

## INGREDIENT LIST - ONE MAN COMBAT RATION PACKS - PACKED 2007/2008

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<b>Beef Stroganoff</b>	<b>Beef Minced with Spaghetti</b>	<b>Beef, Braised with Gravy</b>	<b>Beef, Minced with Tortellini</b>	<b>Vegetable Curry</b>
Cooked Diced Beef with Natural Juices, Onions, Sliced Mushrooms, Tomato Puree, Modified Starch, Sour Cream, Sugar, Salt, Seasonings, Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)	Cooked Minced Beef with Natural Juices, Tomato Puree, Spaghetti Loops (Durum Wheat Flour), Modified Starch, Seasonings, Sugar, Salt, Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)	Cooked Diced Beef with Natural Juices, Tomato puree, Modified Starch, Salt, Seasonings, Sugar, Colour (150A), Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)	Minced Beef with natural juices, Tomato Pieces, Tomato Puree, Cheese Filled Tortellini (durum semolina, flour, eggs, water, ricotta & parmesan cheese, cheese powder, breadcrumbs, seasonings, salt), Beef Broth, Modified Starch, Seasonings, Sugar, Salt, Added Vitamins (Niacin, Riboflavin, thiamine).	Cooked Vegetables in vegetable Broth, (sliced carrots, chick peas, Diced Potatoes, Diced Onions), Seasonings, Modified Starch, Coconut Milk Powder, Vegetable Oil, Curry Powder and Added Vitamins
<b>Chicken BBQ</b>	<b>Lamb with Rosemary</b>	<b>Chicken Satay</b>	<b>Sausages and Vegetables</b>	<b>Beef BBQ</b>
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)	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, Peanut Butter, Chicken Broth, Onions, Soy Sauce (Water, Soybeans, Wheat Flour, Salt) Seasonings, Modified Starch, Sugar, Salt, Added Vitamins (Thiamine)	Sausages (Beef, Lamb, Water, Cereal Binder, Seasonings) Diced Potatoes, Tomato Puree, Diced Carrots, Peas, Diced Onions, Modified Starch, Seasonings, Beef/Lamb Broth, Salt, Emulsifier (481), added Vitamin (thiamine).	Cooked Diced beef with Natural Juices, Beef Broth, BBQ Sauce (Sugar, Salt, Soybeans, Honey, Maltose, Modified Corn Starch, Garlic, Wheat Flour, Spices, Acidity Regulator (260), colour (127)), Diced Carrots, Diced Red Capsicums, Onions, Corn, Modified Starch, Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)
<b>Chicken Italiano</b>	<b>Baked Beans</b>	<b>Chicken Curry</b>	<b>Chilli Con Carne</b>	<b>Salmon &amp; Pasta in Cheese</b>
Cooked Diced Chicken with Natural Juices, Diced Tomatoes, Tomato Puree, Diced Onions, Sliced Celery, Pasta (Durum Wheat Semolina, Egg Albumin), Seasonings, Modified Starch and Added Vitamins.	Baked Beans in Tomato Sauce (Tomato Puree, Water, Sugar, Modified Starch, Salt, Seasonings), Added Vitamins (Thiamine, Ascorbic Acid, Niacin)	Cooked Diced Chicken with Natural Juices, Chicken Broth, Onions, Modified Starch, Coconut Milk Powder, Canola Oil, Added Vitamins (Thiamine)	Cooked Minced Beef with natural juices, Red Beans, Tomato Puree, Crushed Tomatoes, Onions, Modified Starch, Brown Sugar, Salt, Crushed Chillies, Seasonings, Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)	Cooked Diced Salmon with natural juices, Salmon Broth, Pasta Spirals (Durum Wheat Flour), Sugar, Modified Starch, Salt, Seasonings, Added Vitamins (Thiamine, Ascorbic Acid, Niacin, Riboflavin)
<b>Tuna in Springwater</b>	<b>Tuna with Oven Dried Tomato &amp; Basil</b>	<b>Confectionery Cream Chocolate</b>	<b>Confectionery Cream Vanilla</b>	<b>Candy Chocolate</b>
Tuna, Springwater, Vegetable Extract, Salt	Tuna, Water, Vinegar, Oven Dried Tomato, Vegetable Extract, Diced Tomato, Tomato Paste, Onion, Sugar, Salt, Basil, Natural Colour (Paprika Extract)	Sugar, vegetable Oil, hazelnuts (6%), Cocoa (4%), Milk Solids, Soy Flour, Emulsifiers (Soy Lecithin, 476), Flavours	Sugar, Vegetable Oils, Milk Solids (19%), Hazelnuts (2%), Emulsifiers (Soy Lecithin, 476), Flavours	Cocoa Butter, Sugar, Dextrose, Skim Milk Powder, Cocoa Liqueur, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, Thiamine & Vitamin C).
