



Contents, Allergens & Nutritional Information

24-hr Standard MRE Ration Pack - Menu 1 - 4



24-hr Standard MRE Ration Pack - Menu 1

CONTENTS			
CATEGORY	FOOD ITEM	PER SERVING (grams)	QUANTITY
MEAL	Pasta with Peppersteak	300	1
MEAL	Biryani Chicken	300	1
DESSERT	Caramel Cake	90	1
BREAKFAST	Sorghum Porridge - Original flavour	80	1
BEVERAGE	Hot Chocolate (V)	50	1
BEVERAGE	Isotonic Drink - Strawberry	50	1
BEVERAGE	Isotonic Drink - Orange	50	1
SNACK	Chocolate Energy Bar	45	1
SNACK	Fruit Cubes	60	1
SNACK	Crunchy Oat Biscuits	100	1
CONDIMENT	Salt	1	2
CONDIMENT	Pepper	0.4	2
UTENSIL	Spork		1
HYGIENE	Tissues		1
TOTAL			<u>16</u>

24-hr Standard MRE Ration Pack - Menu 1

ALLERGENS & INGREDIENTS		
FOOD ITEM	Allergens*	Ingredients
Pasta with Peppersteak	Soybean, Sulphur Dioxide, Gluten/Wheat	Water (40%). Beef (15%). Peas (20%). Pasta (Wheat Flour, Water) (Gluten) (10%). Green Beans. Dehydrated Mushroom Pieces (Sulphur Dioxide). Sunflower Oil. Onion. Soya Creamer [Maltodextrin, Vegetable Fat (Palm Fruit; Antioxidant BHA), Emulsifier (E471), Soy Protein (Soybean), Stabiliser (E452), Anticaking agent (E551)]. Modified Starch (E1422). Vegetable Flavouring. Salt. Brown Sugar. Garlic. Black Pepper. Thickener (Xanthan Gum). Spices.
Biryani Chicken	Sulphur Dioxide	Water (22%). Chicken (20%). [Coconut Extract (81%), Water (18%), Stabiliser (E412) (0.1%), Stabiliser (E466), Emulsifier (E435), Antioxidant Citric Acid, Antioxidant (E223) (Sulphur Dioxide)](12%). Tomato. Rice. Carrot. Potato. Onion. Sunflower Oil. Brown Sugar. Green Beans. Tomato Paste (Tomatoes, Salt). Lentils. Salt. Garlic. Thickener (Xanthan Gum). Spices.
Caramel Cake	Gluten/Wheat, Nuts (Almonds), Soya	Water. Sugar. Wheat Flour. Almond Milk (10%) (Water, Almonds (2%), Sea Salt, Emulsifier: E322, Stabiliser: E418, Flavouring). Soy Milk Powder (Soy Protein Isolate, Vegetable Fat [Palm Oil], Corn Syrup Solids, Sugar, Raising Agent: E341, Acidity Regulator: E332; E340, Emulsifier: E322; E471, Salt, Flavouring, Color: E160a, Vitamins And Minerals) (Soy). Apricot Jam (Apricots, Sugar, Water, Pectin, Acidity Regulator: E330, Flavour, Colour, Preservative: E202). Custard Powder (Corn Starch, Salt, Flavouring, Colour:) Hydrogenated Vegetable Fat and Oils (Palm Fruit and Palm Seed, Salt, Emulsifier: E471. E322, Preservatives: E211. E202, Acidity Regulator: E330, Antioxidants: E320. E319, Flavouring). Oat Milk Powder. Vinegar. Vanilla Flavouring. Salt.
Sorghum Porridge - Original flavour	Soya	Pre cooked sorghum (65 %). Sugar (18 %). Soy isolate (Soybean) (15 %). Salt. Anti-caking agent [Silicon Dioxide (Silica Salt) (E551)]. Tricalcium phosphate (E341). Flavouring.
Hot Chocolate (V)	Soya	Castor sugar (67%). Soy Milk Powder (Soy) (27%). Cocoa (5%). Thickener: Xanthan Gum.
