

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, salmon lox, red onion, capers and tomatoes
- * **Salmon Lox on Bagels 2nd Half:** spread of bagels, plain cream cheese, red onion, salmon lox and capers
- * **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:**  cream of wheat with milk, dried fruit and brown sugar


* **Eggs, Bacon, and Hash Browns:** precooked bacon and breakfast potatoes served with flour tortillas, hot sauce, shredded cheese and salsa

* **Ham and Cheese Scramble:**   premade ham and cheese scramble topped with salsa



* **Jack Fruit & Sweet Potato Hash**   premade sweet potato and jack fruit hash served with eggs, flour tortillas, and salsa


* **Oatmeal:**  oatmeal with milk, almond milk, dried fruit, brown sugar, walnuts and honey


* **Oatmeal and Cream of Wheat:**  oatmeal and/or cream of wheat with dried fruit and brown sugar

* **Oatmeal & Bagels:**  oatmeal with milk, almond milk, dried fruit, brown sugar, honey, and walnuts. Served with bagels and cream cheese on the side

* **Oatmeal & Bacon:** precooked bacon with dried fruit, brown sugar, honey and walnuts

* **Pastrami Hash:**   premade pastrami hash served with flour tortillas, eggs, and salsa

* **Quick Bacon Scramble:**  egg scramble cooked with precooked bacon, peppers, spinach, mushrooms and onion. Topped with shredded cheese, avocado and salsa

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


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


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


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

* **Quick Egg Sammies 2nd Half:** eggs and precooked bacon on sliced bread with sliced 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, shredded cheese, salsa and Worcestershire sauce


* **Quick Ham Scramble:**  egg scramble cooked with diced ham, peppers, mushrooms, spinach and onions served with shredded cheese, salsa and avocado


* **Quick Ham Scramble 2nd Half:**  egg scramble cooked with diced ham, mushrooms, spinach and onions. Served with shredded cheese, salsa and guacamole

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

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


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

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

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


* **Sausage and Cheddar Scramble:**   premade sausage and cheddar scramble topped with salsa

* **Strawberry Pancakes w/ Pre-Cooked Bacon:** pancakes topped with strawberries and maple syrup. Served with a side of bacon and eggs


* **Yogurt and Granola with Bagels:**  yogurt and granola served with milk, almond milk, bagels, peanut butter, jelly and cream cheese

* **Yogurt and Granola, with Cold Cereal:**  yogurt and granola served with milk and cereal


* **Yogurt and Granola with English Muffins:**  yogurt and granola served with milk, English muffins, peanut butter and jelly





* **Yogurt and Granola, with Oatmeal:**  yogurt, oatmeal, and granola served with honey and milk

Average Cook

* **Bagels with Hard Boiled Eggs:**  bagels served with peanut butter, jelly and cream cheese with a side of hard boiled eggs

* **Blueberry Pancakes with Bacon and Eggs:** pancakes topped with blueberries and with maple syrup. Served with sides of bacon and eggs cooked your way!


- * **Blueberry Pancakes with Sausage and Eggs:** pancakes topped with blueberries and maple syrup. Served with sides of breakfast sausage and eggs your way!
- * **Breakfast Burritos-Bacon:** flour tortilla filled with bacon, eggs, peppers, potatoes, onion and black beans. Served with sour cream, salsa and shredded cheese
- * **Breakfast Burritos-Bacon 2nd Half:** flour tortilla filled with bacon, eggs, peppers, potatoes, onion and black beans. Served with sour cream, salsa and shredded cheese
- * **Breakfast Burritos-Sausage:** flour tortilla filled with seasoned breakfast sausage, eggs, peppers, potatoes, onion and black beans. Served with sour cream, salsa and shredded cheese
- * **Breakfast Burritos-Sausage 2nd Half:** flour tortilla filled with seasoned breakfast sausage, eggs, peppers, potatoes, onion and black beans. Served with sour cream, salsa and shredded cheese
- * **Breakfast Burritos-Chorizo:** flour tortilla filled with chorizo, eggs, peppers, potatoes, onion and black beans. Served with sour cream, salsa and shredded cheese
- * **Breakfast Burritos-Chorizo 2nd Half:** flour tortilla filled with chorizo, eggs, peppers, potatoes, onion and black beans. Served with sour cream, salsa and shredded cheese
- * **Chilaquiles:**  corn tortillas cooked with eggs, chorizo, and pinto beans, Topped with avocado, shredded cheese, salsa and enchilada sauce
- * **Chorizo and Eggs:** chorizo and eggs served with a flour tortilla, hot sauce, salsa, sour cream, shredded cheese and guacamole
- * **Cold Cereal with Bagels and Hard Boiled Eggs:**  cold cereal and bagels served with milk, jelly, peanut butter, cream cheese and hard boiled eggs
- * **Cold Cereal with Hard Boiled Eggs:**  cold cereal and milk served with hard boiled eggs and hot sauce on the side
- * **Cold Cereal with Hard Boiled Eggs and English Muffins:**  cold cereal and milk served with hard boiled eggs, English muffins, jelly, peanut butter and butter
- * **Egg Muffins:** Canadian bacon, sliced cheese, and eggs served on English muffins with green chilies, tomatoes and avocados
- * **Egg Muffins 2nd Half:** precooked bacon, sliced cheese, and eggs served on English muffins with green chilies and guacamole
- * **Egg Sammies:** bacon, sliced cheese, and eggs served on sliced bread with green chilies, tomatoes and avocados
- * **Egg Sammies 2nd Half:** bacon, sliced cheese, and eggs served on sliced bread served with green chilies


