

# Galley Patrol Duty Roster and Menu

	<b>Breakfast</b>	<b>Crew</b>	<b>Lunch</b>	<b>Crew</b>	<b>Dinner</b>	<b>Crew</b>
<b>Day 1</b>						
<b>Day 2</b>						
<b>Day 3</b>						
<b>Day 4</b>						
<b>Day 5</b>						
<b>Day 6</b>						

## ***Provisions***

<b>Column A: Proteins</b>	<b>Column B: Starches</b>	<b>Column C: Vegetables</b>	<b>Column D: Dairy</b>	<b>Column E: Fruits</b>	<b>Column F: Condiments</b>
Eggs - (Pre-beaten) Sausage links/patties Hamburger Patties Chicken Patties Canned Chicken/Tuna Hot Dogs Steaks Lunch Meat Baked Beans Black Beans Peanut Butter	Sandwich Bread Bagels/English Muffins Tortillas Hotdog Buns Hamburger Buns Macaroni and Cheese Mashed Potatoes Spaghetti Canned Corn Pancake Mix Asst. Cereal/Poptarts	Lettuce Tomato Cucumber Bell Pepper Onion Broccoli Green Beans Mushrooms	Shredded Cheese Sliced Cheese Cream Cheese Parmesan Cheese Milk	Apples Oranges Pinapple Fruit Cups	Mayonaise Mustard Ketchup Relish Italian Dressing Ranch Dressing Jelly

All Items Subject to Availability

## ***Menu Suggestions***

### **Breakfast:**

Egg and veggie scramble, huevos rancheros

Pancakes, breakfast burritos, egg and cheese english muffins/bagels

Cereal, bagel and cream cheese with fruit

### **Lunch:**

Lunchmeat sandwiches/wraps with lettuce and tomato, chicken or tuna Salad sandwiches/wraps

Peanut Butter and Jelly

If able to grill or cook underway - hot dogs, hamburgers, grilled cheese/ham

### **Dinner:**

Hamburgers/hotdogs, tossed salad, baked beans, chicken tacos with black beans

Chicken teriyaki stir fry with rice, spaghetti in meat sauce, chicken sandwiches with green bean "fries"