## AUSTRALIAN DEFENCE FORCE

PACKED 2000/2001 - 1.0

NB. A cereal supplement (bread, dry pasta, rice or noodles) may be issued with this pack if authorised

# 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, minced, with spaghetti | 2 x 500g | Beef, minced, savoury, with veg | 2 x 500g | Beef & Pasta | 2 x 500g | Beef & Blackbean | 2 x 500g | Baked Beans | 2 x 500g |
| Beef satay | 2 x 500g | Beef & vegetables, Dutch style | 2 x 500g | Beef Stroganoff | 2 x 500g | Beef Kai Si Ming | 2 x 500g | Chicken, pasta & veg | 2 x 500g |
| Frankfurters | 2 x 185g | Chicken curry | 2 x 500g | Sausages & spaghetti | 2 x 500g | Spaghetti & meatballs | 2 x 500g | Chicken satay | 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 - Ginger Nut | 5 x 51g | Biscuit - Shortbread | 5 x 35g | Biscuit - Scotch Finger | 5 x 35g | Biscuit - ANZAC | 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 - strawberry | 1 x 85g | Fruit spread - apricot | 1 x 85g | Fruit spread - raspberry | 1 x 85g | Fruit spread - raspberry | 1 x 85g |
| Fruit spread - blackcurrant | 1 x 85g | Fruit spread - blackberry | 1 x 85g | Fruit spread - blackcurrant | 1 x 85g | Fruit spread - blackberry | 1 x 85g | Fruit spread - strawberry | 1 x 85g |
| Muesli bar - | | Muesli bar - | | Muesli bar - | | Muesli bar - | | Muesli bar - | |
| - ANZAC | 5 x 32g | - forest fruit | 5 x 32g | - forest fruit | 5 x 32g | - tropical fruit | 5 x 32g | - tropical fruit | 5 x 32g |
| Peas, green | 2 x 250g | Peas, green | 2 x 250g | | | | | Peas, green | 2 x 250g |
| Potatoes, sliced | 1 x 500g | Potatoes, sliced | 1 x 500g | Potatoes, sliced | 1 x 500g | | | Potatoes, sliced | 1 x 500g |
| | | | | Rice | 1 x 450g | Rice | 2 x 450g | | |
| Sauce, chilli, sweet | 5 x 10g | Sauce, chilli, sweet | 5 x 10g | Sauce, soy | 5 x 10g | Sauce, soy | 5 x 10g | Sauce, chilli, sweet | 5 x 10g |
| Soup powder, chicken | 5 x 30g | Soup powder, beef | 5 x 30g | Soup powder, savoury veg | 5 x 30g | Soup powder, chicken noodle | 5 x 30g | Soup powder, tomato | 5 x 30g |

| Additional food items common to all CR5M menus | | | | | | Non-food items common to all CR5M menus | | | |
|---|---|---|---|---|---|---|---|---|---|
| Beverage, chocolate, pwdr | 5 x 40g | Chocolate ration | 5 x 50g | Potatoes, sliced | 1 x 500g | Can opener | 2 only | Toilet paper, 10 Sheets | 5 x Pkt |
| Beverage, coffee, instant | 10 x 3.5g | Corn, sweet, whole kernel | 1 x 250g | Pudding, fruit | 1 x 350g | Container, with lid | 4 only | | |
| Beverage, tea, pot bag | 10 x 2.5g | Curry powder | 2 x 3.5g | Salt | 5 x 2g | Lid, reclosure | 1 only | | |
| Biscuit - Crispbread | 5 x 34g | MB - ANZAC | 5 x 32g | Sauce, Tabasco | 5 x 3g | Matches | 2 x Box | | |
| Butter concentrate | 1 x 150g | - Apricot & Coconut | 5 x 32g | Sauce, tomato ketchup | 5 x 15g | Pads, scouring, soaped | 2 only | | |
| Carrots, sliced | 1 x 250g | Milk, condensed, sweetened | 5 x 85g | Sugar | 40 x 7g | Rubber bands | 3 only | | |
| Cheese, cheddar | 5 x 56g | Pepper, black | 5 x 2g | Vegetable extract | 1 x 85g | Spoons, dessert | 5 only | | |
| Chewing gum 4 pellet | 5 x pkt | | | | | | | | |