

Food Glorious Food !!!!!

Breakfasts

Cereals
Tea
Breakfast bars etc
Bacon !!!
Rolls
Jam (mini pots)
Instant porridge sachets
Try adding hot
Chocolate sachets to
Alpen/ready brek etc

Dinner

Cup-a-soup
Pasta and sauce
Try a simple pasata pack
and add herbs and onion.
Grated Cheese. Noodles

Lunches & Snacks

Sweets - Haribos, Jelly Babies etc
Wraps
Chicken pieces (*first day !!*)
Pork pie, sausage rolls etc (*first day*)
Samosas
Non melting sweets
Chocolate (*can melt*)
Naan Breads
Malt loaf
Pitta bread, rolls
Nuts
Raisins
Fruit Cake
Cheese spreads

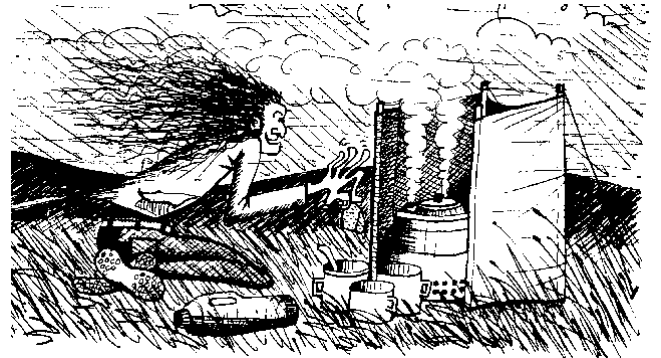
Dried fruit etc
Tuna foil packs
Mini Baby Bel cheeses
Primula cheese tubes.
Salami sticks (Pepparami)

Desserts

Swiss roll with instant custard
Chocolate
Ready made puds
Biscuits

Drinks

Coffee
Drinking chocolate sachets etc
Oxo
Sport powder rehydration drinks
Powdered milk (*experiment !*)
Robinsons fruit squeezes



Rice
Curry
Chilli con carne
Smash
Oxo stock cubes to make a risotto
Naan bread

There are lots of dehydrated products in supermarkets these days - choose the ones that cook the quickest.

Bart or Curry-to-go make curries in foil packs ready to heat up.

A fresh onion or a chilli to spice things up !!!!!!!!

REMEMBER

To buy the rice and pasta that cook the quickest.

Make the dried milk into a liquid first by mixing it with cold water.

By adding extra spices such as curry powder, garam masala or fruit will make your meal tastier.

Margarine added to smash makes it creamier.

Snacks & lunches need a lot of thought if you are to avoid just sandwiches (*you can't carry four days worth of sandwiches*)

EXPERIMENT with different foods before your expeditions - which is the quickest?

Which tastes the best? Which is the lightest to carry?

LOOK around the supermarkets for better ideas.