

**AUSTRALIAN DEFENCE FORCE**

PACKED 2006/2007 Phase 1

**COMBAT RATION (FIVE MAN)**

**CONTENTS AND INSTRUCTION SHEET**

This Ration Pack is available in the five menus shown below.  
Occasionally, due to unavoidable circumstances, items may be substituted.

A		B		C		D		E	
Beef, Mince, with Spag	2 x 500g	Beef, Mince, Sav with Veg	2 x 500g	Beef & Pasta	2 x 500g	Beef & Blackbean	2 x 500g	Frankfurter's	2 x 500g
Lamb & Rosemary	2 x 500g	Chicken Curry	2 x 500g	Chunky Chicken & Veg	2 x 500g	Chicken BBQ	2 x 500g	Chicken Satay	2 x 500g
Baked Beans	2 x 500g	Baked Beans	2 x 500g	Baked Beans	2 x 500g	Baked Beans	2 x 500g	Baked Beans	2 x 500g
Beverage Powder, Sport -		Beverage Powder, Sport -		Beverage Powder, Sport -		Beverage Powder, Sport -		Beverage Powder, Sport -	
- Lemon & Lime	5 X 12g	- Raspberry	5 X 12g	- Lemon & Lime	5 X 12g	- Orange	5 X 12g	- Mixed Berry	5 X 12g
- Orange	5 X 12g	- Tropical	5 X 12g	- Mixed Berry	5 X 12g	- Raspberry	5 X 12g	- Tropical	5 X 12g
Biscuit - Jam Sandwich	5 x 47g	Biscuit - Krispies	5 x 51g	Biscuit - Krispies	5 x 35g	Biscuit - Scotch Finger	5 x 47g	Biscuit - Jam Sandwich	5 x 35g
Fruit, Diced, Two Fruits	5 x 140g	Fruit, Diced, Peaches	5 x 140g	Fruit, Diced, Pears	5 x 140g	Fruit, Diced, Two Fruits	5 x 140g	Fruit, Diced, Peaches	5 x 140g
Fruit Spread - Apricot	1 x 85g	Fruit Spread - Raspberry	1 x 85g	Fruit Spread - Apricot	1 x 85g	Fruit Spread - Peaches	1 x 85g	Fruit Spread - Raspberry	1 x 85g
Fruit Spread - Blackberry	1 x 85g	Fruit Spread - Blackberry	1 x 85g	Fruit Spread - Plum	1 x 85g	Fruit Spread - Raspberry	1 x 85g	Fruit Spread - Plum	1 x 85g
Pudding, Fruit	1 x 350g	Pudding, Chocolate	1 x 350g	Pudding, Fruit	1 x 350g	Pudding, Golden	1 x 350g	Pudding, Chocolate	1 x 350g
Soup Powder, Chicken	5 x 30g	Soup Powder, Beef	5 x 30g	Soup Powder, Sav Veg	5 x 30g	Soup Powder, Chook Noodle	5 x 30g	Soup Powder, Tomato	5 x 30g
<b>Additional food items common to all CR5M menus</b>						<b>Non-food items common to all CR5M menus</b>			
Bev, Chocolate, Pwdr	5 x 40g	Salt	5 x 2g	Rice	1 x 450g	Can Opener	2 only	<b>Directions for Butter Concentrate</b> <b>To reconstitute the contents, first beat into a smooth paste, then add an amount of water or milk equivalent to one-sixth of the volume of butter and continue beating until the liquid is fully absorbed.</b>	
Bev, Coffee, Instant	10 x 3.5g	Pepper, Black	5 x 2g	Potatoes, Sliced	1 x 500g	Container, with lid	4 only		
Beverage, Tea Bags	10 x 2.5g	Curry Powder	5 x 3.5g	Peas Green	1 x 250g	Matches	2 x Box		
Sugar	<b>5 x 34g</b>	Sauce, Tomato Ketchup	3 x 15g	Carrots Sliced	1 x 250g	Pads, Scouring with Soap	2 only		
Milk, Con, Sweetened	5 x 85g	Sauce, Sweet Chilli	3 x 10g	Corn, Sweet, Whole Kernel	1 x 250g	Rubber Bands	3 only		
Butter Concentrate	2 x 85g	Sauce, Soy	3 x 10g	MB - Apricot & Coconut	5 x 32g	Spoons, Dessert	5 only		
Cheese, Cheddar	5 x 56g	Biscuit - Crispbread	5 x 34g	MB - Tropical Fruits	5 x 32g	Toilet Paper, 10 Sheets	5 x Pkt		
Chocolate Ration	5 x 50g	Vegetable Extract	1 x 85g	MB - Forest Fruits	5 x 32g	Menu Sheet			
Confectionery Cream	5 x 85g	Chewing gum 4 pellet	5 x pkt	Skittles	5 x ?				