

HUNGERBUSTER CADET RATION PACK

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CHUNKY CHICKEN & VEGETABLES

SUGGESTED MENU PLAN

Breakfast

Muesli Cereal
Tropical Fruit Purée Snack

Lunch

Baked Beans (can) or Spaghetti (can)
Cereal Bar
Cream Crackers
Vegemite, Jam

Dinner

Chunky Chicken & Vegetables, Instant Mashed Potato

Snacks, Drinks & Condiments

Cereal Bar, Fruit Bar
Sweetened Condensed Milk
Jam Sandwich Biscuits
M&M's ®
Chocolate Drink Powder
Orange or Lemon Squash
Coffee, Teabag
Sugar, Salt, Pepper

Hardware

Scouring Pad, Tissues, Matches, Spoon

Heating Instructions for Main Meal Pouch

Place the meal pouch in boiling water for about 6 minutes. The food can be eaten cold but we recommend hot for maximum enjoyment. Lift the meal pouch out of the water (use left over water to heat your noodles or make a brew), then pull open the bottom gusset so the pouch can stand. Tear the top of the pouch open at the indent mark provided. Eat & enjoy.

FOOD ALLERGIES

This ration pack does **NOT** cater for consumers with any food allergy or special dietary requirements. You should read the **Menu and Ingredients** before consumption. If you have any doubts about the contents, you should not consume the ration pack.

BEST BEFORE DATE (BBD)

Most foods have a BBD. Food can still be consumed after the BBD (and up to the pack Use By Date) and is safe, although some sensory quality (colour, aroma, texture and flavour) may be lost.