Isotonic Drink - Strawberry	None	Castor sugar (98 %). Acidity Regulator: E330 (1%). Flavouring (Strawberry). Colourant: E110, E122. Magnesium oxide (E530). Anti-caking agent: E551. Potassium chloride (E508). Ascorbic acid (E300). Salt.
Isotonic Drink - Orange	None	Castor sugar (98 %). Acidity Regulator: E330 (1%). Flavouring (Orange). Colourant: E110, E122. Magnesium oxide (E530). Anti-caking agent: E551. Potassium chloride (E508). Ascorbic acid (E300). Salt.
Chocolate Energy Bar	Peanuts, Nuts, Soya	Peanut butter [Ground nuts (Peanuts) (91 %), Brown sugar (6.5 %), Salt (0.5 %)] (50 %). Hazelnut Praline [Vegetable Fat and/or Oil (Coconut oil), Sucrose, Hazelnut paste (Nuts), and Flavouring] (20 %). Hazelnut Spread [Sucrose, Vegetable Fat (coconut kernel), Hazelnut paste (Nuts), Cocoa powder, Vegetable oil (Sunflower seed), Emulsifier (Soybean) (E322) and Flavour] (20 %). One Spread Sauce [Sucrose, Vegetable Fat and/or Oil, Cocoa Powder, Salt, Emulsifier (Soybean) (E322) and Flavouring] (10 %).
Fruit Cubes	None	Sugar. Glucose. Fruit pulp. Water. stabiliser (Pectin). Acidity Regulator: E330. Sodium citrate (E331). Flavouring [Pineapple, Litchi, Passionfruit, Kiwi, Orange, Naartjie, Lemon, Lime, Greenberry, Gooseberry, Strawberry, Blueberry]. Colouring: E155, E133, E104, E110, E124. Colour 150 c]. Corn starch & Icing sugar.
Crunchy Oat Biscuits	Gluten/Wheat	Brown bread flour [Wheat (Gluten), Iron, Niacinamide, Zinc, Pyridoxine, Thiamine, Vitamin A, Folic Acid, Riboflavin, Enzymes, Ascorbic acid, Calcium carbonate, Industrial flour (carrier)] (32 %). Oats (16 %). Non-hydrogenated vegetable oil [Palm fruit with antioxidant [TBHQ (E319) (13 %), Sugar, Dessicated coconut, Hydrogenated vegetable fat & oils (Palm fruit and palm seed, Salt, Emulsifier: E471 and E322, Preservatives: E211 and E202, Acidity Regulator: E330, Antioxidants: E320 and E319, Flavouring]. Water. Golden syrup. Salt. Flavouring. Sodium bicarbonate (E500).
Salt	None	Salt. Anti-caking Agent. Potassium Iodate.
Pepper	None	Ground Black Pepper.

*Warning: These products have been made in a factory that uses Milk. Sulphur Dioxide. Peanuts. Tree Nuts [Almonds. Cashews. Hazelnuts]. Egg. Fish & Sesame Seeds.

24-hr Standard MRE Ration Pack - Menu 1

NUTRITIONAL INFORMATION (per pack)				
FOOD ITEM	KCAL	CARBS (g)	FAT (g)	PROTEIN (g)
Pasta with Peppersteak	363	23.7	14.7	24.9
Biryani Chicken	375	30.9	15.6	25.5
Caramel Cake	175.5	33.39	3.24	1.8
Sorghum Porridge - Original flavour	295	58.6	1.9	7.2
Hot Chocolate (V)	191	37	3.5	4.2
Isotonic Drink - Strawberry	194	47.5	<0.1	<0.3
Isotonic Drink - Orange	203	49.8	<0.1	<0.3
Chocolate Energy Bar	236	11.8	17.3	7.8
Fruit Cubes	217	52.4	0.1	<0.3
Crunchy Oat Biscuits	453	68.8	14.9	8.4
Salt	<1	<2.5	<0.1	<0.3
Pepper	3	0.2	0	0.1
TOTAL	2705.5	414.09	71.24	79.9

