

Canyon Explorations Sample Meal List

Day 1

Lunch Cold cuts, Turkey/Ham
Dinner Portobello Mushroom Ravioli
Hors d'oeuvres Hummus & Pita
Side Dish Spinach Salad & Garlic Bread
Dessert Chocolate Bars

Day 2

Breakfast Eggs & Toast W/ Ham
Lunch Caesar Chicken Wraps
Dinner Grilled Salmon
Hors d'oeuvres Lavosh & Cheese
Side Dish Wild Rice, Broccoli & Red Pots
Dessert Chocolate Chip Bars-DO

Day 3

Breakfast Oat Pancakes & Bacon
Lunch Cold Cuts, Turkey
Dinner Fajitas
Hors d'oeuvres Chips & Guacamole
Side Dish Black Beans & Rice
Dessert Berry Pound Cake

Day 4

Breakfast Fruit Salad, Bagels & Lox
Lunch Waldorf Salad
Dinner Grilled Steaks
Hors d'oeuvres Caprese Salad
Side Dish Mashed Pots & Asparagus
Dessert Chocolate Cake – DO

Day 5

Breakfast French Toast & Turkey Sausage
Lunch Taco Salad
Dinner Teriyaki Chicken
Hors d'oeuvres SD Tom Tap, Edamame & Pita
Side Dish Cashew Rice & Asian Salad
Dessert Bagged chocolate & fruit

Day 6

Breakfast Roast Beef Hash & Eggs
Lunch Cold Cuts, Turkey/Beef
Dinner Turkey Chili
Hors d'oeuvres Brie & Crackers
Side Dish Cornbread & Slaw
Dessert Cheesecake, Frozen

Day 7

Breakfast Pancakes & Bacon
Lunch Tuna Salad
Dinner Greek Chicken Breast
Hors d'oeuvres Dolmas
Side Dish Orzo, Green Salad & Trgn bread
Dessert Chocolate Chip Bars -DO

Day 8

Breakfast Hot/Cold Cereal & Bagels
Lunch Interchange Cold Cuts
Dinner Hamburgers & Bratwurst
Hors d'oeuvres Veggie Sticks & Dip
Side Dish Cucumber Salad & Baked Beans
Dessert Brownies-DO

Day 9

Breakfast Eggs to Order & Ham
Lunch Caesar Chicken Wraps
Dinner Penne Pasta w/ Andouille Sauce
Hors d'oeuvres Cheese & Crackers & Oysters
Side Dish Tossed Salad & Garlic Bread
Dessert Chocolate Bars - Assorted

Day 10

Breakfast Breakfast Burritos w/Gr. Sausage
Lunch Cold Cuts, Club Style
Dinner Green Curry Chicken
Hors d'oeuvres Eggrolls
Side Dish Quinoa & Tossed Salad
Dessert Carrot Cake-DO

Day 11

Breakfast French Toast & Bacon
Lunch Taco Salad
Dinner Pork Chops, Mashed Taters Corn
Hors d'oeuvres Manchego & Quince
Side Dish Coleslaw
Dessert Pineapple Upside Down Cake

Day 12

Breakfast Sausage, Potatoes & Eggs
Lunch Curried Tuna
Dinner Roll Your Own Burritos
Hors d'oeuvres Chips & Guacamole
Side Dish Rice
Dessert Iced Oatmeal Cookies & Applesauce

Day 13

Breakfast Hot Cereal & Bagels
Lunch Cold cuts, Turkey/Roast Beef
Dinner Lasagne-DO
Hors d'oeuvres Antipasto
Side Dish Green Salad & Garlic Bread
Dessert Biscotti

Day 14

Breakfast Breakfast Burritos w/Chorizo
Lunch Chicken Salad
Dinner Black Bean Posole
Hors d'oeuvres Gouda and Crackers
Side Dish Cornbread
Dessert Almond Clusters

Day 15

Breakfast Pancakes & Sausage
Lunch Cold Cuts, Turkey/Ham
Dinner Alfredo
Hors d'oeuvres Crackers & Cheese
Side Dish Garlic Bread & Fruit Salad
Dessert Mystic Mints

Day 16

Breakfast Bagels