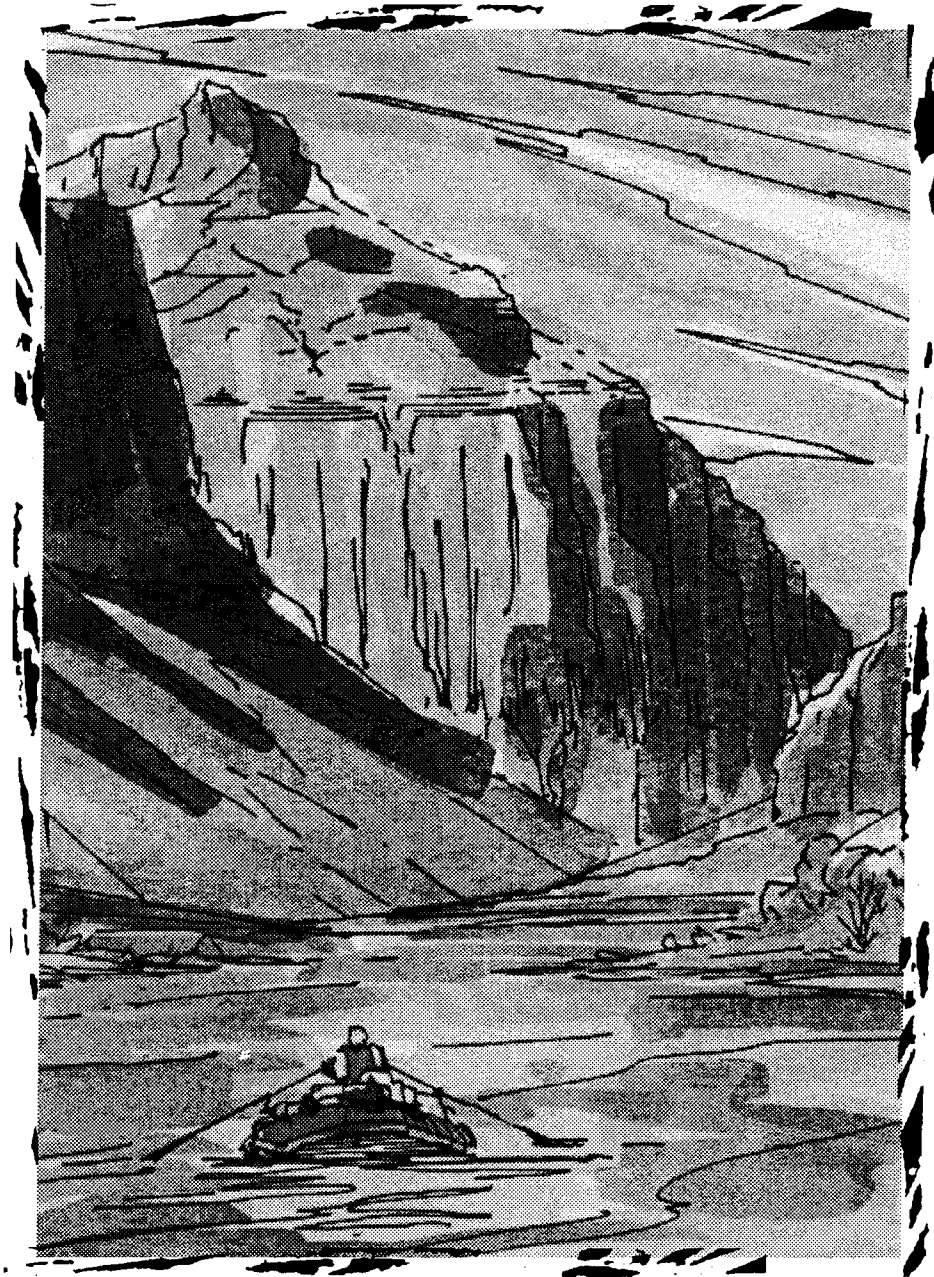


**CANYON
R.E.O.
RIVER EQUIPMENT OUTFITTERS**



**Canyon R.E.O.'s Meal Deal
& Menu Planner
1-800-637-4604**



Dear Fellow River Runners,

I began running rivers in the steep creeks of Georgia when I should have been in my college science classes. Soon I ended up working as a guide on the Kern River in California, where I met my wonderful wife, Caroline. We opened Canyon REO in 1990 so we could make it our business to share the magic of the river with other private boaters.

At Canyon REO we combine our love for the river with our love of great food. We know how good fresh fruit tastes when you stop for lunch, how delicious dutch oven brownies are under star-studded skies, and how the aroma of fresh coffee mingles with blooming cacti in the dawn stillness. We also recognize that although you enjoy good food, you probably don't feel like thinking about your menu for the next three months. And you might not want to spend hours cooking dinner after running Lava. But you do love the smell of marinated steak sizzling over coals.

Our Meal Deal provides flexible menu options for the group with gourmet tastes or the group too busy hiking up Thunder River to be bothered. You can use one of our sample menus or select your own meals. We can even incorporate your favorite entrees into our menu data base. Vegetarian options can be available at each meal for split groups.

In addition to menu service, food, and containers, the Meal Deal offers you the benefit of recipes, food packing, meal preparation, and group chore systems that have evolved over decades of private boating and providing support for hundreds of Grand Canyon trips. We love running rivers, and we love sharing our experiences with other boaters.

Please give us a call at 800-637-4604 with any questions or concerns that arise. Whether you need help planning your camp chores or a recommendation for a delicious dessert, we're here for you. We wish you a wonderful--safe, fun, and delicious--Grand Canyon trip.

*Donnie Dove
and the Canyon REO staff*

Canyon R.E.O.'s Meal Deal

Canyon R.E.O.'s Meal Deal offers a fun and easy alternative to spending hours developing your menu, finding recipes, figuring food proportions, shopping, and packing for your river trip. Choose your meals from our extensive selection of traditional grill meals, ethnic foods, and delicious dutch oven specials. Or you could just use one of our sample menus (pp 13 - 18). If you would like your personal river favorite, we can add it to our recipe data base. Once you pick your menu, we'll develop the recipes, calculate how much you'll need for your group, purchase the food, pack it in our coolers and boxes, and clean them after your trip.

When you begin planning your menu, consider your group and its goals. Plenty of hearty food is essential for hungry boaters and hikers, but make sure that everyone agrees with the food philosophy (especially for the meals s/he will be preparing!). Will your group prefer simple meals with little preparation or do they prefer more gourmet dishes?

Check for any group members with allergies, special dietary needs, or strong dislikes. (E.g., we can take nuts out of a recipe to accommodate an allergy.) Many of our clients have split vegetarian and meat-eating groups. To satisfy everyone, we can provide substitute proteins for vegetarians and offer selections (such as spaghetti or stroganoff) that can be prepared for everyone—just cook the meat separately and let each boater add it.

