# SEVEN-DAY CREW MENU

INTERNATIONAL CREW CATERING

A week of varied, generous menus inspired by cuisines from around the world.

**ÉLIA LUISA DA SILVA**

*Thoughtful cooking. Memorable moments.*

# DAY ONE

### LUNCH · MEDITERRANEAN

- Lemon & oregano turkey meatballs
- Herb-roasted potatoes
- Couscous with roasted vegetables & fresh herbs
- Tomato, cucumber & olive salad
- Whipped feta & roasted red pepper dip
- Warm flatbreads
- Roasted aubergine with tahini

### DINNER · ASIAN

- Coconut pork curry
- Steamed jasmine rice
- Sesame & ginger vegetable stir-fry
- Cucumber & sesame salad
- Vegetable spring rolls
- Steamed edamame

# DAY TWO

### LUNCH · MIDDLE EASTERN

- Lamb shawarma
- Beef kofta
- Bulgur wheat tabbouleh
- Fattoush
- Baba ganoush
- Hummus
- Pickled vegetables
- Pomegranate molasses dressing
- Harissa yoghurt
- Za’atar pita crisps

### DINNER · FRENCH COUNTRY

- Herb-roasted chicken
- Creamy polenta
- Ratatouille
- Buttered green beans
- French lentil salad
- Dijon mustard & thyme pan gravy

# DAY THREE

### LUNCH · MEXICAN

- Turkey fajitas
- Spiced beef
- Quinoa & black bean salad
- Roasted peppers & onions
- Guacamole
- Pico de gallo
- Corn tortillas
- Sour cream & cheddar

### DINNER · ITALIAN

- Beef & tomato lasagne
- Spinach, ricotta & vegetable lasagne
- Garlic bread
- Caprese salad
- Rocket & parmesan salad
- Roasted courgettes & peppers
- Dark chocolate brownies with sea salt

# DAY FOUR

### LUNCH · BUILD YOUR OWN POKE BOWL

- Sushi rice
- Teriyaki duck
- Fresh tuna
- Edamame
- Cucumber
- Avocado
- Seaweed salad
- Pickled ginger
- Sesame seeds
- Soy & spicy mayonnaise
- Roasted seasonal vegetables (vegetarian option)

### DINNER · PORTUGUESE

- Piri-piri chicken
- Bacalhau-style baked cod
- Crispy roast potatoes
- Butternut squash soup
- Tomato & olive salad
- Grilled peppers
- Broa-style cornbread

# DAY FIVE

### LUNCH · MEDITERRANEAN GRILL

- Grilled lamb skewers
- Grilled white fish
- Halloumi
- Herbed farro
- Charred seasonal vegetables
- Rocket, pear & walnut salad
- Tzatziki
- Pita bread

### DINNER · COMFORT FOOD

- Slow-braised beef short ribs
- Creamy mashed potato
- Glazed carrots
- Steamed tenderstem broccoli
- Mixed leaf salad
- Red wine jus

# DAY SIX

### LUNCH · PIZZA

- Margherita
- Pepperoni
- Turkey, mushroom & pesto
- Prosciutto & rocket
- Roasted vegetable
- Four-cheese
- Antipasti platter
- Mixed leaf salad

### DINNER · INDIAN

- Chicken tikka masala
- Lamb rogan josh
- Vegetable tikka masala
- Basmati rice
- Garlic naan
- Vegetable samosas
- Cucumber raita
- Mango chutney
- Kachumber salad
- Lemon & olive oil cake with seasonal berries

# DAY SEVEN

## LUNCH · ASIAN STREET FOOD

- Korean-style beef
- Vegetable gyoza
- Egg-fried rice
- Asian slaw
- Cucumber & radish salad
- Sesame dressing
- Sweet chilli sauce

## DINNER · BURGER NIGHT

- Beef burgers
- Turkey burgers
- Vegetarian burgers
- Brioche buns
- Gluten-free buns
- Cheddar
- Lettuce, tomato & pickles
- Caramelised onions
- Crispy bacon
- Homemade coleslaw
- Skin-on fries
- Corn & avocado salad