
CREW 7 DAY MEAL PLAN *20+ crew

MONDAY

BREAKFAST

Crispy Bacon, Scrambled eggs, Raspberry almond milk Chia pudding

LUNCH

Thai prawn red curry with kaffir lime

Coconut rice

Lemongrass roast chicken pieces

Green mango and papaya spicy Thai salad with roasted peanuts

Leafy green garden salad

Herby Asian shredded quinoa salad

Vietnamese fresh spring rolls with vermicelli , mango and mint

Spicy Tom Yum Soup

DINNER

Spinach and feta filo pie with caramelised red onion

Slow roasted lamb leg in tomato with chickpeas and harissa

Couscous salad with pomegranates and toasted pine nuts

Root vegetable salad with tahini dressing

Leafy garden salad

Roast garlic hummus with crudités

Steam green beans with maldon and olive oil

TUESDAY

BREAKFAST

Macadamia and apricot granola with yoghurt. Goji and coconut bliss balls

LUNCH

Spanish chicken paella

Garlic grilled whole prawns with fresh parsley

Orange and fennel salad

Steam mussels with chorizo and red onion tomato sauce

Manchego and baby heirloom tomato quiche

Bean and Veg chunky soup

Garlic focaccia

DINNER

Creamy chicken pesto pasta

Seared garlic mushrooms

Kale detox salad with cashews and purple cabbage

Cheesy garlic bread sticks

Grilled med vegetables with halloumi

Steamed broccoli

Tomato basil grilled MahiMahi

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WEDNESDAY

BREAKFAST

Middle eastern baked eggs, Dukkha flat bread, Fruit salad, Banana almond smoothie

LUNCH

Avocado sushi rolls

Salmon avo rolls

Sticky 5 spice chicken wings

Seared beef with ponzu dressing

Tuna Tataki

Edamame quinoa salad with sushi ginger dressing

Miso soup with tofu, wakame and buckwheat noodles

Leafy garden salad

DINNER

Coffee rubbed slow roast pork ribs

BBQ buffalo wings with ranch and celery

Greek Yoghurt herby slaw

Leafy salad

Avo salad with feta and pine nuts

Mac and cheese

Sweet potato oven baked fries

Steam veg medley

THURSDAY

BREAKFAST

Mango bircher museli, Fruit platter, Ham and Cheese scrolls

LUNCH

Sesame baked salmon fillet

Steamed whole edamame with toshagari

Steam veg dumplings with black vinegar chilli oil

Miso glazed eggplant quarters

Szechuan Salt and pepper squid with fresh chilli and herbs

Bean sprout and carrot salad

Duck breast bao with pickled cucumber

Simple roast veg soup

DINNER

Steak with chimmichuri

Lemon roasted baby potatoes

Steamed mixed veg

Broccoli honey mustard salad

Seared chorizo Prawns with fresh herbs

Mixed bean salad with farro

Grilled corn

FRIDAY

BREAKFAST

Poached eggs, hollandaise, smoked salmon, fruit platter, Mango mint smoothie

LUNCH

Vegetable Pad Thai

Beef massamun curry

Pineapple Prawn Penang Curry

Brown rice

Veg spring rolls deep fried

Asian leafy salad

Thai Veggie patties with coriander and cashew pesto

Chicken and corn egg drop soup

DINNER

Thin sliced roast beef

Herbed spatchcock roast chicken

Honey roast carrots and parsnips with sesame seeds

Steam Broccolini

Duck fat roast potatoes

Gravy

Peas

Spring herby salad

Barley salad with heirloom tomatoes and parmesan shards

SATURDAY

BREAKFAST

Watermelon juice, Smashed Avo, Poached Eggs

LUNCH

Lime marinated grilled chicken breast

8 hours slow roast pulled pork tacos

Spicy bean salad

Grilled corn with coriander and parmesan

Mexican quinoa salad

Tuna poke platter

Fresh guacamole and salsa

Veggie cheesy nachos

DINNER

Whole roast fish stuffed with lemon and herbs

Lentil salad with zesty dressing

Beetroot and zucchini fritters with dill yoghurt

Garlic Spinach

Lamb rack with Pistachio mint pesto

Paprika roasted Cauliflower bites

Leafy garden salad

SUNDAY

BREAKFAST

Crepe bar with nutella, lemon, berries, cream, cheese, ham etc Berry smoothie

LUNCH

Caramelised onion and goat cheese tart

Herb grilled chicken thighs

Roasted pepper crab fettuccine

Beer batter cod with tartare sauce

Mushy peas

Fries

Veg ceasar salad

Minestrone soup

DINNER

Harissa roast chicken thighs

Farro feta, mint and orange salad

Beef martabak (spicy mince pies) with mint yoghurt

Grilled eggplant salad

Fatoosh salad

Sweet potato

Roasted pepper hummus and carrots