



**HELLENIC REPUBLIC
MINISTRY OF MARITIME AFFAIRS AND INSULAR POLICY
HELLENIC COAST GUARD HEADQUARTERS –
GENERAL DIRECTORATE FOR SHIPPING
SEAFARERS' LABOUR DIRECTORATE
UNIT 2nd (LABOUR RELATIONS)**

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Subject: "Decision determining the menu of cargo ships of 500 gross tonnage or 800 tons DW and above"

**THE GENERAL DIRECTOR FOR SHIPPING
OF THE HELLENIC COAST GUARD**

Taking into account:

1. The provisions of:

- a.** article 101 of the Code of Public Maritime Law which was ratified with the only article of l. d. 187/ 1973 "On the Code of Public Maritime Law" (A' 261),
 - b.** the Law. 4078/2012 "Ratification of the Maritime Labour Convention, 2006, of the International Labour Organization" (A' 179),
 - c.** article 90 the Code of Legislation for the Government and Government Bodies, which was ratified with the first article of p.d. 63/2005 (A' 98), which remained in force by case 22 of article 119 of the Law 4622/2019 "Staff State: organization, operation and transparency of the Government, government bodies and central public administration" (A' 133),
 - d.** article 118 of the l.4504/2017 "Lifelong training of personnel of the Ministry of Maritime affairs and Insular Policy, strengthening transparency and merit in subjects of jurisdiction of the Ministry of Maritime affairs and Insular Policy, strengthening social participation in coastal shipping, civil personnel issues, supplementing provisions for port development projects and other provisions"(A' 184),
 - e.** the p.d.13/2018 "Organization chart of the Ministry of Maritime affairs and Insular policy (A' 26)",
 - f.** the p.d.83/2019,"Appointment of the Prime Minister, Ministers, Deputy Ministers and Vice Ministers", (A' 121)
 - g.** of article 26 of No. 3522.2/08/2013 of the joint ministerial decision of the Ministers of Health, Shipping and the Aegean on the "Ratification of the Maritime Labour Convention, 2006, of the International Labour Organization (B' 1671),
 - h.** of article 13 of No. 2903.5/92965/2019 of the decision of the Minister of Maritime Affairs and Insular Policy "Subordination of services and transfer of jurisdictions to the General Secretaries of Ports, Port Policy and Maritime Investments, Aegean and Insular Policy and to service bodies of the Ministry of Maritime affairs and Insular Policy" (B'5056),
- 2.** The consultation of the social partners and the competent Authorities and Bodies.
- 3.** The fact that it is not caused an expense to the State Budget.
- 4.** The need to modernize and update the seafarer's menu on board cargo ships with a total tonnage of 500 gross tons or 800 tons DW and above.

It is decided

Article 1

the composition of the daily ration uniformly for masters and crews of cargo ships with a total tonnage of 500 tons or 800 tons. D.W. and above, is determined according to the tables in the appendix, which are an integral part of the present decision.

Article 2

A. Remarks - Clarifications

A. EXPLANATORY STATEMENTS

All food ingredients, except for bread, are calculated before processing.

Bread is prepared on board every two days at the latest in compliance with all hygiene and food safety procedures (and is provided for consumption).

All kinds of meat should always be free of unnecessary fat. When in port, it is recommended to provide fresh meat if it is readily and easily available.

The grilled-on charcoal or grilled in the oven burger consists of beef cooked, without added fat.

Minced meat, regardless of its use (fried meatballs, meatball soup, dolma stuffed with mince etc.) must derive from beef of good quality.

Other meat preparations products may include 25% bone.

When provision of vegetables or salad is stated in the menu, then seasonal vegetables or salad should be provided.

The garnish, when not specified, will be according to the season, carrots with beans or peas, carrots with cabbage, lettuce and radishes, artichokes and onions, carrots with cauliflower, carrots with tomato-oil sauce. The olive oil acidity must not exceed 2.

Sweets (Desserts): The desserts of the meal can be replaced by ice cream.

Coffee: Coffee is provided during the day and up to three cups per day, (Greek or French or Italian or American), filter coffee, instant coffee, espresso etc. depending on the means of preparation available on board.