To Create Your Menu

This booklet contains a list of our meal choices, three sample menus (pp 13-18), and a menu planner (pp19-20). The menu planner is due 90 days prior to your trip. We then compile your menu overview with recipes and send them to you for further changes. Final meal changes and final count on group size are due as soon as possible, but no later than 30 days prior to your Put-In. If meals or group count change after we print your final menu or start packing your food, we charge an adjustment fee. For groups who sign-up within the 90 day time frame, please focus on your menu selections and get these to us as quickly as possible. Due to the short time frame for late sign-ups, we are unable to send a copy of your menu for final review. The 30-day final count still holds.

Menu Planner Directions

- The menu planner has a column at each camp for your dinner, breakfast, and lunch. Please write the name of your choice for each category on the appropriate line and include salad or vegetable and dessert with your dinner.
- The extra lines at each meal can be used for notes on vegetarian meals, meat options, hors d'oeuvres, or any other changes you want to make. Please be certain to indicate your desired meat option at breakfast and meat/vegetarian/split preference for applicable dinners on this extra line.
- If you would simply like one of the sample menus with no or few changes, just let us know. To include your own recipes in your menu, please send us a detailed list of ingredients, amount of each ingredient, instructions, and how many the recipe serves. Our computer will calculate the correct amounts for your group size.
- Don't forget to consider your trip's schedule before selecting your menu! Tailor your menu to fit your trip, taking into consideration your layover camps, long river days, and hiking days. Meals requiring charcoal (grills and dutch ovens) can take longer, but if you start your coals as soon as you reach camp, they'll be ready by the time the kitchen is set-up.



Our Sample Menus

If the menu planning seems all a little too overwhelming for you, you may want to consider one of our Sample Menus (pp13 - 18). We have designed 3 sample menus to satisfy a range of food philosophies. **Canyon REO's Favorites** is a very balanced menu with a mixture of some of our most requested recipes. The **Quick N' Easy** is for groups who would rather not be slaves to the kitchen. Groups who are limited on boat and cooler space will benefit from the **Low Ice** menu. Any of these menus can be used as designed or modified for your group's needs and tastes. Just request the Sample Menu you prefer and use the blank Menu Planner to enter any changes that you would like to make.

Canyon R.E.O.'s Meal Deal

Meal Perishability

Meals are grouped in this booklet by their perishability. When choosing your menu, watch these designations closely. The perishability code indicates the last Camp that you may choose a recipe for. A meal in the Perishability 12 group can be used for Camps 1 through 12, while a meal in the Non-perishable group may be used at anytime on your trip. Most chicken and pork meals can be made non-perishable by using canned meats. During winter trips some meals can be extended past their perishability dates, if cooler space allows.

Ease of Preparation

Recipes are coded with a 1, 2, or 3. This coding is related to the ease of preparation, and does not necessarily reflect cooking time. Different groups have different emotions about grills and dutch ovens, so we have remained neutral when evaluating recipes that require charcoal. If you don't like dealing with charcoal, we recommend that you steer clear of grills and dutch ovens even if they have an "easy" designation.

- 1 - Ultra easy prep with minimal slicing and chopping of ingredients. These may be meals that require a grill or dutch oven, however the preparation of ingredients will be minimal.
- 2 - Some chopping and slicing required, but prep is still pretty simple. Most meals can be made in one or two pots.
- 3 - A fair amount of slicing and chopping. Some recipes may require partial preparation at a previous meal. Two pots or more.

One final note on charcoal. The biggest concern we hear from people about grills and dutch ovens is the amount of time it takes for the charcoal to heat up to cooking temperature. If you start your coals as soon as you reach camp, by the time the kitchen is set-up and the prep is done, the coals will be ready to cook on. Cook crews should be familiar with the menu and know in advance what meals they are going to prepare. If a crew has a meal with a grill or dutch oven, they should assign a "Charcoal Captain" to set up the fire pan and start the coals. With this procedure in place, cooking on coals can be a breeze and a treat.

Additional options

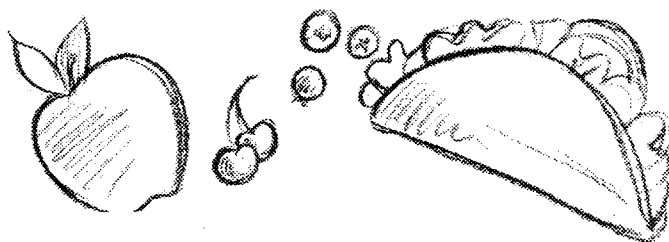
You may also opt for a Munchie Box, filled with high-carb snacks (salty, sweet, or 1/2 & 1/2), hors d'oeuvres, and/or gourmet coffee. These options have an extra charge. We are happy to purchase special requests (e.g. organic foods) when available, but you will be charged the difference between regular foods and special purchases.

Things to Keep in Mind ...

- There will be a range of tastes and appetites of group members to consider.
- Cooking for 16 people is quite a task.
- Most recipes are going to take longer to prepare in camp than they would at home.
- Remember to figure in time for clean-up. This is especially true for Breakfasts.

Recipes

Once you're finally on the river you will find an overview of the meals and a recipe for each meal in the staples box. Each camp's dry-goods (ammo) box also has recipes for that camp. We try to make the recipes easy to read and understand for even the least experienced cooks! Our meal plan and recipes are designated by camp, rather than day. We have found that it is simplest for a kitchen crew to fix dinner, breakfast, and pack the lunch cooler in one camp, instead of organizing kitchen duty by day.



That about covers everything. Now it's time to get planning !!!

Following are descriptions of the meals Canyon R.E.O. offers. As mentioned, we are happy to incorporate your own favorite recipes when provided with a complete recipe.

Breakfast Descriptions

Breakfast Descriptions

Every breakfast includes coffee, teas and hot chocolate. Frozen juice (depending on cooler space) and fresh fruit accompany up to the first 9 meals. After that, canned fruit and powdered juice are available to round out your breakfasts. All breakfasts offer a meat option - please note perishability factors. These meats include bacon (P14), sausage (P10), ham (P14), or Canadian bacon (P14). (Other meats available with charge.)

Perishability 10 - use up to Camp 10

- Lox and Bagels (1) Bagels, cream cheese, and smoked salmon served with capers, lemon, onion, and tomato.

Perishability 14 - use up to Camp 14

- Berry Crepes & Bacon (3) Homemade crepes filled with berries, topped with yogurt and served with bacon. Delicious but time-consuming.
- Eggs, Bacon & Hash Browns (3) Grated potatoes, bacon, and scrambled eggs with cheese and veggies.
- Eggs Benedict (3) English muffins with poached eggs, Canadian bacon, and hollandaise sauce.
- Ham & Eggs (2) Scrambled eggs with mushrooms and cheese served with ham.

