Sample Menu

CANYON EXPLORATIONS / EXPEDITIONS
GRAND CANYON OAR & PADDLE TRIPS

Day 1

Lunch	Cold Cuts
Dinner	Portobello Mushroom Ravioli
Hors d'oeuvres	Caprese Salad
Side Dish	Spinach Salad & Garlic Bread
Dessert	Tiramisu or Cheesecake

Day 2

Breakfast	Eggs to order, C. Bacon, English muffins
Lunch	Chicken Caesar Wraps
Dinner	Grilled Salmon
Hors d'oeuvres	Hummus & Veggies
Side Dish	Bok Choy & Potatoes
Dessert	Chocolate Chip Cookie Bars

Day 3

Breakfast	Oat pancakes & Bacon
Lunch	Cold Cuts
Dinner	Chicken Fajitas
Hors d'oeuvres	Chips & Guacamole
Side Dish	Black Beans & Rice
Dessert	Chocolates

Day 4

Breakfast	Biscuits & Gravy
Lunch	Asian Brisket Salad
Dinner	Grilled Steaks
Hors d'oeuvres	Tapenade, Pitas & Edamame
Side Dish	Smashed Potatoes & Asparagus
Dessert	Chocolate Cake

Day 5

Breakfast	French Toast & Sausage
Lunch	Taco Salad
Dinner	Gyros
Hors d'oeuvres	Olive Mix & Hummus Dip
Side Dish	Gigantes Plaki & Dolmas
Dessert	Chocolates

Day 6

Breakfast	Chorizo Burritos
Lunch	Waldorf Salad
Dinner	Spaghetti & Sausage
Hors d'oeuvres	Antipasto
Side Dish	Garlic Bread & Tossed Salad
Dessert	Lemon Squares

Day 7

Breakfast	Bagels & Lox
Lunch	Cold Cuts
Dinner	Burgers & Brats
Hors d'oeuvres	French Onion Dip with Veg & Chips
Side Dish	Cucumber Salad & Baked Beans
Dessert	Brownies

Day 8

Breakfast	Breakfast Sausage Burritos
Lunch	Chicken Caesar Wraps
Dinner	Green Curry Chicken
Hors d'oeuvres	Eggrolls
Side Dish	Himalayan Rice
Dessert	Chocolate Bars

Day 9

Breakfast	English Muffin Egg Sandwiches
Lunch	Cold Cuts
Dinner	Greek Chicken Breasts
Hors d'oeuvres	Dolmas
Side Dish	Orzo, Green Salad & Bread
Dessert	Chocolate Chip Cookie Bars

Day 10

Breakfast	Bagels, Lox & Cereal
Lunch	Taco Salad
Dinner	Jambalaya
Hors d'oeuvres	Lavosh with Fig & Cheese
Side Dish	Corn Bread Fritters & Slaw
Dessert	Chocolate Covered Fruit

Day 11

Breakfast	French Toast & Bacon
Lunch	Cold Cuts
Dinner	Pork Tenderloin
Hors d'oeuvres	Manchego & Quince
Side Dish	Potatoes, Corn & Slaw
Dessert	Pineapple Upside Down Cake

Day 12

Breakfast	Eggs, Hashbrowns & Sausage
Lunch	Asian Brisket Salad
Dinner	Black Bean Posole
Hors d'oeuvres	Chips & Guacamole
Side Dish	Corn Bread / Fritters
Dessert	Biscotti

Day 13

Breakfast	Bagels, Lox & Cereal
Lunch	Chicken Salad
Dinner	Andouille Penne
Hors d'oeuvres	Mussels, Crackers & Cheese
Side Dish	Brussel Salad & Garlic Bread
Dessert	Butterscotch Waterfall Cake

Day 14

Breakfast	Eggs & Corned Beef Hash
Lunch	Cold Cuts
Dinner	Pulled Pork Sandwiches
Hors d'oeuvres	Potato Chips & Dip
Side Dish	Crispy Slaw
Dessert	Almond Pecan Crunch

Day 15

Breakfast	Bagels & Cream Cheese