

Menu for Climbing Kilimanjaro

Day #	Meal	Meal type	Regular
Day 1	Dinner	Soup:	Vegetable soup
		Salad:	Avocado salad
		Main meal:	<ul style="list-style-type: none"> Fried potato Fried zucchini with tomatoes Mung beans in coconut sauce Bamia stew with carrot, onion, tomatoes and coconut milk Fried spinach with onion and garlic
		Fruits:	<ul style="list-style-type: none"> Watermelon slices Oranges or Machenza (Seasonal)
Day 2	Breakfast	Porridge:	Oats and fried peanuts
		Main meal:	<ul style="list-style-type: none"> Fried beetroot slices with garlic Baked beans Avocado slices Fried sweet potato slices Stewed mchicha with onion
		Fruits:	<ul style="list-style-type: none"> Bananas Pineapple slices
	Lunch	Soup:	Butternut soup
		Salad:	Mexican salad (tomatoes, bell pepper, corn, zucchini, onion)
		Main meal:	<ul style="list-style-type: none"> Spaghetti Vegetarian stew with chickpeas, green pepper, carrot and broccoli and ginger in tomato sauce Eggplant slices fried with garlic Avocado slices
		Fruits:	<ul style="list-style-type: none"> Passion fruit or Mango (Seasonal) Papaya slices
	Dinner	Soup:	Leek soup
		Salad:	Kachumbari salad (cucumber, tomatoes, onion and coriander in lemon juice)

		Main meal:	<ul style="list-style-type: none"> • Rice • Coconut mushrooms with carrot, onion, green pepper and coriander • Fried Zucchini and tomatoes • Fried cabbage
		Fruits:	<ul style="list-style-type: none"> • Watermelon slices • Oranges or Machenza (Seasonal)
Day 3	Breakfast	Porridge:	Oats and fried peanuts
		Main meal:	<ul style="list-style-type: none"> • Chapati

			<ul style="list-style-type: none">● Butternut stew with coriander and tomatoes● Fried zucchini● Avocado slices● Baked beans
	Lunch	Fruits:	<ul style="list-style-type: none">● Bananas ●Pineapple
		Soup:	Vegetable soup
		Salad:	Garden salad (tomatoes, cucumber, carrot, oregano, minced garlic and apple vinegar)
		Main meal:	<ul style="list-style-type: none">● Mashed potato● Yellow lentils stew with carrot, onion, ginger, corriander and garlic● Stewed mchicha with onion● Eggplant slices fried with garlic
		Fruits:	<ul style="list-style-type: none">● Papaya● Passion fruit or Mango (Seasonal)
	Dinner	Soup:	Vegetable soup
		Salad:	Avocado salad
		Main meal:	<ul style="list-style-type: none">● Rice● Stir-fry mushrooms with carrot, onion, yellow pepper, tomatoes and green beans and coriander● Bamia stew with carrot, onion, tomatoes and coconut milk● Fried spinach with onion and garlic

		Fruits:	<ul style="list-style-type: none"> Oranges or Machenza (Seasonal) Bananas
Day 4	Breakfast	Porridge:	Oats and fried peanuts
		Main meal:	<ul style="list-style-type: none"> Garden salad Fried taro slices Avocado slices Lentil cutlets Baked beans
		Fruits:	<ul style="list-style-type: none"> Pineapple Passion fruit or Mango (Seasonal)
	Lunch	Soup:	Vegetarian borscht
		Salad:	Mexican salad (tomatoes, bell pepper, corn, zucchini, onion)
		Main meal:	<ul style="list-style-type: none"> Maccaroni Coconut chickpeas with green pepper, carrot, onion and ginger Fried tomatoes and zucchini
		Fruits:	<ul style="list-style-type: none"> Passion fruit or Mango (Seasonal) Bananas

	Dinner	Soup:	Leek soup
		Salad:	Kachumbari salad (cucumber, tomatoes, onion and coriander in lemon juice)
		Main meal:	<ul style="list-style-type: none"> Rice Soya beans stew with tomatoes, garlic and celery Bamia stew with carrot, onion, tomatoes and coconut milk Eggplant slices fried with garlic
		Fruits:	<ul style="list-style-type: none"> Passion fruit or Mango (Seasonal) Oranges or Machenza (Seasonal)
Day 5	Breakfast	Porridge:	Oats and fried peanuts

