

Adventureworks Duke of Edinburgh Meal Ideas

Breakfast

The most important meal of the day, and definitely not optional when tramping!

Porridge

The tramping staple is porridge. Allow half a cup of oats per person, add milk powder and sugar (brown sugar is tastier) to oats in a zip lock bag so you don't have to mix it on the tramp. To make it tastier add some dried fruit such as apricots, sultanas etc. For quicker cooking time prepare it the night before in a pot and leave to soak, in the morning it will just need a quick heat.

Cereal

Bringing some of your favourite cereal from home works well, although avoid the high sugar ones that have little substance. Muesli is a good choice. Use milk powder instead of liquid milk, it won't go off and is much lighter.

Lunch

There are many options here, for day and overnight trips a packed lunch of sandwiches/ filled rolls (like what your mum makes you for school) is great. For longer trips bread tends to get squashed, fillings go off and the bread gets soggy so other ideas are needed.

Base

- * Cabin bread or crackers
- * Pita pockets

Spreads

It's a good idea to put the amount of spread you think you will need into a clic-clac container as spreads containers are usually heavy and bulky.

- * Peanut Butter
- * Nutella
- * Marmite
- * Chow chow
- * Tomato chutney
- * Cheese – a good source of protein
- * Salami – another good source of protein



Dinner

Quantities of Staple Tramping Food

Here are some quantities you can use when meal planning for tramping. These principally concern the tramping staple foods such as rice, pasta etc. The quantities listed here are average quantities for tramping groups consisting of both girls and guys, they can be adjusted depending on the make-up of the group.

Rice

- * allow 1/2 cup uncooked rice per person per meal, big eaters may prefer 3/4 cup
- * 1kg bag of rice (Jasmine) contains 6 cups uncooked rice (feeds ~12 people or ~6 people for two nights).

Pasta

- * 500g packet of pasta feeds ~5 people

Dried mixed veges

- * add to all rice and pasta based meals
- * 1 packet *Surprise* dried mixed veges serves 3-4 people
- * add additional 1 cup water when cooking to rehydrate the veges.

Tuna

- * Tuna is a convenient source of protein and Omega-3, and works well on the side of most tramping meals based on rice, pasta or cous cous.
- * Available in drained form in foil lined packets which are perfect for tramping. Brand is *Greenseas*, not available at all supermarkets so shop around. *Foodtown Sylvia Park* has them. Comes in *Chunky, Sweet Thai Chilli* and *Tomato and Basil* Flavours.
- * 1 packet between 2 people works well on the side of a main dish although you could have 1 packet each if desired.

Salami

- * Handy if you already have it for lunch
- * Tasty and nutritious to add to any dinner for some protein
- * Also yummy if you fry it up

Ready-Made Meal Ideas

These can be slightly more expensive but easy.

- * Rice Risotto Packets (add dried mixed veges).
- * Family Pasta Meals (add dried mixed veges).
- * Pre made Curry packets add to boil in a bag rice
- * Soup mixtures to flavour rice and pasta
- * Tuna (*Greenseas* brand comes in foil packets) add to boil in bag rice

Snacks

Scorrgin

Available premade in supermarket bulk bins (*Pak'n Save's* mix is highly recommended) it is like a multi-stage rocket, with chocolate for a quick boost, dried fruit for slightly slower release and nuts for longer, sustained release!

Muesli bars

Work really well for food on the go and they come in so many different flavours.