

Sample STANDARD NON VEGETARIAN menu for a Kilimanjaro trek

Please note the below is an example of a sample menu for a trek however the final menu is planned custom by each cook in the days prior to the trek based on ingredient availability in the market and their own speciality and skill. Your individual dietary requirements may also affect the final menu provided.

Day 1 – Overnight

Breakfast: At pre-climb lodge

Lunch packet: Beef burger, fried chicken, chips, cake, sweet fried donut, juice packet, fruit

Teatime: Coffee, hot chocolate, black tea, optional milk powder, fruit, 1 snack (popcorn or biscuits or peanuts)

Dinner: Mixed vegetable soup, boiled / sauteed potatoes, fish fingers with green vegetables, mixed salad, fruit

Day 2 –

Breakfast: Oat's porridge, beef sausage, pancake, bread, choice of egg (omelette, boiled or fried), peanut butter, margarine, jam, coffee, hot chocolate, black tea, optional milk powder, fruit

Hot Lunch: Carrot soup, macaroni bolognese, mixed salad, fruit, juice packet, coffee, hot chocolate, black tea, optional milk powder

or lunch packet (with slower pace or longer routes): Sandwich, vegetable pie, muffin, boiled egg, fruit, juice packet

Teatime: Coffee, hot chocolate, black tea, optional milk powder, 1 snack (popcorn or biscuits or peanuts)

Dinner: Zucchini soup, chickpea fritters, mixed vegetable rice with chicken curry, mixed salad, fruit

Day 3 –

Breakfast: Finger millet porridge, beef sausage, sweet potatoes / yams, bread, choice of egg (omelette, boiled or fried), peanut butter, margarine, jam, coffee, hot chocolate, black tea, optional milk powder, fruit

Hot Lunch: Guacamole with toasted bread, boiled / sauteed potatoes, fried chicken, mixed salad, fruit, juice packet, coffee, hot chocolate, black tea, optional milk powder

or lunch packet (with slower pace or longer routes): Vegetable rice, chicken stroganoff, fruit, juice packet

Teatime: Coffee, hot chocolate, black tea, optional milk powder, 1 snack (popcorn or biscuits or peanuts)

Dinner: Cucumber soup, peppered steak with mashed potatoes, salad, sweet fried donut, fruit

Day 4–

Breakfast: Oat's porridge, beef sausage, pancake, bread, choice of egg (omelette, boiled or fried), peanut butter, margarine, jam, coffee, hot chocolate, black tea, optional milk powder, fruit

Hot Lunch: Pea soup with pancake, stir fry mushroom noodles, mixed salad, fruit, juice packet, coffee, hot chocolate, black tea, optional milk powder

or lunch packet (with slower pace or longer routes): Stir fry noodles, boiled egg, fruit, juice packet

Teatime: Coffee, hot chocolate, black tea, optional milk powder, 1 snack (popcorn or biscuits or peanuts)

Dinner: Pumpkin soup, sautéed mushrooms with Swahili stiff corn 'Ugali' and spinach, mixed salad, fruit

Dietary requirements: We will do our best to cater for individual customers requirements if communicated before arrival or to your guide prior to the start of the trek. We highly recommend you advise your preferences before you arrive as market purchasing is done in advance of your trek and may not be possible to change last minute.

Allergies: Please inform us of allergies which may require a separate chef, utensils, dining area and preparation area or method. Chefs are very careful to ensure no cross contamination however as all items are carried and shared between porters, we should be aware of any severe allergies.

Day 5 –

Breakfast: Finger millet porridge, beef sausage, sweet potatoes / yams, bread, choice of egg (omelette, boiled or fried), peanut butter, margarine, jam, coffee, hot chocolate, black tea, optional milk powder, fruit

Hot Lunch: Fried chicken and chips, mixed salad, fruit, juice packet, coffee, hot chocolate, black tea, optional milk powder

or lunch packet (with slower pace or longer routes): Fried chicken, vegetable pie, muffin, boiled egg, fruit, juice packet

Teatime: Coffee, hot chocolate, black tea, optional milk powder, 1 snack (popcorn or biscuits or peanuts)

Dinner: French onion soup with chickpea fritters, Swahili kidney beans with rice, mixed salad, fruit

Day 6 –

Breakfast: Oat's porridge, beef sausage, pancake, bread, choice of egg (omelette, boiled or fried), peanut butter, margarine, jam, coffee, hot chocolate, black tea, optional milk powder, fruit

Hot Lunch: Cucumber soup, chips, mixed salad, fruit, juice packet, coffee, hot chocolate, black tea, optional milk powder

or lunch packet (with slower pace or longer routes): Mixed vegetable rice with sauteed mushrooms, fruit, juice packet

Teatime: Coffee, hot chocolate, black tea, optional milk powder, 1 snack (popcorn or biscuits or peanuts)

Dinner: Carrot soup, mixed vegetable noodles, salad, fruit

Pre summit Snack: Juice packet, apple, 1 chocolate bar

Day 7 –

Post summit brunch: Leak soup, sandwich, chapati and mixed fruits, coffee, hot chocolate, black tea, optional milk powder, fruit

Teatime: Coffee, hot chocolate, black tea, optional milk powder, 1 snack (popcorn or biscuits or peanuts)

Dinner: Green banana 'Matoke' stew, beef pilau with spinach, mixed salad, fruit

Day 8 –

Breakfast: Oat's porridge, beef sausage, chip "maiiai" omelette, bread, peanut butter, margarine, jam, coffee, hot chocolate, black tea, optional milk powder, fruit

Lunch: Can be prebooked or decided with your guides.

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