Non-Perishable - use throughout trip

*If choosing a meat, please see **meat perishability code** above.*

- Apple Pancakes (2) Pancakes made with applesauce and cinnamon. Meat Optional.
- Bagel Breakfast (1) Toasted bagels with cream cheese, honey and jelly served with raisins and yogurt.
- Blueberry Pancakes (2) Pancakes combined with blueberries. Meat Optional.
- Cereal & Bagels (1) Cereal and milk served with bagels, cream cheese and jelly.
- Cereal & Breakfast Bars (1) Cereal and milk served with breakfast bars.
- Cereal & English Muffins (1) Cereal and milk with toasted English muffins and jam.
- Cereal & Pop Tarts (1) Cereal and milk served with assorted Pop Tarts.

- Cereal & Fruit (2) Cereal and milk served with fruit (P7 if fresh fruit) and yogurt.
- Cereal & Pop Tarts (1) Cereal and milk served with Pop Tarts.
- Cream of Wheat (1) Cream-of-wheat cereal served with milk, brown sugar, raisins, and nuts.
- Cream of Wheat and Pop Tarts (1) Cream-of-wheat cereal served with milk, brown sugar, raisins, and nuts with Pop Tarts.
- French Toast (2) Thick sliced French toast with cinnamon and fruit. Meat Optional.
- Granola & Fruit (2) Granola and fruit (P7 with fresh fruit) with milk and yogurt.
- Hard Boiled Eggs & Oatmeal (1) Eggs and instant oatmeal.
- Huevos Rancheros (2) Scrambled eggs with onion, tomatoes and cheese served with tortillas and beans.
- Mexican Home Fries w/ Eggs (3) Scrambled eggs and pan-fried potatoes with onions topped with cheese and salsa.
- Oatmeal, Raisins & Nuts (1) Hot oatmeal served with raisins, walnuts and brown sugar.
- Pancakes (2) Good old-fashioned buttermilk pancakes. Meat Optional.
- Potato Pancakes (3) A grated potato and egg pancake served with applesauce, syrup, honey and jelly. Meat Optional.
- Scrambled Eggs & Muffins (2) Scrambled eggs with onions, cheese, tomatoes and toasted English muffins with jelly.
- Seven Grain Cereal (1) Seven-grain cereal served hot with milk, brown sugar, raisins, walnuts and honey served with muffins and fruit on the side.
- Yogurt & Breakfast Bars (1) Breakfast bars, granola, yogurt, and fruit salad (P7 if fresh).
- Yogurt Fruit Salad & Bagels or Muffins (2) Fruit (P7 if fresh) with bagels or muffins and cream cheese, honey and jelly.

Lunch Descriptions

Lunch Descriptions

A variety of lunch breads, tortillas, Pita bread, bagels, or crackers will be provided with lunch. The bread is healthy whole wheat, grain, and occasionally rye from Oroweat and will last until Day 15 with care. Frozen or powdered drinks are included. Salty crunch in the form of Pringles, pretzels, pickles, pepperoncini, nuts, or gorp is provided for some lunches. Peanut butter and jelly is a staple throughout the trip and is restocked periodically.

Perishability 7 - use up to Camp 7

- Melon Fruit Salad (2) Melon with seasonal fresh fruit, served with yogurt and rolls.

Perishability 12 - use up to Camp 12

- Hummus Pockets (3) Hummus prepared with cucumbers, jicama, cheese, lettuce, and tomatoes served in pitas. If chosen within the first 7 Camps, we pack fresh hummus and it becomes a "2" ease of prep.
- Deli Lunch (2) Your choice of ham, pastrami, roast beef, and/or turkey. S'wiches made with cheese, lettuce, onions, tomatoes, mayo and mustard. Tell us your preference.
- Guacamole & Tortillas (2) Pre-made guacamole with onions, tomatoes, cheddar and jack cheeses in tortillas.
- Turkey Burritos (2) Tortillas stuffed with turkey, refried beans, avocados, grated cheese, onions, salsa and tomatoes.

Perishability 14 - use up to Camp 14

- Chicken Salad (2) Prepared with celery, onions, lettuce, pickles, mayo, and cheese.
- Chicken Yogurt Salad (2) Prepared with yogurt, water chestnuts, celery, mayo, lettuce, tomatoes, onions, cheeses.
- Cream Cheese and Veggies (3) Bagels & crackers with cream cheese, onions, carrots, diced celery, black olives, and garlic.
- Pasta Veggie Salad (3) Rotini noodles with artichoke hearts, peppers, carrots, onions, tomatoes, and an herbal dressing.
- Salmon-Veggie Pita (2) Pink salmon tossed with peas and salad dressing with tomatoes, cucumbers, and cream cheese in pitas.

- Shrimp & Cream Cheese Salad (2) Shrimp combined with cream cheese and chives served with cheese, lettuce, onion and tomatoes on bagels or tortillas.
- Tabouli & Pita (3) Grain salad combined with celery, tomatoes, onions and olive oil served with pitas, lettuce and cheese.
- Taco Salad (2) Black beans, garbanzo beans, kidney beans mixed with avocados, grated cheese, onions, salsa and tomatoes served with tortillas.
- Veggie & Cheese Pitas (2) Buffet style lunch with cheeses, cucumbers, lettuce, tomatoes, onion, mayo, mustard, nuts, and olives.

Non-Perishable - use throughout trip

- Bagel Lunch (1) Bagels with cream cheese, honey, peanut butter or jelly.
- Burrito Bar (2) Bean burritos with onions, olives, jack and cheddar cheeses, and salsa.
- Curried Chicken Salad (2) Chicken salad prepared with mayo, curry and cayenne. Served with tomato and onion.
- Eggcellent Salad (3) Egg Salad with mayo, onions, water chestnuts and pickles.
- Hiking Lunch (1) Granola and/or energy bars, trail mix, & dried fruit for your quick on-the-trail lunch.
- Oriental Chicken Salad (2) A savory sweet and sour chicken salad prepared with cabbage and sesame seeds.
- Salami & Cheese S'wiches (1) Salami with cheese and pickles served with oysters, sardines, and crackers on the side.
- Trail Lunch with Summer Sausage or Fish (1) Fish snacks or summer sausage with cheeses, mayo, mustard and onion on crackers.
- Tuna, Apple, & Raisin Salad (3) Tuna combined with chopped apples, onions, raisins, and mayo served with tomatoes and cheese.
- Tuna Salad (2) Tuna with mayo, onion, pickle relish, and tomatoes, served sandwich style.
- Unbeatable Bean Salad (2) Garbanzo beans, green beans, kidney beans and pinto beans combined with artichoke hearts, asparagus tips, onion mixed with vinegar and oil dressing with cheese and salami.

Dinner Descriptions

Dinner Legend

- V = Vegetarian
- G = Grill: requiring preparation of coals and cooking on the grill. If you start your coals when you first get to camp some charcoal meals can be quick and easy to fix.
- D = Dutch oven: requiring preparation of coals and baking in a dutch oven.

Dinner Entrees

Please choose a dinner entree, salad/vegetable, and dessert for your dinner. All dinners come with a carbohydrate, usually rice, potatoes, or bread. Chips and salsa are included with all Mexican meals as an appetizer. Most meals can be easily adapted for vegetarians. Tofu, tempeh, and beans are some of the protein options available.