<b>Fruit Spread, Plum</b>	<b>Fruit Spread, Raspberry</b>	<b>Fruit Spread, Blackcurrant</b>	<b>Fruit Spread, Marmalade</b>	<b>Chocolate Ration</b>
Sugar, Plums, 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)	Cocoa Butter, Sugar, Dextrose, Skim Milk Powder, Cocoa Liqueur, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, Thiamine & Vitamin C).
<b>Fruit Grains - Raspberry</b>	<b>Fruit Grains - Blackcurrant</b>	<b>Fruit Grains – Berry Combo</b>	<b>Fruit Grains - Tropical</b>	<b>Fruit Grains - Apricot</b>
Fruit (Raspberry puree, apple paste, pear paste, plum paste), invert syrup, sugar, humectant (glycerol), wheat fibre, vegetable fat, gelling agent (pectin), colour (elderberry juice concentrate), acidity regulator (lactic acid), flavour (nature identical)	Fruit (apple paste, blackcurrant puree, plum paste, blackcurrant juice concentrate), invert syrup, sugar, humectant (glycerol), wheat fibre, vegetable fat, gelling agent (pectin), acidity regulator (malic acid, tripotassium citrate), dextrose, flavour (blackcurrant [nature identical])	Fruit (apple paste, strawberry paste, plum paste, elderberry concentrate, blueberry puree, raspberry juice concentrate), invert syrup, sugar, humectant (glycerol), dextrose, wheat fibre, vegetable fat, gelling agent (pectin), acidity regulator (lactic acid, tripotassium citrate), flavours (strawberry [natural], blueberry [natural], raspberry, nature identical)	Fruit (apple paste, pineapple juice concentrate, apricot paste, mango puree, banana puree), invert sugar, sugar, humectant (glycerol), dextrose, wheat fibre, vegetable fat, acidity regulators (malic acid, tripotassium citrate), gelling agent (pectin), flavour (tropical nature identical), antioxidant (ascorbic acid)	Fruit (apricot paste, apple paste), invert syrup, sugar, humectant (glycerol), wheat fibre, gelling agent (pectin), acidity regulator (malic acid, citric acid, tripotassium citrate), flavour (apricot [natural]), antioxidant (ascorbic acid)
<b>Biscuits, Crispbread</b>	<b>Biscuits, Vitalife Wellgrain Cracked Pepper Crispbread</b>	<b>Biscuits Jam Sandwich</b>	<b>Biscuits, Shortbread</b>	<b>Biscuits, Krispie</b>
Flour, Vegetable fat, Antioxidant (306), Yeast, Sugar (invert syrup, lactose), Salt, Malt extract, Raising agent (500) Flour Treatment Agent (223). May contain peanut traces	Wheat Flour, Grains (Wheat Meal, Kibbled Purple Wheat, Kibbled Red Wheat), Vegetable Oil, Bran, salt, fibre (Wheat, Oat, carob), Sunflower Seeds, Black Pepper, Sesame Seeds, Raising Agent (Baking Soda), Yeast, Milk Solids, sugar Vitamins (B1, B2, B3, B6, E & Folate), Mineral (Iron)	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, Margarine (Beef Fat, Palm Oil, Salt, Emulsifiers (471, 322 [Soy Lecithin]), Acidity Regulators (500,330) Colour (160a), Antioxidant (320)), Icing Sugar, Butter (11%) (Milk Fat, Salt)	Wheat Flour, Sugar, Vegetable Fat (Antioxidant [306]), Coconut (11%), Whey Powder, Salt, Raising Agent (500), Flavours
<b>Fruit, Two Fruits, Diced Canned</b>	<b>Fruit, Peaches, Diced Canned</b>	<b>Fruit, Pears, Diced Canned</b>	<b>Chocolate Drink Powder</b>	<b>Cheese, Cheddar</b>
