

CHATHAM TO MARCO PROVISION LIST
OCTOBER 2015

D 8	Bahamian Chicken, Pidgeon Peas			Beer	Beverages
D 7	Raviolis in Pesto Sauce, Mushroom			Cabernet	Beverages
D 6	Mahi Mahi, Black Bean/Corn Sala			Chardonay	Beverages
D 3	Colcannon			Guinness	Beverages
D 2	Sausage and eggplant, calamata			Merlot	Beverages
D 4	Cioppino Prma Vera Bianco			Pinot Grigot	Beverages
D 2	Sausage and eggplant, calamata			Red Wine	Beverages
D 5	Stir Fry Chicken and Sunomono S			Sake	Beverages
D 1	Shrimp and rice, green olives, cel			White Wine	Beverages
				Water	Beverages
				Soda	Beverages
D 7	Raviolis in Pesto Sauce, Mushroom			Bread crumbs	Baking
D 8	Bahamian Johnny Cake			Jiffy Corn Meal	Baking
				Sugar	Baking
				Bread crumbs	Baking
D 3	Colcannon		1 box	Mashed Potatoes Betty Crocker	Box
BFST 3	Bagels, Cream cheese		3	Bagel	Bread
BFST 1	Bagels/Cream Cheese		3	Bagel	Bread
L 7	Hot Dogs		3	Buns	Bread
L 9	Hot Dogs		3	Buns	Bread
L 1	Deli Pita, pickle, chips		1.5	Pita	Bread
L 3	Grilled Cheese		2	Pita	Bread
L 5	Pita Pizza, Chips, Fruit		3	Pitas	Bread
L 10	Chicken Salad Wraps		3	Wraps	Bread
BFST 10	Breakfast Bars		3	Breakfast Bars	Breakfast
BFST 4	Yogurt, Apple, Breakfast		3	Breakfast Bars	Breakfast
BFST 7	Yogurt, Breakfast Bar		3	Breakfast Bars	Breakfast
BFST 6	Cereal		1/2 box	Cereal	Breakfast
BFST 9	Cereal		1/2 box	Cereal	Breakfast
BFST 5	Pancakes, Bacon		1	Pancake Mix – Water mix only	Breakfast
				Instant Oatmeal	Breakfast

D 6	Mahi Mahi, Salad	1 can	Black Beans	Canned
L 10	Chicken Salad Wraps	12 oz	Chicken	Canned
L 2	Chicken Salad, Bean S	12 oz	Chicken	Canned
D 8	Bahamian Chicken	1 can	Coconut Milk	Canned
D 3	Colcannon	1 can	Collard Greens	Canned
D 6	Mahi Mahi, Salad	2 TBS	Corn	Canned
D 8	Bahamian Chicken, Pi	1 can	Gandules	Canned
D 9	Chorizo, Garbanzo Be	1 can	Garbanzo Beans	Canned
D 1	Shrimp and rice, green	Can	Hearts of Palm	Canned
L 2	Chicken Salad, Bean S	Two Cans	Red Beans	Canned
L 5	Pita Pizza, Chips, Fui	4 oz	Red sauce	Canned
L 6	Seafood Salad, Crack	2 Cans	Tuna	Canned
D 8	Bahamian Chicken, Pi	1 can	Whole Tomato	Canned
			Clams and/or clam juice	Canned
L 1	Deli Pita, pickle, chips	3	Pickles	Condiments
L 8	Deli Salad	3	Pickles	Condiments
L 4	Deli Wraps, Chips, Pic	3	Pickles	Condiments
D 2	Sausage and eggplant	4 oz	Calamata Olives	Condiments
D 2	Sausage and eggplant	2 oz	Capers	Condiments
D 1	Shrimp and rice, green	¼	Green Olives	Condiments
L 7	Hot Dogs		Ketchup	Condiments
L 9	Hot Dogs		Ketchup	Condiments
L 10	Chicken Salad Wraps		Mayo	Condiments
L 2	Chicken Salad, Bean Salad		Mayo	Condiments
L 1	Deli Pita, pickle, chips		Mayo	Condiments
L 4	Deli Wraps, Chips, Pickle		Mayo	Condiments
L 3	Grilled Cheese		Mayo	Condiments
L 7	Hot Dogs		Mayo	Condiments
L 9	Hot Dogs		Mayo	Condiments
L 6	Seafood Salad, Crackers, Cheese		Mayo	Condiments
L 1	Deli Pita, pickle, chips		Mustard	Condiments
L 4	Deli Wraps, Chips, Pickle		Mustard	Condiments
L 7	Hot Dogs		Mustard	Condiments
L 9	Hot Dogs		Mustard	Condiments
L 6	Seafood Salad, Crackers, Cheese		Mustard	Condiments
L 5	Pita Pizza, Chips, Fui	6 oz	Olives	Condiments
L 7	Hot Dogs	3	Pickle spears	Condiments
L 9	Hot Dogs	3	Pickle spears	Condiments
L 6	Seafood Salad, Crack	3	Pickle spears	Condiments

