

SNOWDONIA EXPEDITION

MENUS

BREAKFAST

LUNCH

DINNER

1st DAY

PACKED

PACKED

EXPEDITION

SOUP
VESTA
SMASH
RYVITA + JAM

2nd DAY

CEREAL, MARVEL,
SUGAR,
TEA
EGGS + BACON
RYVITA + JAM

MINT CAKE
NUTS + RAISINS
CHOCOLATE
DATES
CHEESE
GLUCOSE SWEETS

SOUP
VESTA
SMASH
APPLE
RYVITA + JAM

3rd DAY

CEREAL, MARVEL,
SUGAR,
TEA
SAUSAGES +
BACON
RYVITA + JAM

DATE
RYVITA + CHEESE
BISCUITS
CAKE
FRUIT

SOUP
SPAGHETTI BOU
SMASH
TINNED RICE
RYVITA + CHEESE

4th DAY

CEREAL, MARVEL
SUGAR
TEA
BEANS, EGGS
RYVITA + JAM

SMASH, GRATED CHEESE, PEAS
TINNED CHICKEN

5th DAY