

Single Meal Ration: 1200kcal	
Menu Items	Weight (g)
Tomato Beef Pasta	300
Flapjack: Cranberry and Chocolate	45
Apricot and Chocolate Custard Biscuits	50
Mixed Fruit Jam	15
Chewing Gum X 6	8,4
3-in-1 Coffee with Non Dairy Creamer	20
3-in-1 Tea with Non Dairy Creamer	20
Isotonic Drink (Guava) (2X25g)	50
Spork	9
Salt Sachet	1
Pepper	0,4
Wet Wipes X 2	10
Water Purification Tablets X 2	2
Tissues	20
Resealable polybag	5