Sufficient drinking water should be provided for the entire crew.

Sauces: If possible, sauces should be prepared with olive oil.

The consumption of alcohol is prohibited for seafarers under the age of 18, while it is recommended that those suffering from diseases of the liver, stomach, etc., avoid the use of alcoholic beverages. In any case, the provisions of p.d. 79/2012 (A' 137), as applicable, in particular those of Regulation VIII/1 and Section B-VIII/1 Chapter VIII, as well as the company's applicable policy as reflected in the Safe Management Manual.

B. GENERAL COMMENTS

All preserved meat or seafood must undergo strict control.

Water tanks, food storage areas, cooking and serving equipment must also be subject to strict control.

Bread, drinks and cooked food are consumed on board. Portions not used in the dining room may not be transferred by the beneficiary to persons outside the dining room and outside the ship. It is also forbidden to use food leftovers from the previous day during the following day.

In the event that a surplus of prepared food is repeatedly found, the Committee of article 3 of the Resolution, is given the opportunity to reduce the portion per person accordingly, by entering a relevant entry in the ship's Log-book or in the relevant kept file.

The patients are provided with food without restriction as to the kind and quantity, according to the instructions of the doctor or the Chief Officer in cases where there is no doctor. The portion of the patients is not put in the ration.

During the days of Shrove Monday, Good Friday and Exaltation of the Holy Cross (September 14) religious fasting is instituted.

On any other Holiday, as it is defined by the Collective Labor Agreement in force, the Sunday menu is followed, if the Holiday is not on a Sunday.

Based on the requirements of this Resolution, the master may choose and replace food with other of similar nutritional value, considering the religious beliefs and cultural practices of the seafarers, pursuant to case a of paragraph 2 of article 26 of the Regulation of the Maritime Labour Convention, as ratified with no. 3522.2/08/2013 (B'1671) Joint Ministerial Decision.

The master shall ensure that the text of this Decision, translated into English, is available on board for the information of the seafarers.

Article 3

Health and quality supervisors

Responsible for the supervision of the hygiene and quality of the food and drinking water provided are the members of the committee of article 26 par. 6 of the Regulations of the Maritime Labour Convention, 2006, of the International Labour Organization, as ratified with No. 3522.2/08 /2013 Joint Ministerial Decision. In case the ship does not fall under the provisions of the aforementioned Joint Ministerial Decision, the Master and the Chief Engineer become jointly responsible.

Article 4

Repeal of previous provisions

From the entry into force of this present Decision, no. 70046/Φ383/06-05-1977 (B'675) Decision of the Minister of Commercial Shipping is repealed.

Article 5

Entry into force

The validity of the present Decision starts one month after the date of its publication in the Government Gazette.

This decision to be published in the Government Gazette.

**THE GENERAL DIRECTOR FOR SHIPPING
HELLENIC COAST GUARD HEADQUARTERS –**

REAR ADMIRAL H.C.G. REIZIS DROSSOS

APPENDIX

A. TABLE OF INDICATIVE PORTIONS PER MEAL

Flour: Durum wheat and whole wheat for making bread. Barley - Maize (Various types of pastries).

Soft drinks: Orange juice, Lemonade, Cola type soft drink.

Cured meat products: Bacon, Sausages – Ham.

Pickled: Sardine - Mackerel 50 grams.

Tea: Green tea 2 grams, Black tea 2 grams, Chamomile 2 grams.

Fresh butter (for breakfast): 20 grams / 50 grams if cooked. In cold climates the quantity is doubled.

Fresh milk: 250 grams.

Long Lasting Milk: 250 grams.

Plain Yoghurt: 250 grams.

Yoghurt based products: 200 grams.

Sweet/ Dessert: 180-200 grams.

Olives: 40 grams.

Olive oil: for salad 20-30 grams, for cooking (oils, legumes, stews) 10 grams.

Ham: 40 grams.

Sugar: for the preparation of desserts 150 grams per week. Additional amount for drinks. In cold climates the quantity is doubled.

