


Quick Cook Menu 25 days




Trip Name: **Rig Date:** **Launch Date:**

All breakfasts include ½ pound to one pound of coffee per day as described on your compiled food form, as well as juice, and apples/oranges, unless otherwise noted. Dinners include an assortment of hot teas and cocoa. Snacks will be provided each day (1 per person per day) and will include an assortment of sweet and salty items.

Please complete and return your compiled Food Planning Form along with your menu template to customize menu options and accommodate any special needs or food allergies. To moefood@moenkopiriverworks.com

 Grill item, cooked over fire pan and charcoal, all these meals can be cooked on the stove top as well

 Pre-made meals(boil in a bag)

Date Box	Breakfast	Lunch	Appetizer	Dinner	Dessert
Rig day	Bring Your Own Food Can eat Dinner at Lodge				
(Launch day) Day 1	Salmon Lox on Bagels	BLTA	Crisp peas	Dinner Grilled Wild Salmon with Asparagus and Garlic Mashed Potatoes 	Fortune Cookies
Day 2	Yogurt and Granola	Caprese Salad Sandwich	Olive Tapenade	Dinner Quick Pesto Gnocchi and salad	
Day 3	Quick Egg Sammies	Lunch Chicken Cesar Wraps	Chips, salsa, and guac	Bean and cheese burritos	Angel food cake with berries
Day4	Cold Cereal w/ bagels & cream cheese	Cold Cut	Spinach Dip	Chicken enchiladas 	
Day5	Quick Steak Tacos	PB&J	Mango salsa and chips	Quick beef bowls	
Day 6	Oatmeal, yogurt, and granola	Hummus Pitas	Tomato and mozzarella sliders	Beef and bean tacos	Frozen brownies
Day 7	Quick Egg Sammies	Healthy Tuna Salad	Chips and onion dip	Quick chicken breasts grill	
Day 8	Quick Gallo Pinto	Bagels sandwiches	Spinach dip and crackers	Quick chicken stir fry	Chocolate mints
Leafy Greens Cut Off date Summer time					
Day 9	Salmon Lox on Bagels	Cold Cut Sammies	Mixed nuts	Quick Seared Cod and Quinoa 	
Day 10	Quick Scramble	Caprese Salad Sandwich	Chips salsa and guac	Quick Steak Fajitas	Strawberry shortcake

Day 11	Quick Kayaker Quinoa	BLTA	Cheese and crackers	Quick sweet and sour chicken	
Day 12	Cold Cereal	Hummus Pitas	Olive tapenade	Quick Thai noodles	
Day 13	Bagels and cream cheese	Cold Cuts 2nd half	Smoked oysters and crackers	Three cheese ravioli	Pepperidge farms cookies
Day 14	Egg Sammies	PB&J	Brie and crackers	Cheeseburgers 🔥	
Day 15	Oatmeal, yogurt, and granola	Chicken Salad w/ Pitas 2nd half	Mango salsa and chips	Spaghetti and Meatballs	
Day 16	Quick Gallo Pinto	Bagels sandwiches	Olive tapenade	Quick chicken curry	Dark chocolate bars
Day 17	Quick Steak Burritos	Healthy Tuna Salad	Chips and onion dip	Quick steak tacos w/ coleslaw	
Day 18	Cold Cereal w/ bagels & cream cheese	Veggie Pitas	Pretzels and herb cheese dip	Quick teriyaki chicken bowls	
Day 19	Quick Steak Burritos	Hummus Pitas	Chips salsa and guac	Cheese and chicken quesadillas	No bake Cheesecake
Day 20	Cold Cereal and fruit	Bagels sandwiches	Spinach dip	Quick sweet and sour chicken	
Day 21	Oatmeal	Cold Cuts	Cheese and crackers	Bean and cheese burritos	
Day 22	Quick Scramble	Hummus Pitas	Chips and onion dip	Quick Beef bowls	Chocolate Mints
Day 23	Salmon Lox on Bagels	Veggie Pitas	Mixed nuts	Three cheese ravioli	
Day 24	Quick Scramble	PB&J	Shrimp dip	Eggplant parmesan 🍷	Fortune cookies
Day 25	Leftovers	Lunch En route to flagstaff			