



Kenia Mara

Up Close Game Drives &
Mountaineering
+254 721 714760

A Typical 5 Day Menu Served on the Marangu Route

DAY 1:

LUNCH (pack):

Bun with salami and cucumber
Green peppers and carrot cake
Fruit

DINNER:

Soup of the day with bread
Fried beef with roast potatoes, rice, carrots, cabbage
Fruit
Tea or Coffee

DAY 2:

BREAKFAST:

Oats with milk
Boiled egg, spinach omelette or fried egg with bacon and bread
Fruit
Tea or coffee

LUNCH (pack):

Boiled egg, sausage sandwich, cheese
Fruit

DINNER:

Spaghetti with meat sauce, or fish with rice
Fruit
Tea or coffee

DAY 3:

BREAKFAST:

Boiled egg, spinach omelette or fried egg with bacon and bread
Fruit
Tea or coffee

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Kenia Mara. Your East African Travel and Safari Operator

LUNCH:

Boiled egg, salami sandwich, cheese,
Fruit

DINNER:

Beef goulash with beans and bread
Fruit
Tea or coffee

DAY 4:

ON WAY TO THE SUMMIT (midnight snack)

Tea or coffee and biscuits, orange squash or soup

LUNCH:

French toast Macaroni and meat sauce and bread
Fruit
Tea or coffee

DINNER:

Roast chicken with vegetable, fried rice, green pepper, carrots
Pancake with honey
Tea or Coffee

DAY 5:

BREAKFAST

Oats with milk
Boiled egg, spinach omelette, fried egg with bacon and bread
Fruit

Please note: We also cater for vegetarian climbers.

