

**AUSTRALIAN DEFENCE FORCE – COMBAT RATION ONE MAN (CR1M) MENU SHEET**

**FOOD ALLERGIES:** This ration pack does **NOT** cater for consumers with food allergies or specific dietary requirements. Read the menu sheet and product label prior to consumption. On each product label ingredients are listed, allergens are emboldened for ease of identification. If you have any doubt about the contents you should not consume the ration pack. Nutrition information is correct at the time of printing unless otherwise stated here.

MENU A		MENU B		MENU C		MENU D	
Lamb & Tomato Sambal	1 x 250g	Butter Chicken	1 x 250g	Asian Beef with Vegetables & Black Beans	1 x 250g	French Lamb Stew	1 x 250g
Hearty Beef Stew	1 x 250g	Lamb & Rosemary	1 x 250g	Potato & Chickpea Curry	1 x 250g	Sweet Potato Thai Red Curry	1 x 250g
Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruits & Seeds	1 x 90g	Apple & Cinnamon Porridge	1 x 120g	Apple & Cinnamon Porridge	1 x 120g
Bread, Multigrain	1 x 65g	Bread, Multigrain	1 x 65g	Bread, Multigrain	1 x 65g	Bread, Multigrain	1 x 65g
Cake, Chocolate Chip	1 x 80g	Cake, Citrus	1 x 80g	Cake, Chocolate Chip	1 x 80g	Cake, Citrus	1 x 80g
Tuna with Lime & Black Pepper	1 x 85g	Tuna with Sundried Tomato & Herb	1 x 85g	Tuna with Sundried Tomato & Herb	1 x 85g	Tuna with Lime & Black Pepper	1 x 85g
Beef Steak Bar, Teriyaki	1 x 25g	Beef Steak Bar, Peppered	1 x 25g	Beef Steak Bar, Teriyaki	1 x 25g	Beef Steak Bar, Original	1 x 25g
Wholegrain Cereal Bar - Fruit & Seeds	1 x 35g	Wholegrain Cereal Bar – Seeds Incl. Chia	1 x 35g	Energy Bar, Brownie	1 x 40g	Energy Bar, Caramel	1 x 40g
All Fruit Bar, Raspberry	1 x 40g	All Fruit Bar, Tropical	1 x 40g	All Fruit Bar, Mixed Fruit	1 x 40g	All Fruit Bar, Tropical	1 x 40g
Biscuit, Cream Cracker	1 x 35g	Biscuit, Crispbread	1 x 34g	Biscuit, Crispbread	1 x 34g	Biscuit, Cream Cracker	1 x 35g
Lifesavers, Musk	1 x 34g	Lifesavers, Musk	1 x 34g	Mentos Roll, Mint	1 x 37.5g	Mentos Roll, Fruit	1 x 37.5g
Jam, Apricot	1 x 20g	Jam, Raspberry	1 x 20g	Jam, Strawberry	1 x 20g	Jam, Plum	1 x 20g
Thorzt Isotonic Drink, Lemon & Lime	1 x 35g	Soup, Golden Pumpkin	1 x 27.5g	Soup, Tomato	1 x 35g	Thorzt Isotonic Drink, Wild Berry	1 x 35g
Thorzt Isotonic Drink, Tropical	1 x 35g	Thorzt Isotonic Drink, Wild Berry	1 x 35g	Thorzt Isotonic Drink, Lemon & Lime	1 x 35g	Thorzt Isotonic Drink, Orange	1 x 35g
Creamer	1 x 15g	Creamer	1 x 15g	Creamer	2 x 3g	Creamer	2 x 3g

MENU E		MENU F		MENU G		MENU H	
Malay Lamb Curry	1 x 250g	Chicken & Wild Rice	1 x 250g	Meatballs with Baked Beans	1 x 250g	Moroccan Lamb	1 x 250g
Beef & Pasta	1 x 250g	Chili Con Carne	1 x 250g	Lamb Korma	1 x 250g	Spaghetti Bolognese	1 x 250g
Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruits & Seeds	1 x 90g	Banana & Maple Porridge	1 x 120g	Banana & Maple Porridge	1 x 120g
Bread, White	1 x 65g	Bread, White	1 x 65g	Bread, White	1 x 65g	Bread, White	1 x 65g
Cake, Citrus	1 x 80g	Cake, Chocolate Chip	1 x 80g	Cake, Chocolate Chip	1 x 80g	Cake, Citrus	1 x 80g
Tuna with Springwater	1 x 85g	Tuna with Springwater	1 x 85g	Tuna with Lime & Black Pepper	1 x 85g	Tuna with Sundried Tomato & Herb	1 x 85g
Beef Steak Bar, Original	1 x 25g	Beef Steak Bar, Teriyaki	1 x 25g	Beef Steak Bar, Peppered	1 x 25g	Beef Steak Bar, Original	1 x 25g
Wholegrain Cereal Bar - Fruit & Seeds	1 x 35g	Wholegrain Cereal Bar – Seed Incl. Chia	1 x 35g	Energy Bar, Brownie	1 x 40g	Energy Bar, Caramel	1 x 40g
All Fruit Bar, Mixed Fruit	1 x 40g	All Fruit Bar, Raspberry	1 x 40g	All Fruit Bar, Tropical	1 x 40g	All Fruit Bar, Raspberry	1 x 40g
Biscuit, Cream Cracker	1 x 35g	Biscuit, Crispbread	1 x 34g	Biscuit, Cream Cracker	1 x 35g	Biscuit, Crispbread	1 x 34g
Mentos, Mint	1 x 37.5g	Mentos Roll, Fruit	1 x 37.5g	Lifesavers, Musk	1 x 34g	Lifesavers, Musk	1 x 34g
Jam, Raspberry	1 x 20g	Jam, Apricot	1 x 20g	Jam, Strawberry	1 x 20g	Jam, Plum	1 x 20g
Soup, Tomato	1 x 35g	Soup, Golden Pumpkin	1 x 27.5g	Thorzt Isotonic Drink, Orange	1 x 35g	Thorzt Isotonic Drink, Tropical	1 x 35g
Thorzt Isotonic Drink, Tropical	1 x 35g	Thorzt Isotonic Drink, Wild Berry	1 x 35g	Thorzt Isotonic Drink, Lemon & Lime	1 x 35g	Thorzt Isotonic Drink, Orange	1 x 35g
Creamer	1 x 15g	Creamer	1 x 15g	Creamer	2 x 3g	Creamer	2 x 3g

