

Sail Voyage 1 & 2 Menu Side A

DAY 1			Tortellini with Marinara Sauce
			<p>Stay in touch with the director about student arrivals so you can plan your dinner time- start the water boiling early! Make enough to set plates aside for late arrivals.</p> <p>Ingredients: Tortellini bags 2 Ragu Jars Bread (2 pieces per person) Garlic Spread (mix butter & dried garlic) Salad</p> <p>Tips and Hints: The garlic bread doesn't need much time in the oven- get it ready early but don't put it in until about 10-15 minutes before dinner.</p> <p>*Put 4 boxes of milk in the fridge for tomorrow morning</p>
DAY 2	Cereal	Deli Sandwiches	Sloppy Joes
	<p>Ingredients: Cereal Milk Fruit</p> <p>Cut up fresh fruit on the side.</p>	<p>Prep: You might be underway for this meal, so be careful when chopping and displaying things that blow away easily (i.e. lettuce).</p> <p>Ingredients: Deli meats Bread Lettuce, Tomato, Onions (sliced) 1 block Cheese Fruit PB & J</p> <p>Tips and Hints: Slice vegetables and cheese thinly and serve in a few bowls. Arrange the meat on a plate. Save any leftovers and use them at dinnertime.</p>	<p>Prep: Think about your stove spacing! Cook beef in the big pot until it browns, drain oil carefully into cup/bowl to be dumped overboard, and then add cans of sauce until you gain the desired sloppiness. Heat up as much corn as fits in a pot to start.</p> <p>Ingredients: All ground beef 2 cans of sloppy joe sauce 1 big can of corn 1 box mashed potatoes Sandwich Buns Salad</p> <p>Veggie Option: 1 can Hormel Veggie Chili</p> <p>Tips and Hints: Check for leftovers from lunch as sides/toppings. Mashed potatoes can be cooked, made, and left covered while using the burners for other things.</p>
DAY 3	Scrambled Eggs	PB & J	Cheesy Alfredo Pasta
	<p>Prep: Preheat the oven early for muffins.</p> <p>Ingredients: 4 dozen eggs Muffins Fruit</p> <p>Tips and Hints: For easiest eggs – crack all eggs into big pot. Add some milk, salt, and pepper and whisk with fork. Cook the whole thing on stove and be certain to constantly stir and scrape the bottom with a metal spatula, getting everything that might stick. Remove from heat when eggs are hardening but still look too wet. They will continue to cook! If you wait, you'll just have rubbery eggs. Try to have everything else and all the people ready so you can serve the eggs immediately.</p>	<p>Ingredients: Peanut butter Jelly Bread Any Deli meat that is left over</p> <p>Tips and Hints: You can add things to PB & J Day like ants on a log (celery, PB, and raisin) or have carrots on the side.</p>	<p>Prep: Start the water boiling around 4:30.</p> <p>Ingredients: 5 boxes pasta (penne normally) 3 Jars of cheese sauce All hot dogs Bread (2 per person) Garlic spread Salad</p> <p>Tips and Hints: It's very difficult to cook pasta in large quantities like this, so make sure that your water is definitely boiling before you add the pasta, and make sure you stir well once it's cooking. Chop up the hot dogs and sauté them on the side with some chopped up vegetables. Heat up the sauce separately and either serve it on the side or mixed in, but don't mix in til the absolute last minute if you do!</p> <p>*put milk in the fridge for tomorrow morning!</p>

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	Cereal	Tuna Salad Sandwiches	Chili & Rice
