

**INGREDIENT LIST - COMBAT RATION (FIVE MAN)
PACKED 2000/2001 – 1.0**

MENU 'A'	MENU 'B'	MENU 'C'	MENU 'D'	MENU 'E'
Beef Minced with Spaghetti	Sausages, Tomato & Onions	Sausages & Spaghetti	Spaghetti & Meatballs	Baked Beans
Minced Beef, Spaghetti, Tomato Paste, Herbs & Spices, Salt, Sugar, Vitamin (thiamin), Water.	Sausages (Lamb, Beef, Seasoning, Binder, Water) & Broth, Onion, Tomatoes, Tomato Paste, Celery, Modified Starch, Herbs & Spices, Salt, Sugar, Emulsifier (481), Vitamin (thiamin), Water.	Sausages (Lamb, Beef, Seasoning, Binder, Water), Spaghetti Cooked, Tomato Puree, Starch, Seasoning, Salt, Sugar, Vitamin (thiamin), Water.	Beef Meatballs (Beef, Seasoning & TVP) & Broth, Spaghetti, Tomato Paste, Modified Starch, Salt, Sugar, Spices, Vitamin (thiamin), Water.	Haricot Beans, Tomato Paste, Sugar, Modified Starch, Salt, Spices, Vitamin (Vitamin C, Niacin, thiamin), Water.
Beef & Gravy	Lamb & Rosemary	Beef & Pasta	Beef Kai Si Ming	Chicken, Pasta & Veggies
Diced Beef & Broth, Modified Starch, Tomato Paste, Salt, Spices, Emulsifier (481), Sugar, Colour (150), Vitamin (thiamin), Water.	Diced Lamb, Vegetables, Tomato Paste, Wheat Starch, Salt, Rosemary, Pepper, Water.	Minced Beef, Onions Diced, Carrots Diced, Celery Sliced, Tomato Paste, Pasta Spirals Cooked, Salt, Seasoning, Starch, Vitamin (thiamin), Water.	Minced Beef, Onions, Carrots, Peas, Corn, Brown Rice, Modified Starch, Salt, Curry Powder, White Pepper, Garlic Powder, Mixed Herbs, Vitamin (thiamin), Water.	Diced Chicken, Pasta Shells, Carrots, Corn, Celery, Modified Starch, Herbs & Spices, Onions, Salt, Sugar, Ascorbic Acid, Water.
Frankfurters	Beef & Vegetables	Beef Stroganoff	Beef and Blackbean	Chicken Satay
Frankfurters (Lamb, Beef, Binder, Seasoning, Water), Water, Salt.	Minced Beef & Broth, Carrots, Onions, Wholemilk, Potato Flakes, Herbs and Spices, Salt, Tomato Paste, Colour (150), Vitamin (thiamin), Water.	Diced Beef, Onions Diced, Mushrooms Sliced, Starch, Tomato Paste, Sour Cream, Salt, Sugar, Seasoning, Vitamin (thiamin), Water.	Diced Beef, Onions Diced, Red Capsicum Diced, Green Capsicum Diced, Celery Sliced, Blackbean Sauce, Blackbeans Whole Salted, Starch, Vitamin (thiamin), Water, Sugar.	Diced Chicken, Onions, Peanut Butter, Soy Sauce, Coconut Powder, Modified waxy Maize Starch, Curry Powder, Sugar, Salt, Ginger, Cumin, Garlic Powder, Chilli Powder, Water
Peas Green	Peas Green	Rice	Rice	Peas Green
Green Peas, Salt, Water	Green Peas, Salt, Water	Rice, Salt	Rice, Salt	Green Peas, Salt, Water
Beef Noodle Soup Pwd	French Onion Soup Pwd	Beef Noodle Soup Pwd	Beef Noodle Soup Pwd	Tomato Soup Pwd
