







Menu Plan	the *****star kitchen	SY- SUFFISANT	ARC 2020	Remarks from the CREW!	Specials
Day	Lunch	Dinner	nm		
<b>Sunday</b> <b>22.11.2020</b> <b>13:00 h</b>	Grilled chicken Salad ***** Soft drinks, water, coffee, tea Fruits	Potato soup with sausages and bread ***** Tomato salad and Feta cheese ***** Glas of wine/beer, soft drinks water, coffee, tea cookies	   <div>0</div> 		Start of the ARC 2020 is 1300  <b>Take off 1200</b>  light menues on the 1st day!
<b>Monday</b> <b>23.11.2020</b>  <b>ETMAL on</b> <b>noon time!</b>	Rührei mit Gemüse, Schinken, Speck ***** Salad ***** Soft drinks, water, coffee, tea	Penne with Tomato Sauce, Bacon and minced meat ***** Poire au vin rouge ***** Glas of wine/beer, soft drinks water, coffee, tea	   		
<b>Tuesday</b> <b>24.11.2020</b>    <b>ETMAL on</b> <b>noon time!</b>	Salade niçoise ***** Soft drinks, water, coffee, tea	if we catch a fish, we will have a fish for dinner, if not  Mashed potatoes, Carrots in butter, Marineted, braised beef Salad ***** Glas of wine/beer, soft drinks water, coffee, tea	   		Lay out the fishing lines  
<b>Wednesday</b> <b>25.11.2020</b>    <b>ETMAL!</b>	Couscous Salad ***** Soft drinks, water, coffee, tea	Toast with mushrooms Salad ***** sliced fruits ***** Glas of wine/beer, soft drinks water, coffee, tea	   		Baker man is backing bread.  ... and maybe a choclate cake

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<b>Thursday</b> <b>26.11.2020</b> <b>tonight:</b>  <b>ETMAL 12h</b>	Hot dog with Sauerkraut, pickles ***** Soft drinks, water, coffee, tea	Chicory au gratin wraped in ham Salad ***** Panettone ***** Glas of wine/beer, soft drinks water, coffee, tea	     		Movie night! 1900 quaterdeck  "Kontiki"
<b>Friday</b> <b>27.11.2020</b>  <b>ETMAL 12h</b>	Tapas ***** Salad  Soft drinks, water, coffee, tea	Gazpacho andaluse **** Paella **** Crème catalan ***** Glas of wine/beer, soft drinks water, coffee, tea	     		
<b>Saturday</b> <b>28.11.2020</b>  <b>Sunset cruise? and ETMAL!</b>	Spaghetti al Tono ***** Salad	Smoked ham ***** Potatoes salad ***** Glas of wine/beer, soft drinks water, coffee, tea	     		

Remarks:

Breakfast time 8-10h

Lunch time 12-13h

Dinner 18-19h

Daily Apéro time around 16-17h

to announce news from the rally is after lunch time/meetingpoint quarterdeck

to flog somebody (if necessary): meetingpoint mast area 1500

protest could be placed directly to the skipper (office hours from 7 to 7:05 am)

**Don't forget: daily controll of engine, bilges, seacoks, valves, rigg and sail equipment**

**Every 2 hours write down in the log book the position, weather conditions, speed, hpa, log, engine hours - see log book**