24-hr Standard MRE Ration Pack - Menu 2

CONTENTS			
CATEGORY	FOOD ITEM	PER SERVING (grams)	QUANTITY
MEAL	Biryani Beef	300	1
MEAL	Chicken and Vegetable Casserole	300	1
DESSERT	Chocolate Brownie (V)	90	1
BREAKFAST	Maize Porridge - Strawberry Flavour	80	1
BEVERAGE	Hot Chocolate (V)	50	1
BEVERAGE	Isotonic Drink - Peach	50	1
BEVERAGE	Isotonic Drink - Tropical	50	1
SNACK	Chocolate Energy Bar	45	1
SNACK	Granola Fruit Mix Snack	60	1
SNACK	Chocolate Chip Biscuits	100	1
CONDIMENT	Salt	1	2
CONDIMENT	Pepper	0.4	2
UTENSIL	Spork		1
HYGIENE	Tissues		1
TOTAL			16

ALLERGENS & INGREDIENTS		
FOOD ITEM	Allergens*	Ingredients
Biryani Beef	Sulphur Dioxide	Water (22%). Beef (20%).Coconut Milk [Coconut Extract (81%), Water (18%), Stabiliser (E412) (0.1%), Stabiliser (E466), Emulsifier (E435), Antioxidant Citric Acid, Antioxidant (E223) (Sulphur Dioxide)] (12%). Rice. Tomato. Carrot. Potato. Onion. Vegetable Oil (100% Sunflower Seed Oil). Green Beans. Brown Sugar. Green Beans. Tomato Paste (Tomatoes, Salt). Salt. Garlic. Spices. Xanthan Gum (415).
Chicken and Vegetable Casserole	None	Water. Chicken (20%). Potato (6%). Rice (6%). Carrot. Sunflower Oil. Onion. Sweetcorn. Peas. Modified Starch. Vegetable Flavouring. Brown Sugar. Tomato Paste (Tomatoes, Salt). Salt. Garlic. Thickener : Xanthan Gum. Spices.
Chocolate Brownie (V)	Gluten/Wheat, Nuts (Almonds), Soya, Sulphur Dioxide	Water. White Sugar (17%). Chocolate Chips [Sucrose, Vegetable Fat and Oils [Hydrogenated Palm Kernel, Emulsifiers: E492 and E322, Cocoa Powder (5-10%), Maltodextrin, Sodium Chloride, Flavouring (Soy)] (11%). Cake Wheat Flour [Wheat]. (Gluten). Almond Milk [Water, Almonds (2%), Mineral (Calcium Carbonate), Sea Salt, Emulsifier: E322, Stabiliser (Gellan Gum), Flavouring, Vitamins (A, D2 and E)]. Soymilk Powder (Soybean). Apricot Jam [Sugar, Water, Apricot fruit, Pectin, Acidity Regulator: E330, Potassium sorbate (E202), Apricot flavour, Antifoam]. Sunflower Oil. Cocoa Powder. Oat Milk Powder. Apple Cider Vinegar (Preservative: Sulphur Dioxide). Vanilla Flavouring. Salt.
Maize Porridge - Strawberry Flavour	Soya	Pre-cooked Maize [Maize] (65%). Sugar (18%). Soy Isolate (Soybean) (15%). Salt. Anti-caking Agent [Precipitated Silica]. Tricalcium Phosphate (E341). Flavouring. Colouring.
Hot Chocolate (V)	Soya	Castor sugar (67%). Soy Milk Powder (Soy) (27%). Cocoa (5%). Thickener: Xanthan Gum.
Isotonic Drink - Peach	None	Castor sugar (98 %). Acidity Regulator: E330 (1%). Flavouring (Peach). Colourant: E110, E122. Magnesium oxide (E530). Anti-caking agent: E551. Potassium chloride (E508). Ascorbic acid (E300). Salt.
