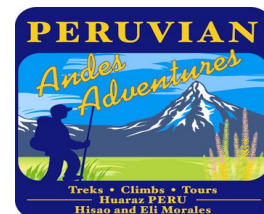


PERUVIAN ANDES ADVENTURES



TYPICAL TREKKING MEALS

Food energy and protein requirements are elevated at high altitude. We provide nutritious, high calorie and high protein meals and snacks, using fresh produce.

Each year prior to the commencement of the trekking season we hold a course for all our trek cooks where they prepare and learn new dishes for trekking

Note: meals vary depending on the cook, each cook has his or her own style and favourite dishes.

We can also cater for any special requests, vegan, gluten free, lactose intolerant, special diets - just tell us what are your favourite food or food that you would prefer not to have.

Breakfast

Wake up - Tea and coffee at your tent

Porridge / or cereal / or muesli / or quinoa or fruit & yoghurt

Eggs (omelette, boiled or fried), or pancakes

Bread

Butter, marmalade, peanut butter, honey

Unlimited tea, coffee, coca tea, hot chocolate, sugar, herbal teas

Snacks

Chocolate

Dried fruit and nuts

Biscuits

Fresh Fruit

Snack bars

Lunch

A picnic lunch with eg – trout, pasta, potatoes with sauce, tuna salad, vegetarian slice, tomato salad, avocado, cucumber

Varies depending on the cook and his special favourite dishes.

Fruit

Hot herbal tea

Afternoon Tea

Tea, coffee, hot chocolate, herbal teas

Biscuits, honey and marmalade, peanut butter

Sometimes popcorn, guacamole or wantons or even pizza!

Dinner – 3 course

Soup: The Peruvian specialty of freshly made soup – vegetable, pumpkin, tomato, pasta, chicken soups

Main course of fresh chicken or lamb/ beef with a sauce and potatoes, rice or pasta and fresh vegetables

Dessert – fruit, jelly, chocolate pudding

Varies depending on the cook and his special favourite dishes. Sometimes a cooks special dish such as pizza or pies.
Hot tea and coffee, hot chocolate

Climbing – High Camps

Where we must carry food up to High Camps, we use less fresh fruit, vegetables and meat.

We take – rice, pasta, dried fruit and vegetables, bread, cheese, tinned tuna, packet soups, biscuits, peanut butter and honey, hot drinks, porridge

Drinking water is boiled

Disinfected water is used for washing fruit and vegetables

Good hygiene practises are adhered to in handling food and preparing meals



Hamburger with salad



Potato cake with salsa



Orange Chicken



Breakfast pancake



Fresh Trout



Scrambled Eggs & Bacon

PERUVIAN ANDES ADVENTURES

TREKKING MEALS FOR VEGETARIANS

It is important that we provide adequate amounts of protein in trekking meals. At high altitude the body uses incredible amounts of protein and intake must be sufficient to avoid tiredness and illness.

For vegetarian clients on trek we provide:

Sources of Protein

Cheese	Eggs
Lentils	Dried soy products
Nuts	Milk
Peas	Peanut butter
Canned beans	Quinoa

Tuna and trout (for clients who like fish)

We carry extra:

- nuts and dried fruit
- avocado
- mushrooms
- eggs
- soy products
- vegetables and potatoes, and fresh fruit
- asparagus
- artichoke
- cheese
- quinoa

Beans

Because of the time to prepare and cook beans (using gas which must be carried) we cannot cook beans on trek.

It is not possible to buy baked beans in cans in Huaraz that do not have ham, bacon or meat added.

If you like baked beans, it is a good idea to bring a few cans with you.

Typical Meals for Vegetarians

Breakfast

Porridge / cereal / fruit / quinoa
Eggs – omelette, boiled or scrambled
Pancakes
Fruit
Fried banana
Toast – with honey, marmalade & peanut butter

Lunch

Vegetarian pasta, vegetarian slice, salads, potatoes with sauce and cheese, tomato and cucumber, vegetable slice, rice or pasta salads with vegetables and cheese

Varies depending on the cook and his personal favourite dishes.

Sometimes a sandwich roll filled with peanut butter/ cheese/ avocado/ asparagus/ boiled egg/ asparagus/ peppers/ spreads/ mayonnaise

- fruit
- nuts and raisins
- chocolate / a few sweets
-

Afternoon tea

Crackers with honey/ peanut butter/ cheese/ guacamole
Sometimes popcorn or cheese wantons

Dinner

A thick vegetable soup with noodles, all types of vegetables and peas, pasta soup

- Tortilla (a type of pancake made with egg and flour) – with cheese/ tomato/ asparagus/ vegetables/ potatoes/ onions/ peppers/ corn
- Hamburgers made with dried soy
- Soy meat stew or patties
- Pasta – with tomato salsa/ onions/ cheese/ nuts
- Lentil stew with vegetables
- Rice and potatoes with vegetables/ cheese/ boiled eggs
- All meals served with a salsa – tomato or something else for flavour.
- Cerviche made from artichoke & mushrooms
- Tuna and trout for people who like fish

Fruit, jelly or chocolate dessert.



Lunch Tuna Slice



Vegetarian Stuffed Eggplant



Soy burgers



Surprise Birthday Cake



Vegetarian Cerviche



Vegetarian Stir Fry

This information has been prepared by and is confidential to Peruvian Andes Adventures. We are aware that several agencies in Huaraz have copied and plagiarised information that we have invested considerable time and financial resources in developing to provide quality information to our clients