DAY 4	<p>Prep: Look for already opened milk and cereal boxes/bags before you open any new ones.</p> <p>Ingredients: Cereal Milk Fruit</p>	<p>Ingredients: 1 big can tuna Bread Lettuce, Tomato, Onion, Celery 1 block Cheese Mayo Relish</p> <p>Tips and Hints: Open the can carefully and drain with the lid still attached- be careful with the sharp edges. In a large bowl or pot, mix in tuna, mayo & relish (if you want). Dice celery and onion to be mixed in or served on the side, along with relish and the other vegetables for sandwiches. You can prep this in the morning during breakfast cleanup to get a head start.</p>	<p>Prep: Make sure you measure the rice water properly and follow the directions on the box closely.</p> <p>Ingredients: 10 Cans Hormel Chili 3 Boxes White Rice Saltines Fresh Veggies 2 blocks cheese Sour Cream</p> <p>Tips and Hints: The chili cans need to be stirred while they heat on the stove. Grate the cheese and chop a pepper and onion if you have them as toppings.</p>
DAY 5	<p>Prep: Put the water on early to boil. Be careful serving while underway- use a big ladle and add little bits of water at a time.</p> <p>Ingredients: Oatmeal Fruit</p> <p>Tips and Hints: Make sure you have something to put the empty oatmeal packets in – either an extra bag or a cup so they don't blow away!</p>	<p style="text-align: center;">Spanish Town Lunch</p> <p>Tips and Hints: PB & J is available if you do not want to eat on shore.</p>	<p>Prep: Again, think about your stove spacing! You will probably want two sauté pans for burgers, a big pot for mashed potatoes, and a small one for beans.</p> <p>Ingredients: All Garden Burgers 1 Box Mashed Potatoes 1 Big Can Baked Beans Buns Lettuce, Tomato, Onion 1 block cheese</p> <p>Tips and Hints: Even though they're Garden Burgers, they like to be cooked! Sauté them with some cooking spray or oil with spices, and keep a tray in the oven to keep them warm while you cook. Slice the vegetables and cheese for toppings.</p>
DAY 6	<p style="text-align: center;">French Toast</p> <p>Prep: Mix eggs and milk in a big bowl or pot and add cinnamon.</p> <p>Ingredients: 2 dozen eggs Milk Bread (at least 2 per person, prob. more) Fruit</p> <p>Tips and Hints: The cinnamon floats on top of the batter, so if it runs out you can add more as you go or shake it directly onto the bread once it's in the pan. Lightly dip each piece of bread in the egg mixture, and make sure it's cooking fully- no soggy pieces! Keep them warm in a tray in the oven while you cook.</p>	<p style="text-align: center;">PB & J</p> <p>Ingredients: Peanut butter Jelly Bread Any Deli meat that is left over</p> <p>Tips and Hints: You can add things to PB & J Day like ants on a log (celery, PB, and raisin) or have carrots on the side.</p>	<p style="text-align: center;">Beef & Tomato Stroganoff</p> <p>Prep: Read the directions!! Make certain your water and milk combo are correct or else you might end up with soup. Start water boiling early!</p> <p>Ingredients: 8 Stroganoff packets 3 cans diced tomatoes 2lb Ground Beef Bread (2 per person) Garlic Spread Salad</p> <p>Tips and Hints: For the pasta, start by measuring out water and milk and following directions on packet. Stir so it doesn't burn to the bottom. In the last few minutes of cooking time add the tomatoes. The sauce will thicken after you turn the stove off, so a little soupiness is ok. At the same time brown the meat in a pan ensuring that it is cooked all the way. Drain fat from pan into a bowl or cup. Add salt, pepper and some herbs. Meat can be added to the pasta or server separately.</p> <p>*put 4 boxes of milk in the fridge for tomorrow morning</p>

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	Cereal	Mac & Cheese	Beach BBQ