Isotonic Drink - Tropical	None	Castor sugar (98 %). Acidity Regulator: E330 (1%). Flavouring (Granadilla). Colourant: E110, E122. Magnesium oxide (E530). Anti-caking agent: E551. Potassium chloride (E508). Ascorbic acid (E300). Salt.
Chocolate Energy Bar	Peanuts, Nuts, Soya	Peanut butter [Ground nuts (Peanuts) (91 %), Brown sugar (6.5 %), Salt (0.5 %)] (50 %). Hazelnut Praline [Vegetable Fat and/or Oil (Coconut oil), Sucrose, Hazelnut paste (Nuts), and Flavouring] (20 %). Hazelnut Spread [Sucrose, Vegetable Fat (coconut kernel), Hazelnut paste (Nuts), Cocoa powder, Vegetable oil (Sunflower seed), Emulsifier (Soybean) (E322) and Flavour] (20 %). One Spread Sauce [Sucrose, Vegetable Fat and/or Oil, Cocoa Powder, Salt, Emulsifier (Soybean) (E322) and Flavouring] (10 %).
Granola Fruit Mix Snack	Gluten/Wheat, Sulphur Dioxide	Granola [Rolled oats (Gluten), Vegetable fats and oils: [Palm oil (Palm fruit)], Golden syrup, Brown sugar, Salt] (50 %). Raisins (Sulphur Dioxide) (20 %). Fruit Cubes [Sugar, Glucose, Fruit pulp, Water, Stabiliser (Pectin), Citric acid [E330], Sodium citrate [E331], Flavouring [Papaya, Pineapple], Colouring [Sunset Yellow (E110), Quinoline Yellow (E104)], Corn starch & Icing sugar] (20 %). Banana Chips [Bananas, Coconut Oil, Sugar, Honey and Banana Flavour] (10 %).
Chocolate Chip Biscuits	Milk, Soya	Wheat flour. Non-hydrogenated vegetable oil [Palm fruit with antioxidant (TBHQ (E319))] (18 %). Sugar. Hydrogenated Vegetable Fat and Oils (Palm Fruit and Palm Seed, Salt, Emulsifier: E471 and E322, Preservatives: E211 and E202, Acidity Regulator: E330, Antioxidants: E320 and E319, Flavouring). Water. Chocolate Chips (8%) (Sucrose, Vegetable Fat and Oils [Hydrogenated Palm Kernel, Emulsifiers: E492, E322], Cocoa Powder (5%), Maltodextrin, Salt, Flavouring (Soy)). Salt. Vanilla Flavouring. Raising Agent: E500
Salt	None	Salt. Anti-caking Agent. Potassium Iodate.
Pepper	None	Ground Black Pepper.

*Warning: These products have been made in a factory that uses Milk. Sulphur Dioxide. Peanuts. Tree Nuts [Almonds. Cashews. Hazelnuts]. Egg. Fish & Sesame Seeds.

24-hr Standard MRE Ration Pack - Menu 2

NUTRITIONAL INFORMATION (per pack)				
FOOD ITEM	KCAL	CARBS (g)	FAT (g)	PROTEIN (g)
Biryani Beef	372	34.2	14.4	24.3
Chicken and Vegetable Casserole	333	33.6	12.3	20.4
Chocolate Brownie (V)	259	30.6	7.2	2.6
Maize Porridge - Strawberry Flavour	295	52.1	2.2	16
Hot Chocolate (V)	191	37	3.5	4.2
Isotonic Drink - Peach	203	49.9	<0.1	<0.3
Isotonic Drink - Tropical	203	49.8	<0.1	<0.3
Chocolate Energy Bar	236	11.8	17.3	7.8
Granola Fruit Mix Snack	235	39.4	6.2	3.3
Chocolate Chip Biscuits	491	65.6	21.7	6.9
Salt	<1	<2.5	<0.1	<0.3
Pepper	3	0.2	0	0.1
TOTAL	2821	404.2	84.8	85.6