- * **Eggs and Hash browns:**  eggs and hashbrowns served with flour tortillas, hot sauce, shredded cheese and salsa
- * **Eggs, Bacon, and English Muffins:** eggs, bacon, and English muffins served with peanut butter, jelly and butter
- * **Eggs Bandejo:** eggs served on Spanish rice and pinto beans. Topped with salsa and shredded cheese and served with a side of breakfast sausage
- * **Eggs Benedict:** eggs and Canadian bacon served on English muffins and topped with hollandaise and asparagus
- * **French Toast and Bacon:** Thick sliced French toast topped with syrup and cinnamon, and served with a side of bacon
- * **Blueberry French Toast with Bacon:** Thick sliced French toast topped with syrup and blueberries. Served with a side of bacon
- * **French Toast and Breakfast Sausage:** Thick sliced French toast topped with syrup, and served a side of breakfast sausage
- * **Blueberry French Toast with Breakfast Sausage:** Thick sliced French toast topped with blueberries and syrup. Served with a side of breakfast sausage
- * **Gallo Pinto:** eggs, bacon, onion and black beans served on white rice, and topped with avocado, shredded cheese, salsa and Worcestershire sauce. Comes with flour tortillas on the side
- * **Huevos Rancheros:** eggs, Spanish rice, refried beans, tomatoes and green chilies cooked in ranchero salsa and served with corn tortillas, salsa, shredded cheese and a side of bacon
- * **Kayaker Quinoa:**   precooked quinoa served with milks, almonds, dried fruit, brown sugar and honey
- * **Oatmeal and Hard Boiled Egg:**  oatmeal served with milk, dried fruit, almonds and brown sugar coupled with hard boiled eggs
- * **Pancakes, Eggs, and Bacon:** pancakes topped with mixed berries and maple syrup. Served with eggs your way and bacon on the side
- * **Strawberry Pancakes and Eggs with Bacon:** pancakes topped with strawberries and maple syrup. Served with eggs your way and bacon on the side
- * **Pancakes, Eggs, and Breakfast Sausage:** pancakes topped with mixed berries and maple syrup. Served with eggs your way and breakfast sausage on the side
- * **Potatoes, Avocado Toast, & Bacon:** sliced bread toasted and topped with mashed avocado, onion, and hot sauce. Comes with sides of potatoes and bacon

* **Scrommlets and Bacon:** eggs cooked with bacon, peppers, spinach, onions, and mushrooms. Topped with shredded cheese and served with English muffins and butter on the side

* **Scrommlets and Breakfast Sausage:** eggs cooked with breakfast sausage, peppers, spinach, onions, and mushrooms. Topped with shredded cheese and served with English muffins and butter on the side

* **Scrommlets and Bacon/Breakfast Sausage 2nd Half:** eggs cooked with bacon or breakfast sausage, peppers, onions, spinach and mushrooms. Served with English muffins and butter on the side

* **Breakfast Tacos:**  seasoned chorizo, potatoes, onions, peppers and eggs served on corn tortillas. Topped with shredded cheese and salsa


* **Breakfast Tacos 2nd Half:**  seasoned chorizo, potatoes, onions, peppers and eggs served on corn tortillas topped with shredded cheese and salsa

* **Yogurt, Granola, Bacon and Hard Boiled Eggs:** yogurt and granola served with milk and honey. Served with hard boiled eggs and precooked bacon on the side

Long Cook


* **Biscuits and Gravy:** biscuits topped with gravy, and served with sides of powered eggs, breakfast sausage, and hot sauce


Gluten Free Specific **ALL ITEMS BELOW ARE GLUTEN FREE**


* **Bagels with Hard Boil Eggs:**  gluten free bagels served with peanut butter, jelly, cream cheese and hard boiled eggs

* **Berry Pancakes and Eggs with Bacon:** gluten free pancakes topped with strawberries and maple syrup. Served with sides of eggs cooked your way and bacon

* **Burritos:** black beans, peppers, potatoes, eggs, bacon and onions served on gluten free tortillas. Topped with sour cream, salsa, and shredded cheese


* **Cereal with Hardboiled Eggs:**  cold gluten free cereal and milk served with hard boiled eggs and hot sauce on the side


* **Cold Cereal with Bagels:**  cold gluten free cereal with milk served with gluten free bagels, cream cheese, jelly and peanut butter

* **Cold Cereal with Oatmeal:**  cold gluten free cereal and gluten free oatmeal served with milk

* **Egg Sammies:** eggs, bacon, and sliced cheese served on gluten free bread. Topped with avocado, tomato and green chilies

* **Eggs, Bacon, and Toast:** eggs, bacon, and gluten free toast served with peanut butter and jelly

* **Oatmeal:**  gluten free oatmeal, milk, and almond milk served with dried fruit, walnuts, brown sugar and honey

* **Oatmeal and Hard Boiled Eggs:**  gluten free oatmeal and milk served with dried fruit, almonds, and brown sugar. Served with hard boiled eggs on the side

* **Pancakes, Eggs, and Bacon:** gluten free pancakes topped with mixed berries and maple syrup. Served with sides of eggs cooked your way and bacon

* **Pancakes, Eggs, and Sausage:** gluten free pancakes topped with mixed berries and maple syrup. Served with sides of eggs cooked your way and breakfast sausage

* **Quick Steak Breakfast Burritos:** precooked steak strips with eggs, black beans, peppers and onions served in a gluten free tortilla. Topped with shredded cheese, guacamole, sour cream and salsa

* **Quick Steak Breakfast Tacos:** seasoned precooked steak strips, eggs, black beans, peppers and onions served on corn tortillas. Topped with shredded cheese, guacamole, sour cream and salsa

* **Salmon Lox on Bagels:** salmon lox served on gluten free bagels with cream cheese, tomatoes, red onion, and capers

* **Scrommlets and Bacon:** eggs cooked with peppers, spinach, mushrooms and onions, and served with gluten free toast and a side of bacon

* **Scrommlets and Breakfast Sausage:** eggs cooked with peppers, spinach, mushrooms and onions served on gluten free bread with sliced cheese and a side of breakfast sausage

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:** bagels layered with sliced deli ham, bell pepper, cucumber, tomato, avocado, romaine lettuce and veggie cream cheese


* **Bagel Sandwiches 2nd Half:** bagels layered with sliced deli turkey, sliced cheese, red onion, cabbage, and veggie cream cheese

* **BLTA:** precooked bacon, romaine lettuce, tomato and avocado layered in between sliced bread


* **Caprese Salad Sandwich:** salami, pesto, mozzarella, tomato, basil, and balsamic glaze layered in between sliced bread

* **Cheese and Crackers with Salami:** cheese, crackers, and salami served with spicy mustard