Perishability 3 - use up to Camp 3

- Seafood Pasta (2) Creamy pasta alfredo with fresh shrimp and scallops.

Perishability 5 - use up to Camp 5

- Grilled Fish w/ Rice Pilaf (1, G) Grilled fish served in a lemon herb sauce, with rice pilaf. We recommend Steamed or Sautéed Veggies as your Salad choice.
- Mixed Grill (2, G) Steak, salmon and zucchini seasoned and grilled. Served over rice pilaf.

Perishability 10 - use up to Camp 10

- BBQ Chicken & Corn Bread (2, G) Grilled chicken slathered with BBQ sauce, served with corn bread laced with kernels of corn.
- Black Bean and Turkey Chili (2) Delicious chili with turkey, black beans, corn and tomatoes spiced with Mexican herbs. Can be made a simple prep (1) and nonperishable (NP) by choosing canned chili.
- Chicken Teriyaki (2, G) Chicken marinated and grilled in special teriyaki sauce served with rice pilaf and garlic bread. If this is one of your first two meals, we will marinate the chicken for you so it is juicy and tender.

- Chicken Curry (2) (Chicken-P10 or Veggie-P14) Chicken and vegetables, including potatoes and zucchini, sautéed in curry sauce and served over rice or couscous. Top with optional sides of cashews, raisins, and coconut.
- Chicken Picante (1) Whole chicken breasts served over rice with yummy picante sauce.
- Chicken Stir-Fry (2) Lots of delicious vegetables and chicken sautéed in stir-fry sauce and served over rice.
- Fajitas w/ Rice (2) (Chicken-P10 or Veggie-P14) Sautéed chicken and/or veggies with fajita mix served with tomatoes, avocados, chips and salsa and Mexican rice. If you don't mind canned chicken and no avocado, this is a non-perishable dish.
- Herbed Citrus Chicken (3) Seasoned chicken, carrots and squash sautéed in a citrus herb sauce, and served with couscous.
- Lasagna (1, D) Meat or veggie lasagna that is pre-made. Just bake in a Dutch oven and serve with garlic bread.
- Ratatouille w/ Rice (3, V) Sautéed peppers, eggplant, onions, garlic, tomatoes, tomato paste, and zucchini served over rice.
- Roast Turkey w/ Stuffing (3, D) Turkey breast baked in a Dutch oven served with stuffing, mashed potatoes, sour cream and chives and jellied cranberry.
- Spinach Lasagna (2, V, D) Homemade lasagna baked in a Dutch oven prepared with onions, mushrooms, peppers, carrots, spinach, a variety of cheeses and served with bread.
- Stir-Fry (2) (Chicken-P10 or Tofu-P14) Sautéed chicken strips or tofu with peppers, broccoli, scallions, snow peas, squash and zucchini with stir-fry sauce, served over rice. Quick if others pitch in with chopping.

Perishability 12 - use up to Camp 12

- Bean Soup & Corn Bread (2, D) Soup made from black beans, chili beans, kidney beans, garbanzo beans, and flavored with tomatoes, herbs, and spicy sausage. Served with corn bread baked in a Dutch oven.

continued...

Dinner Descriptions

- Beans, Biscuits, & Chops (2, G) Grilled, herbed pork chops served with biscuits baked in a Dutch oven, baked beans, and applesauce.
 - Stroganoff & Noodles (2) (Beef-P10 or Tofu-NP) Sautéed beef strips or tofu and noodles smothered in homemade stroganoff sauce or stroganoff mix, served with garlic bread.
 - Burgers & Beans (2, G) Grilled hot dogs and hamburgers served with chips, cheese, lettuce, tomato, onions, pickles and baked beans. We can “vegify” this meal with veggie burgers and “not” dogs.
 - Chicken Carbonara (2) Pasta in a creamy chicken-bacon sauce. Served with garlic bread.
 - Enchiladas (3, D) (Meat-P12 or Cheese-NP) Enchiladas baked in Dutch oven prepared with cheese and chopped onion, enchilada sauce, ground beef (optional) and tomatoes served with chips and salsa and Mexican rice.
 - Grilled Steak & Potatoes (1, G) Grilled steak and seasoned potatoes served with steak sauce, sour cream and chives.
 - Ham & Potatoes au Gratin (1) Heated ham served with au gratin potatoes.
 - Jambalaya (2) Delicious casserole prepared with a combination of shrimp, chicken, spicy sausage, and rice. Flavored with Cajun spices, peppers, onions, and tomatoes, and served with bread. Can be made non-perishable by substituting canned ham for sausage.
 - Mexican Beef Orzo (2) An easy, hearty meal prepared with corn, chiles, and fresh cilantro.
 - Pesto Pasta with Italian Sausage (2) Basil Pesto sauce over noodles with French bread. Can be selected after Camp 12 without sausage.
 - Pesto Pork Chops (2) Pan fried pork chops with pesto and tomatoes.
 - Pineapple-Ginger Beef (2) Beef strips prepared with peppers, pineapple, ginger, and garlic. Served over rice.
 - Red Beans & Rice (1) Combination of polish kielbasa, chili beans, kidney beans, tomatoes, green chilies and onions served over white rice. Can be made Nonperishable by substituting canned ham for kielbasa.
 - Tacos (2) (Meat-P12 or Bean-NP) Tacos with refried beans, ground beef, cheeses, onions, olives, lettuce and served with Mexican rice, chips and salsa.
 - Sheperd's Pie (2) This hearty, stick to your ribs meal is a taste of the Southwest with mexi-corn, chiles, and potatoes.
 - Shish kabob (3, G) (Meat-P12 or Veggie-P14) Marinated meat, zucchini, peppers, onions and pineapple grilled and served with couscous.
 - Spaghetti with Italian Sausage (2) Pasta with our favorite red sauce, parmesan cheese and garlic bread.
 - Sloppy Joes (1) A classic quick and messy meal. Grab your napkin!
 - Steak au Poivre (2) Peppered steaks seasoned with herbs and cooked in sherry. Served with rice pilaf.
- Perishability 14 - use up to Camp 14**
- Black Bean Stew w/ Rice (3, V) Stew made from onion, pepper, zucchini, squash, black beans, tomatoes, peas, and sweet potatoes served over rice.
 - Brazilian Red Bean Soup (3, D) Soup prepared with red beans, orange juice, shrimp, carrots, tomatoes, spices, peppers and topped with salsa and sour cream, served with corn bread baked in Dutch oven.
 - Burrito Bar Dinner (2) Bean burritos with cheese, lettuce, onion, tomato, olives, green chiles served with chips and salsa and Mexi-rice.
 - Creamy Fettuccine (2) Alfredo pasta with ham & peas. This meal made a ease of prep 1 by requesting jarred sauce.
 - Creamy Quinoa Primavera (2, V) This protein packed vegetarian meal is made with zuchinni, carrots, peppers, and onion.
 - Falafel & Tabouli w/ Pita (2, V) Falafel (zesty blend of grains and seasonings—vegetarian meat balls) and Tabouli grain salad mixed with scallions and tomatoes, served with pitas.
 - Indonesian Rice Salad (1, V) Basmati rice combined with crushed pineapple, peppers, celery, cashews, bean sprouts, peanuts, water chestnuts, raisins and a variety of other seasonings.
 - Pizza (3) (Veggie-P14 or Meat-NP) Pizza baked in Dutch oven with cheese and toppings of your choice.

continued ...

