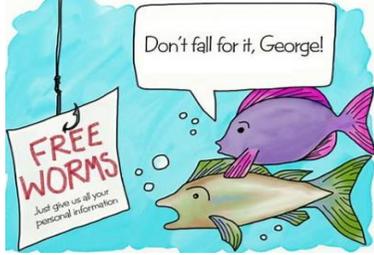


Menu Plan	the *****star kitchen	SY- SUFFISANT	ARC 2020	Remarks from the CREW!	Specials
Day	Lunch	Dinner	nm		
<b>Sunday</b> <b>29.11.2020</b> <b>13:00 h</b> <b>we are 1 week</b> <b>on high seas!</b> 	grilled smoked tofu with Salad ***** Soft drinks, water, coffee, tea	Ragoût of deer red cabbage, spätzle 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!  <b>Quarterdeck at</b> <b>1600</b>
<b>Monday</b> <b>30.11.2020</b>  <b>ETMAL on</b> <b>noon time!</b>	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!
<b>Tuesday</b> <b>01.12.2020</b>  <b>ETMAL on</b> <b>noon time!</b>	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.
<b>Wednesday</b> <b>02.12.2020</b>  <b>ETMAL!</b>	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			<b>first time</b> <b>atlantic crossing</b> <b>baptism</b>  <b>Quarterdeck</b> <b>at 1500</b>

<p><b>Thursday</b> <b>03.12.2020</b></p>  <p><b>ETMAL 12h</b></p>	<p>thick lentil soup with carotts, potatoes, saucages, bacon ***** Soft drinks, water, coffee, tea</p>	<p>Polenta, vegetables au gratin Beef ragout Zabaione al Marsala ***** Glas of wine/beer, soft drinks water, coffee, tea</p>			<p>Movie time! 1900 quarterdeck</p>
<p><b>Friday</b> <b>04.12.2020</b></p>  <p><b>ETMAL 12h</b></p>	<p>Tortilla filled with salad or vegetables ***** Soft drinks, water, coffee, tea</p>	<p>Zucchetti and Peperoni filled with rice Salad ***** Chocolate crème ***** Glas of wine/beer, soft drinks water, coffee, tea</p>			<p>Baker man is baking bread.  and a Zopf for breakfast</p>
<p><b>Saturday</b> <b>05.12.2020</b></p>  <p><b>and ETMAL!</b></p>	<p>Quiche Lorraine ***** Salad ***** Soft drinks, water, coffee, tea</p>	<p>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</p>			

**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 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, seacocks, 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**