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

- * **Cold Cut Sammies 2nd Half:** sliced deli chicken or turkey with sliced cheese, guacamole and red onion on sliced bread
- * **Cold Cut Wraps:** sliced deli chicken or turkey with sliced cheese, romaine lettuce, avocado, red onion and tomatoes wrapped in a flour tortilla
- * **Cold Cut Wraps 2nd Half:** sliced deli chicken or turkey with sliced cheese, guacamole and red onion wrapped in a flour tortilla
- * **Cuban Wrap:** sliced deli ham and sliced Swiss cheese with pickle spears, spicy mustard and precooked bacon wrapped in a flour tortilla
- * **Hummus Pitas:** sliced cheese, tomato, bell pepper, cucumbers, carrots and hummus layered in pita bread. Served with beef jerky and trail mix on the side
- * **Hummus Pitas 2nd Half:** sliced deli turkey and sliced cheese layered on pita bread with bell peppers, carrots, and hummus. Served with a side of beef jerky
- * **Lox on Bagels with Cream Cheese:** salmon lox, cream cheese, onion, capers and tomato served on a bagel
- * **Lox on Bagels with Cream Cheese 2nd Half:** salmon lox, cream cheese, onions and capers served on a bagel
- * **Nutella and Jelly:** Nutella hazelnut spread and jelly served with sliced bread
- * **Peanut Butter and Jelly:**  an American classic for a quick and easy lunch! Peanut butter and jelly served on sliced bread
- * **Reuben Pitas:** sliced deli pastrami and sliced cheese served with thousand island dressing and sauerkraut on pita bread
- * **Reuben Wraps:** sliced deli pastrami and sliced cheese served with thousand island dressing and sauerkraut on a flour tortilla
- * **Roast Beef Wraps:** sliced roast beef and sliced cheddar cheese with tomatoes, avocados and red onions served on a flour tortilla
- * **Roast Beef Wraps 2nd Half:** sliced roast beef and sliced cheddar cheese layered with guacamole, diced tomato and red onions served on a flour tortilla
- * **Turkey and Swiss Pitas:** sliced deli turkey and sliced Swiss cheese with guacamole, romaine lettuce and cucumber served on pita bread
- * **Turkey and Swiss Pitas 2nd Half:** sliced deli turkey and Swiss cheese with guacamole served on pita bread
- * **Turkey and Swiss Wraps:** sliced deli turkey and Swiss cheese with guacamole, romaine lettuce and cucumber served on a flour tortilla

* **Turkey and Swiss Wraps 2nd Half:** sliced deli turkey and sliced Swiss cheese with guacamole served on a flour tortilla


* **Veggie Bagel Sandwiches:**  bell pepper, cucumber, tomato, avocado, romaine lettuce and veggie cream cheese served on a bagel

* **Veggie Bagel Sandwiches 2nd Half:** sliced deli turkey and sliced cheese with onions, red cabbage and veggie cream cheese served on a bagel

* **Veggie Pitas:**  zucchini, cucumber, bell pepper, yellow squash, romaine lettuce, tomato, avocado, onions and ranch dressing served on pita bread

* **Veggie Pitas 2nd Half:** sliced deli turkey and sliced cheese with diced tomato, green cabbage, onions, asparagus, avocado, ranch dressing and hummus served on pita bread

Morning Prep

* **Black Bean and Corn Quinoa Salad:**  seasoned black bean, quinoa, corn, cherry tomatoes, romaine lettuce and avocados dressed with a creamy cilantro dressing and lime and served with flour tortillas

* **Chicken Caesar Pitas:** canned chicken with romaine lettuce, olives, red onions, parmesan cheese and Caesar dressing served on pita bread

* **Chicken Caesar Pitas 2nd Half:** canned chicken with cabbage, olives, red onions, parmesan cheese, and Caesar dressing served on pita bread

* **Chicken Caesar Wraps:** canned chicken with romaine lettuce, olives, red onions, parmesan cheese and Caesar dressing served on a flour tortilla

* **Chicken Caesar Wraps 2nd Half:** canned chicken with cabbage, olives, red onions, parmesan cheese, and Caesar dressing served on a flour tortilla

* **Chicken Curry Wraps:** canned chicken, green curry, mayo, tomatoes, avocados, romaine lettuce and sliced cheese served in a flour tortilla

* **Chicken Curry Wraps 2nd Half:** canned chicken, green curry, mayo, avocados, cabbage and sliced cheese served in a flour tortilla

* **Chicken Salad Pitas:** chicken salad with celery, tomatoes, romaine lettuce, avocados, sliced cheese and red onions served on pita bread


* **Chicken Salad Pitas 2nd Half:** chicken salad with tomatoes, guacamole, sliced cheese and red onion served on pita bread

* **Healthy Tuna Salad:** tuna salad with bell pepper, celery, lemon juice and red onions served with pita bread

* **Healthy Tuna Salad 2nd Half:** tuna salad with bell pepper, cabbage, lemon juice and red onions served with pita bread


* **Mediterranean Tuna Salad:** tuna salad with Kalamata olives, tomatoes, bell pepper, feta cheese, cucumbers, red onions and vinaigrette served with pita bread


* **Mediterranean Tuna Salad Pitas 2nd Half:** tuna salad with black olives, sun dried tomatoes, roasted red peppers, feta cheese, bell pepper, red onions and vinaigrette served with pita bread

* **Mexi Wraps:**  seasoned black beans, pinto beans, tomatoes, green chilies, corn with taco seasoning served on flour tortillas and topped with sour cream, guacamole, shredded cheese, olives and salsa

* **Sweet Chicken Salad:** chicken salad with celery, romaine lettuce, tomatoes, avocados, sliced cheese, balsamic vinaigrette, cranberries, almonds, red onions and apples served with pita bread

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

* **Taco Salad:**  seasoned black beans, kidney beans, pinto beans, tomatoes, corn and green chilies and taco seasoning served on flour tortillas and topped with sour cream, romaine lettuce, guacamole, and salsa. Comes with tortilla chips and beef jerky on the side

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

* **Tuna Salad:** tuna salad with celery, romaine lettuce, tomatoes, sliced cheese, and red onions served with pita bread

* **Tuna Salad 2nd Half:** tuna salad with celery, cabbage, diced tomatoes, sliced cheese and red onions served with pita bread

Requires pre-cooking/cooking

* **Black Bean Wraps:** seasoned black beans, romaine lettuce, tomatoes, cucumbers, sour cream, cheese, guacamole, green chilies and salsa served on a flour tortilla

* **Black Bean Wraps 2nd Half:** seasoned black beans, green cabbage, sour cream, guacamole, cheese, green chilies and salsa served on a flour tortilla

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

* **Egg Salad Sandwiches:** yellow onions, tomatoes, avocados, relish and sliced cheese on sliced bread served with a side of trail mix

* **Egg Salad Pitas 2nd Half:** yellow onions, tomatoes, relish, sliced cheese and guacamole served on sliced bread with a side of trail mix

* **Grilled Ham and Cheese & Tomato Soup:** grilled Texas toast with sliced cheese, sliced deli ham, avocados, and tomatoes with a side of hot tomato soup

* **Grilled Ham and Cheese 2nd Half:** grilled Texas toast with sliced deli ham and sliced cheese with guacamole and a side of hot tomato soup

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

* **Tostadas:** seasoned refried beans, tomatoes, and green chilies served on crispy corn tortillas topped with shredded cheese, guacamole, romaine lettuce, salsa with a side of tortilla chips

