

**INGREDIENT LIST - COMBAT RATION (FIVE MAN)
PACKED 2006/2007 – 1.0**

FOOD ALLERGIES

This ration pack has **NOT** been catered for consumers with any food allergy or special dietary requirements. You should read the **Contents and Instruction Sheet** before consumption. If you have any doubts about the contents, you should not consume the ration pack.

Menu A	Menu B	Menu C	Menu D	Menu E
Beef Minced with Spaghetti	Beef, Minced, Savoury Veg	Chunky Chicken & Veg	BBQ Chicken	Frankfurters
Cooked Minced Beef with Natural Juices, Tomato Puree, Spaghetti Loops (Durum Wheat Flour), Modified starch, Seasonings, Sugar, Salt, Added Vitamins (Thiamin, Ascorbic Acid, Niacin, Riboflavin)	Cooked Minced Beef with Natural Juices, Diced Potatoes, Tomato Puree, Diced Carrots, Onions, Seasonings, Modified Starch, Salt, Colour (150A), Added Vitamins (Thiamin, Ascorbic Acid, Niacin, Riboflavin)	Cooked Diced Chicken with Natural Juices, Chicken Broth, Diced Potatoes, Diced Carrots, Corn, Sliced Celery, Modified Starch, onions, Seasonings, Sugar, Salt, Added Vitamins (Thiamin, Ascorbic Acid, Niacin, Riboflavin)	Cooked Diced Chicken with natural juices, Chicken Broth, BBQ Sauce (Sugar, Water, Salt, Soybeans, Honey, Maltose, Modified Corn Starch, Garlic, Wheat Flour Spices, Acidity Regulator (260), Colour (127)), Diced Red Capsicum, Diced Carrots, Onions, Corn, Modified Starch, Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)	Beef, Mutton, Seasonings, Cereal Binder, Phosphates, Sodium Nitrite
Lamb & Rosemary	Chicken Curry	Beef & Pasta	Beef & Black Bean	Chicken Satay
Cooked Diced Lamb with Natural Juices, Tomato Puree, Diced Carrots, Sliced Celery, Onions, Modified Starch, Sugar, Emulsifier (481), Salt, colour (150A), Rosemary, Seasonings, Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)	Cooked Diced Chicken with Natural Juices, Chicken Broth, Onions, Modified Starch, Coconut Milk Powder, Canola Oil, Added Vitamins (Thiamin)	Cooked Minced Beef with Natural Juices, Beef Broth, Past Spirals (Durum What Flour), Tomato Puree, Diced Carrots, Onions, Modified Starch, Sliced Celery, Seasonings, Salt, Added Vitamins (Ascorbic Acid, Thiamin, Niacin, Riboflavin)	Cooked Diced Beef with Natural Juices, Beef Broth, Black Bean Sauce (Water, Black Beans, Salt, Starch, Colour (150A), Stabilizer (415)), Onions, Diced Capsicums, Sliced Celery, Modified Starch, Whole Black Beans, Sugar, Added Vitamins (Ascorbic acid, Thiamin, Niacin, Riboflavin)	Cooked Diced Chicken with natural Juices, Peanut Butter, Chicken Broth, Onions, Soy Sauce (Water, Soybeans, Wheat Flour, Salt), seasonings, Modified Starch, Sugar, Salt, Added Vitamin (thiamin)
Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans
Baked Beans in Tomato Sauce (Tomato Puree, Water, Sugar, Modified Starch, Salt, Seasonings), Added Vitamins (Thiamine, Ascorbic Acid, Niacin)	Baked Beans in Tomato Sauce (Tomato Puree, Water, Sugar, Modified Starch, Salt, Seasonings), Added Vitamins (Thiamine, Ascorbic Acid, Niacin)	Baked Beans in Tomato Sauce (Tomato Puree, Water, Sugar, Modified Starch, Salt, Seasonings), Added Vitamins (Thiamine, Ascorbic Acid, Niacin)	Baked Beans in Tomato Sauce (Tomato Puree, Water, Sugar, Modified Starch, Salt, Seasonings), Added Vitamins (Thiamine, Ascorbic Acid, Niacin)	Baked Beans in Tomato Sauce (Tomato Puree, Water, Sugar, Modified Starch, Salt, Seasonings), Added Vitamins (Thiamine, Ascorbic Acid, Niacin)
Soup Powder – Chicken Noodle	Soup Powder Beef	Soup Powder Savoury Veg	Soup Powder Chicken Noodle	Soup Powder Tomato
