

Provisioning Ideas & Sample Menu



NANAIMO
YACHT CHARTERS
& Sailing School

Please see below for a sample menu for a 14-day cruise to assist with meal planning.

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
1	CEREAL, TOAST, MUFFINS	DELI- STYLE SANDWICHES	GRILLED CHICKEN CAESAR SALAD POTATOES	GRANOLA BARS, COOKIES, HUMUUS, TZATZIKI, GUACAMOLE, CHEESE/ DELI MEATS, SPINACH DIP, CARROTS, PEPPERS CUCUMBER VARIETY OF CHIPS, CRACKERS JUICES MAY INCLUDE: ORANGE, MANGO, APPLE, FRUIT PUNCH DRINKS: COFFEE, HOT CHOCOLATE, TEAS DESERTS MAY INCLUDE: CARROT CAKE, BANANA BREAD, BROWNIES, COOKIES
2	CROISSANTS, EGG, BACON, AVOCADO	TUNA, PASTA SALAD, SOUP	SALMON, POTATOES GRILLED VEGGIES	
3	CEREAL, TOAST, FRUIT YOGHURT, MUFFINS	STUFFED CROISSANT SANDWICHES	CHICKEN POT PIE BROWN RICE & SALAD	
4	SOFT BOILED EGGS & FIXINGS	PESTO & SUNDRIED TOMATO PASTA SALAD	STEAK GREEK SALAD & ROAST POTATOES	
5	CEREAL, TOAST, YOGHURT, FRUIT	PITA SALAD WRAPS & SALADS	MUSHROOM, BACON & BROCCOLI ALFREDO, GREEN SALAD	
6	CEREAL/TOAST BREAKFAST WRAPS	MEXICAN CHICKEN WRAPS	GRILLED CHICKEN, RICE, GRILLED VEGETABLES	
7	OMELETTE, YOGHURT, FRUIT	WARM QUICHE & CUP-O-SOUP	CHICKEN/VEGETABLE CURRY & RICE WITH MIXED SALAD	
8	CEREAL, TOAST, EGGS, SAUSAGE, ENGLISH MUFFINS	SOUP SALADS: EGG, CHICKEN	SEAFOOD PASTA & VEGETABLES	
9	CEREAL, TOAST YOGHURT/FRUIT	SOUP AND SALADS: BROCCOLI/GREEK	LASAGNE, GARLIC BREAD, GREEN SALAD	
10	BOILED EGGS CEREAL, TOAST	SOUP AND GRILLED CHEESE	SHEPHERD'S PIE MIXED SALAD	
11	ENGLISH BREAKFAST EGGS, BEANS, SAUSAGE & HASH BROWNS	MACARONI & CHEESE, SOUPS, SALAD	BBQ CHICKEN ROAST POTATOES ORZO SALAD	
12	CEREAL, GRANOLA TOAST WITH JAM OR HARD-BOILED EGGS	TUNA SALAD WRAPS	SPAGHETTI BOLOGNESE GARLIC BREAD GREEN SALAD	
13	EGGS & VEGGIE SKILLET WITH BACON OR SAUSAGES	STUFFED PEPPERS SOUP	BUTTER CHICKEN RICE SALAD	
14	YOGHURT, GRANOLA & FRUIT SALAD	SOUP & SALADS	CHILLI & RICE SALAD	
15	HARD/SOFT BOILED EGGS & FIXINGS	QUESADILLAS RICE SALAD / VEGGIES		