

Meals on the River Rafting trips

4 Day tour Menu

Day	Breakfast	Lunch	Dinner
Day 1		Own Lunch en Route	Grilled Tuna Steaks, Garlic Bread, Greek Salad, Sweet Potatoes, Tea & Coffee
Day 2	Bread, Cheese, Jam, Tea/Coffee.	Smoked Turkey, Tortillas & Kidney Bean Salad, Potato Salad, Bread, Mini Chocolates	Curry Mince, Pita Bread, Tsatsiki, Coleslaw, Chocolate Cake, Tea & Coffee
Day 3	French Toast, Cheese, Syrup, Tea & Coffee.	Couscous Salad, Ham, Cucumber, Tomatoes, Peppadews and Mint Sauce, Mini Chocolates	Chicken Flambé Stew (Potjie), Mixed Vegetables, Flavoured Rice, Brandy Bananas & Custard, Tea & Coffee.
Day 4	Boiled Eggs, Bacon, Bread, Cheese, Jam, Coffee & Tea.	Pasta Salad, Smoked Chicken, Tomatoes, Cucumber, Health Bread, Mini Chocolates	Pork Neck Chops, Stir Fry, Beer Bread, Butternut, Pineapple Rings, Apple Pie & Custard, Tea & Coffee.
Day 5	Depart after Breakfast Rusks, Tea & Coffee	Own Lunch en Route	

6-Day tour menu

Day	Breakfast	Lunch	Dinner
Day 1		Own Lunch on Route	Grilled Tuna steaks, Garlic Bread, Greek salad, Butternut, Tea/Coffee.
Day 2	Bread, Cheese, Jam Rusk's, Tea & Coffee.	Smoked Turkey, Tortillas & Kidney Bean Salad, Potato Salad, Bread, Mini Chocolates	Curry Mince, Pita Bread, Tsatsiki, Coleslaw, Greek Salad, Chocolate Cake, Tea & Coffee
Day 3	French Toast, Cheese, Jam, Rusk's, Tea & Coffee.	Fruit Salad & Health Bread, Cheese, Mini Chocolates.	Lamb stew, Rice, Mixed Veggies, Brandy Bananas & Custard, Tea & Coffee.
Day 4	Bacon, Fried Eggs, Bread, Cheese, Jam, Tea & Coffee.	Couscous Salad, Ham, Cucumber, Tomatoes, Peppadews ,Mint Sauce, Mini Chocolates	Chicken Stew, Rice, Mixed Veggies, Peaches & Custard, Snacks, Tea & Coffee.
Day 5	Scramble Eggs, Sausage, Bread, Jams, Tea & Coffee.	Pasta Salad, Smoked Chicken, Peppadews, Health Bread, Mini Chocolates.	Roast Dinner, River Chips, Coleslaw, Vegetables, Guavas & Custard, Tea & Coffee.
Day 6	Beef Bangers, Boiled Eggs, Bread, Cheese, Jam, Tea & Coffee.	Rice salad, Tuna, Tomatoes, Cucumber, Health Bread, Mini Chocolates	Pork Neck Chops, Stir Fry, Beer Bread, Sweet Potatoes, Apple Pie & Custard, Tea & Coffee.
Day7	Coffee & Tea, Rusks		