* **Tostadas 2nd Half:** seasoned refried beans and green chilies served on crispy corn tortillas topped with shredded cheese, guacamole, cabbage, salsa with a side of tortilla chips

Gluten Free Specific  ****ALL ITEMS BELOW ARE GLUTEN FREE****


* **BLTA:** precooked bacon, romaine lettuce, tomato and avocado on gluten free sliced bread


* **Cold Cut Sammies:** sliced deli chicken or turkey with sliced cheese, romaine lettuce, avocado, red onions and tomatoes served on gluten free sandwich bread

* **Cold Cut Lettuce Wraps:** sliced deli chicken or turkey with sliced cheese, avocado, red onions and tomatoes wrapped in romaine lettuce leaves in lieu of bread

* **Crackers and Cheese with Salami:** crackers, cheese, and salami served with spicy mustard and trail mix


* **Lox on Bagels with Cream Cheese:** salmon lox, cream cheese, tomatoes, capers and red onions served on gluten free bagels

* **Peanut Butter and Jelly:**  an American classic for a quick and easy lunch! Peanut butter and jelly served on gluten free sliced bread

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

* **Roast Beef Wraps:** sliced roast beef and sliced cheese with romaine lettuce, tomatoes, avocados and red onion on gluten free tortillas


* **Healthy Tuna Salad Lettuce Wraps:** tuna salad with celery, bell pepper, lemon juice and red onion wrapped in romaine lettuce leaves





























* **Veggie Bagel Sandwiches:**  gluten free bagels with veggie cream cheese, bell peppers, cucumbers, tomatoes, avocados and romaine lettuce











APPETIZERS

No Cook


* **Antipasto Salad:** sliced salami, Capicola ham, pepperoni, cherry tomatoes, bell peppers, mozzarella, black olives, artichoke hearts dressed with Italian dressing

* **Apples and Nutella:**  apples with a sweet hazelnut twist





- * **Apples and Peanut Butter:**   apples with peanut butter
- * **Brie and Crackers:**  crackers served with brie and dried cranberries
- * **Bruschetta:**  assorted bruschetta served with pita chips
- * **Caesar Salad:**  romaine lettuce with tomatoes, red onion, croutons, parmesan and Caesar dressing
- * **Cheese and Crackers:**  assorted cheeses served with crackers
- * **Cheese and Crackers with Salami:** assorted cheeses, sliced salami, and crackers served with spicy mustard
- * **Chips and Dip:**  potato chips served with onion dip
- * **Crisp Peas:**   snap peas served with ranch dressing
- * **Garden Salad:**  romaine lettuce with tomatoes, avocados, cucumbers, onion, croutons and dressing with ranch dressing
- * **Goldfish:**  baked goldfish crackers
- * **Hummus and Pita Chips:**  hummus served with pita chips
- * **Hummus and Veggies:**   hummus served with bell pepper, cucumber and baby carrots
- * **Mango Salsa and Chips:**   tortilla chips served with a sweet chunky mango salsa
- * **Mixed Green Salad:**  mixed greens with avocados, tomatoes, croutons and carrots dressed with balsamic dressing
- * **Mixed Nuts:**   assorted salted mixed nuts
- * **Olive Tapenade:**  savory spread served with crackers
- * **Pesto Cream Cheese:**  cream cheese topped with pesto and served with crackers
- * **Pesto Cream Cheese and Veggies:**   cream cheese topped with pesto and served with bell peppers and baby carrots
- * **Pretzels and Cheese Dip:**  pretzels served with a savory herb and cheese dip
- * **Smoked Gouda and Crackers:**  smoked gouda served with crackers
- * **Smoked Gouda with Salami:** smoked gouda and sliced salami served with crackers and spicy mustard
- * **Smoked Gouda with Summer Sausage:** smoked gouda and summer sausage served with crackers and spicy mustard
- * **Smoked Oysters:** smoked oysters served with capers, cheese and crackers
- * **Spinach Dip:**  spinach dip served with crackers
- * **Spinach Dip and Veggies:**   spinach dip served with bell peppers and baby carrots





- * **Spinach Salad:**   fresh spinach with sunflower seeds, cranberries, bell peppers, croutons and avocados dressed with balsamic dressing
- * **Tomato and Mozzarella Sliders:**   fresh tomato slices topped with mozzarella, balsamic glaze and fresh basil
- * **Tomato Mozzarella Salad Dip:**  fresh diced tomatoes mixed with mozzarella and dressed with balsamic vinegar and dried basil and served with pita chips
- * **Tortilla Chips, Salsa, and Guacamole:**   tortilla chips served with guacamole and salsa on the side
- * **Train Wreck:**   black beans mixed with green chilies, salsa and cream cheese, and served with tortilla chips
- * **Veggies and Dip:**  ranch dressing served with baby carrots, cucumbers and bell pepper

Cooking Required

- * **Boneless Wings:** boneless chicken wings with celery, baby carrots served with a side of ranch
- * **Chicken Noodle Soup:** canned chicken noodle soup served with saltine crackers
- * **Cream of Chicken Soup:** canned cream of chicken soup served with saltine crackers
- * **Edamame:**   steamed edamame served with tamari soy sauce
- * **Egg Rolls:**  fried veggie spring rolls served with sweet and sour sauce
- * **Hearty Vegetable Soup:**   veggie soup served with baby carrots and onions
- * **Mac and Cheese:**  Velveeta shells mac and cheese
- * **Quesadillas:**  flour tortillas filled with melted shredded cheese
- * **Shrimp and Mango Salsa Shuttles:**  shrimp and mango salsa served on red cabbage leaves
- * **Squash Soup:**   hot butternut squash soup
- * **Tostadas:**   crispy corn tortillas topped with refried beans, salsa and shredded cheese
- * **Veggie Soup:**   hot veggie soup

Gluten Free Specific








- * **Brie and Crackers:**  gluten free crackers served with brie and dried cranberries
- * **Bruschetta and Crackers:**  assorted bruschetta served with gluten free crackers
- * **Cheese and Crackers:**  assorted cheeses served with gluten free crackers
- * **Chips and Dip:**  potato chips served with onion dip

- * **Olive Tapenade Crackers:**  savory spread served with gluten free crackers
- * **Pesto Cream Cheese Crackers:**  cream cheese topped with pesto and served with gluten free crackers
- * **Smoked Gouda and Crackers:**  smoked gouda served with gluten free crackers
- * **Spinach Dip:**  spinach dip served with gluten free crackers

DINNER


Quick Cook (usually 30 minutes or less)


