



## 9-DAY LEMOSHO WESTERN-BREACH ROUTE SAMPLE MENU

*All of our menus are seasonal. This is just a sample menu.*

### DAY ONE: OVERNIGHT AT FOREST CAMP

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

### DAY TWO: OVERNIGHT AT SHIRA ONE CAMP

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

### DAY THREE: OVERNIGHT AT MOIR CAMP

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

**DAY FOUR: OVERNIGHT AT LAVA TOWER CAMP**

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

**DAY FIVE: OVERNIGHT AT LAVA TOWER CAMP**

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

**DAY SIX: OVERNIGHT AT ARROW GLACIERS CAMP**

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

## DAY SEVEN AT CRATER CAMP

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

## DAY EIGHT: OVERNIGHT AT MWEKA CAMP

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

## DAY NINE: AT MWEKA GATE

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

### PLEASE NOTE:

- We cater to Vegetarians, Vegans, allergies, and individuals with religious restrictions.
- All our meals include tea, coffee, and hot chocolate. We also serve these items to you in your tent when you wake up every morning.
- We provide mayonnaise, ketchup, mustard, honey, peanut butter, fruit jams on the table.
- We filter all our water with our Katadyn Expeditions military grade water purification system.

Please feel free to reach out to us with any questions via email by emailing us at [info@kiliwarriorexpeditions.com](mailto:info@kiliwarriorexpeditions.com)