

## MENU PLANNING FOR RESIDENTAIL BOAT TRIPS

It is important to pre-plan the menu to meet all dietary needs and to allow enough supplies if you do not want to make shopping stops but bearing in mind limitations on storage.

- ◆ Write a menu and allocate ingredients according to this so they are not used on other meals
- ◆ Check all special dietary requirements before planning the menus for the week
- ◆ Try to make one meal to meet all the requirements
- ◆ Storage is very limited so consider that when making plans
- ◆ When boat is moving, use the oven and not the top splashed boiling water is dangerous.
- ◆ Deep-frying is NOT an option due to safety issues.

The nutritional value of the meals is not the overriding factor on holiday. It is good however to be varied in colour, texture and taste to allow for everybody's likes and dislikes over the whole period.

Don't forget to cater for the skipper in your quantities and ask him what he likes to include in the overall equation.

Catering for a larger number of people could seem daunting. Don't panic, follow basic theory of multiplication and base the arithmetic on what is required for one person and multiply up accordingly. Once you have calculated quantities for each meal, you can build your shopping list by adding together each repeated ingredient to reach a total purchase amount of each thing.

### SOME HINTS ON QUANTITIES

Tea and Coffee – Probably 6-8 per day per head.

3 teaspoons of sugar weighs 25 grams

1 x 100g jar of instant coffee makes approx 100 cups. Fewer smaller jars are better than one large one for storage and in case of accidents.

One pint of milk will do about 20 cups of tea or coffee

One large loaf will give 20 thin sliced or 14 thick ones (7grams of butter per slice)

Allow 100g raw meat off bone, 150g chicken on bone and 180g white or smoked fish per head

Allow 150g of potatoes per serving and 100 g fresh vegetables.

Tomatoes weigh about 50g each and apples about 100g.

**REMEMBER THAT THE FRESH AIR MAY MAKE PEOPLE HUNGRIER THAN USUAL!**

**EMERGENCY RATIONS.** In case of need but keep well out of way.

Keep a box of extras that can be taken home if not used EG Dried soup, Dried Milk, Tins of Meat, Chocolate etc. medicinal Brandy and Honey might be useful!