

Contents & Instruction Sheet

This Ration Pack is available in the five menus shown below

Occasionally, due to unavoidable circumstances, items may be substituted.
Nutritional, ingredient and use-by information is available from the Senior Inspector Foodstuffs.

| Menu A | | | | | |
|------------------------------|---------|------------------------------|---------|-------------------------------|--------|
| Chunky Chicken & Veg | 1x250ml | Beef, Minced, With Spaghetti | 1x250ml | Freeze Dried Rice | 1x55g |
| Beverage, Powder, Sport, | | Beverage, Powder, Sport, | | Soup, Low Salt, Chicken | |
| Lemon & Lime | 1x12g | Orange | 1x12g | Flavour | 1x30g |
| Biscuit, Shortbread | 1x35g | Chewing Gum, Juicy Fruit | 1xpkt4 | Sauce, Chilli, Sweet | 1x10g |
| Fruit Grains, (URC), Apricot | 1x15g | Fruit Spread, Peach | 1x26g | Fruit, Peaches, Diced, Canned | 1x140g |
| MB, Apricot & Coconut | 1x32g | Sauce, Tomato, Ketchup | 1x15g | Biscuit, Jam Sandwich Type 2 | 1x45g |
| MB, Forest Fruits | 1x32g | | | | |

| Menu B | | | | | |
|--------------------------|---------|--------------------------|---------|-------------------------------|--------|
| Lamb & Veg with Rosemary | 1x250ml | Spaghetti & Meatballs | 1x250ml | Freeze Dried Rice | 1x55g |
| Beverage, Powder, Sport, | | Beverage, Powder, Sport, | | Fruit Grains, (URC), | |
| Raspberry | 1x12g | Tropical | 1x12g | Blackcurrant | 1x15g |
| Biscuit, Shortbread | 1x35g | Chewing Gum, PK | 1xpkt4 | Fruit, Peaches, Diced, Canned | 1x140g |
| Biscuit, ANZAC | 1x20g | Fruit Spread, Plum | 1x26g | Sauce, Chilli, Sweet | 1x10g |
| MB, Apricot & Coconut | 1x32g | MB, Forest Fruits | 1x32g | Sauce, Soy | 1x10g |
| Soup, Low Salt, Beef | 1x30g | | | | |

| Menu C | | | | | |
|--------------------------|---------|-----------------------------|---------|--------------------------------|-------|
| Beef Satay | 1x250ml | Sausage & Vegetables | 1x250ml | Noodles, Instant, With Chicken | |
| MB, Forest Fruits | 1x32g | Sauce, Chilli, Sweet | 1x10g | Flavour Pouch | 1x55g |
| Beverage, Powder, Sport, | | Beverage, Powder, Sport, | | Fruit Grains, (URC), Mixed | |
| Lemon & Lime | 1x12g | Mixed Berry | 1x12g | Berry | 1x15g |
| Biscuit, Scotch Finger | 1x35g | Chewing Gum, Juicy Fruit | 1xpkt4 | Biscuit, ANZAC | 1x35g |
| Fruit Spread, Raspberry | 1x20g | Fruit, Pears, Diced, Canned | 1x140g | MB, Apricot & Coconut | 1x32g |
| Soup, Low Salt, Savoury | | | | | |
| Vegetable Flavour | 1x30g | | | | |

| Menu D | | | | | |
|-------------------------------|---------|---------------------------|---------|------------------------------|-------|
| Beef, Minced, With Tortellini | 1x225ml | Chicken Curry | 1x250ml | Biscuit, Jam Sandwich Type 2 | 1x45g |
| Noodles, Instant, With Beef | | Beverage, Powder, Sport, | | Beverage, Powder, Sport, | |
| Flavour Pouch | 1x47g | Orange | 1x12g | Raspberry | 1x12g |
| Biscuit, Scotch Finger | 1x35g | Chewing Gum, Arrowmint | 1xpkt4 | Fruit Grains, (URC), Orange | 1x15g |
| Fruit Spread, Apricot | 1x26g | Fruit, Two Fruits, Diced, | | Soup, Low Salt, Chicken | |
| Sauce, Chilli, Sweet | 1x10g | Canned | 1x140g | Noodle Flavour | 1x30g |
| MB, Forest Fruits | 1x32g | MB, Tropical Fruits | 1x32g | | |

| Menu E | | | | | |
|-----------------------------|---------|---------------------------|---------|-------------------------------|-------|
| Beans, Baked | 1x225ml | BBQ Chicken | 1x250ml | Biscuit, Gingemut | 1x50g |
| Freeze Dried Potato & Onion | | Beverage, Powder, Sport, | | Beverage, Powder, Sport, | |
| Powder | 1x50g | Mixed Berry | 1x12g | Tropical | 1x12g |
| Biscuit, Shortbread | 1x35g | Chewing Gum, PK | 1xpkt4 | Fruit Grains, (URC), Tropical | 1x15g |
| Fruit Spread, Blackberry | 1x26g | Fruit, Two Fruits, Diced, | 1x140g | MB, Apricot & Coconut | 1x32g |
| | 1x30g | Canned | | | |
| MB, Tropical fruits | 1x30g | Sauce, Chilli, Sweet | 1x10g | Soup, Low Salt, Tomato | 1x30g |

Additional Food Items Common to all CR1M Menus

| | | | | | |
|--|-------|---------------------------|--------|--------------------------|--------|
| Beverage, Chocolate, Powder | 1x40g | Beverage, Coffee, Instant | 2x3.5g | Beverage, Tea, Bags, Pot | 1x2.5g |
| Biscuit, Crispbread | 1x34g | Candy, Chocolate | 1x60g | Candy, Hard | 2x30g |
| Cheese, Cheddar | 1x56g | Chocolate Ration | 1x50g | MB, Tropical Fruits | 1x32g |
| Milk, Condensed, Sweetened | 1x85g | Pepper, Black | 1x2g | Salt | 1x2g |
| Sugar, Grade 1XA | 8x7g | Vegetable Extract | 1x15g | Sauce, Tabasco | 1x3g |
| Chewing Gum, Flavours indicated in Menus | | | 1xpkt4 | | |

Non-Food Items Common to all CR1M Menus

| | | | | | |
|--|--------|-------------------------------|--------|---|--------|
| Bag, Plastic, Re-Sealable, (Water/Food) | 1 only | Menu Sheet - Components, CR1M | 1 only | Pads, Scouring, Nylon, Soap Impregnated | 1 only |
| Bag, Plastic, Inner, (Sundry) | 1 only | Opener, Can, Hand | 1 only | Paper, Toilet, 2 Ply, 10 Sheet | 1 pkt |
| Rubber Bands Size 32 | 2 only | Rubber Bands Size 62 | 1 only | Spoon, Dessert, Plastic | 1 only |
| Matches, Safety, Waterproof (GI) - Vial X 10 | | | 1 only | | |