Noodles (Wheat Flour, Vegetable Oil, Salt, Sodium Polyphosphate, Potassium Carbonate, Sodium Carbonate), Maltodextrin, Beverage Whitener, Salt, Hydrolysed Plant Protein, Flavour, Sugar, Colour (150), Free Flowing Agent (551), Food Acids (262), Vegetable Gum (412), Milk Solids Non-Fat, Sugar, Flavour Enhancer (621), Onion Pieces, Vegetable Fats & Oils (antioxidant 320), Parsley Flakes, Vitamins (Vitamin C, niacin, riboflavin, thiamin).	Flavour, Sugar, Toasted Onion Pieces, Maltodextrin, Wheat Starch, Vegetable Gum (412), Salt, Natural Flavour Enhancer, Colour (150), Vegetable Fats & Oils (antioxidant 320), Spice, Vitamins (Vitamin C, niacin, riboflavin, thiamin).	Noodles (Wheat Flour), Vegetable Oil, Salt, Sodium Polyphosphate, Potassium Carbonate, Sodium Carbonate), Maltodextrin, Beverage Whitener, Salt, Hydrolysed Plant Protein, Flavour, Sugar, Colour (150), Free Flowing Agent (551), Food Acids (262), Vegetable Gum (412), Milk Solids Non-Fat, Sugar, Flavour Enhancer (621), Onion Pieces, Vegetable Fats & Oils (antioxidant 320), Parsley Flakes, Vitamins (Vitamin C, niacin, riboflavin, thiamin).	Noodles (Wheat Flour), Vegetable Oil, Salt, Sodium Polyphosphate, Potassium Carbonate, Sodium Carbonate), Maltodextrin, Beverage Whitener, Salt, Hydrolysed Plant Protein, Flavour, Sugar, Colour (150), Free Flowing Agent (551), Food Acids (262), Vegetable Gum (412), Milk Solids Non-Fat, Sugar, Flavour Enhancer (621), Onion Pieces, Vegetable Fats & Oils (antioxidant 320), Parsley Flakes, Vitamins (Vitamin C, niacin, riboflavin, thiamin).	Tomato Powder (free-flowing agent 551), Sugar, Salt, Maltodextrin, Wheat Starch, Vegetable Gum (412), Beverage Whitener, Flavour Enhancer (621), Colour (162), Flavour, Vegetable Fats & oils (antioxidant 320), Food Acids (330, 331), Parsley Flakes, Spice, Vitamin Premix (Vitamin C, niacin, riboflavin, thiamin).
Pea & Ham Soup Pwd	Pea & Ham Soup Pwd	Chicken Noodle Soup Pwd	Chicken Noodle Soup Pwd	Chicken Noodle Soup Pwd
Maltodextrin, Pea Flour, Potato Starch, Salt, Hydrolysed Plant Protein, Flavour Enhancer (621), Smoked Yeast, Flavour, Spice, Vitamins (Vitamin C, niacin, riboflavin, thiamin).	Maltodextrin, Pea Flour, Potato Starch, Salt, Hydrolysed Plant Protein, Flavour Enhancer (621), Smoked Yeast, Flavour, Spice, Vitamins (Vitamin C, niacin, riboflavin, thiamin).	Noodles (Wheat Flour, Vegetable Oil, Salt, Sodium Polyphosphate, Potassium Carbonate, Sodium Carbonate), Flavour Enhancer (621), Salt, Dehydrated Chicken Powder (Chicken, Corn Starch, Flavour Enhancer (621), Wheat Starch), Maltodextrin, Flavour, Vegetable Fats & Oils (antioxidant 320), Colour (100), Parsley Flakes, Vitamins (Vitamin C, niacin, riboflavin, thiamin).	Noodles (Wheat Flour, Vegetable Oil, Salt, Sodium Polyphosphate, Potassium Carbonate, Sodium Carbonate), Flavour Enhancer (621), Salt, Dehydrated Chicken Powder (Chicken, Corn Starch, Flavour Enhancer (621), Wheat Starch), Maltodextrin, Flavour, Vegetable Fats & Oils (antioxidant 320), Colour (100), Parsley Flakes, Vitamins (Vitamin C, niacin, riboflavin, thiamin).	Noodles (Wheat Flour, Vegetable Oil, Salt, Sodium Polyphosphate, Potassium Carbonate, Sodium Carbonate), Flavour Enhancer (621), Salt, Dehydrated Chicken Powder (Chicken, Corn Starch, Flavour Enhancer (621), Wheat Starch), Maltodextrin, Flavour, Vegetable Fats & Oils (antioxidant 320), Colour (100), Parsley Flakes, Vitamins (Vitamin C, niacin, riboflavin, thiamin).
