

Overnight Menu & Ingredients List

Evening Snack

- **Soup** (Chicken Noodle, Veggie, or Beef and Barley)
- **Hardtack, a.k.a. Ship's Biscuit** (Our "hardtack" is Sailor Boy® Brand Pilot Bread)
- **Lemonade/Water**



Breakfast

- **Continental** (Bagels, Danishes, Muffins)
- **Juice** (Apple or Orange, depending on availability)
- **Coffee** (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.*

Ingredients List

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.
Continental Bkft	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	