Diced Peaches & Pears, Water, Sugar.	Diced Peaches, Water, Sugar.	Diced Pears, Water, Sugar.	Sugar, Cocoa (17%), Emulsifier (Soy Lecithin 322), Salt, Vanilla Flavour, Spice	Cheddar Cheese, Food Acid (331), Salt, Preservative (234), Mineral Salts (339, 450), Colour (160b), Water, Rennet

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Beverage Powder Type I Mixed Berry	Beverage Powder Type I Lemon & Lime	Beverage Powder Type I Raspberry	Beverage Powder Type I Orange	Biscuit Scotch Finger
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), 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), Vitamin (Vitamin C), Flavours, Colour (122), Emulsifier (408).	Wheat Flour, Sugar, Butter, Vegetable Oil (Palm), Egg, Condensed Milk, Salt, Baking Powder (Ammonium Bicarbonate, Sodium Bicarbonate)
<b>Freeze Dried Potato &amp; Onion Powder</b>	<b>Sauce, Tomato</b>	<b>Sauce, Chilli, Sweet</b>	<b>Sauce, BBQ</b>	<b>Vegetable Extract</b>
Potato Powder, Full Cream Milk, Hydrated Onion, Lecithin (322), Sulphur Dioxide preservative (220).	Water, Tomato paste, Sugar, Modified Starch, Onions, Salt, Food Acid E260, E325, Thickener 415, Blend of Spices, Preservatives Sodium Benzoate 211, Potassium Sorbate 202	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	Water, Sugar, Tomato Paste, Molasses, Salt, Herbs & Spices, Thickener E1442, Food Acid E260, Acidity Regulator E325, Flavour, Colour E150c, Preservatives E202, 211, Vegetable Gum E415	Yeast Extract, Sugar, Dextrose, Skim Milk Powder, Cocoa Liqueur, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, thiamine & Vitamin C).
<b>Beverage Sport Powder Type II Orange</b>	<b>Beverage Sport Powder Type II Lemon &amp; Lime</b>	<b>Beverage Sport Powder Type II Mixed Berry</b>	<b>Beverage Sport Powder Type II Grape</b>	<b>Beverage Sports Powder Type II Tropical</b>
Sugar, Dextrose, Citric Acid, Potassium Citrate, Salt, Ascorbic Acid (Vitamin C), Sodium citrate, Potassium Phosphate, Natural and Artificial Flavour, Sodium Phosphate, yellow 6 and Calcium Phosphate	Sugar, Dextrose, Citric Acid, Potassium Citrate, Salt, Ascorbic Acid (Vitamin C), Sodium citrate, Potassium Phosphate, Natural and Artificial Flavour, Sodium Phosphate, Calcium Phosphate, Gum Arabic and Artificial Colour (Yellow 5 and Blue 1)	Sugar, Dextrose, Citric Acid, Gum Arabic, Potassium Citrate, Salt, Ascorbic Acid (Vitamin C), Sodium citrate, Potassium Phosphate, Natural and Artificial Flavour (Blue 1), Sodium Phosphate, and Calcium Phosphate	Sugar, Dextrose, Citric Acid, Modified Food Starch, Potassium Citrate, Salt, Ascorbic Acid (Vitamin C), Sodium citrate, Potassium Phosphate, Natural and Artificial Flavour, Sodium Phosphate, Calcium Phosphate and Artificial Colour (Red 40 and Blue 1)	Sugar, Dextrose, Citric Acid, Potassium Citrate, Salt, Ascorbic Acid (Vitamin C), Sodium Citrate, Potassium Phosphate, Sodium Phosphate, Natural and Artificial Flavour, Calcium Phosphate, and Artificial Colour (Yellow 5 and Yellow 6)
