

Food Glorious Food !!!!!

Breakfasts

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

Lunches & Snacks

Pot Noodles (*remove packaging*)
Chicken drumsticks (*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.

Drinks

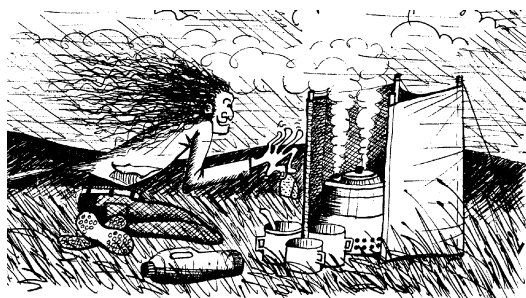
Tea
Coffee
Drinking chocolate sachets etc
Oxo
Sport powder rehydration
Powdered milk (experiment !)

Dinner

Cup-a-soup
Pasta and sauce
Noodles
Rice
Curry
Chilli con carne
Smash
Oxo stock cubes to make a risotto
Naan bread

Desserts

Swiss roll with instant custard
Chocolate



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 round the supermarkets for better ideas.