



RATION PACK MENUS

MRE 12 Hour, MRE 24 Hour Packs, Packs with tins

The range of packs on Offer By South Africa's leading ration pack supplier

Introduction

A field ration, combat ration or ration pack is a canned or pre-packaged meal, easily prepared and eaten, transported by military, security or recreational users. They are distinguished from regular military rations by virtue of being designed for minimal preparation in the field, using canned, pre-cooked foods, powdered beverage mixes and concentrated food bars, as well as for long shelf life.

Such meals also prove invaluable for disaster relief operations, where large stocks of these can be ferried and distributed easily, and provide basic nutritional support to victims before kitchens can be set up to produce fresh food.

Most armies in the world today now field some form of pre-packaged combat ration, suitably tailored to meet national or ethnic tastes.

MRE PACKS

The **Meal, Ready-to-Eat** – commonly known as the **MRE** – is a self-contained, individual field ration in lightweight packaging originally bought by the United States military for its service members for use in combat or other field conditions where organized food facilities are not available. Most armies in the world today now field some form of pre-packaged combat ration, suitably tailored to meet national or ethnic tastes.



Nutritional Composition

A key factor in the preparation of long shelf life food is to ensure that the final products are of a quality to provide the consumer with a meal that is enjoyed at any time.

It has been shown in numerous studies that an active male of average size will consume around 17 500 kj per day. To ensure individuals are able to maintain high levels of performance, energy should be maintained by eating nutritious meals. Should the individual not receive sufficient kj's they will use reserves and for extended periods of time this could cause weight and energy loss.

Single meal MRE 10 Hour. Each meal provides approximately 1,200 Calories (1,200 kcal or 5,000 kJ). They are intended to be eaten for a maximum of 21 days (the assumption is that logistics units can provide fresh food rations by then), and have a shelf life of three years (depending on storage conditions).

Packaging requirements are strict. MREs must be able to withstand parachute drops from 380 meters, and non-parachute drops of 15 meters. The packaging is required to maintain a minimum shelf life of three and a half years at 27 °C, nine months at 38 °C, and short durations from -51 °C to 49 ° must be sustainable.

Each MRE weighs 510 to 1240 grams depending on the menu. Since MREs contain water, they weigh more than freeze-dried meals providing equivalent calories but this format was found to be more convenient as the food did not require extended periods of heating to infuse the water back into the pack.

24 Hour MRE Pack. The 24-hour pack is formulated to provide 3000 calories (3000 kcal or 14000 KJ) and follows the traditional breakfast, lunch and dinner formats with a range of meals, beverages and snacks to compliment the main entrees.

A typical pack would include porridge oats or granola for breakfast, tea or coffee, crackers cheese and biscuits. The main meal would have an entrée and a starch with energy bar or dried fruit

The evening meal could also include a soup, an entrée and a snack with tea and coffee to follow

There are 4 types of MRE packs available

- MRE 10-hour Pack
- MRE 10-hour Budget Pack
- MRE 24-hour Pack
- MRE 24-hour Budget Pack



Recreational Main Meals	Grams
Chicken Curry and Vegetables	250
Beef Curry and Vegetables	250
Savoury Mince	250
Spicy Chicken and Vegetables	250
Beef Casserole and Vegetables	250
Chicken Casserole and Vegetables	250

Military Main Meals	Grams
Chicken pasta	300
Beef Curry and Vegetables	200
Chicken Curry	200
Savoury Mince	200
Mexican Chicken	200
Beef Maize stamp beans	300
Beef Curry beans	200
Chicken Biryani	300
Mutton Stew	200
Stamp and Beans	300
Brown Lentils stew	200
Beef pasta	300
Chicken a la king	200
Starch	
Savoury rice	150
Maize Stamp Kernels	150
Maize pap	150
Brown rice	150



Mini Stove and Fuel Tablet

MRE PACK 24 HOUR

Breakfast	Porridge	80g	Instant high protein porridge, fiber,	
	Coffee	4g		
	Creamer x 2	8g		
	Sugar x 4	2x10g		
	Tea bag	2g		
Snack	Army Biscuits	100g	High Fiber crackers or Army type fortified	
	Jam	14g		
	Raisins	60g		
	ENERGY bar	45g		High fiber
	vitamin C Sweets	25g		Vitamin C
	Isotonic Drink	50g		Electrolytes for rehydration
Lunch	MRE Chicken curry	200g		
	Rice 150g	150g		
Dinner	Beef Pasta	300g		
Utilities	Aluminum bowls	1	For heating Meals	
	Fuel Tablets, Matches	4	For heating Meals	
	Knife fork spoon	1	Plastic	
	Serviette	1		
	Mini Stove	1	for fuel tablet	
	Salt /pepper	2		
	Packing	Bag in carton		





