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Breakfast								
	Muesli	Porridge	Cereal Bars	Marmalade	Pitta Bread	Oatcakes	Honey	
Lunch								
	Pitta Bread	Oatcakes	Wraps	Cheese Spread	Corned Beef	Luncheon Meat	Chocolate Spread	Peanut Butter
Evening Meal								
	Cup-a-soup	Hot Chocolate	Pasta with ...	Bolognese	Carbonara Sauce	Rice with ...	Curry	Veg. Casserole
								
	Treacle Pudding & Custard	Rice Pudding	Marshmallows & melted chocolate	Dehydrated Food	Flavour with Salt & Pepper	Herbs & Spices	Tomato Puree	Tomato Ketchup
Snacks								
	Bananas	Dried Fruit	Raisins	Flapjacks	Fig Rolls	Malt Loaf		
								
	Jaffa Cakes	Chocolate	Eccles Cakes	Peperami	Nuts	Biscuits		
Emergency rations		Kendal Mint Cake		Dextro Glucose Tablets	Daily Calories = 3000 kCal			

Expedition Food Suppliers: Wayfarer – Millets, Cotswolds, Yeomans
Be-Well Expedition Foods - www.bewellexpeditionfoods.com/

Look What We Found - www.lookwhatwefound.co.uk/
Beyond the Beaten Track (10% discount) - www.beyondthebeatentrack.co.uk/dofe.php



Menu Planner

DofE Group: _____ Team: _____ Name(s) : _____

Meal	Day 1	Day 2	Day 3	Day 4
Breakfast				
	Calories =	Calories =	Calories =	Calories =
Lunch				
	Calories =	Calories =	Calories =	Calories =
Evening Meal				
	Calories =	Calories =	Calories =	Calories =
Snacks				
	Calories =	Calories =	Calories =	Calories =
Total Daily Calories				
Emergency rations				Calories =

