

24 Hour Enhanced Ration: 4500kcal	
Menu Items	Weight (g)
Sausage and Beans	300
Red Thai Chicken Curry	300
Beef Bolognese	300
Bread and Butter Pudding	150
Salted Peanuts	100
Flapjack: Cranberry and Chocolate	100
Peanut Butter	25
Peach jam	15
Digestive Biscuits	50
Chewing Gum X 6	8,4
Hot Sauce X 1	4,5
3-in-1 Coffee with Non Dairy Creamer (3X20g)	60
3-in-1 Tea with Non Dairy Creamer (3X20g)	60
Hot Chocolate	75
Isotonic Drink (Tropical) (50Gr)	50
Banana Oat Shake	65
Spork X 1	10
Waterproof Matches and a striker X 5	15
Non alcoholic wet wipes X 2	8
Tissues X1	6
Resealable polybag X1	10
Isotonic Drink (Peach)	50