

INGREDIENT LIST - PATROL RATION (ONE MAN)					Packed 2001/2002 - Ph1
Menu A	Freeze Dried Lamb Casserole	Freeze Dried Beef and Green Beans	Fruit Grains - Apricot	Biscuits Jam Sandwich	Muesli Bar - Apricot & Coconut
	Ingredients when reconstituted: Lamb & Mutton, Vegetables (Onions, Carrots, Corn, Peas), Vegetable Oil, Soy Sauce, Fruit, Herbs and Spices, Pasta, Thickeners (1422, 415), Salt, Sugar, Hydrolysed Vegetable Protein, Vinegar, Colour (150), Citric Acid, Molasses, Water.	Ingredients when reconstituted: Beef, Green Beans, Thickeners (415), Wheat Flour, Salt, Hydrolysed Vegetable Protein, Flavours, Herbs and Spices, Caramel, Vegetable Oil, Flavour Enhancers (621, 627, 631), Water.	Apple Paste, Apricot Paste, Sugar, Glycerol, Acidity Regulators (Sodium Citrate, Malic Acid), Pectin, Natural Flavours, Ascorbic Acid, Coatings (Maize Starch, Wheat Fibre or Cellulose)	Flour, Raspberry Flavoured Filling (Raspberries, Apples, Sugar, Pectin, Food Acid 330), Vegetable Oil, Sugar, Desiccated Coconut, Golden Syrup, Invert Syrup, Salt, Baking Powder, Flavour, Colour (110, 129).	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 (lecithin), Food Acid (citric), Colours (caramel, beta carotene), Flavour.
	Muesli Bar - Anzac	Fruit Grains - Blackcurrant	Sauce, Tomato Ketchup	Beverage Pwd Sport Lemon & Lime	Beverage Pwd Sport Orange
	Oats, Desiccated Coconut, Rolled Wheat, Sugar, Vegetable Oil, Golden Syrup, Puffed Rice, Glucose, Salt, Sodium Bicarbonate, Emulsifier (lecithin), Flavour.	Apple Paste, Blackcurrant Puree, Plum Paste, Blackcurrant Juice Concentrate, Sugar, Glycerine, Pectin (E440), Acidity Regulators (E269, 331), Flavour (Nature Identical), Coatings (Wheat Starch, Dextrose)	Water, Tomato Paste (Hot Break), Sugar, Glucose, Apple paste, Jalapeno Flavour, Vinegar, Salt, Modified Starch, Spice, Acetic Acid, Pectin (E440a), Preservative, Black Pepper, Calcium Chloride.	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 (122), Emulsifier (408).
	Freeze Dried Potato & Onion Powder	Vegetable Extract		Sauce Tabasco	
Potato Powder, Full Cream Milk, Hydrated Onion, Lecithin (322), Sulphur Dioxide preservative (220).	Yeast Extract, Sugar, Dextrose, Skim Milk Powder, Cocoa Liquor, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, Thiamine & Vitamin C).		Vinegar, Red Pepper, Salt		
Menu B	Spaghetti & Meat Sauce	Beef & Blackbean	Noodles, Beef	Muesli Bar - Forest Fruits	Muesli Bar - Apricot & Coconut
	Ingredients when reconstituted: Spaghetti, Beef, Vegetables (Capsicum, Onions), Tomato Paste, Vegetable Oil, Herbs & Spices, Salt, Maltodextrins, Hydrolysed Vegetable Protein, Flavours, Caramel, Flavour Food Acid (530) Enhancers (627, 631), Water.	Ingredients when reconstituted: Beef, Vegetables (Onions, Capsicum, Green Beans, Baby Corn, Garlic, Bamboo Shoots), Mushrooms, Vegetable & Animal Fats, Soy Bean Extract, Herbs & Spices, Thickener (415), Colour (150), Salt, Sugar, Water.	Noodles (wheat flour, vegetable oil, salt, sodium polyphosphate, potassium carbonate, sodium carbonate), Maltodextrin, Beverage Whitener, Salt, Hydrolysed Plant Protein, Flavour, Vegetable Gum (412), Milk Solids Non-Fat, Sugar, Flavour Enhancer (621), Onion Pieces, Colour (150), Vegetable Fats & oils (antioxidant 320), Parsley Flakes, Vitamins (Vitamin C, Nicotinamide, Riboflavin, Thiamine).	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 (lecithin), Food Acid (malic), Colours (caramel, beta carotene, carmine), Flavour, Roasted Almonds.	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 (lecithin), Food Acid (citric), Colours (caramel, beta carotene), Flavour.
