

## PATROL RATION ONE MAN – MENU SHEET Packed 2007/2008

The Patrol Ration One Man is available in the five menus shown below. Due to unavoidable circumstances, items may be substituted. Nutritional and Shelf Life information is available from Catering Fleet Technical Advisors.

Menu A	Menu B	Menu C	Menu D	Menu E
FD Chicken Tetrzinni 1 x 110g	F/D Veal Italienne 1 x 110g	F/D Tuna Mornay 1 x 110g	F/D Lamb Casserole 1 x 110g	F/D Savoury Beef 1 x 110g
F/D Beef and Green Beans 1 x 110g	F/D Beef and Black Beans 1 x 110g	F/D Beef and Noodle 1 x 110g	F/D Beef Teriyaki 1 x 110g	F D Spaghetti & Meatballs 1 x 110g
Bev Powder, Grape Type II, 1 x 70g	Bev Powder, Tropical Type II, 1 x 70g	Bev Powder, Lemon Lime Type II, 1 x 70g	Bev Powder, Lemon Lime Type II, 1 x 70g	Bev Powder, Tropical Type II, 1 x 70g
Bev Powder, Orange Type II, 1 x 70g	Bev Powder, Mix Berry Type II, 1 x 70g	Bev Powder, Orange Type II, 1 x 70g	Bev Powder, Mix Berry Type II, 1 x 70g	Bev Powder, Grape Type II, 1 x 70g
Bev Powder Orange Type I, 1x 12g	Bev Powder Lemon & Lime Type I, 1 x 12g	Bev Powder Mixed Berry Type I, 1 x 12g	Bev Powder Tropical Type I, 1 x 12g	Bev Powder Raspberry Type I, 1 x 12g
Confectionary Spread – Vanilla 1 x 50g	Confectionary Spread – Chocolate 1 x 50g	Confectionary Spread – Vanilla 1 x 50g	Confectionary Spread – Chocolate 1 x 50g	Confectionary Spread – Vanilla 1 x 50g
Noodles, Chicken 1 x 47g	Noodles, Beef 1 x 47g	Noodles, Chicken 1 x 47g	Noodles, Beef 1 x 47g	Noodles, Chicken 1 x 47g
FD Potato & Onion 1 x 50g	FD Potato & Onion 1 x 50g	FD Rice 1 x 55g	FD Potato & Onion 1 x 50g	FD Rice 1 x 55g
Fruit Spread, Raspberry 1 x 26g	Fruit Spread, Plum 1 x 26g	Fruit Spread, Raspberry 1 x 26g	Fruit Spread, Marmalade 1 x 26g	Fruit Spread, Blackberry 1 x 26g
Biscuit Shrewsbury 1 x 45g	Fruit Grains, Blackcurrant 1 x 15g	Fruit Grains, Mixed Berry 1 x 15g	Fruit Grains, Strawberry 1 x 15g	Fruit Grains, Strawberry 1 x 15g
Pouched Tuna in Springwater 1 x 85g	Fruit Grains, Mixed Berry 1 x 15g	Fruit Grains, Tropical 1 x 15g	Fruit Grains, Tropical 1 x 15g	Fruit Grains, Apricot 1 x 15g
	Biscuit, Krispie 2 x 45g	Biscuit Shrewsbury 1 x 45g	Biscuit, Krispie 2 x 45g	Biscuit Shrewsbury 1 x 45g
		Pouched Tuna in Springwater 1 x 85g		Pouched Tuna in Springwater 1 x 85g
		Biscuits, Shortbread 1 x 33g		Biscuits, Shortbread 1 x 33g