**ADDITIONAL ITEMS COMMON TO ALL MENUS**

Instant Mashed Potato	1 x 60g	Vegemite	1 x 15g	Salt, Fine	2 x 2g	Plastic Spoon	1
Cheese, Cheddar	1 x 56g	Sweetened Condensed Milk	1 x 50g	Black Pepper	1 x 2g	Scouring Pad	1
Chocolate Ration	1 x 50g	Tabasco Sauce	1 x 3mL	Safety Matches	1	Rubber Band	3
M & M's Milk Chocolate	1 x 49g	Instant Coffee	2 x 3.5g	Toilet Paper	1 x 10	Resealable Plastic Bag	1
Protein Drink, Chocolate <b>OR</b> Coffee	1 x 60g	Tea Bags	2 x 2g	Plastic Bag Inner	1	Can Opener	1
Biscuit, Jam Sandwich	1 x 32g	Sauce, Tomato Ketchup	1 x 15g	Hand Sanitising Wet Wipes	3	Menu/Information Sheet	1
Chewing Gum, Mentos Sugar Free	2 x Pkts	Sugar, White Fine	2 x 7g				

**AUSTRALIAN DEFENCE FORCE – COMBAT RATION ONE PERSON (CR1P) MENU SHEET – STANDARD MENU**

**FOOD ALLERGIES:** This ration pack does **NOT** cater for consumers with food allergies or specific dietary requirements. Read the menu sheet and product label prior to consumption. On each product label ingredients are listed; allergens are emboldened for ease of identification. If you have any doubt about the contents, you should not consume the ration pack. Nutrition information is correct at the time of printing unless otherwise stated here.

MENU A		MENU B		MENU C		MENU D	
Savoury Mince	1 x 250g	Asian Beef with Vegetables & Black Beans	1 x 250g	Chilli Con Carne	1 x 250g	Mexican Chicken	1 x 250g
Lamb Korma	1 x 250g	Lamb & Rosemary	1 x 250g	Chicken & Wild Rice	1 x 250g	Meatballs with Baked Beans	1 x 250g
Natural Muesli with Fruits & Seeds	1 x 90g	Apple & Cinnamon Porridge	1 x 120g	Natural Muesli with Fruit & Seeds	1 x 90g	Banana & Maple Porridge	1 x 120g
Bread, White	1 x 65g	Bread, White	1 x 65g	Bread, White	1 x 65g	Bread, White	1 x 65g
Cake, Citrus	1 x 80g	Cake, Citrus	1 x 80g	Cake, Citrus	1 x 80g	Cake, Chocolate Chip	1 x 80g
Tuna with Lime & Black Pepper	1 x 85g	Tuna with Lime & Black Pepper	1 x 85g	Tuna in Springwater	1 x 85g	Tuna with Dried Tomato & Herb	1 x 85g
Beef Steak Bar, Teriyaki	1 x 25g	Beef Steak Bar, Peppered	1 x 25g	Beef Steak Bar, Original	1 x 25g	Beef Steak Bar, Original	1 x 25g
Wholegrain Cereal Bar with Fruit	1 x 35g	Energy Bar, Caramel	1 x 40g	Wholegrain Cereal Bar with Seeds	1 x 35g	Wholegrain Cereal Bar with Fruit	1 x 35g
All Fruit Bar, Raspberry	1 x 40g	All Fruit Bar, Tropical	1 x 40g	All Fruit Bar, Mixed Fruit	1 x 40g	All Fruit Bar, Mixed Fruit	1 x 40g
Biscuit, Cream Cracker	1 x 35g	Biscuit, Cream Cracker	1 x 35g	Biscuit, Crispbread	1 x 34g	Biscuit, Crispbread	1 x 34g
Biscuit, Jam Sandwich	1 x 32g	Biscuit, Plain Sweet	1 x 40g	Biscuit, Jam Sandwich	1 x 32g	Biscuit, Jam Sandwich	1 x 32g
Lifesavers, Musk	1 x 34g	Mentos Roll, Fruit	1 x 37.5g	Life Savers Musk	1 x 34g	Life Saver Musk	1 x 34g
Jam, Strawberry	1 x 20g	Jam, Strawberry	1 x 20g	Jam, Raspberry	1 x 20g	Jam, Apricot	1 x 20g
Thorzt Isotonic Drink, Orange	1 x 35g	Thorzt Isotonic Drink, Wild Berry	1 x 35g	Soup, Golden Pumpkin	1 x 27.5g	Thorzt Isotonic Drink, Wild Berry	1 x 35g
Creamy Mushroom Soup	1 x 32.5g	Thorzt Isotonic Drink, Orange	1 x 35g	Thorzt Isotonic Drink, Orange	1 x 35g	Thorzt Isotonic Drink, Tropical	1 x 35g
Creamer	1 x 15g			Creamer	1 x 15g		

