

# Weekly Crew Food Planner



	Breakfast	Lunch	Dinner
Monday	Fruit Plate Croissants	Cauliflower Soup with Mustard Croutons Asparagus with Capers and Egg Aubergine Kuku Barbecue Beef Short Ribs with Black Garlic Avocado and Broad Bean Salad Bittersweet Salad	Bulgur-Stuffed Squid with Tomato and Okra Cauliflower Kapama Greek Feta Pie (Alevropita) Greek Salad Modern Moussaka Santorini Salad (Salata Tis Santorinis)
Tuesday	Fruit Plate Raspberry Almond milk Chia pudding	Chunky Minestrone with Basil Paste/ Pecorino Print French Beans/Mangetout with Hazelnut/Orange Print Artichoke Salad /Preserved Lemon Mayo Dressing Hummus Tahini/Crudités Grilled Cauliflower Steaks Sea Bass with Provençal Vegetables and Basil Oil	Artichoke Risotto (Risotto Ai Carciofi) Aubergine Parmigiana (Melanzane Alla Parmigiana) Baked Mushrooms Stuffed with Ricotta New Potato & Rosemary Focaccia Lasagne Pastachina Nectarine Caprese Salad
Wednesday	Fruit Plate Choco Croissant	Gazpacho Fennel, Pumpkin and Eggplant Tagine/Chickpeas Asparagus with Mushrooms and Poached Egg Print Bruschetta with Aubergine Candy Beetroot with Lentils and Yuzu Chicken Breast with 'Nduja, Rocket/Green Beans	Baby Potatoes in Sea Salt with Herb Salsa Caramelised Fig, Orange and Goat's Cheese Salad Cider-Glazed Chorizo (Chorizo a La Sidra) Crispy Squid with Capers Paella Prawns and Grilled Vegetables Potato Tortilla with Roasted Wild Mushrooms
Thursday	Fruit Plate Maple, Cardamom and Almond Granola	Mediterranean Fish Stew with Garlic Toasts Apple Salad with Candied Walnuts/Lemon Dressing Edamame, Corn and Tomato Salad Grilled Vegetable Platter with Picnic Vinaigrette Miso-Glazed Grilled Asian Eggplant Minted Lamb and Mushroom Kebabs	Asada Mushroom Tacos/Lime Smashed Avocado Aztec Three Sisters Quinoa Bowl Bad-Ass Cheesy Corn on the Cob Beef/Pork/Chicken Tacos Beer Battered Crispy Fish Tacos Guacamole/Pico de Gallo/Mexican Beef Chilli
Friday	Fruit Plate Cheesy Bacon and Egg Breakfast Cups	Chunky Heirloom Tomato & Basil Soup Broccoli/Goat's Cheese/Quince /Hazelnuts salad Asian Chicken Salad/Ginger Chili Lime Dressing Falafel/Pita /Mix leaves grilled fennel with romescu sauce Lemon and Parley Turkey	Bok Choi with Oyster Sauce & Chilli Beef Stir-Fry with Ginger Chinese Noodles with Tofu & Hazelnuts Chinese-Style Spring Rolls Crispy Tofu with Chinese Black Bean Sauce Fried Rice with Egg & Ginger
Saturday	Fruit Plate Overnight Muesli with Blueberries	Miso Soup with Black Cod and Green Onions Noodle Salad with Pork and Asian Lime Vinaigrette Orange and Radish Salad with Dates and Fennel Seeds Tomatoes with Wasabi Mascarpone and Pine Nuts Print Spicy Turnip Veal Scaloppine with Salsa Verde	Agedashi Tofu Alaskan King Crab/Vegetables Tempura Sushi/Sashimi selection Chicken Karaage: Korokke (Potato & Meat Croquette) Okonomiyaki – Sweet Potato and Cabbage Pancakes
Sunday	Fruit Plate Tea-Smoked Salmon, Poached Eggs, Spinach and Yuzu Hollandaise, English Muffin	Roasted Corn Chowder with Lime Crab Cakes with Sweet-And-Sour Cucumber Salad Coleslaw Lemony Quinoa with Shiitake, Chicken and Coriander American Grilled-Peach Salad LeeksTart with Walnuts and Parmesan	Aubergine Fritters Baked Veggie Samosas Prawn Pakora Recipe Bombay Potato Salad Chana Masala with Spinach Chicken Tikka Masala