	Fruit Grains - Mixed Berry	Fruit Grains - Apricot	Sauce Chilli	Beverage Pwd Sport Raspberry	Beverage Base Pwd Tropical
	Strawberry Puree, Blueberry Puree, Blackberry Juice Concentrate, Concentrated Seedless Raspberry Puree, seedless Boysenberry Puree, Apple Paste, Pear Paste, Plum Paste, Sugar, Glycerine, Pectin, Flavour (Nature Identical), Coatings (Maize Starch, Wheat Fibre or Cellulose).	Apple Paste, Apricot Paste, Sugar, Glycerol, Acidity Regulators (Sodium Citrate, Malic Acid), Pectin, Natural Flavours, Ascorbic Acid, Coatings (Maize Starch, Wheat Fibre or Cellulose)	Water, Tomato Paste, Sugar, Glucose, Apple Paste, Jalapeno Flavour, White Vinegar, Salt, Citric Acid, Spices, Pectin (440a), Acetic Acid, Preservative 202, Calcium Chloride.	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), Artificial Sweetening Substances (952, 954), Preservative (211), Flavours, Vitamin (Vitamin C), Mineral Salt (341), Colour (102, 133).
	Biscuits Scotch Finger	Fruit Spread, Raspberry		Sauce Tabasco	
Flour, Vegetable Oil, Sugar, Butter, Condensed Milk, Egg, Salt, Baking Powder.	Raspberries, Sugar, Glucose, Vegetable Gum (pectin), Food Acid (citric), Vitamin (Vitamin C).		Vinegar, Red Pepper, Salt		
Menu C	Veal Italiane	Beef Teriyaki	Fruit Grains - Orange	Beverage Pwd Sport - Lemon & Lime	Beverage Pwd Sport - Mixed Berry
	Ingredients when reconstituted: Pasta, Veal, Vegetables (Onion, Capsicum, Garlic), Tomato Paste, Vegetable & Animal Fats, Parmesan Cheese, Herbs & Spices, Salt, Maltodextrins, Hydrolysed Vegetable Protein, Flavours, Caramel, Flavour Enhancers (627, 631), Water.	Ingredients when Reconstituted: Beef, Vegetables (Onions, Capsicum, Green Beans, Baby Corn, Garlic), Mushrooms, Vegetable & Animal Fats, Soy Sauce, Teriyaki Sauce, Worcestershire Sauce, Herbs & Spices, Thickener (415), Water.	Apple Paste, Peach Paste, Apricot Paste, Orange Juice Concentrate, Sugar, Glycerol, Pectin (440a), Coating, Acidity Regulators (Sodium Citrate, Citric Acid), Flavour (Natural), Ascorbic Acid, Coatings (Maize Starch, Wheat Fibre or Cellulose)	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), Flavours, Vitamin (Vitamin C), Colour (124, 133), Emulsifier (408).
	Biscuits ANZAC	Muesli Bar - Forest Fruits	Muesli Bar - Apricot & Coconut	Fruit Grains - Blackcurrant	Sauce Chilli
	Flour, Sugar, Butter, Rolled Oats, Desiccated Coconut, Golden Syrup, Baking Powder, Salt, Emulsifiers (322).	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 (lecithin), Food Acid (malic), Colours (caramel, beta carotene, carmine), Flavour, Roasted Almonds.	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 (lecithin), Food Acid (citric), Colours (caramel, beta carotene), Flavour.	Apple Paste, Blackcurrant Puree, Plum Paste, Blackcurrant Juice Concentrate, Sugar, Glycerine, Pectin (E440), Acidity Regulators (E269, 331), Flavour (Nature Identical), Coatings (Wheat Starch, Dextrose)	Water, Tomato Paste, Sugar, Glucose, Apple Paste, Jalapeno Flavour, White Vinegar, Salt, Citric Acid, Spices, Pectin (440a), Acetic Acid, Preservative 202, Calcium Chloride.
