

SNOWDONIA EXPEDITION

MENUS

BREAKFAST

LUNCH

DINNER

1st DAY

SOUP
BEEF SAUSAGES
YEOMAN POTATOES
PEAS
COFFEE & BISCUITS

2nd DAY

TEA
CORN FLAKES
TOMATOES & BACON
RYVITA, BUTTER
& JAM

LEMONADE POWDER
DRINK
CHEESE
PLAIN CHOCOLATE
NUTS & RAISONS
GLUCOSE SWEETS

SOUP
CORNED BEEF
YEOMAN POTATOES
BEANS
COFFEE & BISCUITS

3rd DAY

TEA
PORRIDGE
BACON & EGGS
RYVITA, BUTTER
& JAM

LEMONADE POWDER
DRINK
CHEESE
MILK CHOCOLATE
NUTS & RAISONS
GLUCOSE SWEETS

SOUP
MEAT
YEOMAN POTATOES
PEAS
COFFEE & BISCUITS

4th DAY

TEA
PORRIDGE
BACON & ?
RYVITA & BUTTER

LEMONADE POWDER
DRINK
CHEESE
PLAIN CHOCOLATE
NUTS & RAISON
GLUCOSE SWEETS

5th DAY