Dinner Descriptions

- Poor Man's Crabcakes (3, V) You'll never guess that these "Crab" cakes are made with zucchini. Taste just like the real thing.
- Spinach Enchiladas (3, V, D) Enchiladas baked in a Dutch oven filled with spinach, mushrooms, cream cheese, tomatoes, onions and chilies served with Mexican rice.
- Vegetable Fettuccini (3, V) Fettuccini with a cream sauce and a cornucopia of fresh, sautéed vegetables, served with bread. Very tasty.
- Veggie Spaghetti (3, V) Pasta prepared with lots of fresh veggies - bell peppers, onions, squash, zucchini and mushrooms. Served with parmesan cheese and garlic bread.
- Pasta with Peanut Sauce (2, V) Sautéed tofu combined with noodles and peanut sauce topped with scallions (P10) and peanuts.
- Potato Corn Chowder (3, V) Potatoes, corn and mixed vegetables combined into a chowder, served with cornbread. This meal can be made into an easy (1) prep by requesting canned soup.
- Seafood Pasta (1) Crab and shrimp combined with alfredo sauce and noodles, served with parmesan cheese and bread. Great for a late camp.
- Spaghetti (1) The ole' reliable, quick 'n easy - spaghetti with a hearty prepared sauce.
- Tamale Pot Pie (2, D) A layered burrito pie baked in a Dutch oven prepared with onions, refried beans, olives, chilies, tortillas and salsa. Another excellent choice for a late camp.
- Tortellini Parma Rosa (1) Tortellini smothered in a creamy tomato sauce. Served with bread.
- Tuna Caserole (2) An easy one-pot meal sure to stick to you ribs. A creamy caserole made with tuna, corn, and mushrooms.

Non-Perishable - use on any Camp

- Barley Mushroom Casserole (2, V, D) Combination of onion, barley, broth, and mushrooms baked in a Dutch Oven, served with dinner rolls.
- Bean & Rice Stew (1) A hearty one pot-stew made with 4 different beans, tomatoes, rice, and topped with parmesan cheese.
- Chili & Corn Bread (1, D) Cans of chili heated and served with cheese, onions and corn bread baked in a Dutch oven.
- Clam Chowder & Corn Bread (1, D) Cans of clam chowder heated and served with corn bread.
- Creamy Chicken & Dumplings (2) An easy one-pot meal made with peas, carrots, chicken, and mushroom soup. Served with garlic bread.
- Green Chili Burritos (2) A mixture of ham, garlic, jalapenos and onions sautéed in beer, tomatoes, chilies, and spices. This sauce smothers your bean burrito. Top with cheese and serve with Mexican rice.
- Linguini & Clam Sauce (1) Sautéed clams, onion, and mushroom sauce served over linguini noodles, with garlic.
- Mediterranean Penne (2, V) A creamy pasta dish prepared with sun-dried tomatoes, artichoke hearts, and garlic.
- Mediterranean Couscous & Chicken (1) A simple, one-pot meal. Couscous prepared with chicken, garbanzo beans, tomatoes, and spices.
- Minestrone Soup & Bread (1) Heated minestrone soup, served with garlic bread.



Salad & Dessert Descriptions

SALADS

Apricot Honey Glazed Carrots (NP, 2)
Asparagus (NP, 1)
Bean Salad, Black 3 Pepper (NP, 2)
Bean Salad, Greek Style (P7, 2)
Bean Salad, Multi (NP, 1)
Bean Salad, Zippy (P7, 2)
Beet Salad (NP, 1)
Cabbage & Apple Salad (NP, 2)
Cabbage & Raisin Salad (NP, 2)
Carrot Salad (P14, 2)
Citrus Salad (P10, 2)
Coleslaw (NP, 2)
Corn (NP, 1)
Creole Lima Beans (P14, 2)
Crunchy Tomato Salad (P14, 2)
Curried Corn and Peppers (P10, 2)
Fruit Salad (Fresh) (P4, 2)
Fruit Salad (Canned) (NP, 1)
Gazpacho Soup (P14, 3)
Greek Salad (P10, 2)
Green Beans (NP, 1)
Green Bean Casserole (NP, 1)
Green Bean Almondine (NP, 1)
Green Beans w/ Walnuts & Onions (NP, 3)
Garlic Green Beans (NP, 1)
Green Salad (P7, 2)
Hearty Garden Salad (P10, 2)
Lemon Herbed Sweet Peas (NP, 2)
Lemony Limas (NP, 1)
Mixed Veggies (NP, 1)
Oriental Salad (P14, 2)
Pasta Salad (NP, 3)
Peas (NP, 1)
Pineapple Cole Slaw (NP, 2)
Potato Salad (NP, 3)
Potatoes AuGratin (NP, 2)
Spinach Salad (P4, 2)
Steamed Veggies (P10, 3)
Tabouli Salad (P14, 2)
Tomato Creole (P14, 3)
Tomato Cucumber Salad (P10, 2)
Vegetable Sauté w/ Rice (P10, 3)
Veggies & Dip (P7, 2)
Waldorf Salad (P14, 2)

DESSERTS

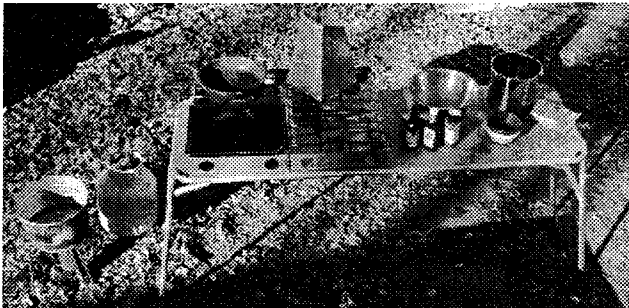
Apple Cobbler (NP, D, 2)
Baked Brownies (NP, D, 2)
Brownies, Ready-made (NP, 1)
Blueberry Cheesecake, no-bake (NP, 2)
Blueberry Cobbler (NP, D, 2)
Carrot Cake (NP, D, 2)
Carrot Cake, Pre-made (P7, 1)
Cheesecake, no-bake (NP, 2)
Cheesecake, Pre-made (P7, 1)
Cherry Cheesecake, no-bake (NP, 2)
Chocolate Cake (NP, D, 2)
Chocolate Chip Pie, no-bake (NP, 2)
Chocolate-Dipped Pears (P2, 2)
Chocolate Lovers Dessert, no-bake (NP, 2)
Chocolate Mints (NP, 1)
Chocolate Pudding (NP, 1)
Cookies (NP, 1)
Death by Chocolate (NP, D, 2)
Fortune Cookies (np, 1)
Fresh or Frozen Fruit (P7, 2)
Fruit Salad, canned (NP, 1)
German Chocolate Cake (NP, D, 2)
Gingerbread Cake (NP, D, 2)
Lemon Bars (NP, D, 2)
Lemon Silk, no-bake (NP, 2)
Oreo Cookie Pie, no-bake (NP, 2)
Peach Cobbler (NP, D, 2)
Pineapple Upside-Down Cake (NP, D, 2)
Poppyseed Cake (NP, D, 2)
Pound Cake w/Fruit Filling (P7, 1)
Pudding w/ Vanilla Wafers (NP, 1)
Pumpkin Pie (NP, D, 2)
S'mores (NP, G, 2)
Spice Cake (NP, D, 2)
Strawberry Cheesecake, no-bake (NP, 2)
Strawberry Shortcake (P7, 1)
Strawberry Yogurt Pie (P7, 1)
Yellow Cake (NP, 2)

