

CHATHAM TO MARCO 2015  
MEAL PLAN

|    | BREAKFAST                                       | LUNCH                           | DINNER   |
|----|---|---------------------------------|--|
| 1  | Bagels/Cream Cheese, Prosciutto, Strawberries   | Deli Pita, pickle, chips        | Shrimp and rice, green olives, celery, onion, hearts of palm |
| 2  | Cereal, Fruit                                   | Chicken Salad, Bean Salad       | Sausage and eggplant, calamata olives, capers                |
| 3  | Bagels, Cream cheese, Orange                    | Hot Dogs                        | Colcannon, Sausage   |
| 4  | Yogurt, Apple, Breakfast Bar                    | Deli Wraps, Chips, Pickle       | Cioppino Prima Vera Bianco, Seafood                          |
| 5  | Pancakes, Bacon                                 | Seafood Salad, Crackers, Cheese | Stir Fry Chicken and Sunomono Salad                          |
| 6  | Scrambled Egg Wraps, Cheese, Prosciutto, Orange | Grilled cheese, soup            | Raviolis in Pesto Sauce, Mushrooms, Meatballs                |
| 7  | Eggs, Sausage, Fruit                            | Pita Pizza, Chips, Fruit        | Mahi Mahi, Black Bean/Corn Salad                             |
| 8  | Cereal. Fruit                                   | Deli Salad                      | Bahamian Chicken, Pidgeon Peas, Rice                         |
| 9  | Yogurt, Fruit                                   | Hot Dogs                        | Chorizo, Garbanzo Beans                                      |
| 10 | Breakfast bars, fruit                           | Chicken Salad Wraps             | DINNER ASHORE  |