24-hr Standard MRE Ration Pack - Menu 3

CONTENTS			
CATEGORY	FOOD ITEM	PER SERVING (grams)	QUANTITY
MEAL	Mild and Spicy Chicken Pasta	300	1
MEAL	Beef and Vegetable Casserole	300	1
DESSERT	Caramel Cake	90	1
BREAKFAST	Maize Porridge - Vanilla Flavour	80	1
BEVERAGE	Hot Chocolate (V)	50	1
BEVERAGE	Isotonic Drink - Tropical	50	1
BEVERAGE	Isotonic Drink - Pineapple	50	1
SNACK	Chocolate Energy Bar	45	1
SNACK	Peanuts Raisins & Choc Chips	60	1
SNACK	Fruit Oat Biscuits	100	1
CONDIMENT	Salt	1	2
CONDIMENT	Pepper	0.4	2
UTENSIL	Spork		1
HYGIENE	Tissues		1
TOTAL			16

24-hr Standard MRE Ration Pack - Menu 3

ALLERGENS & INGREDIENTS		
FOOD ITEM	Allergens*	Ingredients
Mild and Spicy Chicken Pasta	Gluten/Wheat	Water (24%). Chicken (20%). Tomato (16%). Pasta (Wheat Flour, Water (Gluten) (7%). Carrot. Red Peppers. Tomato Paste (Tomatoes, Salt). Marrow. Sunflower Oil. Onion. Brown Sugar. Modified Starch (E1422). Salt. Garlic. Vegetable Flavouring. Thickener: Xanthan Gum (E415). Spices.
Beef and Vegetable Casserole	None	Water. Beef (15%). Tomato (11%). Potato. Rice. Carrot. Green Beans. Peas. Sunflower Oil. Onion. Tomato Paste (Tomatoes, Salt). Brown Sugar. Salt. Modified Starch (E1422). Garlic. Vegetable Flavouring. Black Pepper. Thickener: E415. Spices.
Caramel Cake	Gluten/Wheat, Nuts (Almonds), Soya	Water. Sugar. Wheat Flour. Almond Milk (10%) (Water, Almonds (2%), Sea Salt, Emulsifier: E322, Stabiliser: E418, Flavouring). Soy Milk Powder (Soy Protein Isolate, Vegetable Fat [Palm Oil], Corn Syrup Solids, Sugar, Raising Agent: E341, Acidity Regulator: E332; E340, Emulsifier: E322; E471, Salt, Flavouring. Color: E160a, Vitamins And Minerals) (Soy). Apricot Jam (Apricots, Sugar, Water, Pectin, Acidity Regulator: E330, Flavour, Colour, Preservative: E202)). Custard Powder (Corn Starch, Salt, Flavouring, Colour:) Hydrogenated Vegetable Fat and Oils (Palm Fruit and Palm Seed, Salt, Emulsifier: E471. E322, Preservatives: E211. E202, Acidity Regulator: E330, Antioxidants: E320. E319, Flavouring). Oat Milk Powder. Vinegar. Vanilla Flavouring. Salt.
Maize Porridge - Vanilla Flavour	Soya	Pre-cooked Maize [Maize] (65%). Sugar (18%). Soy Isolate (Soybean) (15%). Salt. Anti-caking Agent [Precipitated Silica]. Tricalcium Phosphate (E341). Flavouring. Colouring.
Hot Chocolate (V)	Soya	Castor sugar (67%). Soy Milk Powder (Soy) (27%). Cocoa (5%). Thickener: Xanthan Gum.
Isotonic Drink - Tropical	None	Castor sugar (98 %). Acidity Regulator: E330 (1%). Flavouring (Granadilla). Colourant: E110, E122. Magnesium oxide (E530). Anti-caking agent: E551. Potassium chloride (E508). Ascorbic acid (E300). Salt.
Isotonic Drink - Pineapple	None	Castor sugar (98 %). Acidity Regulator: E330 (1%). Flavouring (Pineapple). Colourant: E110, E122. Magnesium oxide (E530). Anti-caking agent: E551. Potassium chloride (E508). Ascorbic acid (E300). Salt.
Chocolate Energy Bar	Peanuts, Nuts, Soya	Peanut butter [Ground nuts (Peanuts) (91 %), Brown sugar (6.5 %), Salt (0.5 %)] (50 %). Hazelnut Praline [Vegetable Fat and/or Oil (Coconut oil), Sucrose, Hazelnut paste (Nuts), and Flavouring] (20 %). Hazelnut Spread [Sucrose, Vegetable Fat (coconut kernel), Hazelnut paste (Nuts), Cocoa powder, Vegetable oil (Sunflower seed), Emulsifier (Soybean) (E322) and Flavour] (20 %). One Spread Sauce [Sucrose, Vegetable Fat and/or Oil, Cocoa Powder, Salt, Emulsifier (Soybean) (E322) and Flavouring] (10 %).
Peanuts Raisins & Choc Chips	Peanuts, Soya, Sulphur Dioxide	Salted Peanuts (34 %). Raisins (Sulphur Dioxide) (33 %). Chocolate Chips [Sucrose, Vegetable Fat and Oils [Hydrogenated Palm Kernel, Emulsifiers (E492) (E322 - Sunflower)], Cocoa Powder, Maltodextrin, Sodium Chloride, Flavouring and Emulsifier (E322) (Soybean)] (33 %).
Fruit Oat Biscuits	Gluten/Wheat, Sulphur Dioxide	Brown bread flour (Wheat, Gluten) (31 %). Oat flakes (16 %). Non-hydrogenated vegetable oil [Palm fruit with antioxidant [TBHQ (E319)] (13 %). Sugar. Water. Raisins (Sulphur Dioxide). Hydrogenated vegetable fat & oils [Palm fruit and/or palm seed, Salt, Emulsifier [Monoglycerides (E471), Sunflower seed lecithin (E322)], Preservatives [Sodium benzoate (E211) or Potassium sorbate (E202), Citric acid (E330)], Antioxidants [BHA (E320) or TBHQ (E319)], Flavourant]. Golden syrup. Salt. Flavourant. Sodium bicarbonate (E500).
Salt	None	Salt. Anti-caking Agent. Potassium Iodate.
Pepper	None	Ground Black Pepper.

