

SAMPLE

Food for Delivery Galesville to Bristol

Main Meals:

Day 1 - Thursday: Lasagna

- Janet Gilmore's Meat Lasagna (heat in oven)
- Salad (with various dressings, and toppings)
- Pre-Cut and Seasoned Garlic Bread (wrap in foil and heat in oven)

Day 2 - Friday: Roasted Chicken

- Pre-Cooked Roasted chicken with natural gravy
- Pre-Cooked Rice - steamed or sauté in pan
- Salad (with various dressings and toppings)

Day 3 - Saturday: Pot Roast

- Pre-Cooked Pot Roast (warmed in oven)
- Pre-Cooked Oven Roasted Potatoes (warm in oven 20 minutes)
- Salad (with various toppings) or Steamed Green Beans (in a bag)

Day 4 - Sunday: In Bristol, RI

- Breakfast on Boat (depending on arrival time)

Breakfast

- Tea, coffee, milk (1% and skim), half and half (Thermos in starboard drink locker; coffee in port locker over banquette), sugar, honey
- Orange juice, grapefruit juice
- **Friday:** Assorted Bagels, cream cheese, smoked salmon
- **Saturday:** Breakfast Sandwiches (cheese, egg, and sausage) - heat in oven
- **Sunday:** Salsa eggs and bacon
- **Also Available:** Assorted Cereals - with milk

Lunch

- Sandwiches - Turkey, Ham, Salami, Cheese (Swiss and Provolone), Lettuce, with chips
- Mayo, mustard, catchup, bbq sauce
- Sandwich bread – rye, whole wheat
- Smoked Pulled Pork on rolls, with potato salad and coleslaw
- Leftover Lasagna
- Soup - Boxed Tomato Soup, oyster crackers
- Salad with dressings and various toppings; left over chicken

Snacks

- Assorted Chips
- Cookies
- Peanut butter crackers
- Protein bars (extra for ditch bag)
- Raisins
- Apples
- Seltzer, Bottled water, Bottled Water (under V Berth, in middle locker on starboard side)

Other Items

Coffee (caffinated and decaf)

Tea (caf and decaf)

Milk (2%) and Skim

Half and Half

Sugar, Honey

Salad Dressings – vinegrette, blue cheese, spray olive oil

Bottled water

Bag of individual dark chocolate

Butter