L 6	Seafood Salad, Crackers, Cheese			Relish	Condiments
L 9	Hot Dogs			Relish	Condiments
L 7	Hot Dogs			Relish	Condiments
L 8	Deli Salad		6 oz	Block Cheese	Dairy
L 6	Seafood Salad, Crackers		6 oz	Block Cheese	Dairy
BFST 2	Scrambled Egg Wraps		16 oz	Block Cheese	Dairy
L 3	Grilled Cheese		12 oz	Block Cheese	Dairy
BFST 1	Bagels/Cream Cheese		1	Butter	Dairy
D 3	Colcannon			Butter	Dairy
BFST 3	Bagels, Cream cheese		6 oz	Cream Cheese	Dairy
BFST 1	Bagels/Cream Cheese		1	Cream Cheese	Dairy
BFST 8	Eggs, apples		4	Egg	Dairy
BFST 2	Scrambled Egg Wraps		5	Egg	Dairy
BFST 6	Cereal		12 oz	Milk	Dairy
BFST 9	Cereal		12 oz	Milk	Dairy
D 3	Colcannon		4 oz	Milk	Dairy
D 9	Chorizo, G Salad		8 oz	Mozarella	Dairy
L 5	Pita Pizza, Chips, Fruit		6 oz	Mozarella	Dairy
D 2	Sausage and eggplant		8 oz	Mozarella	Dairy
D 3	Colcannon		8 oz	Sour Cream	Dairy
BFST 4	Yogurt, Apple, Breakfast		3	Yogurt	Dairy
BFST 7	Yogurt, Breakfast Bar		3	Yogurt	Dairy
L 1	Deli Pita, pickle, chips		12 oz	Roast Beef	Deli
L 8	Deli Salad		12 oz	Turkey	Deli
L 4	Deli Wraps, Chips, Pickles		12 oz	Salami	Deli
L 3	Grilled Cheese		12 oz	Ham	Deli
BFST 1	Bagels/Cream Cheese		6 oz	Prosciutto	Deli
BFST 2	Scrambled Egg Wraps		6 oz	Prosciutto	Deli
L 8	Deli Salad			Salad Dressing	Dressing
L 4	Deli Wraps, Chips, Pickles		3	Wraps	International
BFST 2	Scrambled Egg Wraps		3	Wraps	International
BFST 3	Bagels, Cream cheese		6 oz	Jelly	Jar
BFST 1	Bagels/Cream Cheese		1	Jelly	Jar
D 7	Raviolis in Pesto Sauce, Mushroom			Pesto Sauce	Jar

BFST 5	Pancakes, Bacon	6	Bacon	Meat
BFST 8	Eggs, apples	6	Breakfast Sausage	Meat
D 5	Stir Fry Chicken and S	12 oz	Chicken breast (boneless)	Meat
D 9	Chorizo, Garbanzo Be	9 oz	Chorizo	Meat
L 7	Hot Dogs	3	Hot dogs	Meat
L 9	Hot Dogs	3	Hot dogs	Meat
D 7	Raviolis in Pesto Sauc	12 oz	Meatballs	Meat
D 8	Bahamian Chicken, Pi	4 oz	Salt pork	Meat
D 3	Colcannon	12 oz	Sausage	Meat
D 2	Sausage and eggplant	12 oz	Sausage	Meat
D6	Mahi Mahi, Mahi Mahi	12 oz	Mahi Mahi	Seafood
D 4	Cioppino Prma Vera B	6 oz	Salmon, mahi, swordfish	Seafood
D 4	Cioppino Prma Vera B	6 oz	Shrimp	Seafood
D 1	Shrimp and rice, greer	12 oz	Shrimp	Seafood
D 5	Stir Fry Ch Sunomono	4 oz	Shrimp (left over)	Seafood
			Candy	Snacks
L 1	Deli Pita, pickle, chips	12 oz	Chips/Pretzels	Snacks
L 8	Deli Salad	12 oz	Chips/Pretzels	Snacks
L 4	Deli Wraps, Chips, Pic	12 oz	Chips/Pretzels	Snacks
L 3	Grilled Cheese	9 oz	Chips/Pretzels	Snacks
L 7	Hot Dogs	12 oz	Chips/Pretzels	Snacks
L 9	Hot Dogs	12 oz	Chips/Pretzels	Snacks
L 5	Pita Pizza, Chips, Fui	12 oz	Chips/Pretzels	Snacks
			Cookies	Snacks
L 6	Seafood Salad, Crack	6 oz	Crackers	Snacks
D 5	Stir Fry Ch Sunomono	¼ CU	Olive Oil	Oils
D 6	Mahi Mahi, Marinade	To taste	Soy Sauce	Oils
D 5	Stir Fry Ch Sunomono	½ CU	White Vinegar	Oils
D 8	Bahamian Chicken, Pi	1/3 CU	Rice	Rice
D 1	Shrimp and rice, greer	½ CU	Rice	Rice
D 8	Bahamian Chicken, Pidgeon Peas, Rice			Rice
D 4	Cioppino Prma Vera Bianco		Linguini	Pasta
D 7	Raviolis in Pesto Sauce, Mushroo		Ravioli	Pasta