*Warning: These products have been made in a factory that uses Milk. Sulphur Dioxide. Peanuts. Tree Nuts [Almonds. Cashews. Hazelnuts]. Egg. Fish & Sesame Seeds.

24-hr Standard MRE Ration Pack - Menu 3

NUTRITIONAL INFORMATION (per pack)				
FOOD ITEM	KCAL	CARBS (g)	FAT (g)	PROTEIN (g)
Mild and Spicy Chicken Pasta	309	30.9	10.2	21.3
Beef and Vegetable Casserole	321	28.5	12.9	15.9
Caramel Cake	175.5	33.39	3.24	1.8
Maize Porridge - Vanilla Flavour	295	52.1	2.2	16
Hot Chocolate (V)	191	37	3.5	4.2
Isotonic Drink - Tropical	203	49.8	<0.1	<0.3
Isotonic Drink - Pineapple	201	49.2	<0.1	<0.3
Chocolate Energy Bar	236	11.8	17.3	7.8
Peanuts Raisins & Choc Chips	288	30.5	14.6	7.7
Fruit Oat Biscuits	439	70.7	12.3	7.9
Salt	<1	<2.5	<0.1	<0.3
Pepper	3	0.2	0	0.1
TOTAL	<u>2661.5</u>	394.09	76.24	82.7