MRE PACK 24 HOUR BUDGET

Breakfast	Porridge	80g	High protein porridge, fiber, vitamins
Snack	Army Biscuit	100g	High Fiber crackers or Army type fortified
	Jam	14g	
	Raisins	60g	
	ENERGY bar	45g	
	vitamin C Sweets	25g	
	Isotonic Drink	50g	
Lunch	MRE Chicken curry	200g	
	Rice	150g	
Dinner	Beef Pasta	300g	
Utilities	Fuel Tablets, Matches	2	For heating Meals
	Knife fork spoon set	1	Plastic
	Serviette	1	
	Salt /pepper 1g	2	
Packing	Bag in Carton		

Side Note on our Robust Packing

A key feature is the packs are engineered to withstand vigorous conditions when in the field

- MRE Meals are packed in a box for added strength and durability.
- Biscuits are vacuum sealed for strength, long shelf life and rigidity to avoid breakages.
- The outer pack is vacuum sealed to allow for rigidity and strength and to ensure the contents do not get wet. Vacuum sealing also improves the shelf life by removing a considerable amount of air in the packs.
- A 5-layer coextruded material is used in the pack for retail markets where the client may want to see the contents of the pack through the layer and on request the pack could be sealed in a foil laminate for extra shelf life and protection.

MRE 12 HOUR

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 South Africa

Snack	Army Biscuits	100g	High Fiber crackers or Army type fortified	
	Jam	14g		
	Dried Fruit Raisins	60g		High fiber
	Vitamin C Sweets	3X2g		Vitamin C
	Isotonic Drink	50g	Electrolytes for rehydration	
Lunch	MRE Beef Stew	200g		
	Pap 150g	150g		
Utilities	Aluminum bowls	1	For heating Meals	
	Fuel Tablets, Matches	2	For heating Meals	
	Knife fork set	1	Plastic	
	Serviette	1		
	Salt /pepper	2		
Packing	Bag in Carton			



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Snack	Army Biscuits	100g	High Fiber crackers or Army type fortified
	Dried Fruit Raisins	60g	High fiber
	Vitamin C Sweets	3x2g	Vitamin C
	Isotonic Drink	50g	Electrolytes for rehydration
Lunch	MRE Beef Stew	200g	
	Instant Maize or Potato	80g	
Utilities	Fuel Tablets, Matches	2	For heating Meals
	Salt /pepper	1	
Packing	Bag in carton		10 pack



Maize (Stamp) Kernels and Beans

Side Note on Shelf life

Our packs are engineered for a long shelf life

- With cheese-wedges 9 months
- Without Cheese 2 years
- Shelf life of meals 3 years stored at 20 degrees out of direct sunlight
- Powder products 2 years
- Biscuits 2 years
- Snacks dried fruit 2 years

24 Hours Deluxe Pack

	Day 1	Day 2	Day 3	Day 4	Day 5
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Early Morning	Nescafe Cappuccino Premium Rusks	Nescafe Cappuccino Premium Rusks	Nescafe Cappuccino Premium Rusks	Nescafe Cappuccino Premium Rusks	Nescafe Cappuccino Premium Rusks
Breakfast	Milk 200ml Porridge Oats 100g	Milk 200ml Muesli 150g	Milk 200ml Muesli mix 80g	Milk 200ml Porridge Oats 100g	Milk 200ml Muesli 150g
Main Meal	Beef casserole Pap Fruit Cup 75g	Chicken curry Rice Fruit cup 75g	Chicken casserole Rice Fruit cup 75g	Savoury mince Wraps Fruit Cup 75 g	Spicy Chicken Rice Fruit Cup 75g
Second Meal	Chicken Casserole Wrap Mushroom Soup 40g	Beef Casserole Pap Creamy Chicken soup 40g	Beef Curry Pap Mushroom Soup 40g	Beef Casserole Pap Creamy Chicken soup 40g	Savoury mince Wrap Chilli Beef soup 40g
Beverage	Shake 40g Isotonic Drink 2 x 50g Nescafe Coffee Tea Sachet 3 x mini milk 20ml	Shake 40g Isotonic Drink 2x50g Nescafe Coffee Tea Sachet 3x mini milk 20ml	Shake 40g Isotonic Drink 2x50g Nescafe Coffee Tea Sachet 3x Mini Milk 20ml	Shake 40g Isotonic Drink 2x50g Nescafe Coffee Tea Sachet 3x Mini Milk 20ml	Shake 40g Isotonic Drink 2 x 50g Nescafe Tea Sachet 3x Mini Milk 20ml
Snack Pack	Sweets 30g Energy Bar Biscuits 50g Cheese spread Jam Marmalade Tomato Sauce	Sweets 30g Energy Bar Biscuits 50g Cheese spread Jam Marmalade Chutney	Sweets 30g Energy Bar Biscuits 50g Cheese spread Jam Marmalade Chutney	Sweets 30g Energy Bar Biscuits 50g Cheese spread Jam Marmalade Tomato sauce	Sweets 30g Energy Bar Biscuits 50g Cheese spread Jam Marmalade Tomato Sauce
Utility	Heating dish Fuel Tablets x 6 Bags for drinks Spoon,knife,fork Matches	Heating Dish Fuel Tablets Bags for drinks Spoon,knife,fork Matches	Heating Dish Fuel Tablets Bags for drinks Spoon,knife fork Matches	Heating Dish Fuel Tablets Bags for drinks Spoon,knife,fork Matches	Heating Dish Fuel Tablets Bags for drinks Spoon,knife,fork Matches