- * **Quick Beef Bowls:**  precooked steak strips, stir fry veggies and radishes served over white rice and topped with Sriracha mayo
- * **Quick Beef Bowls 2nd Half:**  precooked steak strips, stir fry veggies and edamame served over white rice topped with Sriracha mayo
- * **Quick Brussel Sprout and Black Bean Tacos:**   seasoned Brussel sprouts, sweet potato, and black beans served in a corn tortilla topped with onions and shredded cheese and lime juice
- * **Cheese and Chicken Quesadillas:** flour tortillas filled with seasoned precooked chicken and shredded cheese topped with hot sauce, sour cream, and guacamole served with a side of refried beans and Spanish rice
- * **Quick Chicken and Quinoa:**  precooked chicken and quinoa with zucchini, squash, bell pepper, cauliflower and parmesan cheese
- * **Quick Chicken and Quinoa 2nd Half:**  precooked chicken and quinoa with peppers, onions, cauliflower and parmesan cheese
- * **Quick Chicken Bowls:**  precooked chicken strips, stir fry veggies and radishes over white rice and Topped with Sriracha mayo
- * **Quick Chicken Breasts:**  precooked chicken breasts cooked in BBQ sauce along with sides of brown rice and green beans
- * **Quick Chicken & Cauliflower Curry:**  precooked chicken strips and cauliflower cooked in green curry and coconut cream with onions, spinach, squash, zucchini and bell pepper served over white rice
- * **Quick Chicken Curry:**  precooked chicken strips cooked in green curry and coconut cream with onion, spinach, squash, zucchini and bell pepper and served over white rice

- * **Quick Chicken Curry 2nd Half:**  precooked chicken strips cooked in green curry and coconut cream with stir fry veggies, onions and potatoes served over white rice
- * **Quick Chicken Stir Fry:**  precooked chicken strips cooked with stir fry veggies and cabbage and served over brown rice
- * **Quick Chicken Tacos:**  seasoned precooked chicken strips served on corn tortillas with onions, sour cream, salsa, guacamole, and shredded cheese with sides of Spanish rice and black beans
- * **Quick Pesto Chicken Gnocchi:** gnocchi and precooked chicken strips cooked with pesto, bell peppers and snap peas served with a side of garlic bread
- * **Quick Pesto Chicken Gnocchi 2nd Half:** gnocchi and precooked chicken strips cooked with pesto and roasted red peppers served with a side of garlic bread
- * **Quick Seared Cod and Quinoa:**  seared cod fillets cooked with stir fry veggies served with quinoa and topped capers and lemon juice
- * **Quick Steak Fajitas:** seasoned precooked steak strips cooked with bell peppers and onions. Served on flour tortillas and topped with shredded cheese, salsa, sour cream, and guacamole
- * **Quick Steak Fajitas 2nd Half:** seasoned precooked steak strips cooked with bell peppers and onions. Served on flour tortillas and topped with shredded cheese, salsa, sour cream, and guacamole
- * **Quick Steak & Sweet Potato Fajitas:** seasoned precooked steak strips with black beans, sweet potatoes, bell peppers, and onions. Served on flour tortillas and topped with salsa, sour cream, guacamole, and shredded cheese
- * **Quick Steak Tacos:**  seasoned precooked steak strips served on corn tortillas topped with salsa, sour cream, guacamole, and shredded cheese. Served with sides of Spanish rice and black beans
- * **Quick Sweet and Sour Chicken:**  precooked chicken strips cooked with bell pepper and onions in sweet and sour sauce and pineapple, and served on white rice
- * **Quick Sweet and Sour Chicken 2nd Half:**  precooked chicken strips cooked with bell pepper and onions in sweet and sour sauce and pineapple, and served on white rice
- * **Quick Teriyaki Chicken Bowls:** precooked chicken strips cooked with stir fry veggies and cauliflower in a teriyaki sauce, and served over a bed white rice
- * **Quick Thai Noodles:** Thai noodles cooked in with precooked chicken, bell pepper, water chestnuts, baby corn, cabbage, mushrooms and onions in a Thai peanut sauce
- * **Quick Thai Noodles 2nd Half:** Thai noodles cooked in with precooked chicken, roasted red pepper, water chestnuts, baby corn, cabbage, mushrooms and onions in a Thai peanut sauce
- * **Tortellini w/ Chicken** precooked chicken strips cooked with tortellini and marinara, and served with sides of garlic bread and green beans


Average Cook (usually 30 to 45 minutes)


- * **Artichoke Lasagna:**   premade artichoke lasagna with garlic bread and green beans


* **BBQ Brisket:**  premade BBQ brisket served on hamburger buns with sides of sweet and baked beans


* **BBQ Pulled Chicken:**  premade BBQ chicken served on hamburger buns with sides of corn and mashed potatoes


* **BBQ Pulled Pork:**  precooked BBQ pork served on hamburger buns with sides of baked beans and sweet potatoes

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

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

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

* **Bean and Cheese Chili Rellenos:**  premade bean and cheese filled rellanos with sides of Spanish rice and refried beans

* **Bean and Potato Tacos:**  seasoned refried beans and potatoes served in flour tortillas and topped with shredded cheese, sour cream, green chilies, diced tomatoes, olives, salsa, red onion and cabbage. Served with a side of Spanish rice

* **Beef Chili:** slow cooked beef chili served with saltine crackers and topped with shredded cheese and sour cream



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



* **Beef Stir Fry:** cubed beef cooked in a stir fry sauce with zucchini, bell pepper, snap peas, cabbage, water chestnuts, baby corn, bean sprouts and onion and served on a bed of jasmine rice

* **Beef Stir Fry 2nd Half:** cubed beef cooked in a stir fry sauce with stir fry veggies and cauliflower, and served on a bed of jasmine rice


* **Beef Stroganoff:** cubed beef and wide egg noodles cooked in cream of mushroom soup with snap peas, squash, and onions. Topped with sour cream and served with garlic bread


* **Beef Tacos:** seasoned ground beef cooked with green chilies and onions, served on corn tortillas, and topped with guacamole, sour cream, salsa, chopped cabbage, olives, and shredded cheese. Served with sides of refried beans and Spanish rice.


