



Contents, Allergens & Nutritional Information

24-hr Deluxe MRE Ration Pack - Menu 1



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ALLERGENS & INGREDIENTS		
FOOD ITEM	Allergens*	Ingredients
Pasta with Peppersteak	Soybean, Sulphur Dioxide, Gluten/Wheat	Water (35%), Beef (28%), Peas (20%), Pasta (Wheat Flour, Water) (Gluten) (8%), 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 Milk [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.
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), Vitamins (Vitamin A, Vitamin D3, Vitamin E, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B12, Folic Acid, Iron, Zinc Oxide, Selenium, Chromium).
Caramel Cake	Gluten/Wheat, Nuts (Almonds), Soya, Sulphur dioxide	Water, Sugar, Wheat Flour, Almond Milk (Water, Almonds (2%), Calcium carbonate, Sea Salt, Emulsifier: E322 (Soybean), Stabiliser: E418, Flavouring, Vitamins A, D and E), Apricot Jam (Sugar, Water, Apricot, Pectin, Acidity Regulator: E330, Apricot Flavour, Preservative: E202, Anti-foaming agent (0.05%)), 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), Oat Milk Powder, Soy Milk Powder (Soy Protein Isolate, Vegetable Fat [Palm Oil], Corn Syrup Solids, Sugar, Raising Agent: E341, Acidity Regulator: E332 (Soybean); E340, Emulsifiers: E322 (Soybean); E471, Salt, Flavouring, Color: E160a, Vitamins And Minerals (Pantothenic acid, Riboflavin, Thiamin, Vitamin A, Vitamin B12, Vitamin D, Calcium, Phosphorus, Zinc), Spirit vinegar (Preservative: Sulphur dioxide), Vanilla Flavouring, Salt.
Isotonic Drink - Tropical	None	Dextrose (53%), Sugar (41%), Citric Acid (E330), Ascorbic acid (E300), Cloudifier, Sodium Cyclamate (E952), Anti-caking agent (E551), Flavouring (Tropical), Saccharine (E954), Magnesium oxide (E530), Potassium chloride (E508), Colourant, Salt.
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.
Instant Coffee blend	None	Glucose, Roasted Coffee Beans, Chickory.
Black Tea	None	Black Tea (Camellia Sinensis) of different grades.
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 cJ, Corn starch & Icing sugar.
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] (10 %), Banana Chips [Bananas, Coconut Oil, Sugar, Honey and Banana Flavour] (10 %).
Chocolate Energy Bar	Milk, Soya	Glucose (30%), Milk Solids (30%) (Whey powder, Buttermilk), Icing Sugar (15%), Soya Isolate (Soybean), Vegetable fat, Maltodextrin, Sorbitol, Cocoa powder, Calcium carbonate (E170), Lecithin (E122), Magnesium oxide (E530), Potassium Sorbate (E202), Flavouring, Vitamin blend.
Nut Butter	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 %).
Crunchy Oat Biscuits	Gluten/Wheat, Soya	Brown bread flour [Wheat (Gluten), Iron, Niacinamide, Zinc, Pyridoxine, Thiamine, Vitamin A, Folic Acid, Riboflavin, Enzymes, Ascorbic acid, Calcium carbonate, Industrial flour (carrier)] (32 %), Oat flakes (Gluten) (16 %), Non-hydrogenated vegetable oil [Palm fruit with antioxidant [TBHQ (E319)] (13 %), Sugar, Dried coconut, Hydrogenated vegetable fat & oils [Palm fruit and/or palm seed, Salt, Emulsifier: E471 and E322 (Soybean), Preservatives: E211 and E202, Acidity Regulator: E330, Antioxidants: E320 and E319, Flavouring], Water (5%), Golden syrup, Salt, Flavouring (Caramel and Vanilla), Sodium bicarbonate (E500).
Salt Sachet	None	Salt, Anti-caking Agent, Potassium Iodate.
Pepper Sachet	None	Ground Black Pepper.
Sugar	None	White Sugar.
Creamer	Milk	Creamer [Vegetable Fat (Palm), Glucose Syrup, Milk Proteins (Milk), Lactose, Stabilisers (E340, E451), Emulsifiers (E481, E472c), Anti-caking Agent [Silicon Dioxide (Silica Salt) (E551)], Colour (160a)] (50%), Maltodextrin (Dextrose (2%), Maltose (6%), Maltotriose (9%), Polysaccharides (83 %)] (50%).
Gum	Aspartame (Phenylalanine)	Sugar, Gum Base, Glucose Syrup, Flavourings, Thickener (E414), Non-nutritive sweeteners [Aspartame*, Acesulfame K], Corn Starch, Humectant (E422), Colourants (E141, E133), Glazing Agent (E903), Hydrogenated Vegetable Fat (Palm Kernel), Vegetable Fat (Palm Fruit TBHQ, E330), Emulsifiers (E433, E471), Preservative (Potassium Sorbate), * Contains a source of phenylalanine.

*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	Pasta with Peppersteak	300	1
MEAL	Biryani Chicken	300	1
BREAKFAST	Sorghum Porridge - Original Flavour	80	1
DESSERT	Caramel Cake	90	1
BEVERAGE	Isotonic Drink - Tropical	50	1
BEVERAGE	Isotonic Drink - Strawberry	50	1
BEVERAGE	Isotonic Drink - Orange	50	1
BEVERAGE	Instant Coffee blend	2	2
BEVERAGE	Black Tea	3	2
SNACK	Fruit Cubes	60	1
SNACK	Granola Fruit Mix Snack	60	1
SNACK	Chocolate Energy Bar	45	1
SNACK	Nut Butter	40	1
SNACK	Crunchy Oat Biscuits	100	1
CONDIMENT	Salt Sachet	1	2
CONDIMENT	Pepper Sachet	0,4	2
CONDIMENT	Sugar	10	4
EXTRA	Creamer	8	4
EXTRA	Gum	2g (2 x 1g pieces)	5
WATER PURIFICATION	Water Purification Tablet 4's		1
HEATING KIT	Heating Kit (1 flameless heater + 1 Hot Water Bag)		3
UTENSIL	Spork		1
HYGIENE	Tissue		1
HYGIENE	Wet Wipes		2
TOTAL			41

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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
Sorghum Porridge - Original Flavour	295	58,6	1,9	7,2
Caramel Cake	281	51,4	8,4	3,5
Isotonic Drink - Tropical	194	47,5	<0.1	<0.3
Isotonic Drink - Strawberry	194	47,5	<0.1	<0.3
Isotonic Drink - Orange	194	47,5	<0.1	<0.3
Instant Coffee blend	12	1,6	0	0,8
Black Tea	10	0,8	0	1
Fruit Cubes	217	52,4	0,1	<0.3
Granola Fruit Mix Snack	235	39,3	6,2	3,3
Chocolate Energy Bar	180	29,4	4,1	5,1
Nut Butter	237	11,8	17,3	7,8
Crunchy Oat Biscuits	453	68,8	14,9	8,4
Salt Sachet	<1	<2.5	<0.1	<0.3
Pepper Sachet	3	0,2	0	0,1
Sugar	160	40	<0.1	<0.3
Creamer	172	18,8	10,8	0,4
Gum	22	3	1	<0.01
TOTAL	3597	573,2	95	88