Various pastas: As a main course 150 grams. As a side dish 100 grams. In soups 50-100 grams.

Cocoa: 10 grams.

Coffee: instant coffee - filter coffee - Greek coffee 5 grams at a time.

Carrots: 50 grams as a side dish.

Vegetables: As a main dish: eggplants 300 grams, okra 200 grams, zucchini 400 grams, peas 150 grams, green beans 250 grams. etc. As a side dish: the amount is reduced by 50 grams. For stuffed tomatoes, peppers 400 grams.

Fruit Compotes: Peach - Apricot - Pear - Apple 200 grams.

Chicken: 250 grams.

Oats: 60 grams.

Meat: Veal - Beef - Pork - Lamb 200-250 grams. Various products (preparations) of minced meat 200 grams.

whipping cream: Amount sufficient to prepare a food portion of approximately 200 grams.

Onions: Depending on the type of food.

Leafy vegetables (for boiling): radishes, spinach, endives, collard greens, cabbage, cauliflower, broccoli, artichoke served plain (without meat) 300 grams. When served as part of a meat or fish dish gross 200-250 grams, asparagus.

Root vegetables: Beetroot, potato 230 grams.

Frozen vegetables: Spinach, beans, peas, broccoli, cauliflower, corn.

Frankfurt sausages: 40 – 50 grams.

Jam: 40 grams.

Mollusks: Squid, octopus, squid, cuttlefish, mussels, shrimps, crustaceans 250 grams.

Mushrooms: 100 grams.

Honey: 40 grams.

Bacon: 40 grams.

Cookies/biscuits: 50 grams.

Fresh tomato: For soups - stews - pasta 100 grams.

Canned tomato (peeled): Used instead of fresh in the same quantity.

Tomato paste (packaged): It is used in addition to the previous ones.

Nuts: Walnuts - Almonds - Dates - Dried fruits 100 - 150 grams.

Wine or spirits: According to the company's policy.

Legumes: Beans – Lentils – Chickpeas – Fava beans.

Various pies: Spinach pie - Cheese pie - Meat pie 200 grams.

Ice cream: 150 grams.

Pizza: 200 grams.

Pasticcio (pasta with mince and béchamel)

– Spaghetti au Gratin: 250 grams.

Poultry: Chicken – Turkey 250 grams.

Garlic: Depending on the food.

Raisins: 100 grams.

Dried figs: 160 grams.

Calf liver: see/according to /as per offal legislation.

Tuna: As an appetizer, e.g. tuna salad, 80 grams, as main course 150 grams.

Cheese: Feta 60 grams – Yellow cheese (Graviera/Gruyere - Kefalotyri – Kasseri*) 50 grams.

Fruits: Various seasonal fruits 250 – 300 grams for breakfast – lunch – dinner. Apples, pears, peaches, apricots about 200 grams. Watermelon, melon 400 – 450 grams. Grapes, figs 350 grams. Bananas, pineapples and other tropical fruits of local production 250 grams.

Fruit juices: 200 grams.

Bread: Unlimited.

Fresh or frozen fish: Large pieces 250 – 300 grams, small 300 grams.

*Gruyere = made of cow milk

Kefalotyri = made of sheep milk, may contain goat milk

Kasseri = made of sheep milk and goat milk (amount of goat milk cannot be more than 20%)

B. TABLE OF INGREDIENTS WITH SIMILAR NUTRITIONAL VALUE

Ingredients may be replaced with others of the same or similar nutritional value, when their supply becomes impossible or their maintenance becomes difficult.

Butter fresh for breakfast: With 50 grams of dry cheese, with 60 grams of feta cheese.

Fresh cooking butter: With 8% lighter weight olive oil.

Milk: With regular milk 250 grams, sweetened condensed milk of similar weight, dry cheese 50 grams, feta cheese 60 grams.

Yoghurt: With dry cheese 50 grams, with feta cheese 60 grams.

Olive oil: With corn oil or sunflower oil of equal weight, fresh cooking butter 8% greater weight.

Pasta: With rice 5% less weight, oats 10% more weight.