MENU E		MENU F		MENU G		MENU H	
French Lamb Stew	1 x 250g	Spaghetti Bolognese	1 x 250g	Lamb & Tomato Sambal	1 x 250g	Moroccan Lamb	1 x 250g
Butter Chicken	1 x 250g	Malay Lamb Curry	1 x 250g	Beef and Pasta	1 x 250g	Hearty Beef Stew	1 x 250g
Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruit & Seeds	1 x 90g	Banana & Maple Porridge	1 x 120g
Bread, Multigrain	1 x 65g	Bread, Multigrain	1 x 65g	Bread, Multigrain	1 x 65g	Bread, Multigrain	1 x 65g
Cake, Chocolate Chip	1 x 80g	Cake, Chocolate Chip	1 x 80g	Cake, Citrus	1 x 80g	Cake, Chocolate Chip	1 x 80g
Tuna with Dried Tomato & Herb	1 x 85g	Tuna with Dried Tomato & Herb	1 x 85g	Tuna in Springwater	1 x 85g	Tuna with Lime & Black Pepper	1 x 85g
Beef Steak Bar, Teriyaki	1 x 25g	Beef Steak Bar, Peppered	1 x 25g	Beef Steak Bar, Teriyaki	1 x 25g	Beef Steak Bar, Peppered	1 x 25g
Energy Bar, Caramel	1 x 40g	Energy Bar, Brownie	1 x 40g	Wholegrain Cereal Bar with Seeds	1 x 35g	Energy Bar, Brownie	1 x 40g
All Fruit Bar, Raspberry	1 x 40g	All Fruit Bar, Tropical	1 x 40g	All Fruit Bar, Mixed Fruit	1 x 40g	All Fruit Bar, Tropical	1 x 40g
Biscuit, Cream Cracker	1 x 35g	Biscuit, Cream Cracker	1 x 35g	Biscuit, Crispbread	1 x 34g	Biscuit, Cream Cracker	1 x 35g
Biscuit, Jam Sandwich	1 x 32g	Biscuit, Plain Sweet	1 x 40g	Biscuit, Jam Sandwich	1 x 32g	Biscuit, Plain Sweet	1 x 40g
Mentos, Mint	1 x 37.5g	Mentos Roll, Fruit	1 x 37.5g	Lifesavers, Musk	1 x 34g	Mentos Roll, Mint	1 x 37.5g
Jam, Plum	1 x 20g	Jam, Plum	1 x 20g	Jam, Strawberry	1 x 20g	Jam, Plum	1 x 20g
Soup, Creamy Mushroom Soup	1 x 32.5g	Soup, Creamy Mushroom	1 x 32.5g	Soup, Golden Pumpkin	1 x 27.5g	Thorzt Isotonic Drink, Wild Berry	1 x 35g
Thorzt Isotonic Drink, Lemon & Lime	1 x 35g	Thorzt Isotonic Drink, Lemon & Lime	1 x 35g	Thorzt Isotonic Drink, Tropical	1 x 35g	Thorzt Isotonic Drink, Orange	1 x 35g
Creamer	1 x 15g	Creamer	1 x 15g	Creamer	1 x 15g		

**ADDITIONAL ITEMS COMMON TO ALL MENUS**

Instant Mashed Potato	1 x 60g	Salt Reduced Vegemite	1 x 15g	Salt, Fine	2 x 2g	Plastic Spoon	1
Cheese, Cheddar	1 x 56g	Sweetened Condensed Milk	1 x 50g	Black Pepper	1 x 2g	Scouring Pad	1
Chocolate Ration	1 x 50g	Tabasco Sauce	1 x 3mL	Creamer	2 x 3g	Rubber Band	3
M & M's Milk Chocolate	1 x 49g	Instant Coffee	2 x 3.5g	Toilet Paper	1 x 10	Resealable Plastic Bag	2
Protein Drink, Chocolate <b>OR</b> Coffee	1 x 60g	Tea Bags	2 x 2g	Plastic Bag Inner	1	Can Opener	1
Chewing Gum, Mentos Sugar Free	2 x Pkts	Sauce, Tomato Ketchup	1 x 15g	Hand Sanitising Wet Wipes	3	Menu/Information Sheet	1
		Sugar, White Fine	2 x 7g	Safety Matches	1		

### AUSTRALIAN DEFENCE FORCE – COMBAT RATION ONE PERSON (CR1P) MENU SHEET – HALAL SUITABLE MENU

**FOOD ALLERGIES:** This ration pack does **NOT** cater for consumers with food allergies. Read the menu sheet and product label prior to consumption. On each product label ingredients are listed, allergens are emboldened for ease of identification. If you have any doubt about the contents you should not consume the ration pack. Nutrition information is correct at the time of printing unless otherwise stated here.

MENU I		MENU J	
Beef Ragu	1 x 250g	Beef Teriyaki	1 x 250g
Chicken Korma	1 x 250g	Lamb Casserole	1 x 250g
Apple & Cinnamon Porridge	1 x 120g	Banana & Maple Porridge	1 x 120g
Bread, White	1 x 65g	Bread, Multigrain	1 x 65g
Cake, Citrus	1 x 80g	Cake, Chocolate Chip	1 x 80g
Wholegrain Cereal Bar with Fruit	1 x 35g	Wholegrain Cereal Bar with Seeds	1 x 35g
Energy Bar, Brownie	1 x 40g	Energy Bar, Caramel	1 x 40g
All Fruit Bar, Mixed Fruit	1 x 40g	All Fruit Bar, Raspberry	1 x 40g
Biscuit, Cream Cracker	1 x 35g	Biscuit, Crispbread	1 x 34g
Biscuit, Jam Sandwich	1 x 32g	Biscuit, Plain Sweet	1 x 40g
Mentos Roll, Mint	1 x 37.5g	Mentos Roll, Fruit	1 x 37.5g
Jam, Raspberry	1 x 20g	Jam, Apricot	1 x 20g
Thorzt Isotonic Drink, Tropical	1 x 35g	Thorzt Isotonic Drink, Wild Berry	1 x 35g
Thorzt Isotonic Drink, Lemon & Lime	1 x 35g	Thorzt Isotonic Drink, Tropical	1 x 35g
Soup, Golden Pumpkin	1 x 27.5g	Soup, Golden Pumpkin	1 x 27.5g

#### ADDITIONAL ITEMS COMMON TO ALL MENUS

Instant Mashed Potato	1 x 60g	Salt Reduced Vegemite	1 x 15g	Salt, Fine	2 x 2g	Plastic Spoon	1
Cheese, Cheddar	1 x 56g	Sweetened Condensed Milk	1 x 50g	Black Pepper	1 x 2g	Scouring Pad	1
Chocolate Ration	1 x 50g	Tabasco Sauce	1 x 3mL	Creamer	2 x 3g	Rubber Band	3
M & M's Milk Chocolate	1 x 49g	Instant Coffee	2 x 3.5g	Toilet Paper	1 x 10	Resealable Plastic Bag	2
Protein Drink, Chocolate <b>OR</b> Coffee	1 x 60g	Tea Bags	2 x 2g	Plastic Bag Inner	1	Can Opener	1
Chewing Gum, Mentos Sugar Free	2 x Pkts	Sauce, Tomato Ketchup	1 x 15g	Hand Sanitising Wet	3	Menu/Information Sheet	1
		Sugar, White Fine	2 x 7g	Wipes	1		
				Safety Matches			

**HALAL SUITABLE:** This ration pack contains meat-based main meals that have been manufactured by a halal-certified manufacturer. All other components have been assessed and deemed suitable, or certified as labelled.