Fruit Pudding	Fruit Pudding	Fruit Pudding	Fruit Pudding	Fruit Pudding
Flour, Sugar, Sultanas, Glace Citrus Peel, Margarine, Whole Egg, Bread Crumbs, Currants, Whey Powder, Salt, Colour (150), Flavour, Baking Powder, Water.	Flour, Sugar, Sultanas, Glace Citrus Peel, Margarine, Whole Egg, Bread Crumbs, Currants, Whey Powder, Salt, Colour (150), Flavour, Baking Powder, Water.	Flour, Sugar, Sultanas, Glace Citrus Peel, Margarine, Whole Egg, Bread Crumbs, Currants, Whey Powder, Salt, Colour (150), Flavour, Baking Powder, Water.	Flour, Sugar, Sultanas, Glace Citrus Peel, Margarine, Whole Egg, Breadcrumbs, Currants, Whey Powder, Salt, Colour (150), Flavour, Baking Powder, Water.	Flour, Sugar, Sultanas, Glace Citrus Peel, Margarine, Whole Egg, Breadcrumbs, Currants, Whey Powder, Salt, Colour (150), Flavour, Baking Powder, Water.
Two Fruits Diced	Peaches Diced	Pears Diced	Two Fruits Diced	Peaches or Two Fruits Diced
Diced Peaches & Pears, Water, Sugar.	Diced Peaches, Water, Sugar.	Diced Pears, Water, Sugar.	Diced Peaches & Pears, Water, Sugar.	Diced Peaches & Pears, Water, Sugar.
Jam, Apricot	Jam, Strawberry	Jam, Apricot	Jam, Raspberry	Jam, Raspberry
Apricots, Sugar, Glucose, Vegetable Gum (pectin), Food Acid (citric), Vitamin (Vitamin C).	Strawberries, Sugar, Glucose, Vegetable Gum (pectin), Food Acid (citric), Vitamin (Vitamin C).	Apricots, Sugar, Glucose, Vegetable Gum (pectin), Food Acid (citric), Vitamin (Vitamin C).	Raspberries, Sugar, Glucose, Vegetable Gum (pectin), Food Acid (citric), Vitamin (Vitamin C).	Raspberries, Sugar, Glucose, Vegetable Gum (pectin), Food Acid (citric), Vitamin (Vitamin C).
Jam, Blackcurrant	Jam, Blackberry	Jam, Blackcurrant	Jam, Blackberry	Jam, Strawberry
Blackcurrants, Sugar, Glucose, Vegetable Gum (pectin), Food Acid (citric), Vitamin (Vitamin C).	Blackberries, Sugar, Glucose, Vegetable Gum (pectin), Food Acid (citric), Vitamin (Vitamin C).	Blackcurrants, Sugar, Glucose, Vegetable Gum (pectin), Food Acid (citric), Vitamin (Vitamin C).	Blackberries, Sugar, Glucose, Vegetable Gum (pectin), Food Acid (citric), Vitamin (Vitamin C).	Strawberries, Sugar, Glucose, Vegetable Gum (pectin), Food Acid (citric), Vitamin (Vitamin C).

