Breakfast	M/Tea	Lunch	A/Tea	Dinner	Supper
Single serve cereal	Pkt dried fruit	Chicken noodles	100% Fruit bar	Instant soup	Chocolate drink
UHT Milk	Cheese/biscuit	Flavoured Tuna	Cheese/biscuit	Enjoyo meal (various choices,	Muesli bar
Baked beans/spaghetti	Chocolate Snack	Dry biscuits/Jam	Pkt dried fruit	pre-cooked, heat only)	
Dry biscuits/Vegemite		Sports drink		Fruit salad	
		Fresh Fruit (Supplied)			

24hr Ration Pack

Suggested Menu, note main meals will vary daily.

Also included, 1 tea bag, 1 coffee, 2 x 15ml milk capsules, 4 x sugar sachets, 1 x salt, 1 x pepper