

Pack	Weight (g)	Per total item
Menu Items		Kcal
Pasta	1000	6204
Rice	3000	8994
Red Speckled Beans	500	1447
Instant Rice Porridge with Banana Chips	1000	3383
Mixed veg	500	1482
Soya mince	500	2990
Flour	1000	3075
Yeast	8	49
Chicken liver (Chicken Curry)	425	3425
Chicken cubes in Brine (60%)	400	689
Tinned fish in tomato	400	10116
Vegetable soup	750	12488
Casserole Powder	750	2040
Sugar	1000	3534
Oil	750	11588
Peanut butter sachets	25	1343
Drink mix	250	845
Tea bags	2	142
Creamer	240	1082
Case Packing	900	
	13400	74913
Summary per day		2497