* **Cauliflower and Potato Curry:**   cauliflower and potatoes cooked in green curry and coconut cream with carrots, squash, onion and served on jasmine rice

* **Cauliflower and Potato Curry 2nd Half:**   cauliflower and potatoes cooked in green curry and coconut cream with carrots, onion and served on jasmine rice

* **Chicken Burritos:** seasoned cubed chicken cooked with dice green chilies and onions, served in a flour tortilla, and topped with salsa, cabbage, shredded cheese, sour cream, avocados, and olives. Served with sides of black beans and Spanish rice

* **Chicken Curry:**  cubed chicken cooked with green curry, coconut cream, potatoes, onions, peppers, and served with a side of jasmine rice

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

* **Chicken Enchiladas:**  premade chicken enchiladas served with refried beans and Spanish rice, and topped with sour cream, guacamole, cabbage, and diced tomatoes


* **Chicken Fajitas:** seasoned chicken fajita meat with bell pepper served in flour tortillas, and topped with shredded cheese, tomatoes, red onion, green chilies and avocados. Served with a side of black beans

* **Chicken Fettuccine Alfredo:** cubed chicken cooked with roasted red peppers in alfredo sauce served with fettuccine noodles, and topped with parmesan cheese. Comes with a side of garlic bread


* **Chicken Pesto Pasta:** cubed chicken cooked in pesto and served on angel hair pasta. Comes with a side of garlic bread

* **Chicken Sausages:** Applewood smoked sausages served in brat buns with sides of chips, long grain wild rice, corn and baked beans. Can be topped with spicy mustard and/or ketchup


* **Chicken Stir Fry:** cubed chicken, zucchini, bell peppers, snap peas, cabbage, water chestnuts, baby corn, onions and bean sprouts cooked in a stir fry sauce and served on jasmine rice


* **Chicken Tacos:**  seasoned cubed chicken cooked with onion and green chilies, served in corn tortillas, and topped with sour cream, salsa, guacamole, diced tomatoes, and chopped cabbage. Served with sides of refried beans and Spanish rice

* **Cremini Panini:** toasted sliced bread filled with sliced Swiss cheese, cremini mushrooms, avocado, pesto, mayonnaise, and roasted red peppers. Served with long grain wild rice as a side

* **Eggplant Parmesan:**  premade eggplant parmesan served with spaghetti, green beans and a side of garlic bread


* **Fettuccine Alfredo with Chicken Sausage:** fettuccine noodles and smoked chicken sausage cooked in alfredo sauce with roasted red pepper, bell pepper, and zucchini. Topped with parmesan and served with a side of garlic bread


* **Fettuccine Alfredo (No Meat):**  fettuccine noodles cooked in alfredo sauce with roasted red peppers, bell pepper, and zucchini. Topped with parmesan and served with a side of garlic bread

* **Fish Tacos:**  seared cod served in corn tortillas and topped with bell peppers, cabbage, tomatoes, avocados, sour cream, diced green chilies, salsa, shredded cheese, and lime. Served with sides of Spanish rice and black beans.


* **Grilled Ham Cheese & Tomato Soup:** Texas toast grilled with deli ham and sliced cheese. Served with tomato soup and avocado

* **Italian Sausage Lasagna:**  premade Italian sausage lasagna served with garlic bread and green beans on the side

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

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

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

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

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

* **Meatballs & Penne:**  premade beef meatballs served with penne pasta, mushrooms, marinara with a side of garlic bread

* **Pasta Primavera with Chicken:** penne pasta cooked with cubed chicken, squash, zucchini, carrots, bell peppers, grape tomatoes, and asparagus. Served with sides of garlic bread and green beans


* **Pasta Primavera with Chicken Sausage:** penne pasta cooked with chicken sausage, squash, zucchini, carrots, bell peppers, grape tomatoes, and asparagus. Served with sides of garlic bread and green beans

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

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

* **Pesto Gnocchi with Andouille:** gnocchi cooked in pesto with andouille sausage, snap peas, bell peppers, cauliflower and a side of garlic bread

* **Pesto Gnocchi with Andouille 2nd Half:** gnocchi cooked in pesto with andouille sausage, cauliflower, and roasted red peppers. Comes with a side of garlic bread

* **Pork Pozole & Quesadillas:**  premade pork pozole topped with shredded cheese, sour cream, and avocado. Served with a side of cheese quesadillas


* **Pork Stir Fry:** brown rice and cubed pork cooked with cauliflower, carrots, bell peppers, onions, and celery in a Thai peanut sauce

* **River Pasta with Chicken:** penne pasta and cubed chicken cooked with artichoke hearts, sun dried tomatoes, olives, and topped with parmesan. Served with a side of garlic bread

* **Salmon Burgers:** grilled salmon burgers served on hamburger buns with tomatoes, red onion, capers, horseradish, and cocktail sauce. Comes with a side of baked beans

* **Shrimp Curry:**  jasmine rice and shrimp cooked with green curry, coconut cream, bell peppers, carrots and potatoes

* **Shrimp Scampi:** angel hair pasta and shrimp cooked in butter and served with sides of green beans and garlic bread


* **Shrimp Tacos:**  seasoned grilled shrimp cooked with onions and bell peppers served in corn tortillas. Topped with sour cream, avocado, diced tomatoes, shredded cheese, salsa, and olives. Comes with sides of Spanish rice and black beans


* **Sloppy Joes:** seasoned ground beef cooked with onion and served on hamburger buns. Comes with sides of green beans and Velveeta shell mac and cheese

* **Spaghetti and Meatballs:** beef meatballs and spaghetti noodles cooked in marinara with mushrooms and bell peppers, and topped with parmesan. Comes with a side of garlic bread

* **Spaghetti and Meatballs 2nd Half:** beef meatballs and spaghetti noodles cooked in marinara with mushrooms and roasted red peppers. Topped with parmesan and served with a side of garlic bread

* **Spaghetti and Turkey:** ground turkey and spaghetti noodles cooked in marinara with bell peppers, marinara and mushrooms. Topped with parmesan and served with a side of garlic bread

* **Spaghetti and Veggies:**  spaghetti noodles cooked in marinara with mushrooms, bell peppers, zucchini, squash. Topped with parmesan and served with a side of garlic bread


* **Spinach Enchiladas:**  premade spinach enchiladas served with refried beans, Spanish rice, and topped with diced tomatoes, salsa, sour cream, chopped cabbage, and guacamole


* **Steak Fajitas:** seasoned steak fajita meat cooked with onion, bell pepper, and green chilies and served with flour tortillas. Topped with tomatoes, avocados, shredded cheese, sour cream, and salsa


* **Steak & Chicken Fajitas:** seasoned steak and chicken fajita meat cooked with onion, bell pepper, and green chilies and served with flour tortillas. Topped with tomatoes, avocados, shredded cheese, sour cream, and salsa


* **Steak & Salmon Fajitas:** seasoned steak and salmon fajita meat cooked with onion, bell pepper, and green chilies and served with flour tortillas. Topped with tomatoes, avocados, shredded cheese, sour cream, and salsa


