



7-Day Meal Plan – TAC Camp Alpine – Breakfast

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Choice of cereals (corn flakes, chocolate muesli, fruit muesli), bread, jam, milk, tea, coffee, cocoa powder, orange & apple juice					
	Pfadi Special Cheese	Cheddar Cheese	Pfadi Special Cheese	Pfadi Special Cheese	Cheddar Cheese	Pfadi Special Cheese
	Salami	Ham	Turkey	Salami	Ham	Turkey
	Peanut Butter	Chocolate Spread	Cream Cheese	Chocolate Spread	Peanut Butter	Cream Cheese
	French Toast	Eggs	Yoghurt	Eggs	French Toast	Eggs
	Apples	Oranges	Bananas	Pears	Apples	Oranges



7-Day Meal Plan – TAC Camp Alpine – Lunch

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Choice of vegetables (cucumbers, lettuce, tomatoes), sauces, crisps and snacks, bread rolls					
	Vache Qui Rit	Cream Cheese	Babybel Cheese	Kiri Cheese	Hummus	Avocado Spread
	Ham	Salami	Turkey	Salami	Ham	Turkey
	Bananas	Pears	Apples	Oranges	Bananas	Pears



7-Day Meal Plan – TAC Camp Alpine – Dinner

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pesto Pasta With Cherry Tomatoes & Mozzarella Pearls	Messengers of Peace BBQ	Chili Con Carne With Rice	Cheese Ravioli With Tomato Sauce	Chicken Wraps	Alpine Mac & Cheese With Bacon	
		Chili Con Quorn With Rice		Kidney Bean Wraps	Alpine Mac & Cheese With Mushrooms	
Dessert: Chocolate Donut	Dessert: Ice-Lollies	Dessert: Berliners	Dessert: Blueberry Muffin	Dessert: Sprinkle Donuts	Dessert: Chocolate Muffin	