

USS *Constellation* Overnight Menu

Dinner

Beef Stew

(Those with dietary restrictions are encouraged to bring their own food)

Hardtack, Ship's Biscuit or Ship's Bread

Hardtack from the G.H. Bent Company, hardtack supplier to the Union Army – Ship's Biscuit from Purity of Newfoundland, providers of ship's biscuit since the 1840s – Bread supplied by local bakeries

Dried Fruit

Dried raisins, , bananas, , & pineapple - essential aspects of mid-19th century naval cuisine & regularity

Lemonade/Water

It is the same water now as it was then.

Breakfast

Biscuits with Peanut Butter, Jelly, or Honey

Oatmeal

Bacon

Dried Fruit

Orange Juice

This uncommon-to-Civil War-sailors treat is provided for contemporary taste buds

Coffee

(for adults only)

Brewed strong to enable landsmen to be brave & to do what needs doing.

Please, notify us in advance if members of your group have dietary restrictions. Those with dietary restrictions are welcome to bring their own meals.



Menu Ingredient List

Item	Ingredients
Beef Stew	Beef, Potatoes, Water, Carrots, Peas, Celery, Food Starch-Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Onion Powder, Sugar, Beef Flavor [Contains Autolyzed yeast Extract Maltodextrin, Lactic Acid Powder (Lactic Acid, Calcium Lactate), Partially Hydrogenated Soybean and/or Cottonseed Oil, Natural Flavorings, Gum Arabic], Paprika, Caramel Color, Disodium Inosinate, Disodium Guanylate, Natural Flavoring. CONTAINS: Wheat
Hard Tack	Flour, Salt, Water. Processed in a facility that uses: milk, wheat, tree nuts, and peanuts.
Dried Fruit	Raisins Pineapple Ring (sugar; no sulphurdioxide), Unsweetened Banana Chips (coconut oil) Dried fruit is processed in the same facility as wheat, milk, soy, tree nuts, and peanuts.
Biscuits	Wheat Flour, Bleached, Enriched, Bromated (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin and Folic Acid), Water, Potato Flour, Dextrose, Natural Flavors, Yeast, Contains 2% or less of : Ascorbic Acid, Azodicarbonamide, Calcium Sulfate, Calcium Propionate (To Preserve Freshness), Deionized Water, DATEM, Enzymes, FD&C Yellow #5, FD&C Yellow #6, L-cysteine, Salt, Vegetable Shortening (Partially Hydrogenated Soybean and Cottonseed Oils, Mono- & Diglycerides), Sodium Benzoate (To Preserve Freshness), Sugar. Contains: Wheat. Processed in a facility that uses: Eggs, Milk, and Soy.
Peanut Butter	Peanuts, Sugar, Fully hydrogenated vegetable oil (rapeseed, cottonseed, and soybean), molasses, salt.
Grape Jelly	Sugar, Water, Grape Juice Concentrate, Fruit Pectin, Citric Acid
Mixed Fruit Jelly	Sugar, Water, Grape and Apple Juice Concentrates, Fruit Pectin, Citric Acid
Strawberry Jam	Sugar, Strawberries, Water, Citric Acid, Fruit Pectin
Honey	
Lemonade	Sugar, Citric Acid, Sodium citrate, modified food starch, dextrin, fractioned coconut oil, natural & artificial flavor (contains maltodextrin and gum Arabic), ascorbic acid, FD&C yellow no. 5.
Orange Juice	
Coffee	
Sugar	
Oatmeal	Regular flavor: Whole grain rolled oats (with oat bran), calcium carbonate, sugar, salt, dextrose, guar gum, caramel color, ferric orthophosphate, pyridoxine hydrochloride, riboflavin, vitamin a palmitate, thiamin mononitrate, folic acid; Apples & cinnamon: same as regular plus dehydrated apples, cinnamon, natural flavors; Maple & Brown Sugar: same as regular plus maple sugar, brown sugar, niacinamide; Rasins & Spice: same as regular plus raisins coated with partially hydrogenated vegetable oil (cottonseed and/or soybean oil), maltodextrin; Cinnamon & Spice: cinnamon, caramel color, spices.