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| --- | --- | --- | --- | --- | --- |
|  | | 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 on 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** | *Please cook a hot breakfast ready for your long walk!* | |  | |  |
| *Total Calories* |  | |  | |  |
| **Sunday** |  | |  | |  |
| *Total Calories* |  | |  | |  |

Editable copies of this menu can be found on our website. Please submit your menu bythe **18th March 2022** to ggc@durhamscouts.org.uk or post it to: The Geoffrey Gordon Cup, Moor House Adventure Centre, Rainton Gate, Houghton-le-Spring, DH4 6QY