

48- Hour Challenge Menu:

Day 1:

Lunch

1. Bring a pack lunch from home
2. Collect a packed lunch from the canteen in the morning

Snacks:

A snack and squash upon arrival at Bachelor's Hall

Evening Meal:

1. Jacket potatoes with an option of beans, cheese and sausages. Served with salad
2. Southern Style Chicken wraps with mayo or BBQ sauce, served with wedges and salad.
3. Vegan filled wraps with mayo or BBQ sauce, served with wedges and salad.

Dessert:

Chocolate cake

Hot chocolate

Day 2:

Breakfast:

Cereals- Rice Krispies or cornflakes

Toast- brown or white bread with an option of spreads

Packed lunch:

Ham or cheese sandwiches on brown or white bread

Rice Krispies snack bar

A selection of fruit

Snack:

A snack and squash upon return to Bachelor's Hall post activities

If your son/ daughter has any particular dietary requirements which are not fulfilled by the menu above, please contact Mrs Stapleford directly to arrange an alternative

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