

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

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

Long Cook

Biscuits and Gravy served with eggs and breakfast sausage

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

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

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

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



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


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


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


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



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

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

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



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

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



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

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!