



## ***II Dolphins Sailing***

### ***ASA 104/106 Class Menu***

*Breakfast foods provided are cereal, fruit, yogurt, eggs and whatever creation or concoction you can dream up – as we will not go hungry.*

*Eight O'clock Coffee and several blends of hot tea flavors can be prepared as desired along with juices, sodas, 2% milk and water. No alcohol will be provided by II Dolphins Sailing or will be consumed by anyone during class hours. We must be docked or anchored and “off duty” prior to beverages!*

*Numerous types of bread will be provided for lunch sandwiches with a mixture of black forest ham, turkey breast and rotisserie chicken slices with a variety of cheeses to include swiss, cheddar, provolone, pickles, mayo, brown mustard etc. Sailing is very hard work and may require adding a few pounds for brain food before test time rolls around.*

*PBJ is also provided along with food bars, trail mix, cookies, chips & salsa.*

*First night evening meal while anchored or docked somewhere during our travels, will consist of boneless chicken breast, sliced red potatoes, onions & carrots prepared as an aluminum foil bundle cooked on the grill, seasoned with salt, pepper and Tony Chachere's Original Creole Seasoning. I'm getting hungry just thinking about all of this good stuff...*

*Second night evening meal will consist of a shrimp boil to include 2 pounds of large shrimp, red potatoes, sausage slices and corn on the cob...Ummmm You will not want desert – I promise!*

*Third day return trip breakfast meal will be omelets, hash brown potatoes with sliced sausage, and your choice of sliced fruit and juice and fresh brewed Eight O'clock coffee, hot tea, or your choice of juice.*

*If you can think of anything else please bring it along, it may fit in the dingy!*