

HUNGERBUSTER 24 HOUR RATION PACK

www.portionpackfoods.com
info@portionpackfoods.com
 T: (NZ) + 64 4 8018067

SUGGESTED MENU PLAN

Breakfast

Muesli Cereal

Lunch

Soup or Crackers

Beef Steak Bar

Crackers

Jam or Vegemite

Dinner

Main Meal Pouch:-

Beef Casserole or Spaghetti Bolognese or

Chilli Con Carne or Chunky Chicken with

Vegetables or Chicken Italiano or

Butter Chicken or Vegetable Curry or

Baked Beans

Mashed Potato or Instant Rice

Snacks, Drinks and Condiments

Biscuits

Cereal Bars

Fruit Bar

M&M's® or Choc Bar

Sweetened Condensed Milk

Electrolyte Drink Powder or Cold Drink Powder

Chocolate Drink Powder

Coffee, Tea Bag

Sugar, Salt, Pepper

Hardware

Spoon

Antibacterial Wipes or Tissues

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

Spaghetti Bolognese	Beef Casserole	Chicken Italiano	Butter Chicken	Chunky Chicken with Vegetables	Vegetable Curry
Beef (43%), Tomato, Water, Cooked Spaghetti (10%) [Water, Durum Wheat], Tomato Paste, Thickener (1412), Sugar, Garlic Paste, Salt, Canola Oil, Pepper, Acidity Regulator (330). Contains Wheat (Gluten) May be Present: Egg	Beef (38%), Water, Vegetables [Potato, Carrot], Tomato Paste, Reconstituted Vegetable Broth [Flavour, Flavour Enhancers (627,631)], Thickener (1412), Garlic Paste [Acidity Regulator (330)], Spices.	Tomato, Chicken (30%), Water, Cooked Pasta [Water, Durum Wheat], Vegetables [Onion, Capsicum, Mushroom, Eggplant, Zucchini], Reconstituted Vegetable Broth [Flavour, Flavour Enhancers (627,631)], Tomato Paste, Thickener (1412), Garlic Paste [Acidity Regulator (330)], Herbs, Pepper. Contains Wheat (Gluten) May be Present: Egg	Chicken (30%), Reconstituted Coconut Milk [Water, Coconut Milk Extract, Maltodextrin, Stabilisers (Sodium Caseinate (339))], Onion, Cooked Brown Rice, Tomato Paste, Thickener (1412), Spices, Sugar, Ginger, Salt, Chilli, Herbs, Garlic, Acidity Regulators (330,260). Contains Milk	Chicken (48%), Vegetables (24%) [Potato, Carrot, Corn, Celery, Onion], Water, Reconstituted Vegetable Broth [Flavour, Flavour Enhancers (627, 631)], Thickener (1412), Sugar, Salt, Herbs, Spice. Baked Beans Water, Navy Beans (32%), Tomato Paste, Sugar, Thickener (1412), Salt, Onion Powder, Cayenne Pepper.	Vegetables (55%) [Potato, Peas, Spinach, Carrot, Onion], Water, Cooked Brown Rice [Water, Brown Rice], Tomato Paste, Soybean Oil , Coconut Milk Powder [Stabilisers (Sodium Caseinate , 339)] Thickeners (1412, 415), Herbs, Spices, Pea Protein, Sugar, Tamarind, Acidity Regulator (330). Contains Milk and Soy

