

## Menu Planning for Rugby High School

Group: \_\_\_\_\_

Keep your menu balanced, particularly for longer expeditions. Pack in as much energy (or calories) into the least weight and volume as possible. Depending on the length of your expedition and how big you are, you'll need to get through between 3,000-5,000 calories every day. Choose foods high in sugars, carbohydrates and fats. Choose food you like, that's easy and quick to cook and that will keep until you plan to eat it, even in hot weather. Dried, cured, smoked or vegetarian foods will usually all last well. Keep the weight and litter down by removing its packaging. Keep your food in something waterproof like a plastic bag.

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>	<b>Approx Calories</b>
<b>Travel day</b>					
<b>Day 1</b>					
<b>Day 2</b>					
<b>Day 3</b>			<b>On your way home!</b>		

## Ideas for meals

### Breakfast

This needs to be preferably hot and with a hot drink (tip: use dried milk powder mixed with hot water for warm milk)

- ✓ Cereal
- ✓ Muesli
- ✓ Porridge
- ✓ Scotch pancakes/waffles/crepes/brioche
- ✓ Tea, coffee or hot chocolate

### Lunch

- ✓ Cooked pasta & sauce from evening before (cold)
- ✓ Sandwiches
- ✓ Pitta
- ✓ Sandwich thins
- ✓ Wraps
- ✓ Fillings: tuna in foil pouches, cheese slices, squeazy cheese, salami, honey etc
- ✓ Flapjack/muesli bars/biscuits/chocolate bars/oat cakes
- ✓ Dried fruit/nuts/pretzels

### Evening meal

- ✓ Soup to start
- ✓ Rice based dish/curry
- ✓ Pasta and sauce/filled pasta
- ✓ Cous-cous
- ✓ Noodles
- ✓ Extras: vegetables, tuna (in foil bag), sweetcorn, chickpeas, kidney beans, cheese, pepperami etc
- ✓ Expedition ready meals in a bag (good for Gold when wild camping)
- ✓ Pudding: chocolate and marshmallows, custard and fruit, biscuits or cake, rice pudding