

Sample Daily Camp Menus

KILIMANJARO CLIMBS, MULTI-DAY WALKS, STAGE RUN, CYCLING TOURS, CAMPING SAFARIS

(Hot Tea, Coffee, Cocoa, and Bread at all meals)

BREAKFAST

Seasonal Fruits
Oatmeal or Uji (Tanzanian porridge)
Eggs (omelet or scrambled)
Bacon
Toast, Peanut Butter, Jam, Honey

AFTERNOON TEA

Warm Cashews or Peanuts, Popcorn, Cookies
Hot Tea, Coffee, Cocoa

LUNCH 1

Juice
Hard-boiled Eggs
Sandwiches (cold cuts, cheese, peanut butter, jam)
Chips (french fries)
Fresh-cut Vegetable Assortment

LUNCH 2

Potato Leek Soup
Grilled Tomato and Cheese Sandwiches
Fresh-cut Vegetable Assortment
Seasonal Fruit
Cookies

DINNER 1

Sweet Corn and Potato Soup
Spaghetti Bolognese
Sautéed Carrots, Zucchini, Broccoli
Seasonal Fruits
Oatmeal Cookies

DINNER 2

Lentil Soup
Fish Stew
Coconut Rice
Seasonal Fruits
Banana Fritters

DINNER 3

Mixed Vegetable Soup
Peanut Chicken Stew
Brown Rice
Green Beans with Mushrooms
Fruit Salad

DINNER 4

Lentil Soup
Tilapia Fish
Boiled Potatoes
Sautéed Carrots
Fruit Salad

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DINNER 5

Pea Soup
Beef Stew
Black Beans
Coconut Rice
Cauliflower and Kale

DINNER 6

Mixed Vegetable Soup
Pasta with Tomato Sauce
Boiled Sweet Potatoes
Sautéed Mixed Vegetables

DINNER 7

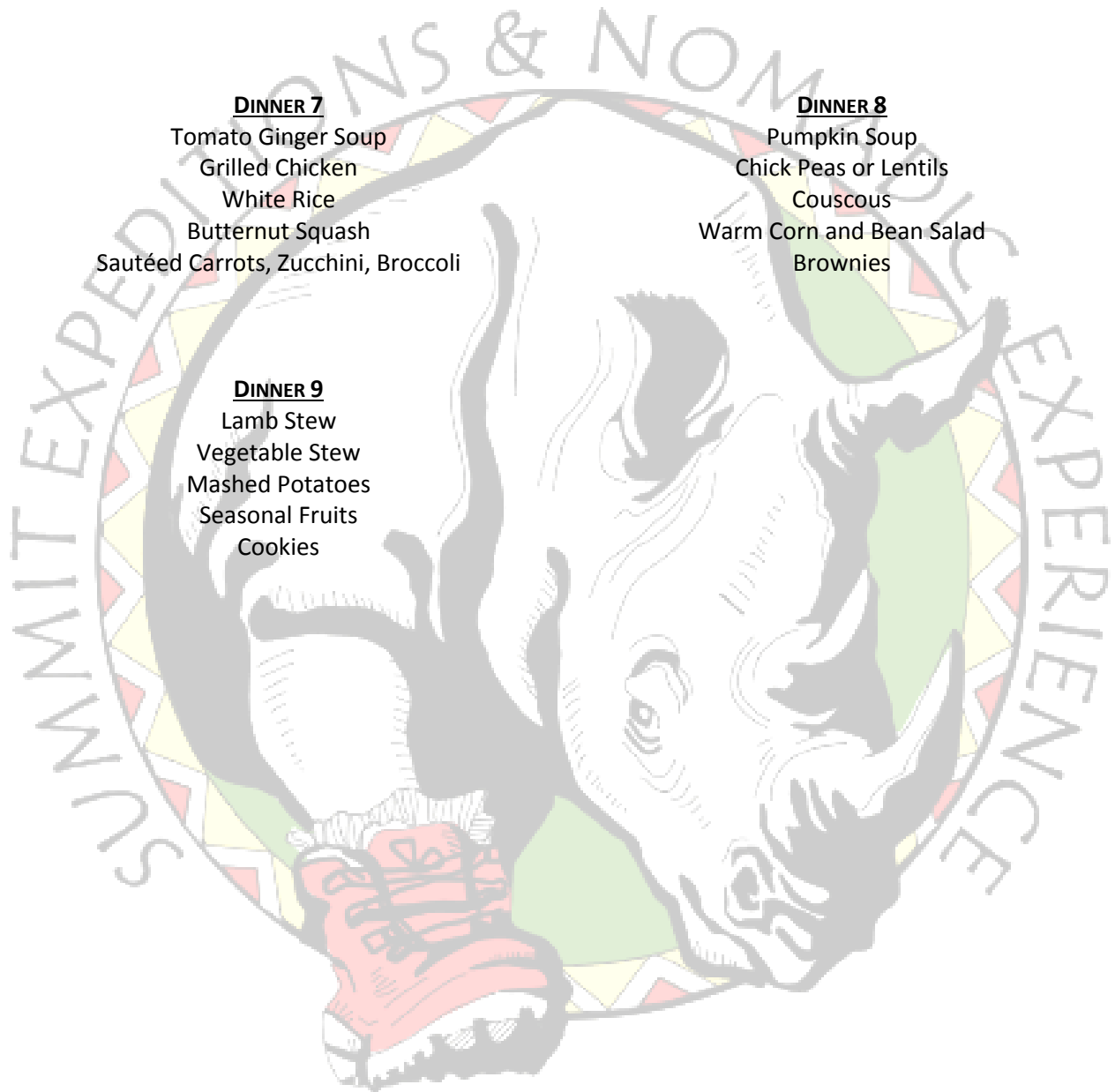
Tomato Ginger Soup
Grilled Chicken
White Rice
Butternut Squash
Sautéed Carrots, Zucchini, Broccoli

DINNER 8

Pumpkin Soup
Chick Peas or Lentils
Couscous
Warm Corn and Bean Salad
Brownies

DINNER 9

Lamb Stew
Vegetable Stew
Mashed Potatoes
Seasonal Fruits
Cookies



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