

The Hebden- 19th January 2013

Check point Food as at 4th January 2013

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)
Hard Boiled Egg
Buttered Malt Loaf
Stollen
Mincemeat Munchies
Tea and Coffee
Orange Squash
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 Crumble and Custard
Tea and Coffee
Orange Squash
Left overs from CPs