

A close-up, high-angle photograph of a campfire. Bright orange and yellow flames are rising from a pile of dark, charred logs. In the foreground, a metal pot with a lid is positioned over the fire, resting on a metal stand. The ground around the fire is covered in dark, greyish-brown gravel and small stones. The overall scene is set outdoors, likely in a wooded area.

MEAL MENU

LUNCH:

Honey glazed ham & cheese sandwich, fruit, granola bar, and a sweet snack

DINNER:

Fried rice with chicken & veggies, and a hot chocolate

BREAKFAST:

Guatemalan Style Tortillas with beans, Oatmeal, coffee or tea

A close-up, high-angle photograph of a campfire. Bright orange and yellow flames are rising from a pile of dark, charred logs. In the foreground, a metal pot with a lid is positioned over the fire, its handle extending to the left. The ground is covered in grey and black gravel and ash. The overall scene is set in a natural, outdoor environment.

MEAL MENU

VEGAN / GLUTEN-FREE

LUNCH:

Lentil salad, corn crackers, fruit, granola bar and a sweet snack

DINNER:

Fried rice with tamales & veggies, and a hot chocolate

BREAKFAST:

Guatemalan Style Tortillas with beans, Oatmeal, coffee or tea

A close-up photograph of a campfire. Bright orange and yellow flames are rising from a pile of dark, charred logs. In the foreground, a metal pot with a lid is positioned over the fire, likely for cooking. The ground is covered in grey and blue gravel.

MEAL MENU

DAIRY-FREE OPTION

LUNCH:

Honey glazed ham sandwich, fruit, granola bar and a sweet snack

DINNER:

Fried rice with chicken & veggies, and a hot chocolate

BREAKFAST:

Guatemalan Style Tortillas with beans, Oatmeal, coffee or tea