



SNOWDONIA EXPEDITION

MENUS

BREAKFAST

LUNCH

DINNER

1st DAY

Quaker Oats  
Bacon  
Sausages  
Ryvita  
Coffee

Ryvita  
Chocolate  
Biscuits

Tinned Stew  
Potatoes  
Peas  
Apples  
Custard  
Coffee

2nd DAY

Quaker Oats  
Eggs  
Ryvita  
Coffee

Dried Fruit  
Nuts Raisins  
Dilutable  
Orange Drink

Dried Mince Meat  
Potatoes  
Green Beans  
Instant Wip  
Coffee  
Ox-tail

3rd DAY

Mintcake  
Cocolate  
Dilutable  
Orange Drink

Apples  
Custard  
Ryvita  
Coffee

4th DAY

5th DAY