ADDITIONAL OPTIONS

Appetizers

We pack so much food that appetizers are not really necessary to make you feel full. They are just nice to have from time to time. The appetizers are mostly ready-made, requiring little to no preparation. We suggest choosing appetizers for layover days, special occasions like birthdays or anniversaries, and for meals that may take a while to prepare. There is an extra charge of \$15.00 for each appetizer chosen. Appetizers are listed below and are non-perishable unless otherwise noted.

- Baba Ganoush
- Cheese & Crackers
- Chips, Salsa & Black Bean Dip
- Chips & Guacamole (P12)
- Cream Cheese and Crab
- Cream Cheese and Fish Snacks
- Cream Cheese and Salmon
- Cream Cheese and Shrimp
- Easy Antipasto
- Hummus, Crackers, & Greek Olives (P7)
- Mixed Nuts
- Onion Dip with Chips
- Salami & Cheese
- Summer Sausage, Cheese & Crackers
- Veggies & Dip (P7)



Munchie Box

The Munchie Box option is great for active groups or groups with lots of kayakers. We fill two 20-mil ammo cans with a combination of sweet and salty snacks. Rig these on your boats to be always accessible, and you can enjoy a quick snack anytime. Beef jerky, sports bars, crackers, fruit, nuts, and trail mix are just some of the items you will find in this treasure. The charge on the Munchie Box(es) is \$150.00.

Gourmet Coffee

We also offer a Gourmet Coffee option for \$6.50/day. A local roaster provides our Gourmet "Black Gold". Roasted and ground to order, you can't get it much fresher. Our favorite blends are North Rim, a full dark roast, and Boatman's Blend, a medium-dark roast. We pack 3/4 pound per day - enough to make 2 of our 32-cup pots.



Sample Menu

Canyon REO's Favorite

	DINNERS	BREAKFASTS	LUNCHES
Put-in	Marble Canyon Lodge on your own	Coffee cake, Melon, Yogurt Coffee, Tea, Hot Chocolate	River Lunch (Deli Spread) Fresh Fruit, Cookies, Frozen Juice
Camp 1	Grilled Fish & Rice Pilaf (G) Spinach Salad Baked Brownies (D)	Bagel Breakfast Juice Coffee, Tea, Hot Chocolate	Turkey & Cheese S'wiches Fresh Fruit Cookies Frozen Juice
Camp 2	Tacos w/ Meat & Cheese Corn Chocolate Dipped Pears	Scrambled Eggs & Bacon Juice, Fruit Coffee, Tea, Hot Chocolate	Hummus Pockets Fresh Fruit Cookies Frozen Juice
Camp 3	Chicken Teriyaki (G) Green Salad Death by Chocolate (D)	Granola and Fruit Juice, Fruit Coffee, Tea, Hot Chocolate	Curried Chicken Salad Fresh Fruit Cookies Frozen Juice
Camp 4	Pasta w/ Pesto & Italian Sausage Garlic Green Beans Pre-made Cheesecake	Yoghurt Fruit Salad and Muffins Juice, Fruit Coffee, Tea, Hot Chocolate	River Lunch Fresh Fruit Cookies Frozen Juice
Camp 5	Chicken Stri-Fry and Rice Oriental Salad Fortune Cookies	French Toast with Muffins Juice, Fruit Coffee, Tea, Hot Chocolate	Guacamole and Tortills Fresh Fruit Cookies Frozen Juice
Camp 6	Grilled Steak & Potatoes (G) Hearty Garden Salad Peach Cobbler (D)	Lox & Bagels Juice, Fruit Coffee, Tea, Hot Chocolate	Salami & Cheese S'wiches Fresh Fruit Cookies Frozen Juice
Camp 7	Chicken & Veggie Fajitas Zippy Bean Salad Strawberry Shortcake	Cereal and English Muffins Juice, Fruit Coffee, Tea, Hot Chocolate	Salmon Veggie Pitas Fresh Fruit Cookies Frozen Juice
Camp 8	Vegetable Fettuccine Citrus Salad Cookies	Apple Pancakes w/ Sausage Juice, Fruit Coffee, Tea, Hot Chocolate	Hiking Lunch Fresh Fruit Cookies Lunch Drink

Sample Menu

Canyon REO's Favorite

	DINNERS	BREAKFASTS	LUNCHES
Camp 9	Shishkabobs (G) Tomato Cucumber Salad Ready made Brownies	Cereal and Breakfast Bars Coffee, Tea, Hot Chocolate	River Lunch Fresh Fruit Cookies Lunch Drink
Camp 10	Herb-Citrus Chicken Asparagus Pudding w/ Vanilla Wafers	Oatmeal, Raisins, & Nuts Coffee, Tea, Hot Chocolate	Roast Beef & Cheese S'wiches Fresh Fruit Cookies Lunch Drink
Camp 11	Jambalaya Tomato Creole Chocolate Mints	Scambled Eggs & Canadian Bacon Canned Fruit Coffee, Tea, Hot Chocolate	Burrito Bar Cookies Fresh Fruit Lunch Drink
Camp 12	Beef Stroganoff & Noddles Lemony Limas Cherry Cheesecake	Cereal and Bagels Canned Fruit Coffee, Tea, Hot Chocolate	Ham & Pastrami S'wiches Cookies Fresh Fruit Lunch Drink
Camp 13	Burrito Bar Dinner Corn Chocolate Pudding	Cereal & English Muffins Canned Fruit Coffee, Tea, Hot Chocolate	Oriental Chicken Salad Cookies Fresh Fruit Lunch Drink
Camp 14	Creamy Chicken & Dumplings Lemon-Herb Sweet Peas Oreo Cookie Pie	Ham and Eggs Canned Fruit Coffee, Tea, Hot Chocolate	Trail Lunch w/ Summer Sausage Cookies Fresh Fruit Lunch Drink
Camp 15	Seafood Pasta Green Beans w/ Walnuts & Onions Fruit Salad, canned	Oatmeal w/ Raisins and Nuts Canned Fruit Coffee, Tea, Hot Chocolate	Tuna Salad Cookies Fresh Fruit Lunch Drink
Camp 16	Tamale Pot Pie (D) Mixed Vegetables S'mores	Huevos Rancheros Canned Fruit Coffee, Tea, Hot Chocolate	Salami & Cheese S'wiches Cookies Fresh Fruit Lunch Drink
Camp 17	Bean & Rice Stew Apricot Honey Glazed Carrots Cookies	Bagel Breakfast Canned Fruit Coffee, Tea, Hot Chocolate	Take-Out Lunch including lots of fresh fruits and vegetables brought to you by REO