**AUSTRALIAN DEFENCE FORCE – COMBAT RATION ONE PERSON (CR1P) MENU SHEET – VEGETARIAN MENU**

**FOOD ALLERGIES:** This ration pack does **NOT** cater for consumers with food allergies. Read the menu sheet and product label prior to consumption. On each product label ingredients are listed, allergens are emboldened for ease of identification. If you have any doubt about the contents you should not consume the ration pack. Nutrition information is correct at the time of printing unless otherwise stated here.

MENU M		MENU N	
Potato & Chickpea Curry	1 x 250g	Sweet Potato Thai Red Curry	1 x 250g
Moroccan Quinoa & Beans	1 x 250g	BBQ Beans	1 x 250g
Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruits & Seeds	1 x 90g
Bread, Multigrain	1 x 65g	Bread, White	1 x 65g
Cake, Chocolate Chip	1 x 80g	Cake, Citrus	1 x 80g
Energy Bar, Caramel	1 x 40g	Energy Bar, Brownie	1 x 40g
Baked Beans	1 x 250g	Baked Beans	1 x 250g
All Fruit Bar, Raspberry	1 x 40g	All Fruit Bar, Tropical	1 x 40g
Biscuit, Crispbread	1 x 34g	Biscuit, Crispbread	1 x 34g
Biscuit, Plain Sweet	1 x 40g	Biscuit, Plain Sweet	1 x 40g
Mentos Roll, Mint	1 x 37.5g	Mentos Roll, Fruit	1 x 37.5g
Jam, Apricot	1 x 20g	Jam, Raspberry	1 x 20g
Thorzt Isotonic Drink, Tropical	1 x 35g	Thorzt Isotonic Drink, Wild Berry	1 x 35g
Soup, Golden Pumpkin	1 x 27.5g	Soup, Golden Pumpkin	1 x 27.5g

**ADDITIONAL ITEMS COMMON TO ALL MENUS**

Instant Mashed Potato	1 x 60g	Salt Reduced Vegemite	1 x 15g	Salt, Fine	2 x 2g	Plastic Spoon	1
Cheese, Cheddar	1 x 56g	Sweetened Condensed Milk	1 x 50g	Black Pepper	1 x 2g	Scouring Pad	1
Chocolate Ration	1 x 50g	Tabasco Sauce	1 x 3mL	Creamer	2 x 3g	Rubber Band	3
M & M's Milk Chocolate	1 x 49g	Instant Coffee	2 x 3.5g	Toilet Paper	1 x 10	Resealable Plastic Bag	2
Protein Drink, Chocolate <b>OR</b> Coffee	1 x 60g	Tea Bags	2 x 2g	Plastic Bag Inner	1	Can Opener	1
Chewing Gum, Mentos Sugar Free	2 x Pkts	Sauce, Tomato Ketchup	1 x 15g	Hand Sanitising Wet	3	Menu/Information Sheet	1
Creamer	1 x 15g	Sugar, White Fine	2 x 7g	Wipes	1		
				Safety Matches			

**VEGETARIAN:** This ration pack contains components suitable for vegetarians.

**AUSTRALIAN DEFENCE FORCE – COMBAT RATION ONE PERSON (CR1P) MENU SHEET – STANDARD MENU**

**FOOD ALLERGIES:** This ration pack does **NOT** cater for consumers with food allergies or specific dietary requirements. Read the menu sheet and product label prior to consumption. On each product label ingredients are listed; allergens are emboldened for ease of identification. If you have any doubt about the contents, you should not consume the ration pack. Nutrition information is correct at the time of printing unless otherwise stated here.

MENU A		MENU B		MENU C		MENU D	
Beef Ragu	1 x 250g	Savoury Mince	1 x 250g	Mexican Chicken	1 x 250g	Asian Beef with Vegetables & Black Bean	1 x 250g
Chicken and Wild Rice	1 x 250g	Malay Lamb Curry	1 x 250g	Hearty Beef Stew	1 x 250g	Lamb Casserole	1 x 250g
Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruit & Seeds	1 x 90g	Natural Muesli with Fruit & Seeds	1 x 90g
Bread, White	1 x 65g	Bread, Multigrain	1 x 65g	Bread, Multigrain	1 x 65g	Bread, White	1 x 65g
Cake, Citrus	1 x 80g	Cake, Chocolate Chip	1 x 80g	Cake, Citrus	1 x 80g	Cake, Chocolate Chip	1 x 80g
Tuna with Dried Tomato & Herbs	1 x 85g	Tuna in Springwater	1 x 85g	Tuna with Lime & Black Pepper	1 x 85g	Tuna with Dried Tomato & Herb	1 x 85g
Beef Steak Bar, Teriyaki	1 x 25g	Beef Steak Bar, Teriyaki	1 x 25g	Beef Steak Bar, Original	1 x 25g	Beef Steak Bar, Peppered	1 x 25g
Energy Bar, Brownie	1 x 40g	Wholegrain Cereal Bar with Seeds	1 x 35g	Wholegrain Cereal Bar with Fruit	1 x 35g	Wholegrain Cereal Bar with Seeds	1 x 35g
Fruit Crush – Mango, Kiwifruit & Passionfruit	1 x 90g	Fruit Crush – Mixed Berry & Chia	1 x 90g	Fruit Crush – Mixed Berry & Chia	1 x 90g	Fruit Crush – Mango, Kiwifruit & Passionfruit	1 x 90g
Biscuit, Cream Cracker	1 x 35g	Biscuit, Crispbread	1 x 34g	Biscuit, Crispbread	1 x 34g	Biscuit, Cream Cracker	1 x 35g
Biscuit, Plain Sweet <b>OR</b>	1 x 40g	Biscuit, Jam Sandwich <b>OR</b>	1 x 32g	Biscuit, Jam Sandwich	1 x 32g	Biscuit, Choc Chip <b>OR</b>	1 x 36g
Biscuit, Choc Chip	1 x 36g	Biscuit, Choc Chip	1 x 36g	Life Savers Musk	1 x 34g	Biscuit, Jam Sandwich	1 x 32g
Mentos Roll, Mint	1 x 37.5g	Life Savers Musk	1 x 34g	Jam, Strawberry	1 x 20g	Mentos Roll, Mint	1 x 37.5g
Jam, Strawberry	1 x 20g	Jam, Plum	1 x 20g	Thorzt Isotonic Drink, Tropical	1 x 35g	Jam, Plum	1 x 20g
Thorzt Isotonic Drink, Orange	1 x 35g	Thorzt Isotonic Drink, Lemon & Lime	1 x 35g	Soup, Golden Pumpkin	1 x 27.5g	Thorzt Isotonic Drink, Lemon & Lime	1 x 35g
Soup, Golden Pumpkin <b>OR</b>	1 x 27.5g	Soup, Creamy Chicken	1 x 30g			All Fruit Bar, Raspberry	1 x 40g
Thorzt Isotonic Drink, Lemon & Lime	1 x 35g						