* **Steak & Shrimp Fajitas:** seasoned shrimp and steak fajita meat cooked with onion, bell pepper, and green chilies and served with flour tortillas. Topped with tomatoes, avocados, shredded cheese, sour cream, and salsa


* **Stuffed Italian Chicken:**  premade stuffed Italian chicken served with sides of couscous and corn


* **Stuffed Mexican Chicken:**  premade stuffed Mexican chicken served with Spanish rice, corn tortillas, shredded cheese, salsa and green beans


* **Stuffed Pork Loin:**  premade stuffed pork loin served sides of with mashed potatoes and corn

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

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



* **Sweet and Sour Pork:**  premade sweet and sour pork served with jasmine rice


* **Taco Stuffed Bell Peppers:**  peppers stuffed with seasoned ground beef and shredded cheese. Topped with tomatoes, cabbage, avocado, sour cream, and salsa, and served with sides of tortilla chips and Spanish rice


* **Tamales Calabacitas:**  premade squash tamales served with Spanish rice, tortilla chips and salsa

* **Thai Cashew Chicken and Rice:** brown rice and cubed chicken cooked in a Thai peanut sauce with stir fry veggies, onion, zucchini and cashews


* **Three Cheese Ravioli and Frozen Meatballs:** cheese ravioli and beef meatballs cooked in marinara sauce. Served with sides of green beans and garlic bread



* **Tofu Curry:**   jasmine rice and tofu cooked with green curry, coconut cream, potatoes, onion, carrots, squash and bell peppers

* **Tofu Stir Fry:**  jasmine rice and tofu cooked with zucchini, bell peppers, snap peas, cabbage, water chestnuts, baby corn and bean sprouts in a stir fry sauce

* **Tofu Stir Fry 2nd Half:**  jasmine rice and tofu cooked with stir fry veggies, cabbage, water chestnuts, baby corn, bean sprouts and onion in a stir fry sauce


* **Turkey Chili:** seasoned ground turkey and bean chili served with saltines, canned corn, and corn bread

* **Turkey Taco Stuffed Bell Peppers:**  peppers stuffed with seasoned ground turkey and shredded cheese. Topped with tomatoes, avocado, and salsa and served with sides of Spanish rice and tortilla chips

* **Veggie Chili:**   seasoned plant based ground meat chili with sides of Spanish rice and saltine crackers

* **White Bean and Sausage Rigatoni:** andouille sausage, cannellini beans, and rigatoni pasta cooked with stewed tomatoes. Topped with parmesan and served with garlic bread

Long Cook (an hour or longer)


* **Beef Enchiladas:**  layered corn tortillas, seasoned ground beef, diced tomatoes, onions, shredded cheese, green chilies, and enchilada sauce cooked in a dutch oven. Served with sides of refried beans and Spanish rice and topped with cabbage, guacamole and more shredded cheese

* **Brats:** grilled brats topped with tomatoes, sauerkraut, spicy mustard, and ketchup on a brat bun with canned corn, chips, and baked beans on the side


* **Brats 2nd Half:** grilled brats topped with tomatoes, sauerkraut, spicy mustard, and ketchup on a brat bun with canned corn, chips, and baked beans on the side


* **Cheeseburgers:** grilled beef hamburger patties and sliced cheese on a hamburger bun and topped with lettuce, tomatoes, avocados, pickles, onion, and ketchup. Served with sides of green beans and baked beans.


* **Cheeseburgers 2nd Half:** grilled beef hamburger patties and sliced cheese on a hamburger bun and topped with, guacamole, pickles, onion, and ketchup. Served with sides of green beans and baked beans.

* **Chicken Enchiladas:**  cubed chicken and onions layered with corn tortillas, shredded cheese, enchilada sauce, and green chilies. Topped with chopped green cabbage, sour cream, and guacamole and served with sides of refried beans and Spanish rice

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

* **Grilled Ahi Tuna with Wild Rice:**  grilled ahi tuna steaks cooked in a teriyaki sauce with stir fry veggies. Served with long grain wild rice and bread


* **Grilled BBQ Chicken:**  grilled chicken breast in BBQ sauce served with cauliflower, green beans and long grain wild rice

* **Grilled Halibut with Wild Rice:**  grilled halibut steaks served with asparagus, long grain wild rice, and bread


* **Grilled Halibut with Wild Rice 2nd Half:**  grilled halibut steaks served with Brussel sprouts, long grain wild rice, and bread



* **Grilled Herb Chicken:** grilled herb and garlic chicken breasts served with long grain wild rice, bread and green beans



* **Grilled Lamb Chops:**  grilled lamb chops served with green beans and mashed potatoes



* **Grilled Pork Chop:**  grilled BBQ pork chops served with green beans, apple sauce, mashed potatoes, and bread

* **Grilled Teriyaki Chicken:** grilled teriyaki chicken breasts served with stir fry veggies and long grain wild rice


* **Grilled Veggies and Quinoa:**  grilled bell peppers, onion, squash, and zucchini served with cooked quinoa, and topped with feta and parmesan. Served with pita bread and hummus


* **Grilled Wild Salmon:**   grilled wild salmon with asparagus and mashed potatoes


* **Grilled Wild Salmon 2nd Half:**   grilled wild salmon with Brussel sprouts and mashed potatoes


* **Grilled Wild Salmon & Halibut:**   grilled wild salmon and halibut with asparagus and mashed potatoes. Topped with sour cream and spritzed with lemon



* **Hot Dogs and Chili:** all beef hot dogs grilled and served with hot dog buns, shredded cheese, and grilled onions. Served with potato chips and canned chili on the side


* **Italian Sausage Lasagna:**  ground Italian sausage layered with ricotta cheese, lasagna noodles, shredded mozzarella, and spinach cooked in a Dutch oven. Served with garlic bread and green beans


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



* **Kabobs Chicken & Beef:**  cubed beef and cubed chicken kabobs skewered with squash, zucchini, bell pepper, mushroom and onions. Served with a side of long grain wild rice



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



* **Spinach Enchiladas (DO):**   spinach, green chilies, and onions rolled in corn tortillas and topped with enchilada sauce, tomatoes, cabbage, guacamole and shredded cheese



* **Steaks and Potatoes:**  grilled ribeye steaks cooked with bell peppers, mushrooms and onions. Served with baked potatoes, sour cream, chives, butter, and steak sauce

* **Steaks and Potatoes 2nd Half:**  grilled ribeye steaks cooked with mushrooms and onions, and served with mashed potatoes and green beans.

