chestnuts, baby corn, bean sprouts and onion

**Turkey Chili**  turkey and bean chili with saltines and corn bread

**Turkey Taco Stuffed Bell Peppers**  peppers stuffed with seasoned ground turkey, Spanish rice and cheese. Topped with tomatoes, lettuce, avocado and salsa

**Veggie Chili**   our vegan chili with black and pinto beans with saltines. Side of Spanish rice

**White Bean and Sausage Rigatoni** andouille sausage with parmesan and tomatoes

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### Long Cook (an hour or longer)

**Beef Enchiladas**  ground beef, refried beans and Spanish rice in corn tortillas, served with enchilada sauce, tomatoes, cabbage, guacamole and cheese

**Brats** with all the fixings and sides of corn and baked beans

**Brats 2nd Half** with all the fixings and sides of baked beans and corn

**Cheeseburgers** with all the fixings with sides of baked beans and green beans

**Cheeseburgers 2nd Half** with all the fixings with sides of baked beans and green beans

**Chicken Enchiladas**  chicken, refried beans and Spanish rice in corn tortillas, served with enchilada sauce, tomatoes, cabbage, guacamole and cheese

**Christmas Feast** a mix of celebration turkey slabs and smoked ham with mashed potatoes, green beans, cranberry sauce, stuffing and bread

**Grilled Ahi Tuna with Wild Rice**   with stir fry veggies and bread

**Grilled BBQ Chicken**  with cauliflower, green beans and wild rice

**Grilled Halibut with Wild Rice**   with asparagus and bread

**Grilled Halibut with Wild Rice 2nd Half**   with Brussel sprouts and bread

**Grilled Herb Chicken**  with wild rice, bread and green beans

**Grilled Lamb Chops**   with green beans and mashed potatoes

**Grilled Pork Chop**   with green beans, apple sauce and bread

**Grilled Teriyaki Chicken** with wild rice and canned corn

**Grilled Veggies and Quinoa**  with onion, feta, parmesan, bell pepper, squash, zucchini and onion. Served with pita bread and hummus

**Grilled Wild Salmon**   with asparagus and mashed potatoes

**Grilled Wild Salmon 2nd Half**   with Brussel sprouts and mashed potatoes

**Grilled Wild Salmon & Halibut**   with asparagus and mashed potatoes

**Hot Dogs and Chili** can be an average cook meal if you cook hot dogs over griddle or mix cut hot dogs in chili

**Italian Sausage Lasagna**  with garlic bread and green beans

**Kabobs**  beef, chicken and shrimp kabobs with squash, zucchini, bell pepper, mushroom and onions. Served with a side of wild rice

**Kabobs Chicken & Beef**  the same kabob night for those who don't like seafood

**Kabobs 2nd Half (No Veg)**  beef, chicken and shrimp kabobs with sweet potatoes and onions. Served with a side of wild rice

**Spinach Enchiladas (DO)**   spinach, refried beans and Spanish rice in corn tortillas, served with enchilada sauce, tomatoes, cabbage, guacamole and cheese

**Steaks and Potatoes**  with bell peppers, mushrooms and onions

**Steaks and Potatoes 2nd Half**  with mashed potatoes, green beans, mushrooms and onions

**Surf 'N Turf (Salmon)**   steaks and salmon with bell pepper, mushrooms, onions and potatoes

**Surf 'N Turf 2nd Half (Salmon)**   steaks and salmon with mashed potatoes, mushrooms and onions

**Surf 'N Turf (Ahi)**   steaks and tuna with bell pepper, mushrooms and wild rice

**Surf 'N Turf (Halibut)**   steaks and halibut with bell pepper, mushrooms, onions and potatoes

**Surf 'N Turf (Pork Chops & Salmon)**   pork chops and salmon with apple sauce, potatoes, onions and bell peppers

**Thanksgiving Celebration** celebration turkey slabs with mashed potatoes, green beans, cranberry sauce, stuffing and bread

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### Gluten Free Specific

**(GF) Beef Tacos** ground beef, rice, refried beans and onions in corn tortillas. Served with taco toppings

**(GF) Cheese and Chicken Quesadillas** precooked chicken strips, rice, refried beans and onions on gluten free tortillas. Served with guacamole, sour cream and salsa

