

Below you will find a daily menu for the 2022 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) Friday, June 17

- **Dinner: Schuylkill Haven Island Park**
 - Schuylkill River Greenways will not be providing dinner this night. Schuylkill Haven Island Park is holding its annual “Rock the Island” community event and will have food vendors. BBQ Chicken will be available. Pre-ordering the BBQ dinner is highly recommended. To order, call 570-385-3578. There will also be burgers, hot dogs, and ice cream available for purchase at the pavilion.

(Day 1) Saturday, June 18

- **Breakfast: Schuylkill Haven Island Park, Hess Catering**
 - Scrambled eggs, French toast, sausage, home fries, fruit, and coffee.
- **Lunch: Auburn Dam, Schuylkill Lodge No. 138**
 - Selection of wraps, soup, salad, and watermelon.
- **Dinner: Port Clinton, Port Clinton Fire Company**
 - Spaghetti Dinner with salad and a variety of desserts.

(Day 2) Sunday, June 19

- **Breakfast: Port Clinton, St. Johns Church**
 - Scrambled eggs, pancakes, sausage, fruit, orange juice, coffee and tea.
- **Lunch: Peter Yarnell Park, Hamburg Rotary Club**

- Assortment of cold cut sandwiches, veggies, fruit, cookies and chips.
- **Dinner: Jim Dietrich Park, Muhlenberg Lions Club**
 - Mexican Fiesta and drinks.

(Day 3) Monday, June 20

- **Breakfast: Jim Dietrich Park, Muhlenberg Lions Club**
 - 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 4) Tuesday, June 21

- **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 5) Wednesday, June 22

- **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**
 - Pizza, salad, fruit, desserts, and beverages.

(Day 6) Thursday, June 23

- **Breakfast: Lock 60, Schuylkill Canal Association**

- Cereal, yogurt and granola, fruit, coffee and tea.
- **Lunch: Betzwood Park in Valley Forge, French Creek Racing**
 - hamburgers, hot dogs, salad, tomato pie, and drinks.
- **Dinner: Barr Harbor in Conshohocken, Ribhouse BBQ**
 - Chicken, Ribs, Baked Beans, Baked Ziti, potato salad, salad and drinks.

(Day 7) Friday, June 24

- **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.**