SOUTH AFRICAN DELUX 24HR MENU

mre international

	1 OF EACH PER OUTER BOX				2 OF EACH PER OUTER BOX			
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
MRE MEAL	Chicken Pasta	Chicken Curry	Samp & Beans	Chicken Pasta	Chicken Briyani	Beef Samp & Beans	Beef Pasta	Pilchards 155g
MRE STARCH		Maize Samp						Maize Pap
MRE MEAL	Beef Curry & Veg	Savoury Mince	Lentils Beans & Veg	Beef Curry & Beans	Mutton Stew & Veg	Mexican Chicken	Chicken a la King	Savoury Mince
MRE STARCH	BBQ Brown Rice	Savoury Rice	Savoury Rice	Samp	Pap	BBQ Brown Rice	Samp	Savoury Rice
INSTANT SOUP 18G	Beef & Veg	Chicken		Beef & Veg				
NOODLE SNACK 40G			Spring Veg		Chicken & Corn	Beef & Veg	Chicken	Beef & Veg
ISOTONIC DRINK 25G	Guava	Pineapple	Guava	Pineapple	Peach	Pineapple	Orange	Guava
	Orange	Peach	Peach	Orange	Tropical	Mango	Mango	Tropical
LACTOSE FREE DRINK 25G	Peach	Vanilla	Strawberry	Banana	Vanilla	Peach	Banana	Strawberry
MAIZE PORRIDGE 80G	Vanilla		Banana	Strawberry	Banana	Strawberry		Vanilla
SORGHUM PORRIDGE 80G		Original					Banana	
CREAMER 10G	6x Creamer	6x Creamer	6x Creamer	6x Creamer	6x Creamer	6x Creamer	6x Creamer	6x Creamer
COFFEE 2.5G	2x Coffee	2x Coffee	2x Coffee	2x Coffee	2x Coffee	2x Coffee	2x Coffee	2x Coffee
SUGAR 10G	3x Sugar	3x Sugar	3x Sugar	3x Sugar	3x Sugar	3x Sugar	3x Sugar	3x Sugar
TEA 2.5G	Rooibos	Black Tea	Rooibos	Black Tea	Rooibos	Black Tea	Rooibos	Black Tea
FRUIT	Orange Cubes	Raisins	2x Fruit Bar	Peaches	Orange Cubes	Raisins	Orange Cubes	Orange Cubes
BISCUITS	2x Provita	2x Provita	2x Provita	2x Provita	2x Provita	2x Provita	2x Provita	2x Provita
PEANUT / NUTT BUTTER	Nutt Butter	2x Peanut Butter	Nutt Butter	2x Peanut Butter	Nutt Butter	2x Peanut Butter	Nutt Butter	2x Peanut Butter
CHEESE 30G	Cheddar	Gouda	Cheddar	Gouda	Cheddar	Gouda	Cheddar	Gouda
ENERGY BAR 45G	Chocolate	Apricot Fruit	Banana Maize	Choc Cream Maize	Choc Nut	Carribean Raisin	Peach Fruit	Banana Maize
SWEETS 10S	Vita C Sweets	Vita C Sweets	Vita C Sweets	Vita C Sweets	Vita C Sweets	Vita C Sweets	Vita C Sweets	Vita C Sweets
CHEWING GUM	5x Chewing Gum	5x Chewing Gum	5x Chewing Gum	5x Chewing Gum	5x Chewing Gum	5x Chewing Gum	5x Chewing Gum	5x Chewing Gum
TOMATO SAUCE 9G	1	1	1	1	1	1	1	1
CHUTNEY 9G	1	1	1	1	1	1	1	1
SALT 1G	2	2	2	2	2	2	2	2
POY BAGS	4	4	4	4	4	4	4	4
MATCHES	1	1	1	1	1	1	1	1
FUEL TABLETS	8	8	8	8	8	8	8	8
WATER PURIFI. SACHET	4	4	4	4	4	4	4	4