

BIVOQUAC



Birmingham County

MENU PLANNER

Use this page to help you plan your own menu and see if you are bringing enough food with you.

SATURDAY	SUNDAY
<u>Lunch</u>	<u>Breakfast</u>
<u>Snack</u>	<u>Snack</u>
<u>Evening Meal</u>	<u>Lunch</u>
<u>Snack</u>	<p>All food MUST be raw, unprocessed and be able to grow in the UK climate.</p> <p>You must removed from all packets and wrap it in clingfilm or sandwich bags.</p> <p>Food that does not meet these requirements will be classed as contraband and will be confiscated.</p>

Plan Wisely - points are awarded on Assessment for using any of the following methods: stick skewer, leaf wrapped steamer, baking, butterfly racquet, attempting an egg, dough based items and grazing on fruit & veg.