	Rice Freeze Dried	Fruit Spread, Apricot	Sauce Soy	Curry Powder	
Rice, Salt	Apricots, Sugar, Glucose, Vegetable Gum (pectin), Food Acid (citric), Vitamin (Vitamin C).	Water, Soya Beans, Wheat, Salt, Sugar, Colour 150, Flavour Enhancer 621, Preservative 211.	Curry Powder		
INGREDIENT LIST - PATROL RATION (ONE MAN)					Packed 2001/2002 - Ph1

Menu D	Tuna Mornay	Beef & Noodles	Noodles, Chicken	Muesli Bar - Forest Fruits	Muesli Bar - Anzac
	Ingredients when reconstituted: Tuna, Cheese, Pasta, Butter, Wheat Flour, Thickener (415), Salt, Herbs & Spices, Milk Powder, Flavour Enhancers (621, 635), Yeast Extract, Flavours (Roast Squid, Spice Extract, Celery), Food Acid 330, Colour (100), Water.	Ingredients when reconstituted: Beef, Pasta, Vegetables (Onions, Tomatoes, Capsicum, Garlic), Mushrooms, Salt, Maltodextrins, Hydrolysed Vegetable Protein, Food Acid (330), Sugar, Flavours, Herbs & Spices, Caramel, Vegetable Oil, Natural Colour (150), Thickener (415), Water.	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, Nicotinamide, Riboflavin, Thiamine).	Oats, Glucose Syrup, Fruit (blueberry, cherry), Rolled Wheat, Sugar, Vegetable Oil, Puffed Cereal (rice, oats, corn), Desiccated Coconut, Humectant (sorbitol), Honey, Skim Milk Powder, Emulsifier (lecithin), Food Acid (malic), Colours (caramel, beta carotene, carmine), Flavour, Roasted Almonds.	Oats, Desiccated Coconut, Rolled Wheat, Sugar, Vegetable Oil, Golden Syrup, Puffed Rice, Glucose, Salt, Sodium Bicarbonate, Emulsifier (lecithin), Flavour.
	Beverage Base Pwd Orange	Beverage Pwd Sport Raspberry	Biscuits ANZAC	Fruit Grains - Orange	Fruit Grains – Tropical
	Sugar, Food Acid (296), Artificial Sweetening Substances (952, 954), Preservative (211), Flavours, Vitamin (Vitamin C), Mineral Salt (341), Colour (110).	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).	Flour, Sugar, Butter, Rolled Oats, Desiccated Coconut, Golden Syrup, Baking Powder, Salt, Emulsifiers (322).	Apple Paste, Peach Paste, Apricot Paste, Orange Juice Concentrate, Sugar, Glycerol, Pectin (440a), Coating, Acidity Regulators (Sodium Citrate, Citric Acid), Flavour (Natural), Ascorbic Acid, Coatings (Maize Starch, Wheat Fibre or Cellulose)	Crushed Pineapple, Mango Puree, Banana Puree, Apple Paste, Apricot Paste, Sugar, Glycerol, Pectin, Ascorbic Acid, Flavour (Nature Identical), Coatings (Corn Starch, Dextrose).
	Biscuits Short bread	Curry Powder	Sauce Tabasco	Fruit Spread, Blackberry	Sauce Soy
Flour, White Sugar, Butter, Eggs, Salt, Baking Powder (500, 450), Flavour. May contain peanut traces	Curry Powder	Vinegar, Red Pepper, Salt	Blackberries, Sugar, Glucose, Vegetable Gum (pectin), Food Acid (citric), Vitamin (Vitamin C).	Water, Soya Beans, Wheat, Salt, Sugar, Colour 150, Flavour Enhancer 621, Preservative 211.	
