

TACTICAL LITE 12HR MENU



	1 OF EACH PER OUTER BOX				
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MRE MEAL 400G	Breyani Rice with Beef	Breyani Rice with Chicken	Savoury Soy & Rice	Pasta & Veg with Chicken	Rice & Veg with Chicken
MRE MEAL 400G	Kabesh with Chicken	Rice & Veg with Beef	Vegetarian Pasta & Tomato	Spaghetti Bolognaise with Miced Beed	Veg Casserole with Chicken
ISOTONIC DRINK 25G	Tropical	Pineapple	Guava	Pineapple	Peach
MAIZE PORRIDGE 80G	Vanilla	Strawberry	Banana	Strawberry	Banana
CREAMER 10G	6x Creamer	6x Creamer	6x Creamer	6x Creamer	6x Creamer
COFFEE 2.5G	2x Coffee	2x Coffee	2x Coffee	2x Coffee	2x Coffee
SUGAR 10G	3x Sugar	3x Sugar	3x Sugar	3x Sugar	3x Sugar
TEA 2.5G	Rooibos	Black Tea	Rooibos	Black Tea	Rooibos
BISCUITS 50G	MRE Biscuits	MRE Biscuits	MRE Biscuits	MRE Biscuits	MRE Biscuits
CHEESE 30G	Cheddar	Gouda	Cheddar	Gouda	Cheddar
ENERGY BAR 45G	Chocolate	Apricot Fruit	Banana Maize	Choc Cream Maize	Carribbean Raisen
SWEETS 3S	Vita C Sweets	Vita C Sweets	Vita C Sweets	Vita C Sweets	Vita C Sweets
CHEWING GUM	2x Chewing Gum	2x Chewing Gum	2x Chewing Gum	2x Chewing Gum	2x Chewing Gum
TOMATO SAUCE 9G	1	1	1	1	1
CHUTNEY 9G	1	1	1	1	1
SALT 1G	2	2	2	2	2
POY BAGS	2	2	2	2	2
MATCHES	1	1	1	1	1
FUEL TABLETS	8	8	8	8	8
WATER PURIFI. SACHET	4	4	4	4	4