



Contents, Allergens & Nutritional Information

24-hr Standard MRE Ration Pack - Menu 4



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ALLERGENS & INGREDIENTS		
FOOD ITEM	Allergens*	Ingredients
Spaghetti Bolognaise	Gluten/Wheat	Water (27%), Beef Mince (20%), Tomato (16%), Pasta (Wheat Flour, Water) (Gluten) (8%), Carrot, Green Beans, Sunflower Seed 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 (15%), Carrots (12%), Potato (12%), Tomato, Coconut Milk [Coconut Extract (81%), Water (18%), Stabiliser (E412) (0.1%), Stabiliser (E466), Emulsifier (E435), Antioxidant (E330 Citric Acid), Antioxidant (E223) (Sulphur Dioxide)], Green Beans, Sunflower Oil, Onion, Brown Sugar, Modified Starch (E1422), Garlic, Masala, Vegetable Flavouring, Spices.
Chocolate Brownie (V)	Gluten/Wheat, Egg, Milk, Soya	Cream (milk), Self-raising flour (Wheat, Gluten), Sugar, Chocolate Chips [Sucrose, Vegetable Fat and Oils (Hydrogenated Palm Kernel, Emulsifiers: E492 and E322 (Soybean), Cocoa Powder (5-10%), Maltodextrin, Sodium Chloride, Flavouring (Soy)) (15%), Hydrogenated Vegetable Fat and Oils (Palm Fruit and Palm Seed, Salt, Emulsifier: E471, E322 (Soybean), Preservatives: E211, E202, Acidity Regulator: E330, Antioxidants: E320, E319, Flavouring), Full Cream Milk, Eggs, Cocoa Powder.
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 (Chocolate), Colouring.
Hot Chocolate (V)	Soya	Brown sugar (30%), Cocoa Powder (11%), Xanthan Gum (Thickener), Flavouring (Chocolate, Vanilla), Soya Creamer (53%).
Isotonic Drink - Strawberry	None	Dextrose (53%), Sugar (41%), Citric Acid (E330), Ascorbic acid (E300), Cloudifier, Sodium Cyclamate (E952), Anti-caking agent (E551), Flavouring (Strawberry), Saccharine (E954), Magnesium oxide (E530), Potassium chloride (E508), Colourant, Salt.
Isotonic Drink - Orange	None	Dextrose (53%), Sugar (41%), Citric Acid (E330), Ascorbic acid (E300), Cloudifier, Sodium Cyclamate (E952), Anti-caking agent (E551), Flavouring (Orange), Saccharine (E954), Magnesium oxide (E530), Potassium chloride (E508), Colourant, Salt.
Chocolate Energy Bar	Peanuts, Tree 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, Tree Nuts, Sulphur Dioxide	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 (Tree Nuts) (10%), Almonds (Tree Nuts) (10%).
Fruity Oat Biscuits	Gluten/Wheat, Sulphur Dioxide, Soya	Brown bread flour (Wheat, Gluten) (31%), Oat flakes (16%), Non-hydrogenated vegetable oil [Palm fruit with antioxidant [TBHQ (E319)] (13%), Sugar (12%), Raisins (Sulphur Dioxide), Hydrogenated vegetable fat & oils [Palm fruit and/or palm seed, Salt, Emulsifier [Monoglycerides (E471), Sunflower seed lecithin (E322) (Soybean)], Preservatives [Sodium benzoate (E211) or Potassium sorbate (E202), Citric acid (E330)], Antioxidants [BHA (E320) or TBHQ (E319)], Flavourant], Water, Golden syrup, Salt, Flavourant (Caramel and Vanilla), 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.

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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	Fruity Oat Biscuits	100	1
CONDIMENT	Salt	1	2
CONDIMENT	Pepper	0,4	2
UTENSIL	Spork		1
HYGIENE	Tissues		1
TOTAL			16

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NUTRITIONAL INFORMATION (per pack)				
FOOD ITEM	KCAL	CARBS (g)	FAT (g)	PROTEIN (g)
Spaghetti Bolognese	378	30	17,7	17,1
Chicken and Vegetable Curry	360	18,6	19,8	25,5
Chocolate Brownie (V)	401	46,6	21,5	5,1
Maize Porridge - Chocolate Flavour (V)	295	52,1	2,2	12,6
Hot Chocolate (V)	206	33	4,6	6,4
Isotonic Drink - Strawberry	194	47,5	<0.1	<0.3
Isotonic Drink - Orange	194	47,5	<0.1	<0.3
Chocolate Energy Bar	237	11,8	17,3	7,8
Fruit & Nut Mix Snack	312	20	20	11,1
Fruity 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	3019	378	115,4	93,6