Fresh or frozen fish: With tuna or salmon 45-50% less weight or with lean meat 15% less weight.

Coffee: With equal weight of cocoa, tea, chamomile.

Vegetables: (tomatoes, peas, beans, eggplants, okra, courgettes, cucumbers, etc.): With boiled leafy vegetables (spinach, radish, acorns, endives, etc.) or cauliflower or artichokes, etc. or dandelion greens.

Fresh leafy vegetables, which are subject to any cooking process, can be replaced with frozen ones and, in exceptional cases, when they cannot be found, with legumes or potatoes.

Meat: With poultry of equal weight, fresh fish 30% more weight, tuna or salmon 30% less weight.

Jam: With honey.

Burger: With steak, fried meatballs, or any other dish, which contains minced meat as the main ingredient such as yuvarlakia (=meatballs soup), dolmades (= grape or cabbage leaves stuffed with minced meat), etc.

Tomato paste: With tomato juice, whole fresh tomato or well-preserved tomato.

Fresh fruit: With preserved fruit or with their well-preserved juices or with fruit compote or with dried fruit.

*less /more: in an amount reduced /increased by x%.

. C.MENU TABLE FOR TEMPERATE CLIMATE

MONDAY	BREAKFAST	Milk - coffee - green tea, oats- corn flakes - 2 eggs - Yoghurt - cheese - fruit - peanut butter.
	BRUNCH	Pretzels – toast-style buns or sandwiches with cheese and cold meats – pies –sponge cake – tart of the day
	MEAL	Appetizer, Grilled fish – Salad – Baked potatoes – Yoghurt or cheese. OR Appetizer – Boiled fish with garnish – Boiled potato or beetroot – Cold roast turkey – Cheese – Fruit – Fruit juices.
	DINNER	Cold roasted meat, Rice pilaf with tomato sauce – Fruit – Fruit juices. OR Burger with boiled vegetable salad – Rice Pilaf with sauce – Fruit – Cheese.
	EVENING SNACK	Bread - cheese –cold meats * - tomato - eggs - crackers - Yoghurt - milk - fruit.
TUESDAY	BREAKFAST	Milk - coffee - tea - cocoa, oats - Corn Flakes - 2 Eggs - Slices of cheese - Fruit.
	BRUNCH	Pretzels – toast-style buns or sandwiches with cheese and cold meats – pies – cakes* – tarts of the day
	MEAL	Appetizer – Poultry boiled with boiled rice – velouté sauce – Cheese – Yoghurt – Fruit. OR Roast poultry with mashed potatoes – Seasonal vegetables stew– Salad – Cheese – Fruit – Fruit juices
	DINNER	Pork schnitzel – Cannelloni – Mixed salad. Porkscallops – pasta Al Pesto (penne) – Grilled vegetables – tomato salad – Fruit.
	EVENING SNACK	Bread - cheese –cold meats * - tomato - eggs - crackers - Yoghurt - milk - fruit.
WEDNESDAY	BREAKFAST	Milk - coffee - tea - juice, Honey - Jam - Butter - 2 Eggs - Cheese - Fruit – Tahini* - Yoghurt. Tahini = sesame seed paste/spread
	BRUNCH	Pretzels – toast-style buns or sandwiches with cheese and cold meats – pies – cakes* – tarts of the day.
	MEAL	Appetizer – “Gemista” Greek stuffed tomatoes/peppers – Cheese – fried squid. OR Fish soup with vegetables – Meat pie – Cheese – Salad – Fruit.
	DINNER	Mix Grill – Baked potatoes – Mixed green salad. OR Cold grilled chicken garnished with boiled vegetables – Salad – Cheese
	EVENING SNACK	Bread – cheese –cold meats - tomato – eggs – crackers –Yoghurt– milk – fruit.
THURSDAY	BREAKFAST	Milk – juice – coffee – tea – cocoa, oats – corn flakes – 2 eggs – bacon – cheese – fruit – peanut butter.
	BRUNCH	Pretzels – toast or sandwiches with cheese and cold meats – pies —cake*– tarts of the day
	MEAL	Appetizer – Burger with baked potatoes – Spaghetti Bolognese