Sample Menu Quick 'N Easy

DINNERS

BREAKFASTS

LUNCHES

Put-in	Marble Canyon Lodge on your own	Coffee cake, Melon, Yogurt Coffee, Tea, Hot Chocolate	River Lunch (Deli Spread) Fresh Fruit, Cookies, Frozen Juice
Camp 1	Skillet Chicken Teriyaki Veggie & Dip Chocolate Dipped Pears	Yoghurt Fruit Salad & Bagels Juice, Fruit Coffee, Tea, Hot Chocolate	River Lunch Fresh Fruit Cookies Frozen Juice
Camp 2	Mixed Grill (G) Asparagus Cookies	Cereal & English Muffins Juice, fruit Coffee, Tea, Hot Chocolate	River Lunch Fresh Fruit Cookies Frozen Juice
Camp 3	Tacos with Meat & Cheese Corn Pre-Made Carrot Cake	Granola & Fruit Juice, Fruit Coffee, Tea, Hot Chocolate	River Lunch Fresh Fruit Cookies Frozen Juice
Camp 4	Creamy Fettuccine w/ Peas & Ham Lemony Limas Cherry Cheesecake	Oatmeal, Raisins, & Nuts Juice, Fruit Coffee, Tea, Hot Chocolate	Salami & Cheese Fresh Fruit Cookies Frozen Juice
Camp 5	Grilled Fish, Rice & Veggies (G) Crunchy Tomato Salad S'Mores	Cereal & Breakfast Bars Juice, Fruit Coffee, Tea, Hot Chocolate	River Lunch Fresh Fruit Cookies Frozen Juice
Camp 6	Black Bean Turkey Chili Coleslaw Pound Cake w/ Fruit Topping	Yoghurt Fruit Salad & Muffins Juice, Fruit Coffee, Tea, Hot Chocolate	River Lunch Fresh Fruit Cookies Frozen Juice
Camp 7	Pesto Pork Chops Lemon-Herbed Sweet Peas Fortune Cookies	Bagel Breakfast Juice, Fruit Coffee, Tea, Hot Chocolate	River Lunch Fresh Fruit Cookies Frozen Juice
Camp 8	Grilled Steak & Potatoes (G) Tomato Cucumber Salad Cookies	Cereal & Fruit Juice, Fruit Coffee, Tea, Hot Chocolate	Chicken Salad Fresh Fruit Cookies Frozen Juice

Sample Menu Quick 'N Easy

DINNERS

BREAKFASTS

LUNCHESES

Camp 9	Ham & Potatoes Au Gratin Fruit Salad, Canned Easy Chocolate Pudding	Cream of Wheat & Pop Tarts Juice, Fruit Coffee, Tea, Hot Chocolate	River Lunch Fresh Fruit Cookies Lunch Drink
Camp 10	Peato Pasta & Italian Sausage Green Beans Casserole Oreo Cookie Pie	Cereal & Bagels Juice, Fruit Coffee, Tea, Hot Chocolate	River Lunch Fresh Fruit Cookies Lunch Drink
Camp 11	Sloppy Joes Corn Pudding w/ Vanilla Wafers	Bagel Breakfast Powdered Drink, Canned Fruit Coffee, Tea, Hot Chocolate	River Lunch Cookies Fresh Fruit Lunch Drink
Camp 12	Jambalaya Apricat Honey Glazed Carrots Cookies	Cereal & English Muffins Powdered Drink Coffee, Tea, Hot Chocolate	Salami & Cheese Cookies Fresh Fruit Lunch Drink
Camp 13	Pasta w/ Peanut Sauce Tabouli Salad Easy Brownies	Granola & Fruit Powdered Drink, Canned Fruit Coffee, Tea, Hot Chocolate	River Lunch Cookies Fresh Fruit Lunch Drink
Camp 14	Tuna Casserole Multi Bean Salad Chocolate Mints	Oatmeal, Raisins, & Nuts Powdered Drink Coffee, Tea, Hot Chocolate	River Lunch Cookies Fresh Fruit Lunch Drink
Camp 15	Mediterranean CousCous & Chicken Peas Fruit Salad	Cereal & Breakfast Bars Powdered Drink, Canned Fruit Coffee, Tea, Hot Chocolate	Trail Lunch w/ Summer Sausage Cookies Fresh Fruit Lunch Drink
Camp 16	Green Chile Burritos Mixed Vegetables Chocolate Lover's Dessert	Yoghurt Fruit Salad & Muffins Powdered Drink Coffee, Tea, Hot Chocolate	Tuna Salad Cookies Fresh Fruit Lunch Drink
Camp 17	Seafood Pasta Green Beans Almondine Cookies	Bagel Breakfast Powdered Drink, Canned Fruit Coffee, Tea, Hot Chocolate	Take-Out Lunch including lots of fresh fruits and vegetables brought to you by REO

Sample Menu Low Ice

	DINNERS	BREAKFASTS	LUNCHES
Put-in	Marble Canyon Lodge on your own	Coffee cake, Melon, Yogurt Coffee, Tea, Hot Chocolate	River Lunch (Deli Spread) Fresh Fruit, Cookies, Frozen Juice
Camp 1	Skillet Chicken Teriyaki Green Salad Cookies	Scrambled Eggs & Bacon Fruit Coffee, Tea, Hot Chocolate	Tuna, Apple Raisin Salad Fresh Fruit Cookies Frozen Juice
Camp 2	Mixed Grill Spinach Salad Baked Brownies	Cereal & Bagels Fruit Coffee, Tea, Hot Chocolate	Roast Beef and Cheese S'wiches Fresh Fruit Cookies Frozen Juice
Camp 3	Jambalaya Carrot Salad Cherry Cheesecake	Oatmeal, Raisina, & Nuts Fruit Coffee, Tea, Hot Chocolate	River Lunch Fresh Fruit Cookies Frozen Juice
Camp 4	Chicken Stir-Fry and Rice Pineapple Coleslaw Fortune Cookies	Scambled Eggs & Sausage Fruit Coffee, Tea, Hot Chocolate	Guacamole & Tortillas Fresh Fruit Cookies Frozen Juice
Camp 5	Pasta w/ Pesto & Italian Sausage Crunchy Tomato Salad Easy Chocolate Pudding	Cereal & Pop Tarts Fruit Coffee, Tea, Hot Chocolate	Trail Lunch w/ Fish Fresh Fruit Cookies Frozen Juice
Camp 6	Tacos w/ Meat & Cheese Mixed Vegetables Lemon Silk Dessert	Yoghurt Fruit Salad & Muffins Fruit Coffee, Tea, Hot Chocolate	River Lunch Fresh Fruit Cookies Frozen Juice
Camp 7	Ham & Potatoes Au Gratin Green Beans Pudding w/ Vanilla Wafers	Eggs, Bacon, & Hashbrowns Fruit Coffee, Tea, Hot Chocolate	Peanut Butter & Jelly Fresh Fruit Cookies Frozen Juice
Camp 8	Spaghetti Green Salad Blueberry Cheesecake	Cereal & Fruit Fruit Coffee, Tea, Hot Chocolate	Turkey & Cheese S'wiches Fresh Fruit Cookies Lunch Drink

