

Meal Planning: Gibraltar to Trinidad

Meal 1	Lunch: Chicken burger (CHICKEN)	Dinner: Bolognese (MINCE) <i>Pasta</i>
Meal 2	Lunch: Chicken burger (CHICKEN)	Dinner: Bolognese (MINCE) <i>Pasta</i>
Meal 3	Lunch: Chicken tenders + chips (CHICKEN)	Dinner: Bolognese (MINCE) <i>Pasta</i>
Meal 4	Lunch: Chicken tenders + chips (CHICKEN)	Dinner: Bolognese (MINCE) <i>Pasta</i>
Meal 5	Lunch: Sausage rolls (PORK)	Dinner: Stroganoff (MINCE) <i>Pasta</i>
Meal 6	Lunch: Sausage rolls (PORK)	Dinner: Meatballs (MINCE) <i>Pasta</i>
Meal 7	Lunch: Chicken + cheese wraps (CHICKEN)	Dinner: Meatballs (MINCE) <i>Pasta</i>
Meal 8	Lunch: Chicken + cheese wraps (CHICKEN)	Dinner: Korma Curry (BEEF) <i>Rice</i>
Meal 9	Lunch: Chicken + cheese wraps (CHICKEN)	Dinner: Korma Curry (BEEF) <i>Rice</i>
Meal 10	Lunch: Beef + cheese wraps (BEEF)	Dinner: Korma Curry (BEEF) <i>Rice</i>
Meal 11	Lunch: Beef + cheese wraps (BEEF)	Dinner: Korma Curry (BEEF) <i>Rice</i>
Meal 12	Lunch: Bacon + scrambled egg wraps (PORK)	Dinner: Massaman Curry (BEEF) <i>Rice</i>
Meal 13	Lunch: Bacon + scrambled egg wraps (PORK)	Dinner: Massaman Curry (BEEF) <i>Rice</i>
Meal 14	Lunch: Bacon + scrambled egg wraps (PORK)	Dinner: Tikka Masala (BEEF) <i>Rice</i>
Meal 15	Lunch - LEFTOVERS	Dinner: Tikka Masala (BEEF) <i>Rice</i>
Meal 16	Lunch - LEFTOVERS	Dinner: Thai Green Curry (CHICKEN) <i>Rice</i>
Meal 17	Lunch - LEFTOVERS	Dinner: Thai Green Curry (CHICKEN) <i>Rice</i>
Meal 18	Lunch - LEFTOVERS	Dinner: Thai Red Curry (CHICKEN) <i>Rice</i>
Meal 19	Lunch - LEFTOVERS	Dinner: South Africa Curry (CHICKEN) <i>Rice</i>
Meal 20	Lunch - LEFTOVERS	Dinner: South Africa Curry (CHICKEN) <i>Rice</i>
Meal 21	Lunch - LEFTOVERS	Dinner: Carbonara (PORK) <i>Pasta</i>
Meal 22	Lunch - LEFTOVERS	Dinner: Carbonara (PORK) <i>Pasta</i>
Meal 23	Lunch - LEFTOVERS	Dinner: Moroccan Lamb (LAMB) <i>Potato</i>
Meal 24	Lunch - LEFTOVERS	Dinner: Shank Style Lamb (LAMB) <i>Potato</i>
Meal 25	Lunch - LEFTOVERS	Dinner: Birthday ribs + chips/potato
Meal 26	Lunch - LEFTOVERS	Dinner: Steak + chips/potato
Meal 27	Lunch - LEFTOVERS	Dinner: Steak + chips/potato
Meal 28	Lunch - LEFTOVERS	Dinner: Tuna mornay (FISH) <i>Pasta</i>

Additional meals to make at sea:

- **Tuna Mornay** – Flour, Milk, Butter, Chilli, Tuna (Brined), Pasta
- **Garlic Seafood/Vegetarian Creamy Garlic** – Fresh garlic, fresh shallots, long life cream, rice
- **Seafood Curry/Vegetarian Curry** – Coconut milk, fresh garlic, fresh onion, curry paste, rice
- **Seafood Marinara/Sugo Pasta** – Fresh garlic, fresh onion, canned tomatoes, lemon juice, pasta