..... Taking Home Cooking to Operational Conditions

PACKS USING TINS

Ration packs prepared with tins have for a long while been a recommended method of preparing ration packs. Tins produced commercially have the following benefits

- Easily and quickly prepared for orders
- Affordable
- Long shelf life
- Well known and trusted products

RANGER 24 HOUR PACK

	Pack 1	Pack 2	Pack 3
Breakfast	Porridge- Chocolate 80g Biscuits - Pro vita Cheese Sausage 30g Jam 14g	Porridge – banana 80g Biscuits - Pro vita Cheese Sausage 30g Jam 14g	Porridge Vanilla 80g Biscuits - Pro vita Cheese Sausage 30g Jam 14g
Meal 2	Corned Beef 190g Pilchards in tomato 155g	Meatballs and Spaghetti 289g Sweetcorn 225g	Vienna's in Brine 290g Curry Mixed Veg - 225g
Meal 3	Mixed vegetables 215g	Koo beans and Vienna's 410g	Tinned tuna in brine 170g
Drinks	Isotonic Drink - Orange Isotonic drink - peach Coffee sachet x 2 Creamer Sachet x 6x6g Sugar sachet x 3 Tea Bag x2	Isotonic Drink - peach Isotonic drink orange Coffee sachet x 2 Creamer Sachet x 6x6g Sugar sachet x3 Tea Bag x2	Isotonic Drink -Tropical Isotonic drink peach Coffee sachet x 2 Creamer Sachet 6x6g Sugar sachet x 3 Tea Bag x2
Snacks	Nuts and raisins 50g Fruit bar Energy Bar Super C type	Nuts and raisins 50g Raisins Energy Bar Super C type	Nuts and raisins 50g Orange cubes Energy Bar Super C type
Utilities	Fuel tablets x 6 Knife Fork Spoon Matches Tin opener	fuel tablets x6 spoon Matches Tin opener	fuel tablets x6 spoon Matches Tin opener
Packing	Tray	Tray	Tray



DEFENCE FORCE PACK

		Day 1	Day 2	Day 3
Breakfast Meal 1	80g 225g	Porridge Original Beef curry and Vegetables	Porridge Banana Chicken Biryani	Porridge Strawberry Beefsteak and beans
Meal 2	225g	Meatballs and spaghetti	Mutton Stew	Chicken Curry
Energy Bar	45g	Chocolate	Chocolate nut	Strawberry
Cheese	2x30g	Cheddar Sausage	Cheddar Sausage	Cheddar Sausage
Jam	14g	Mixed Fruit		
Sauce	9g	Tomato Sauce	Tomato Sauce	Tomato Sauce
Army Biscuits	100g	Whole wheat	whole wheat	whole-wheat
Beverages	2.7g	Coffee	Coffee	Coffee
	2g	Tea	Tea	Tea
	6x8g	Creamer	Creamer	Creamer
	3x10g	Sugar	Sugar	Sugar
	50g	Isotonic Orange	Isotonic Granadilla	Isotonic Peach
	40g	Shake Strawberry	Shake Peach	Shake Chocolate
Dried Fruit	60g	Raisins	Fruit Cubes	Fruit Bar
Vitamin c sweets	20g	Mixed Fruit	Mixed Fruit	Mixed Fruit
Gum	3x2x10g	Sugar Free gum	Sugar Free gum	Sugar Free gum
Utilities	6x10g box	Fuel Tablets	Fuel Tablets	Fuel Tablets
	4	Matches	Matches	Matches
	1	Bags	Bags	Bags
Packing		Tin Opener	Tin Opener	Tin Opener
		Tray in Carton	Tray in Carton	Tray in Carton



FIREFIGHTER PACK

	Pack 1	Pack 2	Pack 3
Meal	Porridge 80g	Porridge 80g	Porridge 80g
Meal	Vienna's in Brine 289g Sweetcorn 225g Peaches in syrup 225g	Corned meat 300g Mixed Veg - 225g Peaches in syrup 225g	Tuna in brine 225g curried veg -225g Peaches in syrup 225g
Drinks	Isotonic Drink – Peach 50g Nutritional Shake	Isotonic Drink –Tropical 50g Nutritional Shake	Isotonic Drink- Orange 50g Nutritional shake
Snacks	Orange cubes Peanuts and raisins Energy Bar Super C type	Fruit bar Peanuts and raisins Energy Bar Super C type	Orange Cubes Peanuts and raisins Energy Bar Super C type
Utilities	Knife. Spoon, serviette Tin opener Fuel Tablets matches stoves	Knife. Spoon, serviette Tin opener Fuel Tablets matches stoves	Knife. Spoon, serviette Tin opener Fuel Tablets matches stoves
Packing	Tray in carton	Tray in carton	Tray in carton





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