

Menu Plan	the *****star kitchen	SY- SUFFISANT	ARC 2020	Remarks from the CREW!	Specials
Day	Lunch	Dinner	nm		
Sunday 06.12.2020 13:00 h we are in the 2nd week and 2nd Advent	Pumpkin soup with crème fraiche ***** Fruit salad Soft drinks, water, coffee, tea	Roasted porc Noudles Red wine sauce Vegetables ***** Zabaione al Marsala ***** Glas of wine/beer, soft drinks water, coffee, tea			2nd Advent Saint Nicolas 1600 quarterd. to celebrate
Monday 07.12.2020 ETMAL on noon time!	Noodle salad Wieners ***** Soft drinks, water, coffee, tea	Riz colonial with vegetables, ham, fruits and curry sauce Fruitsalad ***** Glas of wine/beer, soft drinks water, coffee, tea			
Tuesday 08.12.2010  ETMAL on noon time!	Hotdog with Sauerkraut, Salad ***** Soft drinks, water, coffee, tea	baked Camambert Cranberry Sauce Salad Apple crème ***** Glas of wine/beer, soft drinks water, coffee, tea			Baker man is beaking bread. you want a cake? Be nice to me...
Wednesday 09.12.2020  movie time	Tunafish Salad Cucumber Salad Antipasti ***** Soft drinks, water, coffee, tea	Spaghetti carbonara Salad Vanilla creme with Meringues ***** Glas of wine/beer, soft drinks			Movie time at 1900 quarterdeck "All is lost"

ETMAL!		water, coffee, tea			
Thursday 10.12.2020	cold plate with different kind of ham, salami, cheese ***** Soft drinks, water, coffee, tea	Meatballs hash browned potatoes (Rösti) onion sauce flan caramel ***** Glas of wine/beer, soft drinks water, coffee, tea			 ???
Friday 11.12.2020	 Tapas ***** Salad ***** Soft drinks, water, coffee, tea	Cooked potatoes with different kind of cheese, pickles, onions, sweet sauces ***** Cake ***** Glas of wine/beer, soft drinks			Baker man is baking bread
Saturday 12.12.2020	 Lentille soup with carrots, potatoes, celery and saucages	grilled polenta with vegetables au gratin Salad Pudding or Mousse au chocolat ***** Glas of wine/beer, soft drinks			St. Lucia comes closer, so we celebrate the obligatory ron punch/Planteur!!
and ETMAL!					

Remarks: Breakfast time 8-10h Lunch time 12-13h Dinner 18-19h Daily Apèro time around 16-17h

to announce news from the rally is after lunch time/Meeting point 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, 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