DAY 7	<p>Prep: Look for already opened milk and cereal boxes/bags before you open any new ones.</p> <p>Ingredients: Cereal Milk fruit</p>	<p>Prep: Fill your big pot with water in the morning so somebody can come by and just turn on the stove for you during rotation day.</p> <p>Ingredients: 9 boxes Mac and Cheese Pringles</p> <p>Tips and Hints: Open all the boxes and cheese packets before the water boils. Add the boxes quickly and stir so they don't stick to the bottom. Once drained, add the cheese packets, go easy on the butter, and then just add enough milk to make it the right consistency. Try to have everyone ready so you can serve immediately.</p>	<p>Remember to bring some money if you want to buy sodas at the beach bar!</p>
	Oatmeal	Deli Sandwiches	Mexican Night
DAY 8	<p>Ingredients: Oatmeal Fruit</p> <p>Tips and Hints: Make sure you have something to put the empty oatmeal packets in – either an extra bag or a cup so they don't blow away!</p>	<p>Prep: You might be underway for this meal, so be careful when chopping and displaying things that blow away easily (i.e. lettuce).</p> <p>Ingredients: Deli meats Bread Mayo, Mustard Lettuce, Tomato, Onions (sliced) 1 block Cheese Fruit Pringles PB & J</p> <p>Tips and Hints: Slice vegetables and cheese thinly and serve in a few bowls. Arrange the meat on a plate. Save any leftovers and use them at dinnertime.</p>	<p>Prep: This night is excellent and requires a lot of chopping, grating, and good use of stove space. It can be served normally or buffet style</p> <p>Ingredients: All Beef 3 Seasoning packets 1 box white rice 2 Cans Refried Beans 2 Cans Black Beans Lettuce Tomatoes, Onions 2 blocks cheese Sour Cream Tortillas</p> <p>Tips and Hints: The rice can be cooked first and set aside to make room for other things on the stove. Make sure you cook the meat all the way and then drain into a bowl or cup, then add the seasoning packets. The beans can be heated in pots right at the end, or layered to make a casserole that gets baked in the oven with some cheese. The vegetables and cheese can be chopped and grated while the rest of the food is cooking. Save leftover vegetables in a Ziploc to be added to the scrambled eggs in the morning.</p>
	Scrambled Eggs	Tuscan White Bean Soup	Chicken Caesar Salad & Rice
DAY 9	<p>Prep: Preheat the oven early for muffins.</p> <p>Ingredients: 4 dozen eggs Muffins Fruit</p> <p>Tips and Hints: For easiest eggs – crack all eggs into big pot. Add some milk, salt, and pepper and whisk with fork. Cook the whole thing on stove and be certain to constantly stir and scrape the bottom with a metal spatula, getting everything that might stick. Remove from heat when eggs are hardening but still look too wet. They will continue to cook! If you wait, you'll just have rubbery eggs. Try to have everything else and all the people ready so you can serve the eggs immediately.</p>	<p>Prep: Again, this probably a rotation day, so be sure to get water on around 11:00.</p> <p>Ingredients: 4 Alessi Soup Bags Saltines 2 blocks cheese</p> <p>Tips and Hints: Follow directions on the soup bags. Grate the cheese as an optional topping. If you have leftover vegetables from last night/breakfast serve them on the side.</p>	<p>Prep: Carefully measure the risotto water and start it boiling early.</p> <p>Ingredients: 4 small chicken cans 6 Alessi Sun Dried Tomato Risotto packets 1 big can Corn 3 Crouton Boxes Caesar Dressing and Bacon Bits Big Salad (4 heads lettuce)</p> <p>Tips and Hints: Start the water for risotto and follow the directions on the packet. Drain the chicken and heat on the stove, stirring with a fork to break up the clumps. Season with salt and pepper and garlic powder for more flavor. Use all the remaining lettuce- discard any bad parts and tear the rest into bite sized pieces. Add the dressing last minute so it doesn't get soggy, or serve on the side. Heat up as much corn as will fit into a pot right at the end.</p>

