

# Sample Menu

or

What I eat when winter camping

or

Pass the butter and milk powder!!

NB:

1. Eat and drink hot food and hot drinks whenever possible.
2. Drink lots of water.
3. There are students who have peanut and nut allergies so please avoid bringing allergenic foods like peanuts and salmon.
4. Only freaks eat in the bathroom. Just say no.
5. Eat 2 to 3 times what you normally would.
6. Eat lots of fats proteins. Carbs and sugars are good too.

## **Breakfast:**

2 or 3 bowls of instant porridge with added milk powder and butter  
2 blueberry-bran muffins (buttered)  
1 mug of hot fruit Juice  
1 large mug of hot chocolate (with added milk powder and or butter)  
1 slice of cheese (with butter!)

## **Snacks** (3 or 4 times each day)

Pop-tarts (hot if possible)  
Granola bars  
Trail mix with M&Ms (where's the butter?)  
Cheese

## **Lunch:** (on trail so keep it light!)

2 Bagels (sliced) with cream cheese & Jam  
2 juice boxes (hot if possible)  
1 chocolate bar  
1 Granola bar  
1 mug of hot chocolate (if possible)  
Cheese  
Pepperoni or Salami stick  
Cookies

**Dinner:**

Chilli with rice (high in fats & protein and a good source of veg based vitamins)  
(2 – 3 cup servings)

or

pasta with high protein & fat based sauce (2 – 3 cup servings)

or

Sausages (3) and instant mashed potatoes (with lots & lots of butter!)

Bread (with butter)

Cheese (with bread?)

Hot Chocolate (Just add butter & milk powder!!)

Hot Fruit drink

Granola Bar or Chocolate

Hot (tinned) fruit salad