### ADDITIONAL ITEMS COMMON TO ALL MENUS

Beverage Choc Powder 1 x 40g	Biscuit Vitalife Wellgrain 1 x 36g	Chocolate Ration 1 x 50g	Milk, Sweetened Condensed 1 x 85g	Beverage, Tea Bags, Pot 2 x 2.5g
Beverage Instant Coffee 2 x 3.5g	Pepper Black 1 x 2g	Salt 1 x 2g	Vegetable Extract 1 x 15g	Sugar, Grade 1XA 8 x 7g
Candy Hard 2 x 30g	Candy Chocolate 1 x 55g	Sauce, Soy 1 x 3g	Sauce, Tomato, Ketchup 1 x 15g	Sauce, Sweet Chilli 1 x 10g
MB, Forest Fruits 1 x 32g	MB, Apricot & Coconut 1 x 32g	MB, Tropical Fruits 1 x 32g	Bag, Plastic re-sealable	Bag, Plastic Inner
Bag, Plastic Common x 1	Rubber Bands Size 32 x 2	Rubber Bands, Size 62 x 1	Matches, Waterproof (GL) Vial x 1	Menu Sheet x 1
Pads, Scouring x 1	Paper, Toilet x 1	Spoon, Plastic x 1	Chewing Gum, Various 2 x pkts of 4	

## INFORMATION FOR CONSUMERS OF THE PATROL RATION ONE MAN

### FOOD ALLERGIES

This ration pack has **NOT** been catered for consumers with any food allergy or special dietary requirements. You should read the **Contents** and **Instruction Sheet** before consumption. If you have any doubts about the contents, you should not consume the ration pack.

### GENERAL

The PRIM consists of two main meals, a midday snack and a number of sundry items. It is suggested that the two main components be used for breakfast and evening meals, and that the muesli bar and sweet biscuits be used for the midday snack. The PRIM has been designed to ensure that you receive enough food and vitamins each day, therefore it is desirable that all food in the pack is eaten.

No Mess gear is required to prepare and eat this ration. Meals may be prepared, heated and eaten from the pouch in which they are packed.

If very short of water, do not consume the main meals. Your need for water will be less if you consume only the biscuits, sweets and sugar.

The vegetable extract may be used as a spread on biscuits, as flavouring to some of the meat dishes or added to noodles. After a few months in a tropical climate the condensed milk may become thicker and brownish in appearance, but it is safe to eat and may be consumed without fear of any ill effects. Chocolate may develop a light coloured film on the surface; it is still safe to eat. By dissolving the chocolate in sterilised hot water a chocolate drink can be made.

## **WATER STERILISATION**

All water supplies must be regarded as contaminated unless medically cleared. If the water is dirty or cloudy, first filter using the Millbank Individual Filter. Once filtered, add the water sterilisation tablets and follow the directions on the tablets package. Wait 5 minutes and shake well, wait an additional 30 minutes so bacteria are killed before drinking or using to prepare food or beverage. Water may also be sterilised by boiling for a minimum of 5 minutes.

The beverage powder sport has water sterilisation properties but should only be relied upon in the case of EMERGENCY. If used allow 90 minutes after addition before drinking.

## **AVOID FOOD POISONING**

Do not open more containers of perishable food than are necessary for a meal. Any uneaten opened perishable food must not be consumed or must be chilled immediately to avoid food poisoning.

## **AVOID DEHYDRATION**

It is essential that you drink plenty of water. Heat and exercise cause dehydration and loss of thirst. You should drink plenty of water if you are sweating heavily, even if you don't feel thirsty. Drink enough water to keep your urine clear.

## **SALT INTAKE**

Extra salt may be needed if working hard in hot environments / or during periods of heat acclimatisation when your salt losses are much greater. When required the extra salt should be taken dissolved in drinking water (not more than one (1) sachet for seven (7) litres of water), or sprinkled on food.

Do not take extra salt unless you drink plenty of water. It is harmful to take extra salt without extra water.

## **COLOURED TAGS**

Different coloured paper tags are contained in all ration packs. The coloured paper tags have been included as a quality control measure during packaging. The tags are useful in the field as markers and model items. Please dispose of in a thoughtful manner.

## **DISPOSAL OF LITTER**

There is packaging litter in each PRIM, which may give intelligence to the enemy if discarded. Dispose all litter in a thoughtful manner with consideration for the environment.

## **LABELLING INFORMATION**

Nutritional and use-by information is available from the ADF Catering Fleet Technical Cell.

## **IMPROVEMENTS**

Any suggestions regarding improvements to ration packs should be directed to:-

[crp.feedback@defence.gov.au](mailto:crp.feedback@defence.gov.au)

or mail to

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