MENU E		MENU F		MENU G		MENU H	
Lamb & Tomato Sambal	1 x 250g	Moroccan Lamb	1 x 250g	Beef Teriyaki	1 x 250g	French Lamb Stew	1 x 250g
Meatballs with Baked Beans	1 x 250g	Butter Chicken	1 x 250g	Lamb Korma	1 x 250g	Beef and Pasta	1 x 250g
Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruit & Seeds	1 x 90g	Natural Muesli with Fruit & Seeds	1 x 90g
Bread, Multigrain	1 x 65g	Bread, White	1 x 65g	Bread, White	1 x 65g	Bread, Multigrain	1 x 65g
Cake, Chocolate Chip	1 x 80g	Cake, Citrus	1 x 80g	Cake, Citrus	1 x 80g	Cake, Chocolate Chip	1 x 80g
Tuna with Lime & Black Pepper	1 x 85g	Tuna with Lime & Black Pepper	1 x 85g	Tuna with Dried Tomato & Herb	1 x 85g	Tuna in Springwater	1 x 85g
Beef Steak Bar, Original	1 x 25g	Beef Steak Bar, Original	1 x 25g	Beef Steak Bar, Teriyaki	1 x 25g	Beef Steak Bar, Peppered	1 x 25g
Energy Bar, Caramel	1 x 40g	Wholegrain Cereal Bar with Fruit	1 x 35g	Energy Bar, Caramel	1 x 40g	Energy Bar, Brownie	1 x 40g
Fruit Crush – Mango, Kiwifruit & Passionfruit	1 x 90g	Fruit Crush – Mixed Berry & Chia	1 x 90g	Fruit Crush – Mango, Kiwifruit & Passionfruit	1 x 90g	Fruit Crush – Mango, Kiwifruit & Passionfruit	1 x 90g
Biscuit, Crispbread	1 x 34g	Biscuit, Cream Cracker	1 x 35g	Biscuit, Cream Cracker	1 x 35g	Biscuit, Crispbread	1 x 34g
Biscuit, Jam Sandwich <b>OR</b>	1 x 32g	Biscuit, Choc Chip <b>OR</b>	1 x 36g	Biscuit, Plain Sweet <b>OR</b>	1 x 40g	Biscuit, Choc Chip <b>OR</b>	1 x 36g
Biscuit, Choc Chip	1 x 36g	Biscuit, Jam Sandwich	1 x 32g	Biscuit, Choc Chip	1 x 36g	Biscuit, Plain Sweet	1 x 40g
Life Savers Musk	1 x 34g	Mentos Roll, Fruit	1 x 37.5g	Mentos Roll, Fruit	1 x 37.5g	Life Savers Musk	1 x 34g
Jam, Raspberry	1 x 20g	Jam, Plum	1 x 20g	Jam, Plum	1 x 20g	Jam, Raspberry	1 x 20g
Thorzt Isotonic Drink, Tropical	1 x 35g	Thorzt Isotonic Drink, Wild Berry	1 x 35g	Thorzt Isotonic Drink, Wild Berry	1 x 35g	Thorzt Isotonic Drink, Orange	1 x 35g
Soup, Creamy Chicken	1 x 30g	All Fruit Bar, Tropical	1 x 40g	All Fruit Bar, Mixed Fruit	1 x 40g	All Fruit Bar, Raspberry	1 x 40g

**ADDITIONAL ITEMS COMMON TO ALL MENUS**

Instant Mashed Potato	1 x 60g	Sweetened Condensed Milk	1 x 50g	Black Pepper	1 x 2g	Plastic Spoon	1
Cheese, Cheddar	1 x 56g	Tabasco Sauce	1 x 3mL	Creamer	2 x 3g	Scouring Pad	1
Chocolate Ration	1 x 50g	Instant Coffee	2 x 3.5g	Creamer	1 x 15g	Rubber Band	3
M & M's Milk Chocolate	1 x 49g	Tea Bags	2 x 2g	Toilet Paper	1 x 10	Resealable Plastic Bag	2
Protein Drink, Chocolate <b>OR</b> Coffee	1 x 60g	Sauce, Tomato Ketchup	1 x 15g	Plastic Bag Inner	1	Beverage Bag	2
Chewing Gum, Mentos Sugar Free	2 x Pkts	Sugar, White Fine	2 x 7g	Hand Sanitising Wet Wipes	3	Can Opener	1
Salt Reduced Vegemite	1 x 15g	Salt, Fine	2 x 2g	Safety Matches	1	Menu/Information Sheet	1

**AUSTRALIAN DEFENCE FORCE – COMBAT RATION ONE PERSON (CR1P) MENU SHEET – HALAL SUITABLE MENU**

**FOOD ALLERGIES:** This ration pack does **NOT** cater for consumers with food allergies. Read the menu sheet and product label prior to consumption. On each product label ingredients are listed, allergens are emboldened for ease of identification. If you have any doubt about the contents you should not consume the ration pack. Nutrition information is correct at the time of printing unless otherwise stated here.