* **Surf 'N Turf (Salmon):**   grilled ribeye steaks and wild salmon cooked with with bell pepper, mushrooms, and onions, and served with mashed potatoes

* **Surf 'N Turf 2nd Half (Salmon):**   grilled ribeye steaks and wild salmon cooked with with bell pepper, mushrooms, and onions. Served with mashed potatoes

* **Surf 'N Turf (Ahi):**   grilled ribeye steaks and ahi tuna steaks cooked with with bell pepper, mushrooms, and onions. Served with long grain wild rice

* **Surf 'N Turf (Halibut):**   grilled ribeye steaks and halibut steaks cooked with bell pepper, mushrooms, and onions. Served with baked potatoes, sour creak, chives, and steak sauce

* **Surf 'N Turf (Pork Chops & Salmon):**   grilled pork chops and wild salmon cooked with bell pepper, mushrooms, and onions. Served with a side of apple sauce and a baked potatoes

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











Gluten Free Specific





* **Beef Tacos:** seasoned ground beef cooked with green chilies and onions, served on corn tortillas, and topped with guacamole, sour cream, salsa, chopped cabbage, olives, and shredded cheese. Served with sides of refried beans and Spanish rice.

- * **Cheese and Chicken Quesadillas:** gluten free tortillas filled with seasoned precooked chicken and shredded cheese topped with hot sauce, sour cream, and guacamole served with a side of refried beans and Spanish rice
- * **Chicken Fettuccine Alfredo:** cubed chicken cooked with roasted red peppers in alfredo sauce served with gluten free fettuccine noodles, and topped with parmesan cheese. Comes with a side of gluten free garlic bread
- * **Chicken Pesto Pasta:** cubed chicken cooked in pesto and served on gluten free angel hair pasta. Comes with a side of gluten free garlic bread
- * **Grilled Cheese and Tomato:** grilled gluten free Texas toast with sliced cheese, avocados, and tomatoes with a side of hot tomato soup
- * **River Pasta with Chicken:** gluten free penne pasta with canned chicken, cheese cubes, sun dried tomatoes, roasted red peppers, black olives and artichoke hearts
- * **Shrimp Tacos:** seasoned grilled shrimp cooked with onions and bell peppers served in corn tortillas. Topped with sour cream, avocado, diced tomatoes, shredded cheese, salsa, and olives. Comes with sides of Spanish rice and black beans
- * **Spaghetti and Meatballs:** gluten free spaghetti pasta cooked with gluten free meatballs in a marinara sauce with bell peppers and mushrooms. Served with gluten free garlic bread
- * **Steak Fajitas:** seasoned steak strips cooked with bell pepper, green chilies, and onions and served in corn tortillas. Served with shredded cheese, sour cream, avocado, salsa, and diced tomatoes as toppings
- * **White Bean and Sausage Penne:** gluten free penne pasta cooked with andouille sausage, stewed tomatoes and cannellini beans. Topped with parmesan cheese




DESSERT

Quick/ No Cook

























- * **Angel Food Cake:**  angel food cake loaves topped with blueberries and whipped cream
- * **Applesauce**  
- * **Dark Chocolate Bars**  
- * **Dark Chocolate Mints**  
- * **Dried Fruit:**   a mix of dried cranberries, mango and apricots
- * **Fortune Cookies** 
- * **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 of little dessert cakes

- * **Mini Candy Bars:**  variety of different candies
- * **Pepperidge Farms Cookies:**  assorted flavors of cookies
- * **Pound Cake:**  pound cake served with a blueberry topping
- * **Strawberry Shortcake:**  shortcakes filled with strawberries and whipped cream











Average/ Some Cooking






- * **Churros:**  churros served with cinnamon and sugar
- * **No Bake Cheesecake:**  no cooking required boxed cheesecake mix
- * **S'mores:**  marshmallows, graham crackers and chocolate sandwiched for a tasty treat

Long Cook/ Dutch Oven

- * **Apple Cobbler:**   cobbler made with granny smith apples
- * **Apple Crisp:**   cake mix and apples cooked together to make a delightful hot dessert
- * **Blueberry and Peach Cobbler:**   cobbler made with blueberries and peaches
- * **Blueberry Cobbler:**   cobbler made with blueberries
- * **Brownies**   delicious chocolate brownies
- * **Carrot Cake:**   carrot cake topped with cream cheese frosting
- * **Chocolate Cake:**   chocolate cake with chocolate frosting
- * **Funfetti Cake:**   funfetti cake with funfetti frosting
- * **Mixed Berry Cobbler:**   cobbler made with a mix of berries and whipped cream
- * **Peach Cobbler:**   cobbler made with peaches
- * **Pineapple Upside Down Cake:**   pineapple upside down cake made with sliced pineapple
- * **Spice Cake & Frosting:**   spice cake made with cream cheese frosting











Gluten Free Specific **ALL ITEMS BELOW ARE GLUTEN FREE**

- * **Apple Cobbler:**   gluten free cobbler made with granny smith apples
- * **Blueberry and Peach Cobbler:**   gluten free cobbler made with blueberries and peaches
- * **Blueberry Cobbler:**   gluten free cobbler made with blueberries
- * **Brownies:**   gluten free chocolate brownies
- * **Chocolate Cake:**   gluten free chocolate cake with chocolate frosting







- * **Mixed Berry Cobbler:**   gluten free cobbler made with a mix of berries and whipped cream
- * **Peach Cobbler:**   gluten free cobbler made with peaches
- * **Pepperidge Farms Cookies**  gluten free Pepperidge Farm cookies

SIDE DISH

No Cook

- * **Caesar Salad:**   romaine lettuce with tomatoes, red onion, croutons, parmesan, and Caesar dressing
- * **Garden Salad:**   romaine lettuce with tomatoes, avocados, cucumbers, onion, croutons and ranch dressing
- * **Mixed Green Salad:**   mixed greens with tomatoes, avocados, croutons, carrots, and balsamic vinaigrette
- * **River Slaw:**   red and green cabbage with carrots, apples, honey, sunflower seeds and coleslaw dressing
- * **Spinach Salad:**   fresh spinach with sunflower seeds, cranberries and balsamic vinaigrette

Average Cook

- * **Cilantro Lime Rice:**   jasmine rice cooked with jalapenos, cilantro, and lime juice
- * **Mashed Yams:**   premade mashed yams
- * **Roasted Sweet Potatoes:**   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 “Camp 0”

- * **Cajun Boil:** This river-side, no-dishes, cook-it-all-in-one-giant-pot dinner includes King crab, shrimp, andouille 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!