

Canyon REO's Favorites for Mixed Groups Sample Menu

Early Camps

Dinner

Grilled Steak, Salmon and Tempeh

Spinach Salad with mushrooms, red onion and tomatoes
Rice pilaf
Cheesecake Factory Cheesecake

Chicken & Tofu Fajitas with Veggies

Guacamole and chips
Beans, rice and flour tortillas
Strawberry yogurt pie

Sirloin Burgers, Beef Hot Dogs & Garden Burgers

Hearty garden salad, vegetarian baked beans
Chips, condiments, lettuce, onion, tomatoes
Pineapple upside down cake

Chicken and Tofu Curry with Vegetables

Oriental salad
Basmati rice
Peach cobbler

Jambalaya for Mixed Groups

Some with Tofurky™ Vegetarian Sausage
Some with spicy sausage, shrimp, and chicken
Tomato Creole
Brownies

Tamale Pot Pie and Cornbread

Chips with Salsa and Black Bean Dip
S'mores

Breakfast

Launch Day Continental Breakfast

Coffee cake and fresh fruit
Two kinds of granola
Yogurt and milk
Coffee, tea, hot cocoa, juice

Lox and Bagels with Capers and Cream Cheese

onion, cucumbers, tomatoes, lemons
Fresh fruit and frozen juice
Coffee, tea, hot cocoa

Fresh Melons and Pineapple Tossed with Yogurt

Two kinds of granola
Coffee, tea, hot cocoa

French Toast and Sausage

Sausage and vegetarian breakfast "meat"
Fresh fruit, frozen juice
Coffee, tea, hot cocoa

Eggs, Bacon, & Hashbrowns

Vegetarian breakfast "meat"
Canned fruit
Coffee, tea, hot cocoa

Eight Grain Cereal

Dried fruit and nuts
Coffee, tea, hot cocoa

Granola and Yogurt

Two kinds of granola, assorted dried fruit
Coffee, tea, hot cocoa

Lunch

Launch Day Deli Lunch

Deli meats, cheeses, baked seasoned tofu
Seasonal fruit and fresh veggies
Condiments, peanut butter and jelly
Trail mix, cookies, frozen juice

Hummus and/or Turkey Pockets

Pre-made hummus, deli turkey, cheese
Fresh fruit, carrot sticks
Cucumber, lettuce, onion, tomatoes
Cookies, frozen juice

Veggie and Cheese Pitas

Appetizer spread, fresh veggies
Fresh fruit, cookies, frozen juice

Turkey and/or Bean Burritos

Turkey, jack and cheddar cheeses
Vegetarian refried beans, black olives, salsa
Lettuce, avocados, red onion, tomatoes
Cookies, lunch drink

Deli Lunch with Hummus or Seasoned Baked Tofu

Deli meats, cheese, veggies
Cookies, lunch drink

Chicken Salad Wraps

Vegetarian appetizer spread
Cookies, lunch drink

Take-out Lunch

Brought by Canyon REO drivers

Middle Camps

Late Camps