

## Expedition Menu Plan – Gold

	<b>Breakfast</b> Includes hot food or drink	<b>Lunch</b> No cooking	<b>Snacks</b> Food for on the go	<b>Dinner</b> Lots to eat, hot food
<b>Day One</b>				
<b>Day Two</b>				
<b>Day Three</b>				
<b>Day Four</b>				