MENU I		MENU J	
Chilli Con Carne	1 x 250g	Spaghetti Bolognese	1 x 250g
Lamb & Rosemary	1 x 250g	Chicken Korma	1 x 250g
Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruits & Seeds	1 x 90g
Bread, Multigrain	1 x 65g	Bread, White	1 x 65g
Cake, Chocolate Chip	1 x 80g	Cake, Citrus	1 x 80g
Energy Bar, Caramel	1 x 40g	Energy Bar, Brownie	1 x 40g
Super Fruit Crush – Mixed Berry & Chia	1 x 90g	Super Fruit Crush – Mango, Kiwifruit & Passionfruit	1 x 90g
Biscuit, Crispbread	1 x 34g	Biscuit, Cream Cracker	1 x 35g
Biscuit, Plain Sweet	1 x 40g	Biscuit, Jam Sandwich	1 x 32g
Mentos Roll, Fruit	1 x 37.5g	Mentos Roll, Mint	1 x 37.5g
Jam, Plum	1 x 20g	Jam, Strawberry	1 x 20g
Soup, Golden Pumpkin <b>OR</b>	1 x 27.5g	Soup, Golden Pumpkin <b>OR</b>	1 x 27.5g
Thorzt Isotonic Drink, Tropical	1 x 35g	Thorzt Isotonic Drink, Wild Berry	1 x 35g
Thorzt Isotonic Drink, Orange	1 x 35g	Thorzt Isotonic Drink, Lemon & Lime	1 x 35g
All Fruit Bar, Raspberry	1 x 40g	All Fruit Bar, Tropical	1 x 40g

**ADDITIONAL ITEMS COMMON TO ALL MENUS**

Instant Mashed Potato	1 x 60g	Sweetened Condensed Milk	1 x 50g	Black Pepper	1 x 2g	Plastic Spoon	1
Cheese, Cheddar	1 x 56g	Tabasco Sauce	1 x 3mL	Creamer	2 x 3g	Scouring Pad	1
Chocolate Ration	1 x 50g	Instant Coffee	2 x 3.5g	Creamer	1 x 15g	Rubber Band	3
M & M's Milk Chocolate	1 x 49g	Tea Bags	2 x 2g	Toilet Paper	1 x 10	Resealable Plastic Bag	2
Protein Drink, Chocolate <b>OR</b> Coffee	1 x 60g	Sauce, Tomato Ketchup	1 x 15g	Plastic Bag Inner	1	Beverage Bag	2
Chewing Gum, Mentos Sugar Free	2 x Pkts	Sugar, White Fine	2 x 7g	Hand Sanitising Wet Wipes	3	Can Opener	1
Salt Reduced Vegemite	1 x 15g	Salt, Fine	2 x 2g	Safety Matches	1	Menu/Information Sheet	1

**HALAL SUITABLE:** This ration pack contains meat-based main meals that have been manufactured by a halal-certified manufacturer. All other components have been assessed and deemed suitable, or certified as labelled.

### AUSTRALIAN DEFENCE FORCE – COMBAT RATION ONE PERSON (CR1P) MENU SHEET – VEGETARIAN MENU

**FOOD ALLERGIES:** This ration pack does **NOT** cater for consumers with food allergies. Read the menu sheet and product label prior to consumption. On each product label ingredients are listed, allergens are emboldened for ease of identification. If you have any doubt about the contents you should not consume the ration pack. Nutrition information is correct at the time of printing unless otherwise stated here.

MENU M		MENU N	
Sweet Potato Thai Red Curry	1 x 250g	Potato & Chickpea Curry	1 x 250g
Moroccan Quinoa & Beans	1 x 250g	BBQ Beans	1 x 250g
Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruits & Seeds	1 x 90g
Bread, White	1 x 65g	Bread, Multigrain	1 x 65g
Cake, Citrus	1 x 80g	Cake, Chocolate Chip	1 x 80g
Wholegrain Cereal Bar with Fruit	1 x 35g	Wholegrain Cereal Bar with Seeds	1 x 35g
Baked Beans	1 x 250g	Baked Beans	1 x 250g
All Fruit Bar, Tropical	1 x 40g	All Fruit Bar, Mixed Fruit	1 x 40g
Biscuit, Crispbread	1 x 34g	Biscuit, Cream Cracker	1 x 35g
Biscuit, Plain Sweet	1 x 40g	Biscuit, Plain Sweet	1 x 40g
Mentos Roll, Fruit	1 x 37.5g	Mentos Roll, Mint	1 x 37.5g
Jam, Raspberry	1 x 20g	Jam, Strawberry	1 x 20g
Thorzt Isotonic Drink, Orange	1 x 35g	Thorzt Isotonic Drink, Wild Berry	1 x 35g

#### ADDITIONAL ITEMS COMMON TO ALL MENUS

Instant Mashed Potato	1 x 60g	Sweetened Condensed Milk	1 x 50g	Black Pepper	1 x 2g	Plastic Spoon	1
Cheese, Cheddar	1 x 56g	Tabasco Sauce	1 x 3mL	Creamer	2 x 3g	Scouring Pad	1
Chocolate Ration	1 x 50g	Instant Coffee	2 x 3.5g	Creamer	1 x 15g	Rubber Band	3
M & M's Milk Chocolate	1 x 49g	Tea Bags	2 x 2g	Toilet Paper	1 x 10	Resealable Plastic Bag	2
Protein Drink, Chocolate <b>OR</b> Coffee	1 x 60g	Sauce, Tomato Ketchup	1 x 15g	Plastic Bag Inner	1	Beverage Bag	2
Chewing Gum, Mentos Sugar Free	2 x Pkts	Sugar, White Fine	2 x 7g	Hand Sanitising Wet Wipes	3	Can Opener	1
Salt Reduced Vegemite	1 x 15g	Salt, Fine	2 x 2g	Safety Matches	1	Menu/Information Sheet	1

**VEGETARIAN:** This ration pack contains components suitable for vegetarians.

**AUSTRALIAN DEFENCE FORCE – COMBAT RATION ONE PERSON (CR1P) MENU SHEET – STANDARD MENU**

**FOOD ALLERGIES:** This ration pack does **NOT** cater for consumers with food allergies or specific dietary requirements. Read the menu sheet and product label prior to consumption. On each product label ingredients are listed; allergens are emboldened for ease of identification. If you have any doubt about the contents, you should not consume the ration pack. Nutrition information is correct at the time of printing unless otherwise stated here.

