



ALPINE ASCENTS
INTERNATIONAL

Orodha

Kilimanjaro Menu

We offer carefully planned, highly nutritious meals prepared by the best, trained chefs on the mountain. It is not just about the great food, but about getting the right food when on such a demanding climb. As a climbing company (as opposed to a safari or light trekking company) we understand what and how people need to eat while in the mountains. The quality of our expedition food is well known for all of our expeditions but is something special on Kilimanjaro climbs. Re-supply during our trip allows us to provide lots of fresh and whole-grain cooked foods.

Breakfast

Hot porridge (oats, corn or millet)

Toast with Jam and Peanut Butter or Avocado

Fried Eggs

Bacon or Sausage

Fresh Fruit

Lunch – varies daily

Pasta

Hot Soup with Bread

Futari (potato and cassava stew)

Fried chicken or fish

Small Sandwiches, Grilled Cheese

Kachimbari (fresh green salad)

Cookies and/or Chips

Fresh Fruit

Hot Drinks, offered with all meals

Coffee, Hot Chocolate, Black Tea, Herbal Tea, Milo (malt chocolate beverage), Tang



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Dinner – varies daily

Hot Soup with Bread

Cooked Vegetable Dishes including Green Beans, Eggplant, Okra, Tomatoes, Local Kale, Spinach

Cooked Meat Dishes including Small Beef Steaks, Beef Stroganoff, Chicken, Pork Chops, Fried Fish

Rice, Pasta, Potatoes, or Ugali (corn cake)

Light Dessert

Vegetarian and Vegan Options

There is a vegan dish at each meal; dinner options include:

Chickpeas, Lentil Stew, Local Corn and Bean Stew

Gluten Free or other Dietary Restrictions

****Please consult with us directly so we can notify your guide and find adequate meal replacements.****

Gluten free options may include:

Breakfast: *Hot millet or Corn cereals, fruit, avocado, bacon or sausage*

Lunch: *Kachimbari, soups, fried chicken or fish*

Dinner: *soup, rice, Ugali, legumes, vegetables, meat*



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Your “Top 20” Swahili Words and Phrases for Kilimanjaro

Welcome – *Karibu*

Hello – *Jambo*

What's up? – *Mambo*; to reply: *Poa* (cool)

Yes – *Ndiyo*

No – *Hapana*

No Thank You – *Hapana Asante*

Good Morning – *Habari Za Asubuhi*

Good Night – *Usiku Mwema*

How are you? – *Habari Yako?* or just *Habari?*

Very good – *Nzuri sana*

Thank You – *Asante*

Please – *Tafadhali*

Sorry – *Samahani*

Let's go – *Twende*; Let's go up! – *Twende Juu*

Slowly – *Pole Pole*

No problem – *Hakuna Matata*

Brother – *Kaka*

Friend – *Rafiki*

Goodbye – *Kwaheri*

Mountain – *Mlima*

