MENU

RATION FOR 24 HOURS

Military Combat Ration

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| **Breakfast** | **Weight (Gr)** | **Quantity** |
| Coffee | 2 | 2 |
| Powdered milk | 15 | 1 |
| Sweet cookie | 25 | 1 |
| Strawberry/Orange Jelly | 20 | 2 |
| Powder Orange/Limon Juice | 40 | 1 |
| **Lunch** |  |  |
| Stewed Lentils With Beef "Halal" | 425 | 1 |
| Sardine pate | 65 | 1 |
| Peach jam | 20 | 1 |
| **Diner** |  |  |
| Chicken With Peas "Halal" | 425 | 1 |
| Miga Tuna in Tomato Sauce | 80 | 1 |
| Sweet cookie | 25 | 1 |
| **Food Supplements** |  |  |
| Water and Salt Biscuit | 125 | 1 |
| Lemon Isotonic Drink Powder | 31,5 | 1 |
| Candies | 2 | 4 |
| Sugar | 10 | 2 |
| Salt | 1 | 3 |
| **Non-Food Complements** |  |  |
| Cutlery (4 pieces) |  | 1 |
| Plastic Bag for Waste |  | 1 |
| Information Note |  | 1 |

