

Menus for silver expedition

Day 1 travel

Breakfast at home

Lunch on route

Evening meal BBQ pupils provide own food to be cooked

Day 2 walking day 1

Breakfast eg porridge

Lunch eg cheese pita bread

Evening meal eg pasta meal

Plus drinks and snacks (choc and hot drinks)

Day 3 walking day 2

Breakfast eg porridge

Lunch eg cheese pita bread

Evening meal eg pasta meal

Plus drinks and snacks (choc and hot drinks)

Day 3 walking last day

Breakfast eg porridge

Lunch eg cheese pita bread

Evening meal eg pasta meal

Plus drinks and snacks (choc and hot drinks)

Day 4 travel home

Breakfast

Lunch on route

Evening meal at home