**Meal Planning** Suggestions

**Year 11 Boys Camp – Glenelg River**

Breakfast *(no cooking – only hot water)*

* Up&Go
* bread/wraps with jam, peanut butter, etc
* cereals
* fruit

Lunch *(no cooking; packed into Ziploc bags for kayaking)*

* rolls & chips
* sandwiches (all types)
* cheese/crackers
* fruit

Snacks

* lollies
* beef jerky
* muesli bars
* cheese/crackers
* trail mixes
* dried fruit
* chocolate
* chips

Dinner

* frozen pre-cooked meals (freeze in ice-cream container, or similar)
	+ spaghetti bolognaise
	+ curries + rice
* Mexican – Doritos covered in mince, and other Mexican toppings; Mexican wraps
* packet pastas
* fried rice
* ravioli
* canned meals
	+ stews
	+ soups
* canned vegetables
* desserts – pies, cakes, muffins, tin fruit, custard, etc.