

SAMPLE MENU FOR A WATER ACTIVITIES WEEKEND

During a weekend all those taking part in water activities will be using a lot of energy, especially if the weather is unfavourable. We recommend that all meals are substantial with generous portions, and include plenty of carbohydrate e.g. potatoes, pasta, rice, bread. This is a sample menu for your reference. Your caterers should be prepared to provide a supper on the Friday night for DSP crew and quartermasters, as many of them will have travelled a considerable distance to assist you with your weekend, and they may have come straight from work or college.

NB. Some groups ask each course member to bring a box of small cakes for use at refreshment breaks and supper, which seems to work really well.

Friday Supper	Hot dogs in rolls / burgers in rolls
Saturday Breakfast	Cereal Sausages / Bacon Egg Beans / spaghetti Toast and Jam / marmalade
Mid morning	Drinks Cake / biscuits
Saturday Lunch	Pasta with meat sauce Bread Chocolate biscuit Fruit
Mid Afternoon	Drinks Cake / biscuits
Saturday Dinner	Shepherds pie Carrots Peas Sponge pudding Custard / ice-cream
Saturday – Nutty	Most course members will purchase a drink, chocolate bars and sweets
Sunday Breakfast	Cereal Sausages / Bacon Egg Beans / spaghetti Toast and Jam / marmalade
Mid morning	Drinks Cake / biscuits
Sunday Lunch	Savoury mince with rice Fruit crumble Custard / ice-cream Fruit