



9 Day on Kilimanjaro – What you'll eat

Sample Menu

First off, what you're about to see is just a sample. Our menus change with the seasons, and we keep things fresh based on availability and what's best at the time of your climb.

Here's what you need to know:

- **We've got you covered**, whether you're vegetarian, vegan, gluten-free, halal, or managing any allergies. Just let us know in advance, and we'll make it happen.
- **Morning routine? Handled.** You'll get tea, coffee, or hot chocolate delivered *right to your tent* every morning.
- **We keep the table stocked.** You'll always have access to spreads like mayonnaise, mustard, ketchup, peanut butter, honey, and jams.
- **Clean water, zero compromise.** We use the **Katadyn Expeditions filter**, the same rugged, military-trusted water purification system that expedition teams and special forces rely on. Every drop you drink is clean, safe, and mission-ready.

*Got questions? Want to make sure your dietary needs are dialed in?
Shoot us an email: info@kiliwarriorexpeditions.com*

DAY ONE: OVERNIGHT AT FOREST CAMP

Lunch:	<ul style="list-style-type: none">- Soup with Bread Cheese.- Vegetables, Fruits, Yogurt Cakes.
Dinner:	<ul style="list-style-type: none">- Fresh Pumpkin Soup with Bread.- Coconut Rice, Green Beans, Mushrooms.- Peas in a peanut butter sauce.- Fried Chicken.
Dessert:	<ul style="list-style-type: none">- Madera Cake with Nestle Cream Sauce

DAY TWO: OVERNIGHT AT SHIRA ONE CAMP

Breakfast:	<ul style="list-style-type: none">- Oats Porridge, Eggs, Breads, Bacon, Fruits Box Juices
Lunch:	<ul style="list-style-type: none">- Soup with Bread, Cheese, Vegetables, Fruits- Pasta with mince meat
Dinner:	<ul style="list-style-type: none">- Fresh onion soup with chapatti- Boiled Irish Potatoes- Steamed Zucchini & Carrot, Fried Tilapia Fish- Cucumber Salad in a Mustard Sauce
Dessert:	<ul style="list-style-type: none">- Banana Fritter with Custard Sauce

DAY THREE: OVERNIGHT AT MOIR CAMP

Breakfast:	<ul style="list-style-type: none">- Finger Millet Porridge.- Fruits, Juice Boxes.- Breads, Eggs & Sausage.
Lunch:	<ul style="list-style-type: none">- Soup, Fruits.- Vegetable Salads.- Cashews, Cakes, Cheese.- Fried Chicken with French Fries.
Dinner:	<ul style="list-style-type: none">- Sweet Potatoes, Sweet Corn Soup with Garlic Croutons.- Spiced African Rice (Pilau).- Beef Stroganoff.- Zucchini & Carrot.
Dessert:	<ul style="list-style-type: none">- Cake with Sauce.

DAY FOUR: OVERNIGHT AT LAVA TOWER CAMP

Breakfast:	<ul style="list-style-type: none">- Maize Porridge.- Breads, Box Fruits.- Eggs, Red Kidney Beans.- Pancakes in a Honey Sauce.
Lunch:	<ul style="list-style-type: none">- Soup, Breads.- Fruits, Vegetables.- Rice in Cashews.- Tuna fish.- Cakes.
Dinner:	<ul style="list-style-type: none">- Fresh Ginger Soup with Bread.- Machalari (Traditional Chagga Stew).- Spaghetti with White Sauce or Vegetable Sauce.
Dessert:	<ul style="list-style-type: none">- Pineapple Fritter.

DAY FIVE: OVERNIGHT AT LAVA TOWER CAMP

Breakfast:	<ul style="list-style-type: none">- Porridge.- Fruits, Juice Boxes.- Eggs, Green Peas, Pancakes.
Lunch:	<ul style="list-style-type: none">- Potato Chowder Soup.- Vegetable Pie.- Chapati, Cheese, Breads.
Dinner:	<ul style="list-style-type: none">- Spanish Tortilla.- Mushroom Risotto.- Corn Salad.
Dessert:	<ul style="list-style-type: none">- Honey Cake.

DAY SIX: OVERNIGHT AT ARROW GLACIERS CAMP

Breakfast:	<ul style="list-style-type: none">- Millet Porridge.- Fruits.- Eggs.
Lunch:	<ul style="list-style-type: none">- Juice Box.- Tomato Onion Cheese.- Sandwiches.
Dinner:	<ul style="list-style-type: none">- Irish Mashed Potatoes.- Baked Beans Sauce.- Mozzarella Cheese with Tomato Sauce.
Dessert:	<ul style="list-style-type: none">- Crème Caramel.

DAY SEVEN AT ARROW GLACIER / CRATER CAMP / BARAFU CAMP

Breakfast:	<ul style="list-style-type: none">- Oats Porridge- Toast Bread- Eggs- Energy Bars
Lunch:	<ul style="list-style-type: none">- Noodle Soup.- Bread.- Cheese.
Dinner:	<ul style="list-style-type: none">- Spaghetti with Vegetable Sauce.
Dessert:	<ul style="list-style-type: none">- Honey Cake.

DAY EIGHT: OVERNIGHT AT MWEKA CAMP

Breakfast:	<ul style="list-style-type: none">- Oats Porridge.- Toast Bread.- Eggs.- Energy Bars.
Lunch:	<ul style="list-style-type: none">- Tomato Onion Cheese.- Sandwiches.- Noodle Soup.- Pineapples or Fruits.
Dinner:	<ul style="list-style-type: none">- Avocado with Vinaigrette.- Ugali (African Food).- Rice with Beef & Sauce.- Fried Chicken.- Cucumber Salad.- Zucchini.- Carrots.
Dessert:	<ul style="list-style-type: none">- Banana Fritter.- Custard Sauce.

DAY NINE: AT MWEKA GATE

Breakfast:	<ul style="list-style-type: none">- Eggs, Bacon.- Fruit.- Juice Boxes.- Bread.
Lunch:	<ul style="list-style-type: none">- Crisps.- Fruits.- Fried Chicken.- French Fries.- Drinks (Water, Soda, Beer).

Final Words Before You Climb

This isn't just a trip. It's not a vacation. It's a once-in-a-lifetime mission, to test yourself, to experience something very few ever do, and to do it with a team that's 100% in your corner from day one.

So whether you're prepping your gear, planning your dates, or still thinking it through, we're here to help every step of the way.

See you on the mountain.

- Kiliwarrior Expeditons