



GUATEMALA TEAM CASAS MEAL PLAN

- Arranged by Lori Nij of Colegio Cristiano Mañana Gloriosa
- All meals in Guatemala are included in the total trip cost with one exception
- Lunch while sightseeing in Antigua not included
(*\$20 or less depending on where you choose to eat*)
- Three meals/day + drinks included
- Includes: water, ice, trash bags, coolers, utensils, plates, napkins, toilet paper, plastic water bottle, etc.
- Reusable water bottle and snacks not included.

Sample Menu

- **Breakfast:** cereal, bread, fruit, pancakes, eggs, coffee, juice, milk
(at your accommodations)
- **Lunch:** burritos, ham sandwiches, peanut butter & jelly sandwiches, fruit, chips, snacks, water (on the work site)
- **Dinner:** hot meal (at your accommodations)
 - Examples: lasagna, black bean chili & rice, spaghetti, fajitas, potato casserole, mandarin chicken & chao mein noodles, grilled steak with baked potatoes and refried beans, taquitos (chicken or beef wrapped in a crunchy tortilla), nachos, beef stew, grilled onions, grilled pineapple, etc.
 - Desserts: brownies, pineapple upside down cake, chocolate cake, banana cake, fruit, etc.

We will do our best to accommodate any food allergies. Please email scheduling@casasporcristo.org to inform us of your food allergies 30 days prior to your trip.