

Humanitarian Menu: 2200kcal	
Menu Items	Weight (g)
Instant Noodle Meal: Beef	95
Rice and Chicken	300
Oats with Milk Powder - Vanilla and Banana	100
Isotonic Drink (2x50g)	100
Coffee	2
Rooibos Tea/Black Tea	3
Chocolate Chip Biscuit	100
Sugar (2x10g)	20
Water Purification Tablets X 4	4
Flamless Heater: 2 Heater Bag, 2 Pad	40
Wet Wipes	8
Tissues	6
Creamer (2x8g)	16