

INGREDIENT LIST - PATROL RATION (ONE MAN)

PACKED 2007/2008

FOOD ALLERGIES

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Freeze Dried Beef and Black Bean	Freeze Dried Beef Teriyaki	Freeze Dried Veal Italiane	Freeze Dried Chicken Tetrizzini	Freeze Dried Savory Steak Finger
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.	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	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: Noodles, Chicken, Cream, Cheese, Butter, Mushrooms, Thickeners (415), Wheat Flour, Salt, Milk Powder, Hydrolysed Vegetable Protein, Flavour, Herbs & Spices, Turmeric, Vegetable Oil, Flavour Enhancers (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.
Freeze Dried Spaghetti & Meat Sauce	Freeze Dried Lamb Casserole	Freeze Dried Tuna Mornay	Freeze Dried Beef and Green Beans	Freeze Dried Beef and Noodle
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: 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: 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.	Beef, Green Beans, Thickeners (1422), Wheat Flour, Animal Fats, Salt, Hydrolysed Vegetable Protein (150), Water Added.	Beef, Pasta, Vegetables (Onion, Tomatoes, Mushrooms, Capsicum, Garlic), Salt, Maltodextrins, Hydrolysed Vegetable & Animal Fats, Food Acid(330), Sugar, Flavours, Herbs & Spices, Caramel, Vegetable Oil, Natural Colour (150) , Thickener (415) Water Added.
Fruit Spread, Marmalade	Fruit Spread, Raspberry	Fruit Spread, Plum	Fruit Spread, Blackberry	Rice Freeze Dried
Sugar, Citrus, Pectin, Sodium Citrate, Preservative (202)	Sugar, Raspberries, Water, Pectin, Sodium Citrate, Preservative (202)	Sugar, Plums, Water, Pectin, Sodium Citrate, Preservative (202)	Sugar, Blackcurrants, Water, Pectin, Sodium Citrate, Preservative (202)	Rice, Salt
Potato & Onion Powder	Confectionery Cream Chocolate	Confectionery Cream Vanilla	Tuna in Springwater	Tuna with Oven Dried Tomato & Basil
Potato Powder, Full Cream Milk, Hydrated Onion, Lecithin (322), Sulphur Dioxide preservative (220).	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	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)
Noodles, Instant Beef Flavour Pouch	Noodles, Instant, with Chicken Flavour Pouch	Chocolate Ration	Biscuits, Shortbread	Biscuits, Vitalife Wellgrain Crispbread
Wheat Flour, Water, Palm Oil, Guar Gum (412), Sodium Carbonate & Bicarbonate, Sodium Polyphosphates glassy, Sodium Tripolyphosphate, Sodium Pyrophosphate, Salt, Hydrolyzed Vegetable Protein, Beef Flavour, Sugar, Spices, Monosodium Glutamate, Disodium Inosinate	Wheat Flour, Water, Palm Oil, Guar Gum (412), Sodium Carbonate & Bicarbonate, Sodium Polyphosphates glassy, Sodium Tripolyphosphate, Sodium Pyrophosphate, Salt, Hydrolyzed Vegetable Protein, Chicken Flavour, Sugar, Spices, Monosodium Glutamate, Disodium Inosinate	Cocoa Butter, Sugar, Dextrose, Skim Milk Powder, Cocoa Liquor, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, Thiamine & Vitamin C).	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, 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)
Fruit Grains - Raspberry	Fruit Grains - Blackcurrant	Fruit Grains - Berry Combo	Fruit Grains - Tropical	Fruit Grains - Apricot
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)
Beverage Chocolate Powder	Beverage Tea Bags	Beverage Coffee Instant	Sweet Condensed Milk	Sugar
ugar, Cocoa (17%), Emulsifier (Soy Lecithin 322), Salt, Vanilla Flavour, Spice	Small Leaf Tea	Coffee Powder	Whole Milk Solids, Sugar, Water.	Granulated Crystallised Sucrose.

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Sauce, Chilli, Sweet	Candy Chocolate	Chewing Gum PK	Chewing Gum Juicy Fruit	Vegetable Extract
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	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.	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).	Yeast Extract, Sugar, Dextrose, Skim Milk Powder, Cocoa Liqueur, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, Thiamine & Vitamin C).
Beverage Sport Powder Type II Orange	Beverage Sport Powder Type II Lemon & Lime	Beverage Sport Powder Type II Mixed Berry	Beverage Sport Powder Type II Grape	Sauce, Tomato
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, Cum 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)	Water, Tomato paste, Sugar, Modified Starch, Onions, Salt, Food Acid E260, E325, Thickener 415, Blend of Spices, Preservatives Sodium Benzoate 211, Potassium Sorbate 202
Beverage Powder Type I Mixed Berry	Beverage Powder Type I Lemon & Lime	Beverage Powder Type I Raspberry	Beverage Powder Type I Orange	Beverage Powder Type I Tropical
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).	Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Flavours, Vitamin (Vitamin C), Colour (123), Emulsifier (408).
Muesli Bar - Apricot & Coconut	Muesli Bar – Forest Fruits	Muesli Bar - Tropical Fruits	Salt	Candy Hard
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.	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 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.	Sodium Chloride, Anti Caking Agent. Pepper Ground dried Piper Nigrum Berries. Soy Sauce Water, Soya Beans, Wheat, Salt, Sugar, Colour 150, Preservative 211.	<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).

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Correct as at 4 Oct 2007 – Approved by Mr R Weir