



Crew Sample Menu

Week 1

BREAKFAST

LUNCH

DINNER

SNACKS

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	<p>Buffet: Cereals, yogurts, fruit, cheese & cold cuts, bread basket</p> <p>Special: Scrambled Eggs Bacon</p>	<p>S) Mushroom Soup (hot) with baguette</p> <p>M) Beef lasagna</p> <p>F) Sole with butter caper sauce</p> <p>St) Basil Pesto Gnocchi (nuts)</p> <p>Veg) Parmesano Eggplant</p> <p>V) Sauted courgettes</p> <p>Sa) Waldorf Salad</p>	<p>M) Asian Beef short Ribs</p> <p>F) Mrs May's Whole baked turbot with chilli cauliflower</p> <p>St) Coconut Rice with parsley</p> <p>Veg) Green bean egg fritters with spring onions</p> <p>V) Suted Bokchoi & brocolini</p> <p>Sa) Greek Salad</p> <p>D) Panna Cotta</p>	Watermelon Slices
TUE	<p>Buffet: Cereals, yogurts, fruit, cheese & cold cuts, bread basket</p> <p>Special: Pancakes Fruit Salad</p>	<p>S) Tomato Soup (hot) with sourdough bread</p> <p>M) Pork Bangers</p> <p>F) Seabass w/ cherry tomato halves & olives</p> <p>St) Mashed Potatoes</p> <p>Veg) Moroccan roasted Pumpkin, chickpeas and sweet potato</p> <p>V) Corn ribs & peas</p> <p>Sa) Grilled peach salad</p>	<p>M) Beef Fillet with pepper sauce</p> <p>F) Tuna Steaks</p> <p>St) Puta Nesca Penne (Veg)</p> <p>Veg) Ratatouille</p> <p>V) Steamed green beans with garlic</p> <p>Sa) Panzanelle Salad</p> <p>D) Chocolate Brownie</p>	Guacamole & Cornchips
WED	<p>Buffet: Cereals, yogurts, fruit, cheese & cold cuts, bread basket</p> <p>Special: Fried Eggs Sausages Baked beans</p>	<p>S) Cauliflower Soup (hot) with seed loaf</p> <p>M) Beef Kebabs</p> <p>F) John Dory Fillets with honey mustard sauce</p> <p>St) Parmesan Polenta fritta</p> <p>Veg) Falafels and hummus</p> <p>V) Halloumi and Vegetable Skewers</p> <p>Sa) Fig salad with sweetcorn</p>	<p>M) Pork Belly</p> <p>F) Swordfish</p> <p>St) Potato Wedges</p> <p>Veg) Stuffed tomatoes with cous cous & pepperbells</p> <p>V) Vauteed Ausparagus</p> <p>Sa) Snapper Peas Salad</p> <p>D) Mini Pavlova with fresh berries</p>	Chocolate dipped frozen banana lollies rolled in crushed nuts or plain
THU	<p>Buffet: Cereals, yogurts, fruit, cheese & cold cuts, bread basket</p> <p>Special: Waffles Fruit Salad</p>	<p>S) Fruit de Mar Soup (hot)</p> <p>M) Pepperoni Pizza</p> <p>F) Tuna, Anchovi, Caper and olive pizza</p> <p>St) Pita bread</p> <p>Veg) Mushroom and pepper bell pizza</p> <p>V) Sauted asparigus & brocolini</p> <p>Sa) Cesar Salad</p>	<p>M) Beef Wellington</p> <p>F) Beer Battered Cod</p> <p>St) Chips / Fries</p> <p>Veg) Lentil Lasagna</p> <p>V) Steamed broccoli (with bacon bits on the side)</p> <p>Sa) Beetroot Salad</p> <p>D) Lemon & Lime Nobake Cheese Cake</p>	<p>Jelly Cups</p> <p>(Vegetarian option)</p>
FRI	<p>Buffet: Cereals, yogurts, fruit, cheese & cold cuts, bread basket</p> <p>Special: Egg Cups (Spinach / Bacon) Avo Toast</p>	<p>S) Butternut Soup (hot) with garlic rosemary fuccacia</p> <p>M) Pork Chops</p> <p>F) Monkfish Piccata</p> <p>St) Quinoa</p> <p>Veg) Cauliflower bake</p> <p>V) Brussel Sprouts</p> <p>Sa) South African Carrot Salad with pineapple, orange & yellow raisins</p>	<p>M) Chicken Stir-fry</p> <p>F) Prawn Stir-fry</p> <p>St) Egg Fried Rice</p> <p>Veg) Tofu Popcorn with veggies (lotus root, baby corn, cabbage)</p> <p>V) Corn fritters & sauteed bokchoi</p> <p>Sa) Mr Dai's cucumber salad</p> <p>D) Mango Sticky Rice Pudding</p>	White chocolate chip cookies
SAT	<p>Buffet: Cereals, yogurts, fruit, cheese & cold cuts, bread basket</p> <p>Special: Scrambled Eggs Muffins</p>	<p>S) Minestrone Soup (hot) with rye bread</p> <p>M) Beef Sirloin Steaks with mushroom sauce</p> <p>F) Steamed Prawns with lemon</p> <p>St) Garlic Bread</p> <p>Veg) Pepperbell, Onion & Hallomi stirfry</p> <p>V) Steamed carrots</p> <p>Sa) Pink Salad (Watermelon, feta, onion and mint)</p>	<p>M) Chicken Meatballs with Turkish sauce</p> <p>F) Fried Calamari</p> <p>St) Yellow Jasmin Rice</p> <p>(Veg) Eggplant stuffed with chickpeas and cous cous</p> <p>V) Steamed pumpkin with orange juice</p> <p>Sa) Grated Broccoli Salad</p> <p>D) Malva Pudding</p>	<p>Melon & Prosciutto</p> <p>(Plain melon for vegetarians)</p>
SUN	<p>Buffet: Cereals, yogurts, fruit, cheese & cold cuts, bread basket</p> <p>Special: Fried Eggs Pastry Basket</p>	<p>S) Tomato gazpacho (cold) with Roti / Naan</p> <p>M) Butter Chicken</p> <p>F) Goan Prawn Curry</p> <p>St) Jeera Basmati Rice</p> <p>Veg) Channa Dhal Rajma</p> <p>V) Aloo Gobi (potato and cauliflower)</p> <p>Sa) Cucumber Rita Salad</p>	<p>M) Ground Beef Tacos</p> <p>F) Tuna Fajitas</p> <p>St) Quesadillas</p> <p>Veg) Bean Burritos</p> <p>V) Nachos</p> <p>Sa) Texmex Bean Salad</p> <p>D) Bannoffee Cups</p>	Chocolate Crepes

