

Sample Menu

| Breakfast | Lunch | Dinner (watch the video!) | Snacks |
|---|--|--|---|
| <ul style="list-style-type: none"> ▪ Eggs* and fried salami slices. ▪ Toasted English muffin. ▪ Tea/Coffee <p><small>* You can buy egg carriers from camping stores, or put an egg in a billy/cup surrounded by bubble wrap.</small></p> | <ul style="list-style-type: none"> ▪ Flat bread (Mountain, Lebanese or Pita) ▪ Tuna or Salmon sachet ▪ Cheese portions ▪ 2 x passionfruit | <p><i>Geoff's Mexican Fiesta</i></p> <ul style="list-style-type: none"> ▪ Rice (dehydrated) or pasta ▪ Refried beans ▪ Salsa (dehydrated) | <ul style="list-style-type: none"> ▪ Scroggin (aka Trail Mix) <p><i>A mix of sultanas, chocolate (eg. peanut M&Ms), raisins, oats/orange peel, grains, nuts.</i></p> |
| <ul style="list-style-type: none"> ▪ Muesli (with added dried fruit) with powdered milk + sugar ▪ Toasted English Muffin ▪ Tea/Coffee | <ul style="list-style-type: none"> ▪ Crispbread (Cruskits, Vita-weat, Rice Cakes) ▪ Salami ▪ Cheese portions ▪ Sun-dried tomatoes ▪ Small apple | <p><i>Matt's Munchies</i></p> <ul style="list-style-type: none"> ▪ Tortellini ▪ Salami ▪ Tomato Paste ▪ Parmesan Cheese <p><small>Tip: you can add some dried herbs/garlic also!</small></p> | <ul style="list-style-type: none"> ▪ Muesli bars <p><small>Take a wander through the health food shop or supermarket aisle for some wacky and unusual options.</small></p> |
| <ul style="list-style-type: none"> ▪ Porridge Sachet ▪ Toasted English Muffin with jam/vegemite/ honey sachet ▪ Tea/Coffee | <ul style="list-style-type: none"> ▪ 2 minute noodles ▪ English muffin or crackers ▪ Small apple | <p><i>Caro's Cuisine</i></p> <ul style="list-style-type: none"> ▪ Pasta n' Sauce ▪ Dried vegetables ▪ Beef jerky ▪ Extra herbs, spices and chilli. | <ul style="list-style-type: none"> ▪ Homemade treats like slices, biscuits, etc. |