

## Meal Planning: Croatia to Gibraltar

|                |                                                    |                                                               |
|----------------|----------------------------------------------------|---------------------------------------------------------------|
| <b>Meal 1</b>  | <b>Lunch</b><br>Chicken toasted sandwich (CHICKEN) | <b>Dinner</b><br>Thai Green Curry (CHICKEN) <i>Rice</i>       |
| <b>Meal 2</b>  | <b>Lunch</b><br>Chicken toasted sandwich (CHICKEN) | <b>Dinner</b><br>Penang Curry (CHICKEN) <i>Rice</i>           |
| <b>Meal 3</b>  | <b>Lunch</b><br>Pizza (CONTINENTAL MEAT)           | <b>Dinner</b><br>Chicken Casserole (CHICKEN) <i>Rice</i>      |
| <b>Meal 4</b>  | <b>Lunch</b><br>Pulled beef wraps (BEEF)           | <b>Dinner</b><br>Chicken Casserole (CHICKEN) <i>Rice</i>      |
| <b>Meal 5</b>  | <b>Lunch</b><br>Pulled beef wraps (BEEF)           | <b>Dinner</b><br>Massaman Curry (BEEF) <i>Rice</i>            |
| <b>Meal 6</b>  | <b>Lunch</b><br>Pulled pork wraps (PORK)           | <b>Dinner</b><br>Massaman Curry (BEEF) <i>Rice</i>            |
| <b>Meal 7</b>  | <b>Lunch</b><br>Pulled pork wraps (PORK)           | <b>Dinner</b><br>Massaman Curry (BEEF) <i>Rice</i>            |
| <b>Meal 8</b>  | <b>Lunch</b><br>Chicken wraps (CHICKEN)            | <b>Dinner</b><br>Beef in German gravy (BEEF) <i>Potato</i>    |
| <b>Meal 9</b>  | <b>Lunch</b><br>Chicken wraps (CHICKEN)            | <b>Dinner</b><br>Red wine beef stew (BEEF) <i>Potato</i>      |
| <b>Meal 10</b> | <b>Lunch</b><br>Bacon & Eggs w/baked bread (PORK)  | <b>Dinner</b><br>Slow cooked stroganoff (BEEF) <i>Gnocchi</i> |
| <b>Meal 11</b> | <b>Lunch</b><br>Bacon & Eggs w/baked bread (PORK)  | <b>Dinner</b><br>Slow cooked stroganoff (BEEF) <i>Gnocchi</i> |
| <b>Meal 12</b> | <b>Lunch - LEFTOVERS</b>                           | <b>Dinner</b><br>Slow cooked stroganoff (BEEF) <i>Gnocchi</i> |
| <b>Meal 13</b> | <b>Lunch - LEFTOVERS</b>                           | <b>Dinner</b><br>Bolognese (BEEF) <i>Pasta</i>                |
| <b>Meal 14</b> | <b>Lunch - LEFTOVERS</b>                           | <b>Dinner</b><br>Bolognese (BEEF) <i>Pasta</i>                |
| <b>Meal 15</b> | <b>Lunch - LEFTOVERS</b>                           | <b>Dinner</b><br>Bolognese (BEEF) <i>Pasta</i>                |
| <b>Meal 16</b> | <b>Lunch - LEFTOVERS</b>                           | <b>Dinner</b><br>Beef alla vodka (BEEF) <i>Pasta/Gnocchi</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