

Constellation Overnight Menu

Dinner

- **Soup** (Chicken Noodle and/or Beef Barley – vegetarian available upon request)
- **Hardtack, a.k.a. Ship's Biscuit** (Our “hardtack” is Sailor Boy® Brand Pilot Bread)
- **Lemonade/Water** (It is the same now as it was then.)

Breakfast

- **Continental** (Bagels, Cinnamon Rolls, Muffins)
- **Juice** (Apple or Orange, depending on availability)
- **Coffee** (Brewed strong to enable landsmen to be brave & to do what needs doing)