



KILIMANJARO FOOD MENU SAMPLE FOR VEGETARIAN

DAY 1: Big Tree camp (Mti Mkubwa)

Lunch box – Fruits

- ✓ Arrive at camp- Tea or coffee
- ✓ Biscuits
- ✓ Cashews, popcorn

Dinner

- ✓ Starter: Fresh pumpkin soup with garlic bread
- ✓ Main course: Plantain stew with potatoes and green vegetables
- ✓ Dessert – Banana, oranges, tea, coffee

DAY 2: Shira One Camp

Breakfast

- ✓ Tea or coffee
- ✓ Assorted fruits
- ✓ Eggs
- ✓ Hash browns with fresh tomato and cucumber
- ✓ Honey and peanut butter
- ✓ Juice

Lunch

- ✓ Cheese sandwich with soup
- ✓ Fruit, fresh carrots, cucumber
- ✓ Chocolates
- ✓ Arrive at camp: Tea, popcorn, peanuts

Dinner

- ✓ Fresh vegetable soup with bread
- ✓ Spaghetti with tomato sauce
- ✓ Vegetable Salad
- ✓ Dessert – Banana fritters, tea or coffee

DAY 3: Shira Two camp

Breakfast

- ✓ Tea or coffee



- ✓ Sweet potatoes, vegetable bagia, sliced cucumber
- ✓ Juice, assorted fruit

Lunch

- ✓ French fries, guacamole sandwich
- ✓ Mangos, bananas
- ✓ Cashews
- ✓ Tea or Milo
- ✓ Arrive at camp – Hot drinks with Bagia

Dinner

- ✓ Starter: Fresh vegetable soup with cassava or plantain fries
- ✓ Rice and cauliflower vegetable sauce
- ✓ Dessert - Pineapple flambé or mangos
- ✓ Tea or Coffee

DAY 4: Baraco Camp

Breakfast

- ✓ Tea or coffee
- ✓ Assorted fruits
- ✓ Maize porridge
- ✓ Bagia, potatoes with cucumber and tomato
- ✓ Lunch- Carrot soup with cold Potato
- ✓ Mixed fruit
- ✓ Cashews
- ✓ Arrive at camp – Hot drinks peanuts and bagia

Dinner

- ✓ Starter: Fresh cucumber soup with cassava and green beans
- ✓ Polenta with tomato sauce and fried mushrooms
- ✓ Dessert - Banana fitters or fruit salad
- ✓ Tea or Coffee

DAY 5: Karanga Camp

Breakfast

- ✓ Tea or coffee
- ✓ Assorted fruits
- ✓ Finger millet porridge
- ✓ Bagia and sliced tomato



- ✓ Lunch - Spinach and carrot soup with boiled potatoes
- ✓ French fries
- ✓ Cashews
- ✓ Juice, watermelon and oranges
- ✓ Arrive at camp – Hot drinks, popcorn and bagia

Dinner

- ✓ Potato leek soup
- ✓ Plantain stew with vegetable sauce and kachumbari (red onion/tomato salad)
- ✓ Fruit salad
- ✓ Tea or coffee

DAY 6: Barafu Camp

Breakfast

- ✓ Tea or coffee
- ✓ Assorted fruit
- ✓ Maize porridge
- ✓ Sweet potato, bagia/ honey and peanut butter
- ✓ Juice

Lunch

- ✓ Vegetable Bagia with cucumber soup and fruit
- ✓ Sweet potato, fresh carrots
- ✓ Chocolates
- ✓ Arrive at camp: Tea, popcorn, peanuts

Dinner

- ✓ Fresh soup with bagia
- ✓ Polenta and spinach or beans
- ✓ French fries
- ✓ Vegetable Salad
- ✓ Dessert – Banana fritters, tea, drinking chocolate

DAY 7: Barafu to uhuru/ Mweka Camp

Midnight Breakfast

- ✓ Morning tea or coffee
- ✓ Assorted fruit
- ✓ Toast
- ✓ Maize Porridge, bagia and chocolate



Lunch

- ✓ Tomato soup with bagia
- ✓ Mixed vegetables
- ✓ Cashews
- ✓ Chocolates, mixed fruits, juice

Dinner

- ✓ Vegetable soup with fried plantains
- ✓ Polenta and vegetable sauce
- ✓ Sweet potatoes or boiled potatoes
- ✓ Dessert - Fresh fruit salad, tea or coffee

DAY 8: Mweka Camp

Breakfast

- ✓ Tea or coffee
- ✓ Fried potatoes
- ✓ Bagia, tomato and cucumber
- ✓ Fruit

Lunch

- ✓ Picnic lunch at Mweka gate with champagne, wine and soft drinks and fresh fruits

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