

7Day Crew Menu Sample: *By Chef Vicky Davis*
7 Crew Members

Day One	<i>*Chicken Saltimbocca</i> <i>*Arugula Salad, Tomatoes, Goat Cheese, Roasted Almonds, Craisins and Avocado Salad</i>	<i>*Crab Stuffed Salmon</i> <i>*Roasted Vegetables</i>
Day Two	<i>*Pan Seared Lemon Butter Flounder</i> <i>*Wilted Arugula and Brocolini</i>	<i>*Pork Loins</i> <i>*Sautéed Spinach</i> <i>*Mixed Greens</i>
Day Three	<i>*Beef Bulgogi</i> <i>*Brown Rive, Grilled String Beans & Asparagus</i>	<i>*Shrimp Pad Thai</i> <i>*Greek Salad</i>
Day Four	<i>*Mussels and Clams White Wine Sauce</i> <i>*Egg Noodles</i> <i>*Spinach Salad</i>	<i>*Oven Roasted Sirloin</i> <i>*Mashed Potatoes</i> <i>*Iceberg Lettuce Tomatoes Blue Cheese Dressing</i>
Day Five	<i>*Hamburgers and Hot Dogs</i> <i>*Air Fried Fries</i> <i>*Cesar Salad</i>	<i>*Blackened Barramundi</i> <i>*Roasted Brussels Sprouts</i>
Day Six	<i>*Snapper</i> <i>*Baked Potatoes</i> <i>*Quinoa Salad</i>	<i>*Chicken Biryani</i> <i>*Curried Rice</i> <i>*Mixed Green Salad</i>
Day Seven	<i>Brunch</i> <i>*Eggs any style</i> <i>*Bacon *Salad *Pancakes</i>	<i>*Pizza Night</i>