<b>Muesli Bar – Forest Fruits</b>	<b>Muesli Bar - Apricot &amp; Coconut</b>	<b>Muesli Bar - Tropical Fruits</b>	<b>Muesli Mix, Natural</b>	<b>Muesli Mix, Fruitful</b>
Rolled Oats, Glucose Syrup, Dried Fruit (blackberry, blueberry, cherry) Wheat Flakes, Sugar, Puffed Rice, Desiccated Coconut, Humectant (sorbitol), 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 (sorbitol), 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 (sorbitol), Honey, Skim Milk Powder, Fruit Juice Concentrate (lemon, passionfruit), Emulsifier (322), Food Acid (citric), Natural Colours (caramel, beta carotene), Flavour.	Rolled Oats, Fruit (Pineapple, Papaya, Raisins, Apple, Apricot, Peach), Brown, Sugar, Wheat Bran, Flaked Wheat, Pumpkin Seeds, Whey Powder, Preservative (220)	Rolled Oats, Fruit (Apricot Pieces, Papaya, Pineapple, Raisins, Coconut, Dates, Apple, Pear, Peach Pieces), Brown Sugar, Canola Oil, Honey, Salt, Flavour, Preservative (220)
<b>Curry Powder</b>			<b>Milk, Skim, Dried</b>	<b>Rice Freeze Dried</b>
Curry Powder			Milk Solids	Rice, Salt
<b>Soup Low Salt Chicken Flavour</b>	<b>Soup Low Salt Beef</b>	<b>Soup Low Salt Savoury Vegetable Flavour</b>	<b>Candy Hard</b>	<b>Soup, Low Salt, Tomato</b>
Maltodextrin (From Wheat or Maize), Starches (Potato, Maize & Wheat), Skim Milk Solids, Beverage Whitener (Vegetable Oil, Glucose Syrup Solids, Sodium Caseinate), Mineral Salts (450, 339), Emulsifiers (471, 472c), Antioxidant (306), Sugar, Hydrolysed Vegetable Protein, Vegetable Gum (412), Onion powder, Flavours (Yeast Extract, Animal Fat, Essential Oil), Salt, Chicken Powder (Chicken 0.5%, Antioxidant 320, 310), Food Acid (330), Potassium Chloride, Vegetable Oils, Slt, Flavour Enhancer (631), Herbs & Spices and or Extracts, Natural Colour (100,140,160A)	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	<u>Musk</u> - Sugar, Glucose Syrup, Corn Starch, Thickener (1400), Flavours (musk), Colours (110, 122, 123, 124), and / or <u>Spearmint</u> – Sugar, Glucose Syrup, Corn Starch, Spearmint Oil, Thickener (1400), Colours (102, 133), and / or <u>ESP</u> – Sugar, Glucose Syrup, Corn Starch, Peppermint Oil, Thickener (1400).	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)
<b>Chewing Gum, Juicy Fruit</b>	<b>Chewing Gum, PK</b>	<b>Noodles, Instant Beef Flavour Pouch</b>	<b>Instant Coffee</b>	
Sugar, Gum Base, Glucose Syrup, Modified Starches, Thickener (1404), Flavours, Humectant (422), Glazing Agent (903), Antioxidant (320).	Sugar, Gum Base, Glucose Syrup, Modified Starches, Thickener (1404), Flavours, Humectant (422), Glazing Agent (903), Antioxidant (320).	Wheat Flour, Water, Palm Oil, Guar Gum (412), Sodium Carbonate & Bicarbonate, Sodium Poyphosphates glassy, Sodium Tripolyphosphate, Sodium Pyrophosphate, Salt, Hydrolyzed Vegetable Protein, Beef Flavour, Sugar, Spices, Monosodium Glutamate, Disodium Inosinate	Spray Dried Coffee Powder	
<b>Pepper Black</b>	<b>Salt</b>		<b>Beverage Tea Bags</b>	
round dried immature Piper Nigrum Berries.	Sodium Chloride, Anti Caking Agent, Curry Powder		Small Leaf Tea	
			<b>Sugar</b>	
			Granulated Crystallised Sucrose.	