<b>MENU A</b>		<b>MENU B</b>		<b>MENU C</b>		<b>MENU D</b>	
Creamy Lemon Chicken Pasta	1 x 250g	Chilli Con Carne	1 x 250g	Beef Ragu	1 x 250g	Beef Teriyaki	1 x 250g
Lamb Casserole	1 x 250g	Chicken Korma	1 x 250g	Lamb & Rosemary	1 x 250g	Chicken and Wild Rice	1 x 250g
Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruit & Seeds	1 x 90g	Natural Muesli with Fruit & Seeds	1 x 90g
Bread, Multigrain	1 x 65g	Bread, Multigrain	1 x 65g	Bread, Multigrain	1 x 65g	Bread, White	1 x 65g
Cake, Chocolate Chip	1 x 80g	Cake, Citrus	1 x 80g	Cake, Citrus	1 x 80g	Cake, Chocolate Chip	1 x 80g
Tuna with Lime & Black Pepper	1 x 85g	Tuna in Springwater	1 x 85g	Tuna with Lime & Black Pepper	1 x 85g	Tuna with Lime & Black Pepper	1 x 85g
Beef Steak Bar, Peppered	1 x 25g	Beef Steak Bar, Teriyaki	1 x 25g	Beef Steak Bar, Peppered	1 x 25g	Beef Steak Bar, Original	1 x 25g
Energy Bar, Caramel	1 x 40g	Energy Bar, Brownie	1 x 40g	Wholegrain Cereal Bar with Fruit	1 x 35g	Wholegrain Cereal Bar with Seeds	1 x 35g
All Fruit Bar, Raspberry	1 x 40g	All Fruit Bar, Tropical	1 x 40g	All Fruit Bar, Mixed Fruit	1 x 40g	All Fruit Bar, Mixed Fruit	1 x 40g
Biscuit, Crispbread	1 x 34g	Biscuit, Crispbread	1 x 34g	Biscuit, Cream Cracker	1 x 35g	Biscuit, Crispbread	1 x 34g
Biscuit, Plain Sweet	1 x 40g	Biscuit, Plain Sweet	1 x 40g	Biscuit, Jam Sandwich	1 x 33g	Biscuit, Jam Sandwich	1 x 33g
Mentos Roll, Fruit	1 x 37.5g	Life Savers Musk	1 x 34g	Life Savers Musk	1 x 34g	Mentos Roll, Mint	1 x 37.5g
Creamy Chicken Soup	1 x 30g	Creamy Mushroom Soup	1 x 32.5g	Creamy Mushroom Soup	1 x 32.5g	Fruit Crush Mango Kiwi & Passionfruit	1 x 90g
Plum Jam	1 x 20g	Raspberry Jam	1 x 20g	Plum Jam	1 x 20g	Strawberry Jam	1 x 20g
Thorzt Isotonic Drink, Wild Berry	1 x 35g	Thorzt Isotonic Drink, Wild Berry	1 x 35g	Thorzt Isotonic Drink, Orange	1 x 35g	Thorzt Isotonic Drink, Orange	1 x 35g

<b>MENU E</b>		<b>MENU F</b>		<b>MENU G</b>		<b>MENU H</b>	
Peri Peri Chicken	1 x 250g	Asian Beef with Vegetables & Black Beans	1 x 250g	Savoury Mince	1 x 250g	Lamb and Tomato Sambal	1 x 250g
Spaghetti Bolognese	1 x 250g	Malay Lamb Curry	1 x 250g	French Lamb Stew	1 x 250g	Butter Chicken	1 x 250g
Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruit & Seeds	1 x 90g	Natural Muesli with Fruit & Seeds	1 x 90g
Bread, White	1 x 65g	Bread, White	1 x 65g	Bread, Multigrain	1 x 65g	Bread, White	1 x 65g
Cake, Citrus	1 x 80g	Cake, Chocolate Chip	1 x 80g	Cake, Citrus	1 x 80g	Cake, Chocolate Chip	1 x 80g
Tuna with Dried Tomato & Herb	1 x 85g	Tuna with Dried Tomato & Herb	1 x 85g	Tuna in Springwater	1 x 85g	Tuna with Dried Tomato & Herb	1 x 85g
Beef Steak Bar, Teriyaki	1 x 25g	Beef Steak Bar, Original	1 x 25g	Beef Steak Bar, Teriyaki	1 x 25g	Beef Steak Bar, Peppered	1 x 25g
Energy Bar, Brownie	1 x 40g	Wholegrain Cereal Bar with Seeds	1 x 35g	Wholegrain Cereal Bar with Fruit	1 x 35g	Energy Bar, Caramel	1 x 40g
All Fruit Bar, Tropical	1 x 40g	All Fruit Bar, Tropical	1 x 40g	All Fruit Bar, Raspberry	1 x 40g	All Fruit Bar, Raspberry	1 x 40g
Biscuit, Cream Cracker	1 x 35g	Biscuit, Crispbread	1 x 34g	Biscuit, Cream Cracker	1 x 35g	Biscuit, Cream Cracker	1 x 35g
Biscuit, Jam Sandwich	1 x 33g	Biscuit, Jam Sandwich	1 x 33g	Biscuit, Plain Sweet	1 x 40g	Biscuit, Plain Sweet	1 x 40g
Mentos Roll, Fruit	1 x 37.5g	Life Savers Musk	1 x 34g	Life Savers Musk	1 x 34g	Mentos Roll, Mint	1 x 37.5g
Fruit Crush, Mixed Berry & Chia	1 x 90g	Fruit Crush Mango, Kiwi & Passionfruit	1 x 90g	Creamy Chicken Soup	1 x 30g	Fruit Crush, Mixed Berry & Chia	1 x 90g
Plum Jam	1 x 20g	Raspberry Jam	1 x 20g	Strawberry Jam	1 x 20g	Plum Jam	1 x 20g
Thorzt Isotonic Drink, Lemon & Lime	1 x 35g	Thorzt Isotonic Drink, Tropical	1 x 35g	Thorzt Isotonic Drink, Orange	1 x 35g	Thorzt Isotonic Drink, Wild Berry	1 x 35g

**ADDITIONAL ITEMS COMMON TO ALL MENUS**

Instant Mashed Potato	1 x 60g	Sweetened Condensed Milk	1 x 50g	Black Pepper	1 x 2g	Plastic Spoon	1
Cheese, Cheddar	1 x 56g	Tabasco Sauce	1 x 3mL	Creamer	2 x 3g	Scouring Pad	1
Chocolate Ration	1 x 50g	Instant Coffee	2 x 3.5g	Creamer	1 x 15g	Rubber Band	3
M & M's Milk Chocolate	1 x 49g	Tea Bags	2 x 2g	Toilet Paper	1 x 10	Resealable Plastic Bag	2
Sustagen Drink, Chocolate <b>OR</b> Vanilla	1 x 60g	Sauce, Tomato Ketchup	1 x 15g	Plastic Bag Inner	1	Beverage Bag	1
Chewing Gum, Mentos Sugar Free	1 x Pkts	Sugar, White Fine	2 x 7g	Hand Sanitising Wet Wipes	3	Can Opener	1
Salt Reduced Vegemite	1 x 15g	Salt, Fine	2 x 2g	Safety Matches	1	Menu/Information Sheet	1

**AUSTRALIAN DEFENCE FORCE – COMBAT RATION ONE PERSON (CR1P) MENU SHEET – HALAL SUITABLE MENU**

**FOOD ALLERGIES:** This ration pack does **NOT** cater for consumers with food allergies. Read the menu sheet and product label prior to consumption. On each product label ingredients are listed, allergens are emboldened for ease of identification. If you have any doubt about the contents you should not consume the ration pack. Nutrition information is correct at the time of printing unless otherwise stated here.