**(GF) Chicken Fettuccine Alfredo** cubed chicken with roasted red peppers, bell peppers and zucchini. Served with gluten free garlic bread

**(GF) Chicken Pesto Pasta** gluten free penne with gluten free garlic bread

**(GF) Grilled Cheese and Tomato** ham, cheese, tomato and avocados on gluten free bread. Served with tomato soup

**(GF) River Pasta with Chicken** gluten free penne with artichoke hearts, sun dried tomatoes and olives. Served with gluten free garlic bread

**(GF) Shrimp Tacos** shrimp, Spanish rice and black bean tacos. Served with taco toppings

**(GF) Spaghetti and (GF) Meatballs** marinara sauce with bell peppers and mushrooms. Served with gluten free garlic bread

**(GF) Steak Fajitas** with bell pepper, green chilies, avocados, tomatoes and cheese on corn tortillas

**(GF) White Bean and Sausage Penne** gluten free penne with stewed tomatoes and cannellini beans

## DESSERT

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### Quick/ No Cook

**Angel Food Cake**  with fruit topping and whipped cream

**Applesauce**  

**Dark Chocolate Bars**  

**Dark Chocolate Mints**  

**Dried Fruit**   a mix of cranberries, mango and apricots

**Fortune Cookies**  a fun dessert to start/end a trip with

**Frozen Brownies**  precooked brownies

**Frozen Cheesecake Bites**  a variety of plain and flavored cheesecake bites

**Frozen Tropical Fruit**   a mix of peaches, pineapple, mango and strawberry

**Little Debbie Cakes**  assorted types

**Mini Candy Bars**  variety of different candies

**Pepperidge Farms Cookies**  assorted flavors

**Pound Cake**  with fruit topping

**Strawberry Shortcake**  with strawberries and whipped cream

### Average/ Some Cooking

Churros  cream filled churros with cinnamon and sugar

No Bake Cheesecake  no cook, boxed cheesecake mix

S'mores  marshmallows, graham crackers and chocolate

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### Long Cook/ Dutch Oven

Apple Cobbler   made with granny smith apples

Apple Crisp  

Blueberry and Peach Cobbler  

Blueberry Cobbler  

Brownies  

Carrot Cake   with cream cheese frosting

Chocolate Cake   with chocolate frosting

Funfetti Cake   with funfetti frosting

Mixed Berry Cobbler   with whipped cream

Peach Cobbler  

Pineapple Upside Down Cake  

Spice Cake & Frosting   with cream cheese frosting

### GLUTEN FREE SPECIFIC

(GF) Apple Cobbler  

(GF) Blueberry and Peach Cobbler  

(GF) Blueberry Cobbler  

(GF) Brownies  

(GF) Chocolate Cake   with chocolate frosting

(GF) Mixed Berry Cobbler   with whipped cream

(GF) Peach Cobbler  

(GF) Pepperidge Farms Cookies  Gluten free version of Pepperidge Farm cookies

## SIDE DISH

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### No Cook

Caesar Salad   romaine with tomatoes, red onion, croutons and parmesan

**Garden Salad**   iceberg lettuce with tomatoes, avocados, cucumbers, onion, croutons and ranch dressing

**Mixed Green Salad**   mixed greens with tomatoes, avocados, croutons and carrots

**River Slaw**   red and green cabbage with carrots, apples, honey, sunflower seeds and coleslaw dressing

**Spinach Salad**   with sunflower seeds, cranberries and balsamic vinaigrette

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### Average Cook

**Cilantro Lime Rice**   jasmine rice with jalapenos

**Mashed Yams**  

**Roasted Sweet Potatoes**  

## RIG NIGHT DINNERS

Rig Night dinners are provided at an extra cost to groups that wish to celebrate rigging boats with a group dinner on “Night 0”

**Cajun Boil** This river-side, no-dishes, cook-it-all-in-one-giant-pot dinner includes King crab, shrimp, sausage, potatoes, onions, lemons, carrots, buttered corn on the cob, and spices. This meal is cooked by Moenkopi staff!

**Burgers and Brats** Get your trip set up with Burgers, Brats, Appetizers and more to celebrate the expedition you're about to start!

**Pasta Primavera** Enjoy penne pasta with chicken and fresh veggies. This meal also includes garlic bread fixings and an appetizer!