



Minden Award Group
4th Cadet Battalion
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SILVER EXPEDITION FOOD MENU

As part of the assessment it is your responsibility to plan what food you are going to bring and use on the expedition. Use this sheet to help you put together a menu.

Day 1 - Lunch

Day 1 - Evening Meal

Day 2 - Breakfast

Day 2 - Lunch

Day 2 - Evening Meal

Day 3 - Breakfast

Day 3 - Lunch

Sundries