		Main meal:	<ul style="list-style-type: none"> Chinese rice Fried Mushrooms Avocado slices Chickpeas in tomato sauce Stewed mchicha with onion
		Fruits:	<ul style="list-style-type: none"> Papai Pineapple
	Lunch	Soup:	Butternut soup
		Salad:	Garden salad (tomatoes, cucumber, carrot, oregano, minced garlic and apple vinegar)
		Main meal:	<ul style="list-style-type: none"> Rice Vegetarian stew with lentils, green pepper, carrot and broccoli and ginger in tomato sauce Fried cabbage
		Fruits:	<ul style="list-style-type: none"> Watermelon slices Bananas
	Dinner	Soup:	Leek soup
		Salad:	Avocado salad
		Main meal:	<ul style="list-style-type: none"> Fried potato Fried eggplants with tomatoes and coriander Boiled carrot, green beans and broccoli Fried spinach with onion and garlic
		Fruits:	<ul style="list-style-type: none"> Passion fruit or Mango (Seasonal) Oranges or Machenza (Seasonal)
Day 6	Breakfast	Porridge:	Oats and fried peanuts
		Main meal:	<ul style="list-style-type: none"> Fried potato Fried Zucchini Avocado slices Fried tomato Fried spinach with onion and garlic

Day 7	Lunch	Fruits:	<ul style="list-style-type: none"> Bananas Watermelon
		Soup:	Butternut soup
		Salad:	Mexican salad (tomatoes, bell pepper, corn, zucchini, onion)
		Main meal:	<ul style="list-style-type: none"> Rice Soya beans stew with carrot, onion, ginger, corriander and garlic Eggplant slices fried with garlic Stewed mchicha with onion
		Fruits:	<ul style="list-style-type: none"> Pineapple Passion fruit or Mango (Seasonal)
	Dinner	Soup:	Leek soup
		Salad:	Kachumbari salad (cucumber, tomatoes, onion and coriander in lemon juice)
		Main meal:	<ul style="list-style-type: none"> Fried potato Choroko with coconut milk Fried tomatoes and zucchini Stewed mchicha with onion
		Fruits:	<ul style="list-style-type: none"> Passion fruit or Mango (Seasonal) Papaya
	Breakfast	Porridge:	Oats and fried peanuts
		Main meal:	<ul style="list-style-type: none"> Fried beetroot slices with garlic Baked beans Avocado slices Fried sweet potato slices Stewed mchicha with onion
		Fruits:	<ul style="list-style-type: none"> Passion fruit or Mango (Seasonal) Watermelon
	Lunch	Soup:	Vegetable soup
		Salad:	Garden salad (tomatoes, cucumber, carrot, oregano, minced garlic and apple vinegar)
		Main meal:	<ul style="list-style-type: none"> Mashed potato Fried mushrooms Bamia stew with carrot, onion, tomatoes and coconut milk Fried cabbage

	Dinner	Fruits:	<ul style="list-style-type: none"> • Pineapple • Bananas
		Soup:	Garlic soup with coriander
		Salad:	Avocado salad
		Main meal:	<ul style="list-style-type: none"> • Maccaroni

Day 8			<ul style="list-style-type: none"> • Stir-fry red beans with carrot, onion, yellow pepper, tomatoes and green beans and coriander • Avocado slices • Stewed mchicha with onion
		Fruits:	<ul style="list-style-type: none"> • Mangoes • Bananas
	Breakfast	Porridge:	Oats and fried peanuts
		Main meal:	<ul style="list-style-type: none"> • Baked beans • Avocado slices • Fried sweet potato slices • Stewed mchicha with onion
		Fruits:	<ul style="list-style-type: none"> • Pineapple • Passion fruit or Mango (Seasonal)
	Lunch	Soup:	Leek soup
		Salad:	Mexican salad (tomatoes, bell pepper, corn, zucchini, onion)
		Main meal:	<ul style="list-style-type: none"> • Maccaroni • Coconut chickpeas with green pepper, carrot, onion and ginger • Fried tomatoes and zucchini
		Fruits:	<ul style="list-style-type: none"> • Passion fruit or Mango (Seasonal) • Bananas