

## 6 – DAY MENU PLAN-----Marvin Brose

DAY	BREAKFAST	LUNCH	SUPPER
1	Bacon and eggs	buns jam & peanut butter grapes & peppers beefstick cheese (block)	steak or pork chops baked potatoes (precooked) & wrapped in tin foil carrots onion
2	Bacon and eggs	buns jam & peanut butter apple & peppers beefstick cheese	ham steak (2) –eat one & cube the other for DAY 4 baked potatoes dehydrated peas Sauce & Cake –dessert
3	Bacon & eggs	buns jam & peanut butter nectarine & peppers beefstick cheese	smoked sausage macaroni + cheese dehydrated corn onion
4	Pancakes & syrup	buns jam & peanut butter apple & peppers beefstick	rice c/w almonds & soya sauce sweet and sour using cubes from DAY 2 pudding
5	Porridge	buns/bannock jam & peanut butter dried fruit smokies	tacos—using dehydrated extra lean ground beef ,cheese
6	Porridge	tea biscuit prepared the previous evening jam & peanut butter dried fruit cheese	spaghetti and meat sauce— dehydrated Sauce & Cake—dessert

Snacks—Good old raisins and peanuts (GORP), granola bars ( no chocolate), JuJubes ,sunflower seeds, hard candies, dried fruit, fruit Roll-ups, etc.

Drinks—crystal lite, tang, etc.