BFST 8	Eggs, apples		2	Apple	Fruit
L 5	Pita Pizza, Chips, Fruit		2	Apple	Fruit
BFST 4	Yogurt, Apple, Breakfast		2	Apple	Fruit
BFST 7	Yogurt, Breakfast Bar		2	Apple	Fruit
BFST 6	Cereal		3	Fruit	Fruit
BFST 9	Cereal		3	Fruit	Fruit
D 6	Mahi Mahi, Marinade		1 tsp	Lemon	Fruit
				Lime	Fruit
				Lime	Fruit
BFST 3	Bagels, Cream cheese		2	Orange	Fruit
BFST 10	Breakfast Bars		2	Orange	Fruit
BFST 2	Scrambled Egg Wraps		2	Orange	Fruit
D 6	Mahi Mahi, Marinade		¼ CU	Orange juice	Fruit
BFST 1	Bagels/Cream Cheese		1	Strawberries	Fruit
D 4	Cioppino Prma Vera B		½ CU	Asparagus (opt)	Vegetables
D 9	Chorizo, G Salad		2	Avocado	Vegetables
D 4	Cioppino Prma Vera B		2 CU	Broccoli (Stew)	Vegetables
L 3	Grilled Cheese		9 ox	Carrot sticks	Vegetables
L 10	Chicken Salad Wraps		2	Carrots	Vegetables
L 2	Chicken Salad, Bean S		2	Carrots	Vegetables
D 5	Stir Fry Chicken and S		2 oz	Carrots	Vegetables
D 4	Cioppino Prma Vera B		1	Carrots (Broth)	Vegetables
D 5	Stir Fry Ch Sunomono		4 oz	Carrots (shredded)	Vegetables
D 4	Cioppino Prma Vera B		1	Carrots (Stew)	Vegetables
D 4	Cioppino Prma Vera B		2 CU	Cauliflower (Stew)	Vegetables
D 8	Bahamian Chicken		¼ CU	Celery	Vegetables
L 10	Chicken Salad Wraps		2 Stalks	Celery	Vegetables
L 2	Chicken Salad, Bean S		2 Stalks	Celery	Vegetables
D 1	Shrimp and rice, green		¼ CU	Celery	Vegetables
D 4	Cioppino Prma Vera B		½ CU	Celery (Broth)	Vegetables
D 5	Stir Fry Ch Sunomono		1	Cucumber	Vegetables
D 2	Sausage and eggplant		1	Eggplant	Vegetables
D 6	Mahi Mahi, Marinade		1 TBS	Fresh Ginger	Vegetables
D 9	Chorizo, Garbanzo Be		3 cloves	Garlic	Vegetables
D 6	Mahi Mahi, Salad		1 clove	Garlic	Vegetables
D 5	Stir Fry Chicken and S		2 colve	Garlic	Vegetables
D 4	Cioppino Prma Vera B		2 cloves	Garlic (Broth)	Vegetables
D 5	Stir Fry Chicken and S		2 oz	Ginger	Vegetables