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	Pancakes	Grilled Cheese	Summertime Thanksgiving
DAY 10	<p>Prep: Get this going early! Set out all your pans and utensils the night before so you don't have to look for everything in the early morning.</p> <p>Ingredients: 8 cups pancake mix Add water to make batter- approx. 6 cups Cooking spray Fruit</p> <p>Tips and Hints: Measure the mix into the big pot or large bowl, and add the water a little bit at a time so you don't make the batter too thin. Watch your stove settings to make sure the heat doesn't burn the pancakes, and have the spray handy in between each pancake if you need it. Make at least two for each person, and likely more. Keep the cooked ones warmed in a tray in the oven as you go. Serve with fruit.</p>	<p>Prep: Start as early as you can buttering one side of each piece of bread. You need to make at least two per person, more depending on how much cheese you have.</p> <p>Ingredients: Bread All Kraft Singles 1 block of cheese if needed</p> <p>Tips and Hints: If you are not on your boat during this rotation, see if you can help prepare the sandwiches for another boat- someone will do the same for you! Adjust your stove so the bread doesn't burn, but the cheese has time to melt-covering with a lid while cooking helps. Keep sandwiches warm in the oven while cooking. If you have leftover deli meat or tomatoes, add some to some of the sandwiches.</p>	<p>Prep: This is a big and filling meal!</p> <p>Ingredients: 7 chicken cans 6 boxes stuffing 4 boxes mashed potatoes 2 Cranberry Jelly cans 3 Gravy Packets</p> <p>Tips and Hints: Plan out your stove spacing and use of pots and pans early. The stuffing can be made first and set aside, but only use half the butter the directions call for! Read the directions on the mashed potato boxes carefully so you measure the right amount of water. Drain the turkey cans and cook with seasoning, stirring to break up any clumps. Heat up the gravy right before dinner time. You are getting more fresh food tomorrow, so you can use anything left in the fridge if you want it.</p> <p>*put 4 boxes of milk in the fridge for tomorrow</p>
DAY 11	Cereal	Ramen Noodle Soup	Tortellini with Marinara Sauce
	<p>Prep: Look for already opened milk and cereal boxes/bags before you open any new ones.</p> <p>Ingredients: Cereal Milk fruit</p>	<p>Prep: Get water going early.</p> <p>Ingredients: 15 packets of Ramen PB+J</p> <p>Tips and Hints: The water takes a long time to boil, but ramen only takes a few minutes to cook- use your time waiting to open each packet of noodles and seasoning so they can go in all at the same time when the water is ready. Don't overcook or it will become mush!</p>	<p>Ingredients: Remaining tortellini 2 Ragu Jars Bread (2 pieces per person) Garlic Spread (mix butter & dried garlic) Salad</p> <p>Tips and Hints: Dinner tonight is usually a little bit early- get the water boiling as soon as you can. The garlic bread doesn't need much time in the oven- get it ready early but don't put it in until about 10-15 minutes before dinner.</p>
DAY 12	French Toast	Chicken Salad Sandwiches	Chili & Rice