Sample Menu Low Ice

DINNERS

BREAKFASTS

LUNCHES

Camp 9	BBQ Chicken & Cornbread Cabbage & Apple Salad Cookies	Cream of Wheat & Pop Tarts Coffee, Tea, Hot Chocolate	Hiking Lunch Fresh Fruit Cookies Lunch Drink
Camp 10	Beef Stroganoff & Noodles Green Beans Almondine Oreo Cookie Pie	Scrambled Eggs & Canadian Bacon Coffee, Tea, Hot Chocolate	Taco Salad Fresh Fruit Cookies Lunch Drink
Camp 11	Spinach Lasagna (DO) Multi Bean Salad Easy Brownies	Cereal & Breakfast Bars Canned Fruit Coffee, Tea, Hot Chocolate	Shrimp & Cream Cheese Salad Cookies Fresh Fruit Lunch Drink
Camp 12	Burrito Bar Dinner Corn Easy Chocolate Pudding	Bagel Breakfast Canned Fruit Coffee, Tea, Hot Chocolate	Veggie & Cheese Pitas Cookies Fresh Fruit Lunch Drink
Camp 13	Clam Chowder & Garlic Bread Citrus Salad Chocolate Lovers Dessert	Apple Pancakes w/ Bacon Canned Fruit Coffee, Tea, Hot Chocolate	Bagel Lunch Cookies Fresh Fruit Lunch Drink
Camp 14	Chili & Cornbread (DO) Potatoes Au Gratin S'Mores	Cereal & Pop Tarts Canned Fruit Coffee, Tea, Hot Chocolate	Curried Chicken Salad Cookies Fresh Fruit Lunch Drink
Camp 15	Red Beans & Rice w/ Chicken Beet Salad Blueberry Cheesecake	Oatmeal w/ Raisins and Nuts Canned Fruit Coffee, Tea, Hot Chocolate	Trail Lunch w/ Summer Sausage Cookies Fresh Fruit Lunch Drink
Camp 16	Tamale Pot Pie (DO) Peas Chocolate Mints	Cereal & English Muffins Canned Fruit Coffee, Tea, Hot Chocolate	Salmon-Veggie Pitas Cookies Fresh Fruit Lunch Drink
Camp 17	Minestrone Soup w/ Garlic Bread Green Bean Casserole Cookies	Cereal & Breakfast Bars Canned Fruit Coffee, Tea, Hot Chocolate	Take-Out Lunch including lots of fresh fruits and vegetables brought to you by REO

Menu Planner

Trip Leader _____ Put-in Date _____ Take-out Date _____

Number of People _____ Number of Days _____ Number of Vegetarians _____

	DINNERS	BREAKFASTS	LUNCHES
Put-in	Marble Canyon Lodge On your own.	Coffeecake, Melon, Yogurt Coffee, Tea, Hot Chocolate	River Lunch (Deli Spread) & Veggies Fresh Fruit, Cookies, Frozen Juice
Camp 1			
Camp 2			
Camp 3			
Camp 4			
Camp 5			
Camp 6			
Camp 7			
Camp 8			

Menu Planner

Options - Circle Choices (add'l cost):

Munchie Box: sweet, salty, 1/2 & 1/2

Gourmet coffee

Hors d'oeuvres: _____ (camps) _____ (#of days)

DINNERS

BREAKFASTS

LUNCHES

Camp 9

Camp 10

Camp 11

Camp 12

Camp 13

Camp 14

Camp 15

Camp 16

Camp 17

Take-out lunch
Fried Chicken or
Deli River Lunch
brought to you by R.E.O.

A Few Things to Remember

Food Location

- Dry goods that are non-perishable, such as canned vegetables, pasta, rice, cake mixes, cookies, etc., may be found in the ammo cans labeled by camp. Camps include dinner and the next day's breakfast and lunch.
- Breads are packed in small aluminum boxes, and sometimes tortilla chips are packed with the bread.
- Eggs are packed in their own labeled ammo cans and should be kept out of the sun: use the drop bags with lids to keep eggs and produce in the shade.
- Fresh vegetables are packed in a cooler -- either the large "coffin" cooler, a 178 qt. cooler, or a 123 qt. cooler, depending on the amount and frame constraints. Hardier vegetables and fruit are placed in crates, which should also be kept in a covered hatch.
- Perishables, such as meat and dairy items, are packed in the day coolers that are organized by camp. (e.g. camp 1-4, 5-9, etc.).
- You will have a gallon of fresh milk in each of the first two day coolers. Boxed or powdered milk will be packed in the camp ammo cans to be used for subsequent recipes.
- Fresh half & half for coffee will be packed in each of the first two day coolers. Beginning with camp 10, a can of evaporated milk will be packed each day for coffee.

Fruit/Frozen Juice

- We try to pack frozen juice for breakfast and lunch the first 9 days of your trip. However, if cooler space is limited, juice is the first item left behind to make everything else fit. (Powdered beverages will be substituted.)
- We pack canned fruit for your breakfast fruit for the camps after Day 9.
- Lunch fruit primarily consists of apples and oranges. If you have extra space in your produce cooler, we will pack appropriate amounts of "soft" fruit for your first few lunches.
- If you have fruit recipes, such as "Melon Fruit Salad," the selection of fruit you will get is strictly determined by seasonal availability.

Carrying Over Extra Food

- Many items, such as cereal, cookies, maple syrup, jelly, etc., may be carried over to later camps. Just don't carry over mayonnaise!

Finally, remember the deadlines. Please send us the menu planner by 90 days before your launch, and send us the final group size, final menu changes, and special orders by 30 days before your launch. If you have your final group count and final menu ready before the 30-day deadline, our food manager would be very happy to receive that information sooner.



For more information on menu planning, please contact us
at the address below or visit our web site.

Mailing: P.O. Box 3493
Flagstaff, AZ 86003

Phone: 800-637-4604
520-774-3377

Fax: 520-774-3343

E-mail: food@canyonreo.com

WWW: www.canyonreo.com