

MOUNTAIN CLIMBING

✓ Vegetarian Menu

Breakfasts

- Porridge
- Packet juice
- Bread with Margarine/Peanut butter/Jam
- Fresh or tinned fruits
- Tea, Coffee, Chocolate

Lunches

- Juice packet
- Biscuits
- Bread/Scones
- Fried Fish
- Mandazi
- Crisps
- Vegetable sandwich

Dinners

- Soup (leeks), Jacket Potatoes with cucumber, tomato salad, Tea / Coffee / Cocoa
OR
- Soup (Carrot & Ginger), Greek pasta salad, crisps, Tea / Coffee / Cocoa Tea
OR
- Soup (butternut), Vegetable curry sauce + macaroni Tea / Coffee / Cocoa
OR
- Soup (Pumpkin), Boiled Rice, Mixed Vegetables Tea / Coffee/ Cocoa
OR
- Soup (Tomato), French fries, mixed salad and mayonnaise, Fruit salad,
Tea/Coffee/Cocoa

Snacks

All Days

- Peanuts, sweets, chocolate bars, crisps

Summit Ascend

- 1 Juice packet, biscuits, crunches, energizers, dried fruits

