

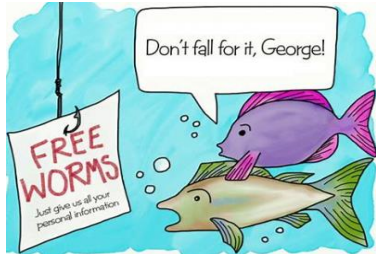






Menu Plan	the *****star kitchen	SY- SUFFISANT	ARC 2020	Remarks from the CREW!	Specials
Day	Lunch	Dinner	nm		
Sunday 29.11.2020 13:00 h we are 1 week on high seas! 	grilled smoked tofu with Salad ***** Soft drinks, water, coffee, tea	Ragoût of deer red cabbage, spätzle Apple filled with cranberry sauce sweet chestnuts Panna cotta ***** Glas of wine/beer, soft drinks water, coffee, tea			1 week and maybe 1/3 of the passage? and today's 1st Advent! Quarterdeck at 1600
Monday 30.11.2020 ETMAL on noon time!	Special soup of Grison ***** Salad ***** Soft drinks, water, coffee, tea	Mushrooms on toast Salad Orange à l'orange Glas of wine/beer, soft drinks water, coffee, tea			Fishing lines lay out!
Tuesday 01.12.2020  ETMAL on noon time!	Scrambled eggs with vegetables and ham ***** Cole slaw salad with carrots ***** Soft drinks, water, coffee, tea	Risotto ai funghi with fried sausages Tomato-Mozarella salad Poire "belle Hélène" ***** Glas of wine/beer, soft drinks water, coffee, tea			Baker man is baking bread.
Wednesday 02.12.2020  ETMAL!	Canapés with salami, eggs, tuna, Celery ***** Salad ***** Soft drinks, water, coffee, tea	Tortelloni with Gorgonzola cheese sauce Salad Plums on Whisky ***** Glas of wine/beer, soft drinks water, coffee, tea			 first time atlantic crossing baptism Quarterdeck at 1500

Thursday 03.12.2020  ETMAL 12h	thick lentil soup with carrots, potatoes, sausages, bacon ***** Soft drinks, water, coffee, tea	Polenta, vegetables au gratin Beef ragout Zabaione al Marsala ***** Glas of wine/beer, soft drinks water, coffee, tea			Movie time! 1900 quarterdeck
Friday 04.12.2020  ETMAL 12h	Tortilla filled with salad or vegetables ***** Soft drinks, water, coffee, tea	Zucchetti and Peperoni filled with rice Salad ***** Chocolate crème ***** Glas of wine/beer, soft drinks water, coffee, tea			Baker man is baking bread. and a Zopf for breakfast
Saturday 05.12.2020  and ETMAL!	Quiche Lorraine ***** Salad ***** Soft drinks, water, coffee, tea	Soupe à l'oignon Ratatouilles, Gratin aux pommes de terres, crevettes et moules au café de paris Crème brûlée ***** 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 / meeting point quarterdeck Lunch time

to flog somebody (if necessary): meeting point 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, bilge, seacoks, walves, 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 - and in UTC