	<p>Prep: Mix eggs and milk in a big bowl or pot and add cinnamon.</p> <p>Ingredients: 2 dozen eggs Milk Bread (at least 2 per person, prob. more) Fruit</p> <p>Tips and Hints: The cinnamon floats on top of the batter, so if it runs out you can add more as you go or shake it directly onto the bread once it's in the pan. Lightly dip each piece of bread in the egg mixture, and make sure it's cooking fully- no soggy pieces! Keep them warm in a tray in the oven while you cook.</p>	<p>Ingredients: 1 small & 1 large Can Chicken Bread Lettuce, Tomato 1 block cheese Mayo celery and onions</p> <p>Tips and Hints: Drain cans of chicken and mix with mayo in a large bowl or pot. Dice celery and onion to be mixed in or served on the side, along with the other vegetables for sandwiches. Also, you can try warm chicken salad. Cook up chicken in a pan with spices, add veggies- no mayo necessary!</p>	<p>Prep: Make sure you measure the rice water properly and follow the directions on the box closely.</p> <p>Ingredients: 10 Cans Hormel Chili 3 Boxes White Rice Saltines Fresh Veggies 2 blocks cheese Sour Cream</p> <p>Tips and Hints: The chili cans need to be stirred while they heat on the stove. Grate the cheese and chop a pepper and onion if you have them as toppings.</p>

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DAY 13	Scrambled Eggs	Tortilla Soup	Beach BBQ
	<p>Prep: Preheat the oven early for muffins.</p> <p>Ingredients: 4 dozen eggs Muffins Fruit</p> <p>Tips and Hints: For easiest eggs – crack all eggs into big pot. Add some milk, salt, and pepper and whisk with fork. Cook the whole thing on stove and be certain to constantly stir and scrape the bottom with a metal spatula, getting everything that might stick. Remove from heat when eggs are hardening but still look too wet. They will continue to cook! If you wait, you'll just have rubbery eggs. Try to have everything else and all the people ready so you can serve the eggs immediately.</p>	<p>Prep: It's a rotation day, so get the water boiling early! You can measure the water into your big pot in the morning so it just needs to be turned on later.</p> <p>Ingredients: 3 Bear Creek Tortilla Soup Packets Saltines 2 blocks cheese</p> <p>Tips and Hints: This meal is pretty simple and really good! Serve with saltines and grated cheese. Be careful when serving, it can be really hot!</p>	
DAY 14	Oatmeal	Tuna Salad Sandwiches	Thai Peanut Chicken with Brown Rice
	<p>Ingredients: Oatmeal Fruit</p> <p>Tips and Hints: Make sure you have something to put the empty oatmeal packets in – either an extra bag or a cup so they don't blow away!</p>	<p>Ingredients: 1 big can tuna Bread Lettuce, Tomato, Onion, Celery 1 block cheese Mayo ½ Jar of relish</p> <p>Tips and Hints: Open the can carefully and drain with the lid still attached- be careful with the sharp edges. In a large bowl or pot, mix in tuna mayo & relish. Dice celery and onion to be mixed in or served on the side, along with relish and the other vegetables for sandwiches. You can prep this in the morning during breakfast cleanup to get a head start.</p>	<p>Prep:</p> <p>Ingredients: 3 Large Cans Chicken 3 Packs Thai Peanut Sauce 2 Cans Coconut Milk 3 Cans Chop Suey vegetables Fresh Vegetables 3 14oz Brown Rice Boxes Peanut butter</p> <p>Tips and Hints: The rice can be cooked first and set aside to make room for more things on the stove. If you are cooking fresh vegetables, chop and cook these first as they will take a lot longer. Drain the canned vegetables and add them to the fresh ones. Mix the seasoning packets with the coconut milk until you get a thick sauce. You can mix the chicken and vegetables and sauce and heat all together, or serve them separately. The peanut butter can be added to the sauce or served on the side. *put 4 boxes milk in the fridge for tomorrow</p>
DAY 15	Cereal		
	<p>Prep: Look for already opened milk and cereal boxes/bags before you open any new ones.</p> <p>Ingredients: Cereal Milk fruit</p>	<p>Cheese Burgers in Paradise in Cane Garden</p> <p>PB & J Available as well</p>	Sidney's Peace and Love BBQ

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DAY 16	Pancakes	Chicken Salad Sandwiches	Franks and Beans!