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Beverage Base Pwd Orange Sugar, Food Acid (296), Artificial Sweetening Substances (952, 954), Preservative (211), Flavours, Vitamin (Vitamin C), Mineral Salt (341), Colour (110).	Beverage Base Pwd Tropical Sugar, Food Acid (296), Artificial Sweetening Substances (952, 954), Preservative (211), Flavours, Vitamin (Vitamin C), Mineral Salt (341), Colour (102, 133).	Beverage Base Pwd Lemon Sugar, Food Acid (296), Artificial Sweetening Substances (952, 954), Preservative (211), Flavours, Vitamin (Vitamin C), Mineral Salt (341), Colour (102).	Beverage Base Pwd Lime Sugar, Food Acid (296), Artificial Sweetening Substances (952, 954), Preservative (211), Flavours, Vitamin (Vitamin C), Mineral Salt (341), Colour (102,133).	Beverage Base Pwd Orange Sugar, Food Acid (296), Artificial Sweetening Substances (952, 954), Preservative (211), Flavours, Vitamin (Vitamin C), Mineral Salt (341), Colour (110).
Beverage Base Pwd Lemon Sugar, Food Acid (296), Artificial Sweetening Substances (952, 954), Preservative (211), Flavours, Vitamin (Vitamin C), Mineral Salt (341), Colour (102).	Beverage Base Pwd Orange Sugar, Food Acid (296), Artificial Sweetening Substances (952, 954), Preservative (211), Flavours, Vitamin (Vitamin C), Mineral Salt (341), Colour (110).	Beverage Base Pwd Lime Sugar, Food Acid (296), Artificial Sweetening Substances (952, 954), Preservative (211), Flavours, Vitamin (Vitamin C), Mineral Salt (341), Colour (102,133).	Beverage Base Pwd Tropical Sugar, Food Acid (296), Artificial Sweetening Substances (952, 954), Preservative (211), Flavours, Vitamin (Vitamin C), Mineral Salt (341), Colour (102, 133).	Beverage Base Pwd Tropical Sugar, Food Acid (296), Artificial Sweetening Substances (952, 954), Preservative (211), Flavours, Vitamin (Vitamin C), Mineral Salt (341), Colour (102, 133).
Muesli Bar - Tropical Fruits 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.	Muesli Bar - Tropical Fruits 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.	Muesli Bar - Forest Fruits Oats, Glucose Syrup, Fruit (blueberry, cherry), Rolled Wheat, Sugar, Vegetable Oil, Puffed Cereal (rice, oats, corn), Desiccated Coconut, Humectant (sorbital), Honey, Skim Milk Powder, Emulsifier (322), Food Acid (malic), Natural Colours (caramel, beta carotene, carmine), Flavour, Roasted Almonds.	Muesli Bar - Tropical Fruits 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.	Muesli Bar - Tropical Fruits 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.
Muesli Bar - Forest Fruits Oats, Glucose Syrup, Fruit (blueberry, cherry), Rolled Wheat, Sugar, Vegetable Oil, Puffed Cereal (rice, oats, corn), Desiccated Coconut, Humectant (sorbital), Honey, Skim Milk Powder, Emulsifier (322), Food Acid (malic), Natural Colours (caramel, beta carotene, carmine), Flavour, Roasted Almonds.	Muesli Bar - Apricot & Coconut 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.	Muesli Bar - Apricot & Coconut 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.	Muesli Bar - Forest Fruits Oats, Glucose Syrup, Fruit (blueberry, cherry), Rolled Wheat, Sugar, Vegetable Oil, Puffed Cereal (rice, oats, corn), Desiccated Coconut, Humectant (sorbital), Honey, Skim Milk Powder, Emulsifier (322), Food Acid (malic), Natural Colours (caramel, beta carotene, carmine), Flavour, Roasted Almonds.	Muesli Bar - Apricot & Coconut 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.
