

Below you will find a daily menu for the 2021 Schuylkill River Sojourn. Vegetarian options are provided with each meal. Schuylkill River Greenways is unable to accommodate all dietary needs so please review each day's menu and add food items to your packed items if necessary.



Sojourn Daily Menu with Location & Partner

***SRG provides water and Gatorade for the entire trip. Several water stops will include some fruit and cookies as snacks. Each meal has vegetarian options.*

Friday Night Pre-Sojourn: Jim Dietrich Park

- Schuylkill River Greenways will not be providing dinner this night. Delicious s'mores will be made over bonfires for an evening treat and non-alcoholic beverages (water and Gatorade) will be available.

(Day 1) Saturday, July 31

- **Breakfast: Jim Dietrich Park, Muhlenberg Lions Club**
 - Chicken biscuits, bagels, cereal with non-dairy options, muffins, fruit, coffee and tea.
- **Lunch: Reading Riverfront Park, Keystone Canoe Club**
 - Fresh salads made by volunteers, fresh fruit, selection of cut vegetables and chips, a variety of sandwiches (from hummus to peanut butter, meats and cheeses), snacks – granola bars and excellent homemade desserts like brownies and cake – coffee, tea, iced tea lemonade.
- **Dinner: Allegheny Aqueduct, Cumru Lions Club**
 - Pulled pork BBQ sandwiches, vegetarian BBQ sandwiches, salads, fruit and drinks.
 - There will be a frozen treat for dessert.

(Day 2) Sunday, August 1

- **Breakfast: Allegheny Aqueduct, Cumru Lions Club**
 - Pancakes, sausage, eggs, yogurt, fruit, coffee and tea.
- **Lunch: Morlatton Village, Historic Preservation of Berks Co.**

- Fried chicken, salads, tomato pie, drinks, water ice.
- **Dinner: Riverfront Park, Pottstown, SRG and Bause Catering**
 - Shepard's Pie with a vegetarian option, salads, roasted summer vegetables, assorted dessert, coffee and drinks.

(Day 3) Monday, August 2

- **Breakfast: Riverfront Park, Pottstown, SRG and Bause Catering**
 - Assortment of breakfast casseroles with vegetarian option, fresh fruit, pastries, coffee and tea.
- **Lunch: Victory Park, Schuylkill Canal Association**
 - Boyer Catering, hot dogs, hamburgers, hot pork sandwiches, salads, fruit and dessert.
- **Dinner: Lock 60, Schuylkill Canal Association**
 - Spaghetti Dinner, salad, fruit, desserts, and beverages.

(Day 4) Tuesday, August, 3

- **Breakfast: Lock 60, Schuylkill Canal Association**
 - Cereal, yogurt and granola, fruit, coffee and tea.
- **Lunch: Betzwood Park in Valley Forge, Bause and SRG**
 - Sandwiches, salad, fruit, chips, tomato pie, and drinks.
- **Dinner: Barr Harbor in Conshohocken, Ribhouse BBQ**
 - Chicken, Ribs, Baked Beans, Baked Ziti, potato salad, salad and drinks.

(Day 5) Wednesday, August 4

- **Breakfast: Barr Harbor in Conshohocken, Philadelphia Canoe Club**
 - Pastries, yogurt, cereal, fruit, coffee and tea.
- **Lunch: Philadelphia Canoe Club**
 - Sandwiches, salads, fruit, chips, fresh baked cookies, and drinks
- **No dinner since the final takeout will happen around 3:30 p.m.**