

RIVER MENU DAY 5 & 6

DAY 5

BREAKFAST: Guides & a Griddle

French Toast
French Toast Sprinkled w/Brown Sugar Maple Syrup
Bacon
Eggs to Order
Cereal & Milk
Assorted Yogurts
Coffee, Hot Chocolate, Tea, Pineapple Orange Juice

LUNCH: The Flying Bird

Homemade Roasted Chicken Salad
Red Grapes, Celery, Red Onions & Baby Spinach
Almond Croissants
PB&J Sandwiches
Sun Chips
Lemon Bars
Gala Apples
Iced Tea, Lemonade, Gatorade

DINNER: Mexican Fiesta

Appetizer

Tortilla & Chips, Seven Layer Dip & Guacamole
Adventure Sun Valley Margaritas

Main Course

Roasted Red Chili Tender Chicken & Tofu Sofritas
Cumin Lime Pinto Beans
Spanish Rice
Warm Flour Tortillas
Tomato Red Onion & Cilantro Salad
Shredded Lettuce, Pepper Jack Cheese & Sour Cream

Dessert

Dutch Oven Apple Crisp

DAY 6

BREAKFAST: Middle Fork Canyon Continental

Assorted Yogurts & Honey Almond Granola
Fresh Pineapple
Assorted Toasted Bagels w/Sweet Cream Butter & Jam
Gravlax Salmon, Honey Cured Ham, Capers & Red Onion
Cream Cheese & Swiss Cheese
Hard Boiled Eggs
Mango & Lime Smoothies
Coffee, Hot Chocolate, Tea, Orange Juice

LUNCH: Take Out Delicatessen Box

Odd Fellows Bakery Sandwiches (Ham, Turkey or Veggie)
Chips
Pickles
Jumbo Cookies
Fresh Fruit
Variety of Iced Cold Sodas, Water & Beer