



Name:

Date:

Expedition Menu Ideas

- The following two menus are an example of what you could choose for a 24 hour period. Obviously you should choose foods that you enjoy to achieve the required calorie count.
- The menu you choose should be a mix of both Protein and Carbohydrate.
- Think about this when choosing food. Ideally you would want:
 - Small pack size
 - Light weight
 - Minimal packaging
 - Minimal fuss
 - Minimal cooking requirement (for lunches etc.)
 - Lots of calories for little space
 - Tasty food that will go down easily

MENU 1 - 3033 kcal

Breakfast	Weetabix and milk + Hot Chocolate Drink.
Lunch	2 Pitta Bread; Tuna sachet; Mars Bar.
Dinner	Sausage & Mash; Flapjack & Custard; water to drink.
Evening Snack	Hot Chocolate and Snack bar.
Snacks on the Move	50g unsalted nuts; 2 small bags dried fruit; Snack bar; water to drink.

MENU 2 - 3068kcal

Breakfast	Sweet Oats + Hot Chocolate Drink.
Lunch	2 Pitta Bread; Chilli Bean spread; Snickers Bar.
Dinner	Lentils & Couscous; Chocolate Brownie & Custard; water to drink.
Evening Snack	Hot Chocolate and Snack bar.
Snacks on the Move	50g unsalted nuts; 2 small bags dried fruit; Snack bar; water to drink.

- For a Bronze Duke of Edinburgh 1 night, 2 day expedition you would need the following:
 - 1 breakfast
 - 2 lunches. You can bring a packed lunch for day one only.
 - 1 dinner
 - 1 late evening snack
 - Snacks on the move for both days
 - Emergency rations