Noodles (Wheat Flour, Vegetable Oil, Water) Maltodextrin, Sugar, Hydrolysed Vegetable Protein, Chicken Powder (Chicken 1.2%, Animal Fat, Antioxidant (320,310), Food Acid (330), Starches (Potato, maize, Wheat), Flavours (Lactose, Yeast Extract), Salt, Potassium Chloride, Onion Powder, Vegetable Oil, Natural Colour (100, 140, 160a), Herbs and Spices and or Extracts, Flavour Enhancer (631), Vegetable Gum (412)	MaltoDextrin (From Wheat or Maize), Potato Starch, Hydrolysed Vegetable Protein, Dried Onion, Beverage Whitener (Palm Oil, Glucose Syrup Solids, Sodium Caseinate (Fom Milk, Antioxidant (306)), Mineral salts (450, 339), Emulsifiers (471, 472C), Skim Milk Powder, Salt, Natural Colours (150d, 162), Flavours (Yeast Extract), Vegetable Gum (412), Vegetable Oils, Mineral Salt (408), Flavour Enhancer (631), Herbs and Spices and or extracts.	Potato Starch, MaltoDextrin (From Wheat or Maize), Tomato Powder, Sugar, Hydrolysed Vegetable Protein, Dried Onion, Beverage Whitener (Vegetable Oil, Glucose Syrup Solids, Sodium Caseinate (Fom Milk, Antioxidant (306)), Mineral salts (450, 339), Emulsifiers (471, 472C), Skim Milk Powder, Salt, Natural Colours (150d, 162), Flavours (Yeast Extract), Vegetable Gum (412), Vegetable Oils, Mineral Salt (408), Flavour Enhancer (631), Herbs and Spices and or extracts	Noodles (Wheat Flour, Vegetable Oil, Water) Maltodextrin, Sugar, Hydrolysed Vegetable Protein, Chicken Powder (Chicken 1.2%, Animal Fat, Antioxidant (320,310), Food Acid (330), Starches (Potato, maize, Wheat), Flavours (Lactose, Yeast Extract), Salt, Potassium Chloride, Onion Powder, Vegetable Oil, Natural Colour (100, 140, 160a), Herbs and Spices and or Extracts, Flavour Enhancer (631), Vegetable Gum (412)	Sugar, Tomato Powder, Potato Starch, Maltodextrin (From Wheat or Maize), Onion Powder, Skim Milk Powder, Beverage Whitener (Vegetable Oil, Glucose Syrup Solids, Sodium Caseinate, Antioxidant (306)), Flavours (Vegetable Powder, Gelatine (441), Yeast Extract, Hydrolysed Vegetable Protein), Vegetable Gum (412), Salt, Food Acid (330, 331, 262), Potassium Chloride, Natural Colours (162, 140, 160a), Vegetable Oils & Fat, Herbs and Spices and or extracts, Flavour Enhancer (631)
Fruit Pudding	Chocolate Pudding	Fruit Pudding	Golden Syrup Pudding	Chocolate Pudding
Mixed Fruit [Currants, Sultanas, Glace Citrus Peel (Citrus Peel, Sugar, Preservatives (202, 220))], Water, Wheat Flour, Sugar, Shortening [Vegetable Fats and Oils, Antioxidant (307), Emulsifier (Soy Lecithin)], Egg, Breadcrumbs, Milk Solids, Salt, Colour (150c), Raising Agents (450, 500), Flavour	Glucose syrup, Water, Flour, Sugar, Whole Egg, Shortening [Vegetable Fats & Oils, Antioxidant (322,307)], Cocoa Powder, Whey Powder, Thickener (1414), Raising Agents (450, 500, 341) Vegetable Gums (406,466,415) Flavours, Salt, Emulsifiers (471, 475)	Mixed Fruit [Currants, Sultanas, Glace Citrus Peel (Citrus Peel, Sugar, Preservatives (202, 220))], Water, Wheat Flour, Sugar, Shortening [Vegetable Fats and Oils, Antioxidant (307), Emulsifier (Soy Lecithin)], Egg, Breadcrumbs, Milk Solids, Salt, Colour (150c), Raising Agents (450, 500), Flavour	Glucose syrup, Water, Flour, Golden Syrup, Sugar, Whole Egg, Shortening [Vegetable Fats & Oils, Antioxidant (322, 307), Whey Powder, Thickener (1414), Raising Agents (450, 500, 341), Vegetable Gums (406, 466, 415), Flavour, Salt, Emulsifiers (471, 475)	Glucose syrup, Water, Flour, Sugar, Whole Egg, Shortening [Vegetable Fats & Oils, Antioxidant (322,307)], Cocoa Powder, Whey Powder, Thickener (1414), Raising Agents (450, 500, 341) Vegetable Gums (406,466,415) Flavours, Salt, Emulsifiers (471, 475)
Two Fruits Diced	Peaches Diced	Pears Diced	Two Fruits Diced	Peaches Diced
Diced Peaches & Pears, Water, Sugar.	Diced Peaches, Water, Sugar.	Diced Pears, Water, Sugar.	Diced Peaches & Pears, Water, Sugar.	Diced Peaches, Water, Sugar.
