

Duke of Edinburgh's Award

Expedition Menu Planning

Day 1	Day 2	Day 3 Silver & Gold only	Day 4 Silver & Gold only	Day 5 Gold only
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Eat before start				
Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner
				After completion
Snacks	Snacks	Snacks	Snacks	Snacks
Energy (calories)				