Instant Mashed Potato	Golden Pumpkin Soup	Tomato Soup	Muesli Natural with Milk Powder	Wholegrain Cereal Bar with Seeds including Chia	Wholegrain Cereal Bar with Fruit and Chia Seeds
<p>Dried Potatoes (Potato, Emulsifier (471), Stabilisers (450i), Citric Acid (330), Antioxidants (223, 320), Canola Oil (Canola Oil, Antifoam (900a)), Milk Powder (Milk Solids, Soy Lecithin), Salt, Sugar, Chives.</p> <p>Contains Milk, Soy, Sulphites</p>	<p>Modified Potato Starch (1414), Pumpkin Powder, (15.5%) Beverage Whitener (Glucose Syrup Solids, Vegetable Fat, Milk Protein, Mineral Salts (340, 451, 452) Emulsifiers (471, 481, 322)(from Soy) Anticaking Agent (551) Natural Flavour] Sugar, Croutons (12.5%)(Wheat Flour, Vegetable Oil, Salt, Yeast, Rosemary Extract) Maltodextrin, Salt, Dehydrated Vegetables (Onion, Tomato) Natural Flavours, Mineral Salt (508), Yeast Extract, Vegetable Oil, Garlic Powder, Flavour Enhancer (635), Acidity Regulator (330), Natural Colour (160a)</p> <p>Contains Wheat, Soy and Milk</p> <p>May Contain Egg, Tree Nuts, Sesame Seeds, Fish & Crustacea</p>	<p>Maize Starch, Instant Noodles (Wheat Flour, Wheat Protein, Acidity Regulator (300)), Dehydrated Vegetables (Tomato (14%), Onion, Sweetcorn, Peas, Red Bell Peppers) Maltodextrin, Sugar Salt, Natural Flavours (Contains Wheat), Mineral Salt (508), Natural Colours (150a, 160c), Hydrolysed Vegetable Protein, Parsley, Vegetable Oil, Flavour Enhancer (635), Acidity Regulator (330), Soy Flour, Skim Milk Powder</p> <p>Contains Wheat, Soy and Milk</p> <p>May Contain Egg, Tree Nuts, Sesame Seeds, Fish & Crustacea</p>	<p>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)], Sultana, Seeds (7%): Pumpkin Seeds. Sunflower Seeds.</p> <p>Contains Gluten, Milk, Soy and Sulphites</p>	<p>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).</p> <p>Contains Sesame Seeds and Gluten</p> <p>May be present: Peanuts Tree Nuts, Milk, Sulphites and Soy</p>	<p>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)</p> <p>Contains Sesame Seeds, Sulphites and Gluten</p> <p>May be present: Peanuts, Tree Nuts, Milk and Soy</p>
Beef Steak Bar Peppered	Beef Steak Bar Teriyaki	Cereal Bar Apricot	Cereal Bar Blueberry & Apple	Cream Crackers	Vegemite
<p>Beef, Sugar, Salt, Soy Protein, Black Pepper (1%), Flavourings, Yeast Extract, Celery Powder, Maltodextrin (Corn), Fruit Juice Powder, Acidity Regulator (Citric Acid), Natural Wood Smoke</p> <p>Contains Soy Protein</p>	<p>Beef, Sugar, Soy Sauce (Soybeans, Rice, Salt, Water), Salt, Soy Protein, Flavourings, Yeast Extract, Celery Powder, Fruit Juice Powder, Acidity Regulator (Citric Acid), Natural Wood Smoke</p> <p>Contains Soy Protein</p>	<p>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.</p> <p>Contains Gluten, Dairy and Soy products</p>	<p>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.</p> <p>Contains Gluten, Dairy and Soy products</p>	<p>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.</p> <p>Contains Wheat and Barley (Gluten), Milk and Soy</p> <p>May be present: Sesame Seeds, Peanuts and Other Nuts</p>	<p>Yeast Extract (min. 75.0%) (from Yeast grown on Barley and Wheat), Salt, Mineral Salt (508), Malt Extract (from Barley), Colour (150c), Flavour, Niacin, Thiamine, Riboflavin, Folate.</p> <p>Contains Gluten</p>
Biscuit Jam Sandwich	M&M's ®	All Fruit Bar Raspberry	All Fruit Bar Mixed Fruit	All Fruit Bar Tropical	Electrolyte Drink
<p>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).</p> <p>Contains Wheat (Gluten), Milk, Soy and Sulphite</p> <p>May be present: Peanuts, Other Nuts and Sesame Seeds</p>	<p>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), Thickeners (Dextrin), Glazing Agent (903).</p> <p>Contains Milk, Gluten</p> <p>May be present: Peanuts, Tree Nuts and Barley</p>	<p>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.</p>	<p>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).</p>	<p>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.</p>	<p>Electrolyte Blend (Sodium Chloride, Potassium Chloride, Magnesium Chelate, L-Glutamine, L-Isoleucine, L-Leucine, L-Valine), Citric Acid, Flavour, Sucralose, Colour, Anti-caking Agent Colour- Lemon Lime (Green Apple 142), Orange (Sunset Yellow 110), Tropical (Sunset Yellow 110), Wild Berry (Red Ponceau 123), Blue Lemonade (Brilliant Blue 133)</p>
Choc Bar	Chocolate Drink	Jam Strawberry	Jam Plum	Sweetened Condensed Milk	Orange or Lemon Squash
<p>Dark Compound Chocolate (Sugar, Vegetable Fat, Cocoa Powder, Emulsifiers [Soy Lecithin 322, 476, 492], Vanillin)</p> <p>Contains Soy</p> <p>May contain traces of Wheat (Gluten), Milk, Peanuts, Tree Nuts and Egg</p>	<p>Caster Sugar, Non Dairy Creamer, Cocoa Powder, Edible Gum Powder, Vanillin Powder, Tixisol.</p> <p>Contains Milk as Sodium Caseinate</p>	<p>Sugar, Strawberry (40%), Water, Pectin (440), Sodium Citrate (331), Citric Acid (330)</p>	<p>Sugar, Plum (40%), Water, Pectin (440), Sodium Citrate (331), Citric Acid (330)</p>	<p>Milk, Sugar, Lactose</p> <p>Contains Milk products</p>	<p>Caster Sugar, Citric Acid, Orange or Lemon flavour</p>