

Galley Patrol Duty Roster and Menu

	Breakfast	Crew	Lunch	Crew	Dinner	Crew
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						

Provisions

Column A: Proteins	Column B: Starches	Column C: Vegetables	Column D: Dairy	Column E: Fruits	Column F: Condiments
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"