		OR Pork scallops with rice – Moussaka – Cheese – Salad – Fruit.
	DINNER	Spinach pie – Mussels with Rice pilaf – Baked potatoes – Paella The Cuttlefish with vegetables (potatoes – spinach) – Cold sandwiches – Pizza – Fruit – Cheese.
	EVENING SNACK	Bread – cheese – cold meats - tomato – eggs – crackers –Yoghurt– milk – fruit.
FRIDAY	BREAKFAST	Milk – coffee – juice, Honey – Jam – 2 Eggs – Cheese – Fruit.
	BRUNCH	Pretzels – toast-style buns or sandwiches with cheese and cold meats – pies – cakes* – tarts of the day.
	MEAL	Appetizer – Legumes – Salad – Fried or poached sole fish – Potato salad OR Baked fish with vegetables –Rice pilaf with turmeric – Cheese – Salad – Fruit
	DINNER	Fried meatballs – Potatoes –artichokes stew OR Burger with French fries –Vegetables stew– Salad – Cheese – Fruit
	EVENING SNACK	Bread – cheese – cold meats - tomato – eggs – crackers –Yoghurt– milk – fruit.
SATURDAY	BREAKFAST	Milk – juice – coffee – cocoa, oats – Corn Flakes – 2 Eggs – Cheese – Fruit – Tahini* (sesame butter)
	BRUNCH	Pretzels – toast or sandwiches with cheese and cold meats – pies – cakes* – daily tarts
	MEAL	Appetizer - Roast turkey - Grilled vegetables - Seasonal vegetables stew- Potatoes OR Roast chicken with baked potatoes - Vegetable stew - Cheese - Fruit.
	DINNER	Grilled beef steak - Potato salad - Yoghurt OR Grilled pork steak – Pasticcio (=Pasta with mincemeat and bechamel) – Cheese.
	EVENING SNACK	Bread - cheese - cold meats- tomato - eggs - crackers - Yoghurt - milk - fruit.
SUNDAY	BREAKFAST	Milk - juice - coffee, Butter - Honey - Jam - 2 Eggs - Yoghurt - Cheese - Fruit - Peanut butter.
	BRUNCH	Pretzels – toast or sandwiches with cheese and cold meats – pies – cakes* – daily tarts.
	MEAL	Lemon beef stew – Lasagna – Baked potatoes OR Braised beef – Baked potatoes – Spaghetti Bolognese or napolitan – Salad – Cheese – Fruit.
	DINNER	Cuttlefish with rice – Potatoes – Pizza or Peinirli – Baked egg plants ala siciliana OR Roast turkey – Potatoes – Turmeric rice – Salad – Cheese – Fruit.
	EVENING SNACK	Bread - cheese – cold meats - tomato - eggs - crackers - Yoghurt - milk - fruit

