

## 25 Day Quick Prep Menu



*Dietary Restrictions:*

*Trip Details:*

*Bulk Fruit:*

*Silver Box/Drinks: Paper Towels (3 rolls), Half and Half (4 quarts).*

*\*\*\* Don't forget about your snack box and the fruit in your hatches!! \*\*\**

Total individuals: 16

Total servings: 16.0

### Calendar Planning

Day	Appetizer	Dinner	Breakfast	Lunch
Day 0	Safeway Lunch (Grocery Stop Before Leaving Town) (16)	Rig Night (BYO or Moe Meal-additional charge) (16)	Breakfast Salmon Lox on Bagels (16)	Lunch BLTA (16)
Day 1	Appetizer Caesar Salad (16)	Dinner Quick Pesto Chicken Gnocchi (16) Dessert Angel Food Cake (16)	Breakfast Yogurt and Granola with English Muffins (16)	Lunch Caprese Salad Sandwich (16)
Day 2	Appetizer Veggies and Dip (16)	Dinner Grilled Wild Salmon (16) Dessert Frozen Cheesecake Bites (16)	Breakfast Quick Bacon Scramble (16)	Lunch Cold Cut Wraps (16)
Day 3	Appetizer Hummus and Veggies (16)	Dinner Jambalaya with Shrimp and Sausage (16)	Breakfast Cold Cereal with Bagels (16)	Lunch Lox on Bagels with Cream Cheese (16)
Day 4	Appetizer Tortilla Chips and Guacamole (16)	Dinner Chicken Enchiladas (PM) (16)	Breakfast Quick Ham Scramble (16)	Lunch Cold Cut Sammies (16)
Day 5	Appetizer Shrimp and Mango Salsa Shuttles (16)	Dinner Quick Beef Bowls (16) Dessert No Bake Cheesecake (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch Hummus Pitas (16)
Day 6	Appetizer Tomato and Mozzarella Sliders (16)	Dinner Quick Chicken and Quinoa (16)	Breakfast Quick Egg Sammies (16)	Lunch Cold Cut Wraps (16)
Day 7	Appetizer Cowboy Candy (16)	Dinner Beef Tacos (16) Dessert Pepperidge Farms Cookies (16)	Breakfast Salmon Lox on Bagels 2nd Half (16)	Lunch Bagel Sandwiches (16)
Day 8	Appetizer Mixed Nuts (16)	Dinner Quick Chicken Stir Fry (16)	Breakfast Quick Steak Scramble (16)	Lunch Cuban Wrap (16)
Day 9	Appetizer Spinach Dip (16)	Dinner Quick Seared Cod and Quinoa (16) Dessert Mini Candy Bars (16)	Breakfast Quick Gallo Pinto (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 10	Appetizer Hummus and Pita Chips (16)	Dinner Steaks and Potatoes 2nd Half (16) Dessert Blueberry and Peach Cobbler (DO) (16)	Breakfast Quick Kayaker Quinoa (16)	Lunch Hummus Pitas 2nd Half (16)
Day 11	Appetizer Cheese and Crackers (16)	Dinner Quick Thai Noodles 2nd Half (16) Dessert Pepperidge Farms Cookies (16)	Breakfast Cold Cereal with English Muffins (16)	Lunch Reuben Wraps (16)
Day 12	Appetizer Olive Tapenade (16)	Dinner Spaghetti and Meatballs 2nd Half (16)	Breakfast Quick Bacon Scramble 2nd Half (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 13	Appetizer Cheese and Crackers with Salami (16)	Dinner Quick Falafel and Quinoa 2nd Half (16)	Breakfast Quick Egg Sammies 2nd Half (16)	Lunch Peanut Butter and Jelly (16)
Day 14	Appetizer Chips and Dip (16)	Dinner Cheeseburgers 2nd Half (16) Dessert Pineapple Upside Down Cake (DO) (16)	Breakfast Bagels with Hard Boiled Eggs (16)	Lunch Cold Cut Wraps 2nd Half (16)
Day 15	Appetizer Mixed Nuts (16)	Dinner Quick Pesto Chicken Gnocchi 2nd Half (16)	Breakfast Quick Gallo Pinto (16)	Lunch Turkey and Swiss Wraps 2nd Half (16)
Day 16	Appetizer Olive Tapenade (16)	Dinner Quick Chicken Curry (16) Dessert S'mores (16)	Breakfast Quick Ham Scramble 2nd Half (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 17	Appetizer Chips and Dip (16)	Dinner Quick Steak Tacos (16)	Breakfast Cold Cereal with Bagels (16)	Lunch Steak and Black Bean Wraps 2nd Half (16)

Day	Appetizer	Dinner	Breakfast	Lunch
Day 18	Appetizer Pretzels and Cheese Dip (16)	Dinner Quick Teriyaki Chicken Bowls (16) Dessert Mini Candy Bars (16)	Breakfast Quick Steak Burritos 2nd Half (16)	Lunch Hummus Pitas 2nd Half (16)
Day 19	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Quick Black Bean and Sweet Potato Tacos (16)	Breakfast Cold Cereal with English Muffins (16)	Lunch Cuban Wrap (16)
Day 20	Appetizer Spinach Dip (16)	Dinner Quick Thai Noodles 2nd Half (16) Dessert Fortune Cookies (16)	Breakfast Oatmeal (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 21	Appetizer Tortilla Chips and Guacamole (16)	Dinner Quick Chicken Fajitas 2nd Half (16)	Breakfast Quick Steak Scramble 2nd Half (16)	Lunch Mediterranean Tuna Salad Pitas 2nd Half (16)
Day 22	Appetizer Smoked Oysters (16)	Dinner Quick Beef Bowls 2nd Half (16) Dessert Dark Chocolate Mints (16)	Breakfast Quick Egg Muffins 2nd Half (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 23	Appetizer Pesto Cream Cheese (16)	Dinner Tortellini w/ Chicken (16)	Breakfast Salmon Lox on Bagels 2nd Half (16)	Lunch Roast Beef Wraps (16)
Day 24	Appetizer Smoked Gouda with Summer Sausage (16)	Dinner BBQ Pulled Pork (PM) (16) Dessert Pepperidge Farms Cookies (16)	Breakfast Leftovers (16)	Lunch En Route to Flagstaff (16)