

**SUPERYACHT CREW *Sample Menu*****WEEKLY MENU**

Yacht:

# of crew: 15-25

Day:	LUNCH:	DINNER:
<i>Monday</i> <i>Day One</i>	*Cesar Salad *Hamburgers *Veggie Burgers *Fries Sweet Potato and regular Fries *Meatballs Sandwiches *Grilled Chicken Sandwiches *Freshly Sliced Tomatoes, Onions, Avocado, Pickles	*Mini Mozzarella Balls, Cherry Tomatoes, Basil *Mixed Green Salad *Salmon w/ Asparagus and Potatoes *Whole Roasted Rosemary Chicken *Veggies *Hot Dogs *Leftover Burgers
<i>Tuesday</i> <i>Day two</i>	*Kale Salad *Lobster Rolls *Croque Monsieur	*Curried Chic Pea Bowl w/ Cauliflower Rice *Sautéed Shrimp or baked White Fish *Sautéed Beef with Stir Fry

	<ul style="list-style-type: none"> <li>*Croque Madame</li> <li>*Grilled Cheese Truffled Sandwiches</li> <li>*Baked Ziti</li> </ul>	<ul style="list-style-type: none"> <li>* Butter Chicken * White Rice</li> <li>* Roasted vegetables</li> </ul>
<b>Wednesday</b> <b>Day Three</b>	<ul style="list-style-type: none"> <li>* Mussels and Fries (white wine base)</li> <li>*Pork Loin with vegetables</li> <li>*Chicken Thighs: Honey Soy Baked</li> <li>*Green salad</li> <li>*White Rice</li> </ul>	<ul style="list-style-type: none"> <li>*Blackened Fish Tacos</li> <li>*Mexican Street Corn on the Cobb</li> <li>*Ground Turkey</li> <li>*Beef Fajitas</li> <li>*Spanish Yellow Rice and Beans</li> <li>*Avocado, Tomatoes and Hearts of Palm Salad</li> <li>* Pico De Gallo</li> </ul>
<b>Thursday</b> <b>Day Four</b>	<ul style="list-style-type: none"> <li>*Roasted Ham w/Apricot and Pineapple</li> <li>*Breaded Tilapia</li> <li>*Grilled Beef Sausages</li> <li>*Cacio e Pepe</li> <li>*Garlic Bread</li> <li>*Mozzarella and Tomato Salad</li> <li>*Fried Pineapple Curry Rice</li> </ul>	<ul style="list-style-type: none"> <li>*Grilled Chicken Chimichurri</li> <li>*Mashed Potatoes</li> <li>*Steak or Pork (Boneless)</li> <li>*Pan Seared Scallops</li> <li>*Pad Thai</li> <li>*Veggies</li> <li>*White Rice</li> </ul>

<p><i>Friday</i> <i>Day Five</i></p>	<p><b><u>Brunch</u></b>          * Bacon,          *Sausages          *Smoked Salmon          Croissants and Muffins (Blueberry and Chocolate Chip)          *Mini Frittata          *Fried Eggs          *Breakfast Sautéed Potatoes          *Corned Beef Hash          *Sweet Baked Beans          *Pancakes or French Toast          *Fruit Salad</p>	<p>*Greek Salad          *Mixed Green salad          *Creamy Mushroom One Pot Pasta          *Beef Stew served with Roasted Cauliflower          *Chicken Rotisserie with Roasted Vegetable          *Branzino Filet with Sautéed Spinach</p>
<p><i>Saturday</i> <i>Day Six</i></p>	<p>*Chicken Noddle soup          *Mixed Green Salad          *Chicken Parmesan Casserole          *Bulgogy White Rice          *One Pan Baked Cod Fish          *Steamed Vegetables</p>	<p>*Cesar Salad          *Beef Lasagna          *Vegetable Lasagna          *Shrimp Pad Thai          *Mixed Roasted vegetables</p>

<b><i>Sunday Day Seven</i></b>	<ul style="list-style-type: none"> <li>*Tomato Soup</li> <li>*Mixed Green salad</li> <li>*Crab Stuffed Salmon</li> <li>*Shepard Pie</li> <li>*Chicken Curry</li> <li>*White Rice</li> <li>*Sautéed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>*Simple Mixed Green Salad</li> <li>*Pizza Night</li> </ul>
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