



Your Menu

Team Name:

- Your menu is extremely important for the Geoffrey Gordon Cup – it gives you energy for the challenge ahead and keeps your team happy throughout the weekend!
- Using the form below, please plan your menu and submit a copy to us for marking – there are points available for its suitability, nutrition and creativeness. You'll need to buy everything and cook it during the weekend.
- We will provide a snack one Saturday evening and Sunday afternoon but these aren't a replacement for meals. We expect you to have eaten your evening meal before arriving on the Friday.
- All menus should normally contain a total of 2500 calories (women) or 3500 (men) per person per day. If different members of the group decide to eat different things a separate menu should be produced.
- Make sure you bring plenty of snacks to supplement your menu.

	Breakfast	Lunch	Dinner
Saturday	<i>Please cook a hot breakfast ready for your long walk!</i>		
<i>Total Calories</i>			
Sunday			
<i>Total Calories</i>			

Editable copies of this menu can be found on our website. Please submit your menu by the **15th March 2019** to ggc@durhamscouts.org.uk or post it to: The Geoffrey Gordon Cup, Moor House Adventure Centre, Rainton Gate, Houghton-le-Spring, DH4 6QY