MENU I		MENU J	
Moroccan Lamb	1 x 250g	Mexican Chicken	1 x 250g
Beef and Pasta	1 x 250g	Hearty Beef Stew	1 x 250g
Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruits & Seeds	1 x 90g
Bread, White	1 x 65g	Bread, Multigrain	1 x 65g
Cake, Citrus	1 x 80g	Cake, Chocolate Chip	1 x 80g
Biscuit, Plain Sweet	1 x 40g	Biscuit, Jam Sandwich	1 x 33g
Wholegrain Cereal Bar with Seeds	1 x 35g	Wholegrain Cereal Bar with Fruit	1 x 35g
Fruit Crush – Mango, Kiwi & Passionfruit	1 x 90g	Fruit Crush – Mixed Berry & Chia	1 x 90g
Biscuit, Cream Cracker	1 x 35g	Biscuit, Crispbread	1 x 34g
Biscuit, Jam Sandwich	1 x 33g	Biscuit, Plain Sweet	1 x 40g
Mentos Roll, Fruit	1 x 37.5g	Mentos Roll, Mint	1 x 37.5g
All Fruit Bar, Raspberry	1 x 40g	All Fruit Bar, Mixed Fruit	1 x 40g
Strawberry Jam	1 x 20g	Raspberry Jam	1 x 20g
Thorzt Isotonic Drink, Lemon & Lime	1 x 35g	Thorzt Isotonic Drink, Tropical	1 x 35g

**ADDITIONAL ITEMS COMMON TO ALL MENUS**

Instant Mashed Potato	1 x 60g	Sweetened Condensed Milk	1 x 50g	Black Pepper	1 x 2g	Plastic Spoon	1
Cheese, Cheddar	1 x 56g	Tabasco Sauce	1 x 3mL	Creamer	2 x 3g	Scouring Pad	1
Chocolate Ration	1 x 50g	Instant Coffee	2 x 3.5g	Creamer	1 x 15g	Rubber Band	3
M & M's Milk Chocolate	1 x 49g	Tea Bags	2 x 2g	Toilet Paper	1 x 10	Resealable Plastic Bag	2
Protein Drink, Chocolate <b>OR</b> Coffee	1 x 60g	Sauce, Tomato Ketchup	1 x 15g	Plastic Bag Inner	1	Beverage Bag	2
Chewing Gum, Mentos Sugar Free	1 x Pkts	Sugar, White Fine	2 x 7g	Hand Sanitising Wet Wipes	3	Can Opener	1
Salt Reduced Vegemite	1 x 15g	Salt, Fine	2 x 2g	Safety Matches	1	Menu/Information Sheet	1

**HALAL SUITABLE:** This ration pack contains meat-based main meals that have been manufactured by a halal-certified manufacturer. All other components have been assessed and deemed suitable, or certified as labelled.

### AUSTRALIAN DEFENCE FORCE – COMBAT RATION ONE PERSON (CR1P) MENU SHEET – VEGETARIAN MENU

**FOOD ALLERGIES:** This ration pack does **NOT** cater for consumers with food allergies. Read the menu sheet and product label prior to consumption. On each product label ingredients are listed, allergens are emboldened for ease of identification. If you have any doubt about the contents you should not consume the ration pack. Nutrition information is correct at the time of printing unless otherwise stated here.

MENU M		MENU N	
Mexican Burrito Bowl	1 x 250g	Sweet Potato Thai Red Curry	1 x 250g
Potato & Chickpea Curry	1 x 250g	Loaded Vegetables & Beans	1 x 250g
Natural Muesli with Fruits & Seeds	1 x 90g	Natural Muesli with Fruits & Seeds	1 x 90g
BBQ Beans	1 x 250g	BBQ Beans	1 x 250g
Bread, Multigrain	1 x 65g	Bread, White	1 x 65g
Cake, Chocolate Chip	1 x 80g	Cake, Citrus	1 x 80g
Energy Bar, Brownie	1 x 40g	Energy Bar, Caramel	1 x 40g
Biscuit, Cream Cracker	1 x 35g	Biscuit, Crispbread	1 x 34g
Biscuit, Plain Sweet	1 x 40g	Biscuit, Plain Sweet	1 x 40g
All Fruit Bar, Mixed Fruit	1 x 40g	All Fruit Bar, Tropical	1 x 40g
Strawberry Jam	1 x 20g	Raspberry Jam	1 x 20g
Thorzt Isotonic Drink, Lemon & Lime	1 x 35g	Thorzt Isotonic Drink, Tropical	1 x 35g

#### ADDITIONAL ITEMS COMMON TO ALL MENUS

Instant Mashed Potato	1 x 60g	Sweetened Condensed Milk	1 x 50g	Black Pepper	1 x 2g	Plastic Spoon	1
Cheese, Cheddar	1 x 56g	Tabasco Sauce	1 x 3mL	Creamer	2 x 3g	Scouring Pad	1
Chocolate Ration	1 x 50g	Instant Coffee	2 x 3.5g	Creamer	1 x 15g	Rubber Band	3
M & M's Milk Chocolate	1 x 49g	Tea Bags	2 x 2g	Toilet Paper	1 x 10	Resealable Plastic Bag	2
Sustagen Drink, Chocolate <b>OR</b> Vanilla	1 x 60g	Sauce, Tomato Ketchup	1 x 15g	Plastic Bag Inner	1	Beverage Bag	1
Chewing Gum, Mentos Sugar Free	1 x Pkts	Sugar, White Fine	2 x 7g	Hand Sanitising Wet Wipes	3	Can Opener	1
Salt Reduced Vegemite	1 x 15g	Salt, Fine	2 x 2g	Safety Matches	1	Menu/Information Sheet	1

**VEGETARIAN:** This ration pack contains components suitable for vegetarians.