



OXTED SCHOOL

Menu Suggestions

The food that you eat provides the fuel for your expedition. As you have learnt, your food intake will have a significant impact on your physical ability, mood and enjoyment. The Award requires you to cook a hot meal within your group. You should prepare a menu that you can look forward to at the end of a hard day. Be aware that, apart from lunch on Day 1, you should carry nothing that requires refrigeration.

SNACKS	TOP RECOMMENDATION
Trail Mix	Make your own trail mix or as a group. Buy some nuts, dried fruit, skittles, m&ms, minstrels etc and shake it up in a sandwich bag. This will give you all the nutrients that you need to keep going and every handful will be different & interesting. <i>(Please do not bring nuts if someone in your group is allergic – granola is a decent substitute. Nuts must also not be eaten or opened on the coach)</i>
SNACKS	ALTERNATIVE IDEAS
Cereal bars	Not low calorie bars
Mars/Snickers Bars	No jelly sweets , such as Haribo, as they will make you thirsty and set your mood on a rollercoaster ride to destruction.
Beef Jerky	But beware that this will make you thirsty
BREAKFAST	TOP RECOMMENDATION
Cereal Bars	These are a quick and easy morning snack, with no cooking or washing up required.
BREAKFAST	ALTERNATIVE IDEAS
Hot porridge	This can give you a real boost on a dreary morning. Oatso Simple pots are good but you, of course, have to boil the water. Add jam & raisins as desired.
Muesli with custard powder	A really tasty snack, where you can just add hot water.
Dorset Cereals	The personal packs of these are also good with some hot water.
LUNCH	TOP RECOMMENDATION
Tuna & Spinach Pitta Breads	Serves 3. 6 Wholemeal Pitta Breads (These flat pack really nicely) Tuna (Shrink wrapped, no tins!) Spinach Leaves (These will survive a weekend without refrigeration)
LUNCH	ALTERNATIVE IDEAS
Sandwiches & fruit	A good option for lunch on Day 1 but not for Day 2, as they require refrigeration. Choose wholemeal bread, for a more gradual energy release.
Peanut butter & jam chapatti or bagels	No refrigeration required for this high energy American classic.
Additional snacks	You could have a series of fruit and snacks for lunch, though you may feel very hungry by the end of the day.
DINNER	TOP RECOMMENDATION
Chorizo Fajitas	Serves 2-3. No bowl/plate required. 1 pack of 8 fajita wraps 1 pack of fajita spice mix 1 pack of salsa (no glass jars) 1 onion (thinly sliced at home) 1 red pepper & 1 green pepper (chopped at home)

	<p>1 chorizo sausage (bring a knife to slice this)</p> <p>Fry the chorizo to release the oil. Add peppers & onion and stir until cooked. Add spice mix. Serve with salsa in a fajita wrap. You may also wish to substitute chorizo for quorn, or add spinach leaves to the wrap.</p>
DINNER	ALTERNATIVE IDEAS
Vegetable Pasta	<p>Serves 2-3.</p> <p>400g quick-cook pasta 1 onion (thinly sliced at home) Small amount of cooking oil 1 red pepper & 1 green pepper (chopped at home) Chorizo, quorn or tuna (shrink wrapped, not tinned!) Pasta Sauce (disposable pots are good) Babybel (wax sealed, this will last for a day without refrigeration)</p> <p>Heat oil in the pan. Fry the onion, peppers and meat substitute until cooked. Leave aside. Boil the pasta according to packet instructions and drain. Add sauce and meat/vegetables and stir. Cut up the babybel and sprinkle on top.</p> <p>Hint: Store the chopped vegetables in Tupperware and use this as your bowl!</p>
Couscous with bacon bits (Avoid rice as it burns easily)	<p>Serves 2-3.</p> <p>400g couscous 1 Oxo stock cube (your choice of flavour) Dried bacon bits (find down the seasoning aisle) 1 onion (thinly sliced at home) 1 green pepper, 1 red pepper and a handful of mushrooms (all chopped up at home) Small amount of cooking oil Chorizo sausage (optional)</p> <p>Heat oil in the pan. Fry all the vegetables. Leave aside. Cook the couscous according to the packet instructions. Add stock cube and stir. Drain and add vegetables.</p>
Dehydrated food / ration packs	These are wholly uninspiring but are available in camping shops and will provide you with the necessary nutrients. No pot noodles.
Dessert	Camping shops sell some fairly edible puddings.
Hot Drink	In addition to your main meal, you may also wish to consider bringing some tea or hot chocolate to keep you warm in the evening. Dried milk powder is an excellent substitute for milk.

ALWAYS ENSURE THAT YOU DRINK AN ADEQUATE AMOUNT OF WATER.

IF YOU ARE ADEQUATELY HYDRATED, YOUR URINE SHOULD BE PALE YELLOW IN COLOUR. IF YOU FEEL THIRSTY, YOU ARE ALREADY DEHYDRATED.

THIS IS ALSO IMPORTANT AT CAMP, AS BEING HYDRATED WILL KEEP YOU WARM AT NIGHT.