

Humanitarian Menu 24 Hour (Children): 1600kcal	
Menu Items	Weight (g)
Instant Noodle Meal: Beef	95
Oats with Milk Powder - Vanilla and Banana	100
Isotonic Drink	50
Coffee	2
Rooibos Tea/Black Tea	3
Raisins	60
Granola Seed Bar	50
Sugar (2x10g)	20
Creamer (2x8g)	16
Flamless Heater: 2 Heater Bag, 2 Pad	40
Wet Wipes	8
Tissues	6
Creamer (2x8g)	16