24-hr Standard MRE Ration Pack - Menu 4

CONTENTS			
CATEGORY	FOOD ITEM	PER SERVING (grams)	QUANTITY
MEAL	Spaghetti Bolognaise	300	1
MEAL	Chicken and Vegetable Curry	300	1
DESSERT	Chocolate Brownie (V)	90	1
BREAKFAST	Maize Porridge - Chocolate Flavour (V)	80	1
BEVERAGE	Hot Chocolate (V)	50	1
BEVERAGE	Isotonic Drink - Strawberry	50	1
BEVERAGE	Isotonic Drink - Orange	50	1
SNACK	Chocolate Energy Bar	45	1
SNACK	Fruit & Nut Mix Snack	60	1
SNACK	Fruit Oat Biscuits	100	1
CONDIMENT	Salt	1	2
CONDIMENT	Pepper	0.4	2
UTENSIL	Spork		1
HYGIENE	Tissues		1
TOTAL			16

24-hr Standard MRE Ration Pack - Menu 4

ALLERGENS & INGREDIENTS		
FOOD ITEM	Allergens*	Ingredients
Spaghetti Bolognaise	Gluten/Wheat	Water (27%). Tomato (17%). Beef Mince (15%) . Pasta (Wheat Flour, Water) (Gluten) (8%). Carrot. Green Beans. Sunflower Oil. Tomato Paste (Tomatoes, Salt). Onion. Brown Sugar. Sweetcorn. Modified Starch (E1422). Salt. Vegetable Flavouring Garlic. Paprika. Thickener (Xanthan Gum). Spices.
Chicken and Vegetable Curry	Sulphur Dioxide	Chicken (20%). Water. Carrots (12%). Potato (12%). Tomato. Coconut Milk [Coconut Extract (81%), Water (18%), Stabiliser (E412) (0.1%), Stabiliser (E466), Emulsifier (E435), Antioxidant Citric Acid, Antioxidant (E223) (Sulphur Dioxide)]. Green Beans. Sunflower Oil. Onion. Brown Sugar. Modified Starch. Garlic. Masala. Vegetable Flavouring. Spices.
Chocolate Brownie (V)	Gluten/Wheat, Nuts (Almonds), Soya, Sulphur Dioxide	Water. White Sugar (17%). Chocolate Chips [Sucrose, Vegetable Fat and Oils [Hydrogenated Palm Kernel, Emulsifiers: E492 and E322, Cocoa Powder (5-10%), Maltodextrin, Sodium Chloride, Flavouring (Soy)] (11%). Cake Wheat Flour [Wheat]. (Gluten). Almond Milk [Water, Almonds (2%), Mineral (Calcium Carbonate), Sea Salt, Emulsifier: E322, Stabiliser (Gellan Gum), Flavouring, Vitamins (A, D2 and E)]. Soymilk Powder (Soybean). Apricot Jam [Sugar, Water, Apricot fruit, Pectin, Acidity Regulator: E330, Potassium sorbate (E202), Apricot flavour, Antifoam]. Sunflower Oil. Cocoa Powder. Oat Milk Powder. Apple Cider Vinegar (Preservative: Sulphur Dioxide). Vanilla Flavouring. Salt.
Maize Porridge - Chocolate Flavour (V)	Soya	Pre-cooked Maize [Maize] (65%). Sugar (18%). Soy Isolate (Soybean) (15%). Salt. Anti-caking Agent [Precipitated Silica]. Tricalcium Phosphate (E341). Flavouring. Colouring.
Hot Chocolate (V)	Soya	Castor sugar (67%). Soy Milk Powder (Soy) (27%). Cocoa (5%). Thickener: Xanthan Gum.
Isotonic Drink - Strawberry	None	Castor sugar (98 %). Acidity Regulator: E330 (1%). Flavouring (Strawberry). Colourant: E110, E122. Magnesium oxide (E530). Anti-caking agent: E551. Potassium chloride (E508). Ascorbic acid (E300). Salt.
