### 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.

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<table>
<thead>
<tr>
<th>Menu</th>
<th>Foods May Contain</th>
</tr>
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<tr>
<td><strong>Lamb &amp; Rosemary</strong></td>
<td>Lamb, Rosemary, Added Vitamins (Thiamine, Ascorbic Acid, Nicin, Riboflavin)</td>
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<td><strong>Baked Beans in Tomato Sauce</strong></td>
<td>Beef, Wheat, Maize, Cereal, Yeast, Onions, Sugar, Salt, Emulsifiers (471, 472C), Vegetable Gum (412)</td>
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<td><strong>Soup Powder – Chicken Noodle</strong></td>
<td>Chicken, Beef, Mutton, Seasonings, Cereal, Binder, Phosphates, Sodium Nitrite</td>
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<td><strong>Fruit Spread</strong></td>
<td>Sugar, Pectin, Citrus, Water, Breadcrumbs, Shortening</td>
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<td><strong>BBQ Chicken</strong></td>
<td>Niacin, Riboflavin, Rosemary, Seasonings, Added Vitamins (Thiamine, Ascorbic Acid, Nicin, Riboflavin)</td>
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<td><strong>Frankfurters</strong></td>
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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**
- 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)

**Beverage Powder Type I Raspberry**
- 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 Mixed Berry**
- 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)

**Beverage Powder Type I Orange**
- 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)

**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 (123), Emulsifier (408)

**Biscuits Jam Sandwich**
- Flour, 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.

**Biscuits Krispies**
- Wheat Flour, Sugar, Vegetable Fat (Antioxidant [306]), Coconut (11%), Whey Powder, Salt, Raising Agent (500), Flavours

**Biscuits Scotch Finger**
- Wheat Flour, Sugar, Salt, Baking Powder

**The following items are common to all menus**

**Vegetable Extract**
- Yeast Extract, Sugar, Dextrose, Skim Milk Powder, Cocoa Liquor, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, thiamin & Vitamin C)

**Cheese Canned**
- Cheddar Cheese, Food Acid (331), Salt, Preservative (234), Mineral Salts (339, 450), Colour (160b), Water, Rennet

**Chocolate Ration**
- Cocoa Butter, Sugar, Dextrose, Skim Milk Powder, Cocoa Liquor, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, Thiamine & Vitamin C)

**Sweet Chili Sauce**
- 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

**Chewing Gum**
- Sugar, Gum Base, Glucose Syrup, Modified Starches, Thickener (1404), Flavours, Humectant ([422], Glazing Agent (903), Antioxidant (330)

**Biscuits Crispbread**
- Spry Dried Coffee Powder

**Instant Coffee**
- Ground dried immature Piper Nigrum Berries

**Pepper Black**
- Granulated Crystallised Sucrose

**Sugar**
- 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, Salt, Sweet Corn, Water, Salt, Sugar

**Rice**
- Sliced Carrots, Water, Salt, Food Acid (575)

**Corn Sweet**
- Green Peas, Water, Salt

**Carrots Sliced**
- Peas Green

**Teas Bags**
- Small tea leaf, Sodium Chloride, Anti Caking Agent

**Salt**
- Sugar, Cocoa (17%), Emulsifier (Soy Lecithin 322), Salt, Vanilla Flavour, Spice

**Sweetened Condensed Milk**
- Milk Fat, Butter Milk Powder, Salt, Sodium Carbonate, Flavour

**Butter Concentrate**
- Oats, Glucose Syrup, Dried Fruit (apricot, apple), Rolled Wheat, Sugar, Vegetable Oil, Puffed Cereal (rice, oats, corn), Desiccated Coconut, Humectant (sorbitol), Honey, Skim Milk Powder, Emulsifier (lecithin), Natural Flavour.

**Cocoa Butter**
- Sugar, Dextrose, Skim Milk Powder, Cocoa Liquor, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, Thiamin & Vitamin C)