D. MENU CHART FOR COLD OR ARCTIC CLIMATE

MONDAY	BREAKFAST	Milk - coffee - tea, Bread - Toast - Butter - Oats- 2 Eggs cooked in various ways - Yogurt.
	BRUNCH	Pretzels – toast-style buns or sandwiches with cheese and cold meats – pies – cakes* – tarts of the day.
	MEAL	Appetizer, Fish (red fish) with vegetables – Meatballs with fried potatoes – Cheese – Fruit or compote.
	DINNER	Roasted-or grilled chicken – Rice pilaf with sauce – Potato salad – Cheese – Macaroni -au gratin.
	EVENING SNACK	Bread - cheese –cold meats - tomato - eggs - crackers - Yoghurt - milk - fruit.
TUESDAY	BREAKFAST	Milk - coffee - tea, Bread - Toast - Butter - Tahini* - Corn Flakes - 2 Eggs - Bacon.
	BRUNCH	Pretzels – toast-style buns or sandwiches with cheese and cold meats – pies – cakes* – tarts of the day.
	MEAL	Appetizer - Beef juvetesi (orzo pasta)) - Cheese - Fruit. OR Appetizer - Stew beef - Tagliatelle with cream - Cheese - Fruit
	DINNER	Appetizer – Burger with mashed potatoes. OR Appetizer – Schnitzel – Risotto – Fruit – Cheese – Salad.
	EVENING SNACK	Bread - cheese – cold meats- tomato - eggs - crackers - Yoghurt - milk - fruit.
WEDNESDAY	BREAKFAST	Milk - coffee - juice, Bread - Toast - Butter - Peanut butter - Eggs - Yogurt.
	BRUNCH	Bagels – toast or sandwiches with cheese and cold meats – pies – cakes* – tarts of the day.
	MEAL	Appetizer - Cuttlefish with spinach - Cheese pie –Pasta Carbonara. OR Appetizer - Octopus with short macaroni - Cheese - Salad - Fruit.
	DINNER	Appetizer – Chicken soup with rice. OR Lamb with potatoes () or Turkey schnitzel – Dessert – Salad – Baked vegetables.
	EVENING SNACK	Bread - cheese –cold meats- tomato - eggs - crackers - yoghurt - milk - fruit.
THURSDAY	BREAKFAST	Milk - coffee - tea, oats- nuts - 2 eggs - bacon - butter - honey – tahini* (sesame butter) cake.
	BRUNCH	Pretzels – toast-style buns or sandwiches with cheese and cold meats – pies – cakes – tarts of the day.
	MEAL	Appetizer – Spaghetti Bolognese – Braised beef – Baked potatoes – Salad – dessert– Fruit. OR Roasted pork – boiled potato or corn – Salad.

	DINNER	Grilled Beef Steak – French Fries. OR Pork skewer – Potatoes – Salad – fruit – Cheese.
	EVENING SNACK	Bread - cheese –cold meats- tomato - eggs - crackers - Yoghurt - milk - fruit.
FRIDAY	BREAKFAST	Milk - Coffee - Cocoa - Juice, oats - Eggs - Canadian Ham - Cookies - Peanut Butter.
	BRUNCH	Pretzels – toast-style buns or sandwiches with cheese and cold meats – pies – cakes* – tarts of the day.
	MEAL	Appetizer – Lentils – Baked fish cooked in Spetses island style. OR Fried fish – Spinach pie – Boiled vegetables – Fruit.
	DINNER	Appetizer – Boiled or grilled sausages – Fried calamari – Greek Spinach rice (spanakorizo). Seafood risotto – Minced meat roll – Mashed potatoes – Salad – Fruit.
	EVENING SNACK	Bread - cheese –cold meats- tomato - eggs - crackers - Yoghurt - milk - fruit.
SATURDAY	BREAKFAST	Milk - coffee - tea - juice, Jam - Butter - Eggs - Yoghurt – Tahini* (sesame butter).
	BRUNCH	Pretzels – toast-style buns or sandwiches with cheese and cold meats – pies – cakes* – tarts of the day.
	MEAL	Appetizer – Spaghetti Carbonara – Roasted pork – Salad – Cheese – Fruit. OR pasta arrabbiata – Pork with lemon sauce– Potatoes – Fruit – Salad.
	DINNER	Appetizer – Roasted turkey – Baked potatoes. OR Kebab – Potatoes – Salad – Fruit.
	EVENING SNACK	Bread – cheese –cold meats- tomato - eggs - crackers - Yoghurt - milk - fruit.
SUNDAY	BREAKFAST	Milk - coffee - tea - juice, oats- Nuts - Eggs - Bacon - French Toast.
	BRUNCH	Pretzels – toast-style buns or sandwiches with cheese and cold meats – pies – cakes – tarts of the day.
	MEAL	Appetizer – Pasticcio – Baked meat with potatoes – Seasonal salad – Cheese –dessert– Fruit. OR Lasagna – Roasted beef – Potatoes – Shrimp salad.
	DINNER	Minestrone soup (vegetables) – Shrimp pasta – Potatoes – Cheese or Yoghurt – Fruit – Salad. OR Pizza – Mix Grill.
	EVENING SNACK	Bread - cheese –cold meats- tomato - eggs - crackers - Yoghurt - milk - fruit.