Menu E	Chicken Tetrizzini	Savory Steak Finger	Muesli Bar - Tropical Fruits	Muesli Bar - Apricot & Coconut	Fruit Grains - Mixed Berry
	Ingredients when reconstituted: Noodles, Chicken, Cream, Cheese, Butter, Mushrooms, Thickeners (415), Wheat Flour, Salt, Milk Powder, Hydrolysed Vegetable Protein, Flavour, Herbs & Spices, Turmeric, Vegetable Oil, Flavour Enhancers (621, 627, 631), Water.	Ingredients when reconstituted: Beef, Vegetables (Onions, Capsicum, Garlic) Soy Sauce, Thickeners, Wheat Flour, Herbs & Spices, Vegetable Oil, Salt, Hydrolysed Vegetable Protein, Flavours, Caramel, Flavour Enhancers (627, 631), Water.	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 (lecithin), Food Acid (citric), Colours (caramel, beta carotene), 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 (lecithin), Food Acid (citric), Colours (caramel, beta carotene), Flavour.	Strawberry Puree, Blueberry Puree, Blackberry Juice Concentrate, Concentrated Seedless Raspberry Puree, seedless Boysenberry Puree, Apple Paste, Pear Paste, Plum Paste, Sugar, Glycerine, Pectin, Flavour (Nature Identical), Coating (Maize Starch, Wheat Fibre or Cellulose).
	Fruit Grains - Tropical	Fruit Spread, Plum	Beverage Pwd Sport - Mixed Berry	Beverage Base Pwd Tropical	Biscuits Gingernut
	Crushed Pineapple, Mango Puree, Banana Puree, Apple Paste, Apricot Paste, Sugar, Glycerol, Pectin, Ascorbic Acid, Flavour (Nature Identical), Coatings (Corn Starch, Dextrose).	Plums, Sugar, Glucose, Vegetable Gum (pectin), Food Acid (citric), Vitamin (Vitamin C).	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), Artificial Sweetening Substances (952, 954), Preservative (211), Flavours, Vitamin (Vitamin C), Mineral Salt (341), Colour (102, 133).	Flour, Sugar, Golden Syrup, Vegetable Oil, Ginger, Salt, Baking Powder, Full Cream Milk Powder, Flavour.
	Sauce Soy		Rice Freeze Dried		
Water, Soya Beans, Wheat, Salt, Sugar, Colour 150, Flavour Enhancer 621, Preservative 211.		Rice, Salt			
The following items are common to all packs:					
Candy Chocolate	Candy Hard	Chocolate Ration	Biscuits Crispbread	Biscuits Short bread	
Milk Chocolate (sugar, cocoa mass, full cream milk powder, cocoa fat, butter, emulsifier (lecithin), Flavours, Sugar, Corn Starch, Water, Glucose Syrup, Vegetable Gum (414), Colours (102, 110, 124, 133, 171), Thickener (dextrin), Peanut.	<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	Cocoa Butter, Sugar, Dextrose, Skim Milk Powder, Cocoa Liquor, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, thiamin & Vitamin C).	Flour, Vegetable fat, Antioxidant (306), Yeast, Sugar (invert syrup, lactose), Salt, Malt extract, Raising agent (500) Flour Treatment Agent (223). May contain peanut traces	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).	
Cheese, Cheddar	Salt	Muesli Bar - ANZAC	Chewing Gum	Chocolate Drink Powder	
Cheddar Cheese, Food Acid (331), Salt, Preservative (234), Mineral Salts (339, 450), Colour (160b), Water, Rennet.	Sodium Chloride, Anti Caking Agent.	Oats, Vegetable Shortening, Wholemeal Flour, Raw Sugar, Golden Syrup, Desiccated Coconut, Sodium Bicarbonate. (May contain traces of peanuts)	Sugar, Gum Base, Glucose Syrup, Modified Starches, Thickener (1404), Flavours, Humectant (422), Glazing Agent (903), Antioxidant (320).	Non-fat Milk Powder, Sugar, Whey powder, Cocoa Powder, Hydrogenated Vegetable Oil, Flavour, Salt.	
Tabasco	Sweetened Condensed Milk	Pepper Black	Tea Bags	Instant Coffee	
Vinegar, Red Pepper, Salt	Whole Milk Solids, Sugar, Water.	Ground dried immature Piper Nigrum Berries.	Small Leaf Tea	Spray Dried Coffee Powder	
Sugar					
Granulated Crystallised Sucrose.					