

| <b>Humanitarian Menu 24 Hour (Adults): 3600kcal</b> |                   |
|---|-------------------|
| <b>Menu Items</b>                                   | <b>Weight (g)</b> |
| Instant Noodle Meal: Beef                           | 95                |
| Vegetable and Chicken Casserole                     | 300               |
| Chocolate Granola with Milk Powder                  | 150               |
| Isotonic Drink (2x50g)                              | 100               |
| Coffee (2x2g)                                       | 4                 |
| Rooibos Tea/Black Tea (2x3g)                        | 6                 |
| Peanut Butter                                       | 40                |
| Digestive Biscuit                                   | 100               |
| Chocolate Chip Biscuit                              | 100               |
| Salted Peanuts                                      | 60                |
| Sugar (4x10g)                                       | 40                |
| Water Purification Tablets X 4                      | 4                 |
| Flamless Heater: 2 Heater Bag, 2 Pad                | 40                |
| Wet Wipes X 2                                       | 8                 |
| Tissues   | 20                |
| Creamer (4x8g)                                      | 32                |