

**The Hebden- 21st January 2012**

**Check point Food as at 30th December 2011**

**Start**

Toast  
Marmalade and Jam  
Tea and Coffee

**CP1 (both routes)**

Chocolate Cake  
Coconut Cake  
Orange Squash  
Water

**CP2 (both routes)**

Jelly Babies  
Orange Squash  
Water

**CP3 (both routes)**

Sandwiches:  
Tuna Mayonnaise  
Potted Beef  
Cheese and Branston Pickle  
Beef Dripping (unbuttered bread)  
Buttered Malt Loaf  
Stollen  
Mincemeat Munchies  
Tea and Coffee  
Orange Sqash  
Water

**CP4 (both routes)**

Quaker Oat Biscuits  
Jelly Babies  
Orange Squash  
Water

**CP5 (long route)**

Coconut Cake  
Chocolate Cake  
Sandwiches as CP3  
Orange Squash  
Water

**Finish**

Vegetarian Stew (if pre-ordered)  
Pork Pie and Mushy Peas or Beans  
Crusty Bread and Butter  
Mint Sauce  
HP Brown Sauce  
Apple or Plum Crumble and Custard  
Tea and Coffee  
Orange Squash  
Left overs from CPs