	<p>Prep: Get this going early! Set out all your pans and utensils the night before so you don't have to look for everything in the early morning.</p> <p>Ingredients: 8 cups pancake mix Add water to make batter- approx. 6 cups Cooking spray Fruit</p> <p>Tips and Hints: Measure the mix into the big pot or large bowl, and add the water a little bit at a time so you don't make the batter too thin. Watch your stove settings to make sure the heat doesn't burn the pancakes, and have the spray handy in between each pancake if you need it. Make at least two for each person, and likely more. Keep the cooked ones warmed in a tray in the oven as you go. Serve with fruit.</p>	<p>Ingredients: 1 small & 1 large Can Chicken Bread Lettuce, Tomato 1 block cheese (if available) Mayo celery and onions</p> <p>Tips and Hints: Drain cans of chicken and mix with mayo in a large bowl or pot. Dice celery and onion to be mixed in or served on the side, along with the other vegetables for sandwiches. Also, you can try warm chicken salad. Cook up chicken in a pan with spices, add veggies- no mayo necessary!</p>	<p>Ingredients: 6 Black Beans and Rice Packs All Franks 4 Corn Bread packets Cheese grated (if available) Salad</p> <p>Tips and Hints: Start the water boiling early- get the measurements from the rice packets. Chop up the hot dogs and boil with the rice, or fry on the side. Follow the corn bread directions from the box. Stir constantly and scrape the bottom of the rice pot as it starts to thicken. It will look like mush at the end, but will thicken after the heat turns off so a little soupiness is ok.</p>
DAY 17	Oatmeal	Mexican Night	
	<p>Ingredients: Oatmeal Fruit</p> <p>Tips and Hints: Make sure you have something to put the empty oatmeal packets in – either an extra bag or a cup so they don't blow away!</p>	<p>Lunch In West End of PB & J</p>	
DAY 18	Cereal	Chicken Salad Sandwiches	Breakfast For Dinner!
	<p>Prep: Look for already opened milk and cereal boxes/bags before you open any new ones.</p> <p>Ingredients: Cereal Milk fruit</p>	<p>Ingredients: 1 small & 1 large Can Chicken Bread Lettuce, Tomato 1 block cheese Mayo celery and onions</p> <p>Tips and Hints: Drain cans of chicken and mix with mayo in a large bowl or pot. Dice celery and onion to be mixed in or served on the side, along with the other vegetables for sandwiches. Also, you can try warm chicken salad. Cook up chicken in a pan with spices, add veggies- no mayo necessary!</p>	<p>Prep:</p> <p>Ingredients: Sausages (2lb) 4 dozen eggs, 2 blocks of cheese (grated) 1 box Bisquick, 1 onion & 2 peppers (diced) 1 can of tropical fruit salad</p> <p>Tips and Hints: 1. Start biscuits early! Mix the Bisquick with milk to make batter for a tray of biscuits. Add garlic powder, mixed herbs and ½ of the grated cheese to the batter. Cook in oven. 2. In a separate pan, cut up the sausage meat, add salt and pepper and the diced onion and peppers and fry. Be sure to cook all the way. 3. Crack all eggs into big pot. Add some milk, salt, and pepper and whisk with fork. Cook the whole thing on stove and be certain to constantly stir and scrape the bottom with a metal spatula, getting everything that might stick. Remove from heat when eggs are hardening but still look too wet. They will continue to cook!</p>

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	Pancakes		Cheddar Broccoli Pasta
DAY 19	<p>Prep: Get this going early! Set out all your pans and utensils the night before so you don't have to look for everything in the early morning.</p> <p>Ingredients: 8 cups pancake mix Add water to make batter- approx. 6 cups Cooking spray Fruit</p> <p>Tips and Hints: Measure the mix into the big pot or large bowl, and add the water a little bit at a time so you don't make the batter too thin. Watch your stove settings to make sure the heat doesn't burn the pancakes, and have the spray handy in between each pancake if you need it. Make at least two for each person, and likely more. Keep the cooked ones warmed in a tray in the oven as you go. Serve with fruit.</p>	Lunch in Road Town or PB & J	<p>Prep: This is a long night for closing program, so get going early on dinner and try to be cleaning up as you go!</p> <p>Ingredients: 10 Packets of Cheddar Broccoli pasta 1 box Bisquick 1 block cheese Salad</p> <p>Tips and Hints: Follow the instructions on the pasta packets carefully. Mix the Bisquick with milk to make batter for a tray of biscuits. Add garlic powder and grated cheese to the batter to taste.</p>
	Cereal or Oatmeal	PB & J	
DAY 20	Cereal Oatmeal Milk Fruit	<p>Ingredients: Peanut Butter Jelly Bread</p>	West End Final BBQ