INGREDIENTS AND ALLERGENS

Chunky Chicken & Vegetables	Wholegrain Cereal Bar with Fruit and Chia Seeds	Wholegrain Cereal Bar with Seeds including Chia	Muesli Natural with Milk Powder	Cream Crackers	Biscuits Jam Sandwich
Chicken (48%), Vegetables (24%) [Potato, Carrot, Corn, Celery, Onion], Water, Reconstituted Vegetable Broth [Flavour, Flavour Enhancers (627, 631)], Thickener (1412), Sugar, Salt, Herbs, Spice.	Brown Rice Syrup, Wholegrain Rolled Oats 27%, Fruit 11% (Sweetened Cranberries [Cranberries, Sugar, Oil], Sultanas, Apricots [Apricots, Rice Flour, Sulphur Dioxide]), Wheat Puffs (Whole Wheat Flour >80%, Sugar Vitamin E), Oatmeal , Sugar, Pumpkin Seed Kernels, Sunflower Seed Kernels, Oat Bran , Chia Seeds (1.76%), Sunflower Oil, Tahini (Ground Sesame Seeds), Natural Vanilla Flavour, Natural Apricot Flavour, Rosemary Antioxidant (Rosemary Extract, Sunflower Oil).	Brown Rice Syrup, Wholegrain Rolled Oats 27%, Seeds 17% (Pumpkin Seed Kernels, Flaxseeds, Sunflower Seed Kernels, Chia Seeds 1.93%, Sesame Seeds), Wheat Puffs (Whole Wheat Flour >80%, Sugar, Vitamin E), Oatmeal , Sugar, Sultanas, Oat Bran , Glycerine, Sunflower Oil, Natural Vanilla Flavour, Cinnamon, Rosemary Antioxidant (Rosemary Extract, Sunflower Oil).	 Rolled Oats (70%), Whole Milk Powder (10%) [Whole Milk Powder, Lecithin (contains Soy)], Dried Fruits (13%): Dried Pineapple [Pineapple, Sugar, Acidity Regulator (330), Preservative (223)], Dried Apples [Apples, Preservative (220)], Dried Papaya [Papaya, Cane Sugar, Acidity Regulator (330)], Sultanas, Seeds (7%): Pumpkin Seeds, Sunflower Seeds.	Wheat Flour, Vegetable Fat [Antioxidant (306: Soy)], Emulsifiers (Soy Lecithin, 471,481)], Invert Syrup, Salt, Malt Extract (from Barley), Yeast, Raising Agent (Baking Soda), Milk Solids.	Wheat Flour, Strawberry Filling (25%), [Sugar, Glucose Syrup, Invert Syrup, Apple Pulp, Strawberry (2%), Stabiliser (440), Acidity Regulator (330), Colour (124), Flavour], Sugar, Vegetable Fat [Antioxidant (307b)], Butter , Glucose Syrup, Salt, Emulsifier (Soy Lecithin), Raising Agent (500), Flavour, Colour (160b), Preservative (220).
Instant Mashed Potato	Contains Sesame Seeds , Sulphites and Gluten . May be present: Peanuts, Tree Nuts, Milk and Soy	Contains Sesame Seeds and Gluten May be present: Peanuts Tree Nuts, Milk, Sulphites and Soy	Contains Gluten , Milk , Soy and Sulphites Chocolate Drink Powder Caster Sugar, Non-Dairy Creamer, Cocoa Powder, Edible Gum Powder, Vanillin Powder, Tixisol Contains Milk as Sodium Caseinate	Contains Wheat & Barley (Gluten) , Milk and Soy May be present: Sesame Seeds , Peanuts and Other Nuts Vegemite Yeast Extract (min. 75.0%) (from Yeast grown on Barley and Wheat), Salt, Mineral Salt (508), Malt Extract (from Barley), Colour (150c), Flavours, Niacin, Thiamine, Riboflavin, Folate.	Contains Wheat (Gluten) , Milk , Soy and Sulphite May be present: Peanuts , Other Nuts and Sesame Seeds Orange or Lemon Squash Caster Sugar, Citric Acid, Orange or Lemon flavour
Baked Beans	Cereal Bar Apricot	Cereal Bar Blueberry & Apple	M&M's ®	All Fruit Bar Raspberry	All Fruit Bar Mixed Fruit
Tomato Sauce (51%) [Tomatoes (43%), Sugar, Salt, Wheat Flour, Maize Thickener (1412), Stabilisers (412, 466), Spices, Flavours, Food Acid (Citric Acid)], Navy Beans (49%)	Wheat Flour, Stoneground Wholemeal Flour, Sugar, Dried Apricots (11.5%), Sultanas, Margarine (Vegetable Oils (Palm and Coconut), Water, Salt, Emulsifier (471, 322 (Soy Lecithin))), Flavour, Colour (106a)), Glucose Syrup, Invert Sugar Syrup, Skim Milk Powder, Glycerol, Baking Powder, Carrot Concentrate, Flavour, Potassium Sorbate.	Wheat Flour, Stoneground Wholemeal Flour, Sugar, Sultanas, Margarine (Vegetable Oils (Palm and Coconut), Water, Salt, Emulsifier (471, 322 (Soy Lecithin))), Flavour, Colour (160a)), Glucose Syrup, Dried Apple (5%), Skim Milk Powder, Glycerol, Blueberry Concentrate (0.4%), Invert Sugar Syrup, Baking Powder, Flavour, Potassium Sorbate.	Milk Chocolate (68%) (Sugar, Milk Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (Soy Lecithin), Salt, Flavour), Sugar, Starch (Include Wheat), Glucose Syrup, (sources include wheat) Vegetable Gum (414), Colours (171, 129, 133, 110, 102), Thickener (Dextrin), Glazing Agent (903).	Fruit [Concentrated Apple Puree (45%), Concentrated Apple Juice (30%), Raspberry Puree (22%)], Citrus Fibre, Gelling Agent (Pectin 440), Fruit and Vegetable Concentrates (Black Carrot, Blackcurrant), Natural Flavour.	Fruit [Concentrated Apple Puree (49%), Concentrated Apple Juice (32%), Blackcurrant Puree (8%), Strawberry Puree (7%), Blueberry Puree (2%)], Citrus Fibre, Gelling Agent (Pectin 440), Natural Flavours, Fruit and Vegetable Concentrates (Black Carrot, Blackcurrant).
Contains Wheat	Contains Gluten , Dairy and Soy products	Contains Gluten , Dairy and Soy products	Contains Milk , Gluten May be present: Peanuts , Tree Nuts and Barley	Contains Gluten	
Spaghetti	Strawberry Jam	Sweetened Condensed Milk	Plum Jam	All Fruit Bar Tropical	Fruit Purée Snack Tropical
Tomato Sauce (52%) [Tomatoes (47%), Sugar, Salt, Cheese, Flavours, Spices, Food Acid (Citric Acid)], Spaghetti (48%) (Water, Wheat Flour)	Sugar, Strawberry (40%), Water, Pectin (440), Sodium Citrate (331), Citric Acid (330)	Milk, Sugar, Lactose Contains Milk Products	Sugar, Plum (40%), Water, Pectin (440), Sodium Citrate (331), Citric Acid (330)	Fruit [Concentrated Apple Puree (55%), Concentrated Apple Juice (25%), Concentrated Pineapple Juice (11%), Concentrated Mango Puree (3%), Banana Puree (1.5%), Concentrated Lemon Juice], Citrus Fibre, Gelling Agent (Pectin 440), Natural Flavours.	Apple Purée (89%), Apple Juice Concentrate (10%), Natural Mixed Tropical Fruit Flavour, Vitamin C.
Contains Wheat and Milk					