

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
	Ham	Salami	Turkey	Salami	Ham	Turkey
	Peanut Butter	Chocolate Spread	Cream Cheese	Chocolate Spread	Peanut Butter	Cream Cheese
	French Toast	Eggs	Yoghurt	Oatmeal	French Toast	Eggs
	Apples	Oranges	Bananas	Apples	Bananas	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	Apples	Bananas



7-Day Meal Plan – TAC Camp Alpine – Dinner

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Chicken Jambalaya	BBQ	Chili Con Carne With Rice	Chicken Wraps	Alpine Mac & Cheese With Bacon	Beef Burgers	
Quorn Jambalaya		Chili Con Veggie Mince With Rice	Kidney Bean Wraps	Alpine Mac & Cheese With Mushrooms	Veggie Burgers	
Dessert: Chocolate Donut	Dessert: Ice-Lollies	Dessert: Sugar Donuts	Dessert: Blueberry Muffin	Dessert: Sprinkle Donuts	Dessert: Chocolate Muffin	