D 4	Cioppino Prma Vera B	½ CU	Green Beans (opt)	Vegetables
D 3	Colcannon	½ CU	Green Onion	Vegetables
D 5	Stir Fry Chicken and S	2 oz	Green Onion	Vegetables
D 8	Bahamian Chicken, Pi	¼ CU	Green Pepper	Vegetables
L 10	Chicken Salad Wraps	1/4	Green Pepper	Vegetables
L 2	Chicken Salad, Bean S	1/4	Green Pepper	Vegetables
D 9	Chorizo, Garbanzo Be	¼ CU	Green Pepper	Vegetables
D 6	Mahi Mahi, Salad	4 oz	Green Pepper	Vegetables
L 5	Pita Pizza, Chips, Frui	1/2	Green Pepper	Vegetables
D 7	Raviolis in Pesto Sauc	½ CU	Green Pepper	Vegetables
D 2	Sausage and eggplant	¼ CU	Green Pepper	Vegetables
D 5	Stir Fry Chicken and S	2 oz	Green Pepper	Vegetables
D 8	Bahamian Chicken, Pi	2	Jalapenos	Vegetables
D 8	Bahamian Johnny Ca	1	Jalapenos	Vegetables
L 1	Deli Pita, pickle, chips		Lettuce	Vegetables
L 8	Deli Salad		Lettuce	Vegetables
L 4	Deli Wraps, Chips, Pickle		Lettuce	Vegetables
D 7	Raviolis in Pesto Sauc	8 oz	Mushrooms	Vegetables
D 8	Bahamian Chicken, Pi	¼ CU	Onion	Vegetables
D 8	Bahamian Johnny Ca	¼ CU	Onion	Vegetables
L 10	Chicken Salad Wraps	1/4	Onion	Vegetables
L 10	Chicken Salad Wraps	1/4	Onion	Vegetables
L 2	Chicken Salad, Bean S	1/4	Onion	Vegetables
L 2	Chicken Salad, Bean S	1/4	Onion	Vegetables
D 9	Chorizo, Garbanzo Be	¼ CU	Onion	Vegetables
D 4	Cioppino Prma Vera B	½ sm	Onion	Vegetables
D 6	Mahi Mahi, Salad	4 oz	Onion	Vegetables
L 5	Pita Pizza, Chips, Frui	1/2	Onion	Vegetables
D 7	Raviolis in Pesto Sauc	½ CU	Onion	Vegetables
D 2	Sausage and eggplant	¼ CU	Onion	Vegetables
L 6	Seafood Salad, Cracke	1/4	Onion	Vegetables
D 1	Shrimp and rice, green	¼ CU	Onion	Vegetables
D 3	Colcannon	½ CU	Onion (sausage)	Vegetables
D 4	Cioppino Prma Vera B	½ sm	Onioni (Stew)	Vegetables
		3	Potatoes	Vegetables
D 8	Bahamian Chicken	½ CU	Red Onion	Vegetables
D 9	Chorizo, G Salad	¼	Red Onion	Vegetables
D 9	Chorizo, G Salad	2	Tomato	Vegetables
L 1	Deli Pita, pickle, chips	1	Tomato	Vegetables

L 8	Deli Salad		1	Tomato	Vegetables
L 4	Deli Wraps, Chips, Pic		1	Tomato	Vegetables
D 6	Mahi Mahi, Marinade		½	Tomato	Vegetables
D 7	Raviolis in Pesto Sauc		2	Tomato	Vegetables
D 8	Bahamian Chicken			Allspice	Herbs
D 4	Cioppino Prma Vera B	½ CU		Bay Leaf	Herbs
D 8	Bahamian Chicken, Pidgeon Peas			Black Pepper	Herbs
D 8	Bahamian Chicken			Black Pepper	Herbs
D 4	Cioppino Prma Vera B	½ CU		Black Pepper	Herbs
D 7	Raviolis in Pesto Sauce, Mushroom			Black Pepper	Herbs
D 7	Raviolis in Pesto Sauce, Mushroom			Chili Powder	Herbs
D 8	Bahamian Chicken, Pidgeon Peas			Cumin	Herbs
D 4	Cioppino Prma Vera B	½ CU		Fennel/Anise	Herbs
D 7	Raviolis in Pesto Sauce, Mushroom			Italian seasoning	Herbs
D 8	Bahamian Johnny Cake			Paprika	Herbs
D 5	Stir Fry Ch Sunomono	Pinch		Salt	Herbs
D 4	Cioppino Prma Vera B	1 tsp		Salt (Broth)	Herbs
D 5	Stir Fry Ch Sunomono	3 Tsps		Sugar	Herbs
D 8	Bahamian Chicken			Thyme	Herbs
				Garbage Bags	Supplies
				Paper Towels	Supplies