

## Possible Options of Menu on the Mountain

### a. Breakfasts

Option 1	<ul style="list-style-type: none"><li>• Tea</li><li>• Porridge</li><li>• Pancake</li><li>• Bread</li><li>• Sausage</li><li>• Fried egg</li><li>• fruits</li></ul>
Option 2	<ul style="list-style-type: none"><li>• tea</li><li>• porridge</li><li>• sweet potatoes</li><li>• boiled egg</li><li>• sausage</li><li>• fruits</li></ul>
Option 3	<ul style="list-style-type: none"><li>• Tea</li><li>• Porridge</li><li>• Yam</li><li>• Scramble eggs</li><li>• Sausage</li><li>• fruits</li></ul>
Option 4	<ul style="list-style-type: none"><li>• Tea</li><li>• Porridge</li><li>• Cassava</li><li>• Yellow lentils</li><li>• Eggs</li><li>• fruits</li></ul>
Option 5	<ul style="list-style-type: none"><li>• Tea</li><li>• Porridge</li><li>• Bread</li><li>• Spanish eggs</li><li>• bacons</li><li>• Fruits</li></ul>
Note:	Porridge can be; millet or oats Tea can be; coffee, black tea, ginger, hibiscus, black tea

**b. Lunch**

Option 1	<ul style="list-style-type: none"><li>• Tea</li><li>• Spaghetti</li><li>• Chicken</li><li>• Vegetables sauce</li><li>• Fruits salads</li></ul>
Option 2	<ul style="list-style-type: none"><li>• Tea</li><li>• Vegetables pizza</li><li>• Soup</li><li>• Fruits</li></ul>
Option 3	<ul style="list-style-type: none"><li>• Tea</li><li>• Chips</li><li>• Chicken</li><li>• Vegetables salad</li><li>• Fruits</li></ul>
Option 4	<ul style="list-style-type: none"><li>• Tea</li><li>• Stew</li><li>• Chicken</li><li>• Fruits</li></ul>
Brunch	<ul style="list-style-type: none"><li>• Noodles</li><li>• Stew</li><li>• Chapati</li><li>• Bread</li><li>• Fruits salad/pudding</li></ul>
Happy hour 1	<ul style="list-style-type: none"><li>• Tea</li><li>• Popcorn</li><li>• Biscuits</li></ul>
Happy hour 2	<ul style="list-style-type: none"><li>• Tea</li><li>• Crips</li><li>• Nuts</li></ul>
Happy hour 3	<ul style="list-style-type: none"><li>• Tea</li><li>• Popcorn</li><li>• Nuts</li></ul>

**c. Dinner**

Option 1	<ul style="list-style-type: none"><li>• Tea</li><li>• Cucumber soup</li><li>• Bread</li><li>• Fish fillet</li><li>• Boiled potatoes</li><li>• Vegetable salad</li></ul>
Option 2	<ul style="list-style-type: none"><li>• Tea</li><li>• Leaks soup</li><li>• Bread</li><li>• Rice</li><li>• Beef sauce</li><li>• Fruits</li></ul>
Option 3	<ul style="list-style-type: none"><li>• Tea</li><li>• Butternuts soup</li><li>• Yellow lentils</li><li>• Kish</li><li>• Fruits</li></ul>
Option 4	<ul style="list-style-type: none"><li>• Tea</li><li>• Zucchini soup</li><li>• Mushroom vegetable</li><li>• Spaghetti/noodles</li><li>• fruits</li></ul>
Option 4	<ul style="list-style-type: none"><li>• Tea</li><li>• Vegetable soup</li><li>• Brown rice</li><li>• Vegetable salad</li><li>• Fruits</li></ul>
Option 6	<ul style="list-style-type: none"><li>• Tea</li><li>• Butternuts soup</li><li>• Yellow lentil</li><li>• Paster</li><li>• Mis meat</li></ul>