

## Example Expedition Menu

\*Please be aware that this will not be your exact menu but aims to give an idea of the tasty meals we provide

### Day 1

**Lunch:** Tandoori spiced chicken wrap with green salad, fresh fruit and a sweet treat

**Dinner:** Local steak with butter fried potatoes and green vegetable medley

**Dessert:** Freshly baked apple and cinnamon cake with custard

### Day 2

**Breakfast:** Eggs benedict with fresh fruit, tea and freshly ground coffee

**Lunch:** Pittas, humus, cheese, ham, fresh fruit and a sweet treat

**Dinner:** Mild Thai curry with mango chutney and naan bread

**Dessert:** Warm brownie with chocolate sauce

### Day 3

**Breakfast:** Breakfast burrito with sausage, scrambled egg and hash brown

**Lunch:** Mediterranean cous cous wrap with tziki and humus

**Dinner:** Chilli with rice and sour cream

**Dessert:** Baked bananas stuffed with melted white and milk chocolate chunks

### Day 4

**Breakfast:** Fresh fruit porridge and toasted tea cakes, tea and freshly ground coffee

**Lunch:** Pittas, salami, cheese, fresh fruit, and a sweet treat

**Dinner:** Veggie Haggis, neaps and tatties

**Dessert:** Caramelised pear with chocolate sauce

### Day 5

**Breakfast:** Pancakes with maple syrup and fresh fruit, tea and freshly ground coffee

**Lunch:** Wraps, salami, cheese, fresh fruit, and a sweet treat

Willowgate is dedicated to ensuring we meet everyone's dietary needs so please let us know far in advanced if you are vegetarian, vegan or have any food allergies.

As well as this menu we would suggest you bring some small treats to keep you motivated and well sugared during the days.