Fruit Spread Marmalade	Fruit Spread Raspberry	Fruit Spread Blackcurrant	Fruit Spread Marmalade	Fruit Spread Plum
Sugar, Citrus, Water, Pectin, sodium Citrate, Preservative (202)	Sugar, Raspberries, Water, Pectin, Sodium Citrate, Preservative (202)	Sugar, Blackcurrants, Water, Pectin, Sodium Citrate, Preservative (202)	Sugar, Citrus, Water, Pectin, sodium Citrate, Preservative (202)	Sugar, Plums, Water, Pectin, Sodium Citrate, Preservative (202)
Fruit Spread Raspberry	Fruit Spread Blackcurrant	Fruit Spread Plum	Fruit Spread Raspberry	Fruit Spread Marmalade

Sugar, Raspberries, Water, Pectin, Sodium Citrate, Preservative (202)	Sugar, Blackcurrants, Water, Pectin, Sodium Citrate, Preservative (202)	Sugar, Plums, Water, Pectin, Sodium Citrate, Preservative (202)	Sugar, Raspberries, Water, Pectin, Sodium Citrate, Preservative (202)	Sugar, Citrus, Water, Pectin, sodium Citrate, Preservative (202)
Beverage Powder Type I Lemon & Lime	Beverage Powder Type I Raspberry	Beverage Powder Type I Mixed Berry	Beverage Powder Type I Orange	Beverage Powder Type I Tropical
Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Flavours, Vitamin (Vitamin C), Colour (102, 133), Emulsifier (408)	Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Vitamin (Vitamin C), Flavours, Colour (123), Emulsifier (408).	Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Flavours, Vitamin (Vitamin C), Colour (124, 133), Emulsifier (408).	Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Vitamin (Vitamin C), Flavours, Colour (122), Emulsifier (408).	Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Flavours, Vitamin (Vitamin C), Colour (123), Emulsifier (408).
Beverage Powder Type I Orange	Beverage Powder Type I Tropical	Beverage Powder Type I Lemon & Lime	Beverage Powder Type I Raspberry	Beverage Powder Type I Mixed Berry
Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Vitamin (Vitamin C), Flavours, Colour (122), Emulsifier (408).	Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Flavours, Vitamin (Vitamin C), Colour (123), Emulsifier (408).	Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Flavours, Vitamin (Vitamin C), Colour (102, 133), Emulsifier (408)	Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Vitamin (Vitamin C), Flavours, Colour (123), Emulsifier (408).	Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Flavours, Vitamin (Vitamin C), Colour (124, 133), Emulsifier (408).
Biscuits Jam Sandwich	Biscuits Krispies	Biscuits Krispies	Biscuits Scotch Finger	Biscuits Jam Sandwich
Flour, Sugar (White Sugar, Invert Syrup, Glucose Syrup), Vegetable Fat (antioxidant 306), Apple Pulp, Butter, Salt, Raising Agent (500), Emulsifier (322), Pectin, Flavours, Colours (160b, 124), Food Acid (330). May contain peanut traces.	Wheat Flour, Sugar, Vegetable Fat (Antioxidant [306]), Coconut (11%), Whey Powder, Salt, Raising Agent (500), Flavours	Wheat Flour, Sugar, Vegetable Fat (Antioxidant [306]), Coconut (11%), Whey Powder, Salt, Raising Agent (500), Flavours	Wheat Flour, Sugar, Butter, Vegetable Oil (Palm), Egg, condensed Milk, Salt, Baking Powder	Flour, Sugar (White Sugar, Invert Syrup, Glucose Syrup), Vegetable Fat (antioxidant 306), Apple Pulp, Butter, Salt, Raising Agent (500), Emulsifier (322), Pectin, Flavours, Colours (160b, 124), Food Acid (330). May contain peanut traces.

