

Sample VEGETARIAN menu for a Kilimanjaro trek

Please note the below is an example of a sample menu for a trek however the final menus are 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: Office to supply

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

Dinner: Cucumber soup with bread, fried potatoes, lentil curry, vegetable salad, fruit

Day 2, overnight:

Breakfast: Oat's porridge, bread, cassava, choice of egg (omelette, boiled or fried), peanut butter, blue band, coffee, hot chocolate, black tea, optional milk powder, fruit

Hot Lunch: Zucchini soup, mixed vegetable, and pasta (macaroni), juice, fruit

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

Dinner: Leeks soup with mandazi (local donut), steamed rice, boiled mixed vegetables, egg plant sauce, cucumber and tomato salad, fruit.

Day 3, overnight:

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

Hot Lunch: Banana and potatoes stew with mixed vegetables, pancakes, ovacados, fruit

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

Dinner: Carrot soup with bread, macaron with chickpeas sauce, salad, fruit

Day 4, overnight:

Breakfast: Oat's porridge, Yam, Pancake, bread, fruits, choice of egg (omelette, boiled or fried) peanut butter, blue band, mixed fruits

Hot Lunch: Pumpkin soup, Vegetable pie, bajia and salad, juice, fruit

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

Dinner: butternut squash soup, vegetable sauce, spaghetti and shredded cheese, fruit

Day 5, overnight:

Breakfast: Oat's porridge, vegan bread, yams, peanut butter, coffee, hot chocolate, black tea, 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.



Hot Lunch: cucumber soup, omlet spaghetti, mushroom sauce, fruits salad

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

Dinner: fresh vegetable soup, fried banana chips, ugali, spinach, fruits salad.

Day 6, overnight:

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

Lunch (or picnic lunch with a slower pace): Potato curry, local chapatti, Kachori (pea/lentil filled snack), salad, fruit

Dinner: Cucumber soup with bread, papadum, green lentil curry with rice, salad, fruits

Pre-summit snack * summit attempt at mid-night tonight*: Oats porridge, 1 snack (popcorn or biscuits or peanuts), coffee, hot chocolate, masala tea, optional milk powder

Day 7, overnight:

Brunch: Zucchini soup, sweet potatoes, pancake, chips mayai, juice, mixed vegetable salad, peanut butter, blue band, 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: Tomatoes soup with mandazi (local donut), Rice with baked beans, mixed salad, banana fritter

Day 8, overnight: Moshi

Breakfast: Oat's porridge, bread, casava, fruits, choice of egg (omelette, boiled or fried), peanut butter, blue band, coffee, hot chocolate, black tea, optional milk powder, fruit

Lunch at the gate: Not included

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