



SNOWDONIA EXPEDITION

MENUS

BREAKFAST

LUNCH

DINNER

1st DAY

PACKED

PACKED

Soup  
Stewed Steak  
Smash  
Mixed veg  
Apple + rice  
Ryvita + cheese  
Tea

2nd DAY

Porridge  
Frankfurters +  
beans  
Ryvita + jam  
Tea

Mint cake  
Nuts + minars  
chocolate, orange  
Dates + cheese  
glucose sweets  
Mars bar

Soup  
Vesta  
smash, peas  
Apple  
Ryvita + cheese  
tea

3rd DAY

Porridge  
bacon + sausages  
Ryvita + jam  
Tea

Same as before  
and/or dried fruit  
digestive biscuits

Soup  
Vesta  
Smash, Mixed Veg  
Sweet Whip  
Ryvita + cheese  
Tea

4th DAY

Porridge  
Frankfurters + smash  
Ryvita + jam  
Tea

same as above

5th DAY