Isotonic Drink - Orange	None	Castor sugar (98 %). Acidity Regulator: E330 (1%). Flavouring (Orange). Colourant: E110, E122. Magnesium oxide (E530). Anti-caking agent: E551. Potassium chloride (E508). Ascorbic acid (E300). Salt.
Chocolate Energy Bar	Peanuts, Nuts, Soya	Peanut butter [Ground nuts (Peanuts) (91 %), Brown sugar (6.5 %), Salt (0.5 %)] (50 %). Hazelnut Praline [Vegetable Fat and/or Oil (Coconut oil), Sucrose, Hazelnut paste (Nuts), and Flavouring] (20 %). Hazelnut Spread [Sucrose, Vegetable Fat (coconut kernel), Hazelnut paste (Nuts), Cocoa powder, Vegetable oil (Sunflower seed), Emulsifier (Soybean) (E322) and Flavour] (20 %). One Spread Sauce [Sucrose, Vegetable Fat and/or Oil, Cocoa Powder, Salt, Emulsifier (Soybean) (E322) and Flavouring] (10 %).
Fruit & Nut Mix Snack	Peanuts, Nuts, Sulphur Dioxide	Peanuts (Peanuts) (50 %). Raisins (Sulphur Dioxide) (20 %). Papaya fruit cubes [Sugar, Glucose, Fruit pulp, Water, Stabiliser (Pectin), Citric acid [E330], Sodium citrate [E331], Flavouring [Papaya], Colouring [Sunset Yellow (E110), Quinoline Yellow (E104)], Corn starch & Icing sugar] (10 %). Cashews (Nuts) (10 %). Almonds (Nuts) (10 %).
Fruit Oat Biscuits	Gluten/Wheat, Sulphur Dioxide	Brown bread flour (Wheat, Gluten) (31 %). Oat flakes (16 %). Non-hydrogenated vegetable oil [Palm fruit with antioxidant (TBHQ (E319))] (13 %). Sugar. Water. Raisins (Sulphur Dioxide). Hydrogenated vegetable fat & oils [Palm fruit and/or palm seed, Salt, Emulsifier [Monoglycerides (E471), Sunflower seed lecithin (E322)], Preservatives [Sodium benzoate (E211) or Potassium sorbate (E202), Citric acid (E330)], Antioxidants [BHA (E320) or TBHQ (E319)], Flavourant]. Golden syrup. Salt. Flavourant. Sodium bicarbonate (E500).
Salt	None	Salt. Anti-caking Agent. Potassium Iodate.
Pepper	None	Ground Black Pepper.

*Warning: These products have been made in a factory that uses Milk. Sulphur Dioxide. Peanuts. Tree Nuts [Almonds. Cashews. Hazelnuts]. Egg. Fish & Sesame Seeds.

24-hr Standard MRE Ration Pack - Menu 4

NUTRITIONAL INFORMATION (per pack)				
FOOD ITEM	KCAL	CARBS (g)	FAT (g)	PROTEIN (g)
Spaghetti Bolognaise	378	30	17.7	17.1
Chicken and Vegetable Curry	360	18.6	19.8	25.5
Chocolate Brownie (V)	259	30.6	7.2	2.6
Maize Porridge - Chocolate Flavour (V)	295	52.1	2.2	16
Hot Chocolate (V)	191	37	3.5	4.2
Isotonic Drink - Strawberry	194	47.5	<0.1	<0.3
Isotonic Drink - Orange	203	49.8	<0.1	<0.3
Chocolate Energy Bar	236	11.8	17.3	7.8
Fruit & Nut Mix Snack	326	18.2	22	12.3
Fruit Oat Biscuits	439	70.7	12.3	7.9
Salt	<1	<2.5	<0.1	<0.3
Pepper	3	0.2	0	0.1
TOTAL	2884	366.5	102	93.5