



Planning your menu should cover the following rules:

Teamwork is central to DofE Expeditions so teams should plan menus as a team and avoid having individual menus that consist of everyone doing their own boil in the bag/wayfarer style meals.

Minimum daily calorie requirements are: 2000 calories a day for bronze, 3000 a day for silver and 4000 a day for gold.  
No more than 20% of the day's calories should be snack food.

The following items are not permitted:

- Glass jars
- Pot noodles
- Tins
- Food that needs storing in fridge/freezer

A hot cooked meal is needed each full day.

On the final day a cooked breakfast or hot drink should be provided by the team

Menus should have variety and teams should avoid eating the same thing every day.

Breakfast ideas: chocolate brioche, scotch pancakes, muffins, croissants (with hot drink such as hot chocolate and spreads); porridge with added fruit or chocolate; pasta'n'sauce.

Lunch ideas: pitta bread, wraps, rolls with spreads (peanut butter, chocolate spread, jam, marmite, squeazy cheese); smoked long life sausage; packet tuna lunchtimes; cake bars, dried fruit & nuts, mug soups (if team want to stop and boil water).

Dinner ideas: pasta'n'sauce; smash & stuffing with cupasoup; beanfeast & rice; vesta curry; couscous, noodles with long life sausage.

Pudding ideas: cake & custard; packet rice pudding

Useful drink ideas: hot chocolate sachets; Bovril, squash. And water (teams should carry and ensure they consume around 2litres of water each day)

Snacks: (remember not more than 20% of the daily calorie count should be made up from this section) flapjack; nuts; dried fruit; nuts, malt loaf; fruit; jelly sweets or snack bars.

Emergency Rations: these should be stored separate from the main food items and should have a calorie content equivalent to a meal. There should ideally be around 4-5 items.

High energy foods (jelly, energy sweets); Prevention of salt loss (salted nuts); treat or prevent hypothermia cup a soup, hot chocolate); Replacement quick meal