Biscuits Short bread Flour, Vegetable Oil, Icing Sugar, Butter, Condensed Milk, Egg, Full Cream Milk Powder, Salt, Baking Powder, Butter Flavour, Flour Treatment Agent (223), Emulsifiers (471, 322), Antioxidant (306).	Biscuits Short bread Flour, Vegetable Oil, Icing Sugar, Butter, Condensed Milk, Egg, Full Cream Milk Powder, Salt, Baking Powder, Butter Flavour, Flour Treatment Agent (223), Emulsifiers (471, 322), Antioxidant (306).	Biscuits Short bread Flour, Vegetable Oil, Icing Sugar, Butter, Condensed Milk, Egg, Full Cream Milk Powder, Salt, Baking Powder, Butter Flavour, Flour Treatment Agent (223), Emulsifiers (471, 322), Antioxidant (306).	Biscuits Scotch Finger Flour, Vegetable Oil, Sugar, Butter, Condensed Milk, Egg, Salt, Baking Powder.	Biscuits Scotch Finger Flour, Vegetable Oil, Sugar, Butter, Condensed Milk, Egg, Salt, Baking Powder.
Chilli Sauce Water, Tomato Paste, Sugar, Glucose, Apple Paste, Jalapeno Flavour, White Vinegar, Salt, Citric Acid, Spices, Pectin (440a), Acetic Acid, Preservative (202), Calcium Chloride.	Chilli Sauce Water, Tomato Paste, Sugar, Glucose, Apple Paste, Jalapeno Flavour, White Vinegar, Salt, Citric Acid, Spices, Pectin (440a), Acetic Acid, Preservative (202), Calcium Chloride.	Soya Sauce Water, soybeans, Wheat, Salt, Sugar, Colour (150), Flavour Enhancer (621), Preservative (211).	Soya Sauce Water, soybeans, Wheat, Salt, Sugar, Colour (150), Flavour Enhancer (621), Preservative (211).	Chilli Sauce Water, Tomato Paste, Sugar, Glucose, Apple Paste, Jalapeno Flavour, White Vinegar, Salt, Citric Acid, Spices, Pectin (440a), Acetic Acid, Preservative (202), Calcium Chloride.

The following items are common to all menus:

Vegetable Extract	Cheese Canned	Chocolate Ration	ANZAC Bar	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, Thiamin & Vitamin C).	Oats, Desiccated Coconut, Rolled Wheat, Sugar, Vegetable Oil, Golden Syrup, Puffed Rice, Glucose, Salt, Sodium Bicarbonate, Emulsifier (lecithin), Flavour.	Sugar, Gum Base, Glucose Syrup, Modified Starches, Thickener (1404), Flavours, Humectant (422), Glazing Agent (903), Antioxidant (320).
Biscuits Crispbread Wheat, Vegetable Oil, Invert Syrup.	Instant Coffee Coffee Powder	Pepper Black Ground dried Piper Nigrum Berries.	Sugar Granulated Crystallised Sucrose.	Tea Bags Small Leaf Tea
Tomato Ketchup Water, Tomato Paste, Glucose, Sugar, Salt, Modified Starch, White Vinegar, Citric Acid, Pectin (E440 (a)), Acetic Acid, Preservative E202, Ketchup Spice Blend, Ascorbic Acid, Calcium.	Salt Sodium Chloride, Anti-Caking Agent.	Chocolate Drinking Powder Sugar, Milk Solids, Cocoa Powder, Flavour.	Sweetened Condensed Milk Sugar, Whole Milk Solids, Water.	Butter Concentrate Fractionated Milk Fat, Skim Milk Powder, Salt, Sodium Carbonate, Added Diacetyl, Water.
Curry Powder Curry Powder	Tabasco Vinegar, Red Pepper, Salt	Corn Sweet Sweet Corn, Salt, Sugar, Water.	Carrots Sliced Carrots, Salt, Acidity Regulator (575), Water.	Potatoes Potatoes, water, salt