

## **Kilimanjaro Menue**

*(Vegetarian are welcome too)*



- ✓ Breakfast
- ✓ Lunch box, picknick lunch or hot lunch
- ✓ Welcome in the camp
- ✓ Dinner

### **Breakfast:**

- Porridge
- Eggs and sousages
- White bread, black bread, Swedish Wasa bread, butter, home made jam, honey (if you like peanut butter)
- Coffee, tea

### **Lunch box**

Sandwich, orange, cooked egg, cookies, small cake, juice

We provide a lunch box on day 1, 3, 4 and 6. On Day 2 we provide a picknick lunch on the way to Shira Camp. On the summit day 5 you get a hot lunch after returning in Barafu.

### **Welcome in the camp**

- Tea, coffee
- small sweet banana
- local made chips of patatos, banana, nuts etc.

### **Dinner (an example for a 6 day tour)**

Day1: <ul style="list-style-type: none"><li>○ Lentil soup</li><li>○ Filet from Impala or Beaf with Chili con Carne and Ugali (mash from corn; makes the porters strong)</li><li>○ Fresh fruits</li><li>○ Coffee, tea</li></ul>	Day2: <ul style="list-style-type: none"><li>○ Cheese Soup with roasted white bread</li><li>○ Fish (Sato or Kingfish) with Avocado-Zuchini-vegetables</li><li>○ Mashed potatos and potato chips</li><li>○ Fresh fruits</li><li>○ Coffee, tea</li></ul>
Day3: <ul style="list-style-type: none"><li>○ Pea soup</li><li>○ Curry chicken with Basmati rice</li><li>○ Fresh fruits</li><li>○ Coffee, tea</li></ul>	Day4: <ul style="list-style-type: none"><li>○ Spicy bread soup</li><li>○ Spagetti Bolognese</li><li>○ Fruits from a tin</li><li>○ Coffee, tea</li></ul>
Day5: <ul style="list-style-type: none"><li>○ Machalari (traditional cooked banana with beaf) or Chicken and rice</li><li>○ Fresh fruits</li><li>○ Coffee, tea</li></ul> <p>(we supply fresh food to Mweka or Karanga Camp)</p>	

***Karibu chakula!***