The following items are common to all menus				
Vegetable Extract	Cheese Canned	Chocolate Ration	Sweet Chilli Sauce	Chewing Gum
Yeast Extract, Sugar, Dextrose, Skim Milk Powder, Cocoa Liqueur, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, thiamin & Vitamin C).	Cheddar Cheese, Food Acid (331), Salt, Preservative (234), Mineral Salts (339, 450), Colour (160b), Water, Rennet	Cocoa Butter, Sugar, Dextrose, Skim Milk Powder, Cocoa Liqueur, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, Thiamine & Vitamin C).	Water, tomato Paste (Hot Break), Glucose, Sugar, Salt, Modified Starch, White Vinegar, Citric Acid, Pectin, Acetic Acid, Preservative E202, Ketchup Spice Blend, Ascorbic Acid, Calcium Chloride	Sugar, Gum Base, Glucose Syrup, Modified Starches, Thickener (1404), Flavours, Humectant (422), Glazing Agent (903), Antioxidant (320).
Biscuits Crispbread	Instant Coffee	Pepper Black	Sugar	Tomato Ketchup
Flour, Vegetable fat, Antioxidant (306), Yeast, Sugar (invert syrup, lactose), Salt, Malt extract, Raising agent (500) Flour Treatment Agent (223). May contain peanut traces	Spray Dried Coffee Powder	Ground dried immature Piper Nigrum Berries.	Granulated Crystallised Sucrose.	Water, Tomato paste, Sugar, Modified Starch, Onions, Salt, Food Acid E260, E325, Thickener 415, Blend of Spices, Preservatives Sodium Benzoate 211, Potassium Sorbate 202
Curry Powder	Rice	Corn Sweet	Carrots Sliced	Peas Green
Curry Powder	Rice, Salt	Sweet Corn, Water, Salt, Sugar	Sliced Carrots, Water, Salt, Food Acid (575)	Green Peas, Water, Salt
Tea Bags	Salt	Chocolate Drinking Powder	Sweetened Condensed Milk	Butter Concentrate
Small tea leaf	Sodium Chloride, Anti Caking Agent.	Sugar, Cocoa (17%), Emulsifier (Soy Lecithin 322), Salt, Vanilla Flavour, Spice		Milk Fat, Butter Milk Powder, Salt, Sodium Carbonate, Flavour
Muesli Bar - Forest Fruits	Muesli Bar - Apricot & Coconut	Muesli Bar - Tropical Fruits	Soya Sauce	Candy Chocolate
Rolled Oats, Glucose Syrup, Dried Fruit (blackberry, blueberry, cherry) Wheat Flakes, Sugar, Puffed Rice, Desiccated Coconut, Humectant (sorbital), Honey, Skim Milk Powder, Emulsifier (lecithin), Natural Flavour.	Oats, Glucose Syrup, Dried Fruit (apricot, apple), Rolled Wheat, Sugar, Vegetable Oil, Puffed Cereal (rice, oats, corn), Desiccated Coconut, Humectant (sorbital), Honey, Skim Milk Powder, Emulsifier (322), Food Acid (citric), Natural Colours (caramel, beta carotene), Flavour.	Oats, Glucose Syrup, Dried Tropical Fruit (paw paw, pineapple, banana, mango), Rolled Wheat, Sugar, Vegetable Oil, Puffed Cereal (rice, oats, corn), Desiccated Coconut, Humectant (sorbital), Honey, Skim Milk Powder, Fruit Juice Concentrate (lemon, passionfruit), Emulsifier (322), Food Acid (citric), Natural Colours (caramel, beta-carotene), Flavour.	Water, Salt, Soya Beans, Wheat, Sugar, Caramel, Thickener, Yeast Extract Sodium Benzoate	Cocoa Butter, Sugar, Dextrose, Skim Milk Powder, Cocoa Liqueur, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, Thiamin & Vitamin C).