

Emergency Bucket 2 Serve Meals

Meals & Ingredient List

Each Packet Consists of 2 Serves



Food	Ingredients & Allergens
Beef and Pasta Hotpot	<p>Traditionally flavoured casserole with freeze dried beef accompanied by a generous serving of pasta.</p> <p>INGREDIENTS PASTA (31%) (DURUM WHEAT), BEEF DICES (29%) (BEEF, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), SAUCE (THICKENER (1442), MALTODEXTRIN, BROWN SUGAR, SUGAR, YEAST, SALT, COLOUR (150D), FLAVOUR ENHANCER (635), HERBS & SPICES, CANOLA OIL, VEGETABLE EXTRACT), CARROT (CARROT, SUGAR, ACIDITY REGULATOR (500)), CORN, PEAS (PEAS, ACIDITY REGULATOR (331, 500))</p> <p>ALLERGENS CONTAINS: WHEAT, SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING OATS, CRUSTACEA, EGG, FISH, MILK, TREE NUTS</p>
Beef Straganoff (Gluten Free)	<p>The russian classic with freeze dried beef and mushrooms in a creamy sauce, served with rice. Gluten Free.</p> <p>INGREDIENTS WHITE RICE, SAUCE (WHEY POWDER, THICKENER (1442), MALTODEXTRIN, SALT, FLAVOURS (FLAVOUR ENHANCERS (627, 631, 635)), CREAM POWDER, MUSHROOM, SUGAR, HYDROLYSED VEGETABLE PROTEIN, YEAST, CANOLA OIL, VEGETABLES, SPICES, ACIDITY REGULATOR (330)), BEEF DICES (20%) (BEEF, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), ONION, MUSHROOM (4%), CORN</p> <p>ALLERGENS CONTAINS: MILK, SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, TREE NUTS, SESAME SEEDS</p>
Beef Teriyaki (Gluten Free)	<p>Eastern style dish of freeze dried beef, rice and vegetables in a soy flavoured sauce. Gluten Free.</p> <p>INGREDIENTS WHITE RICE, SAUCE (SUGAR, MALTODEXTRIN, THICKENER (1442), HYDROLYSED VEGETABLE PROTEIN, YEAST EXTRACT, COLOUR (150D), SPICES, ACIDITY REGULATOR (330), SOY SAUCE, VEGETABLES, FLAVOUR), BEEF DICES (27%) (BEEF, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), ONION, RED PEPPER, GREEN BEANS (CONTAINS ACIDITY REGULATOR (331, 500))</p> <p>ALLERGENS CONTAINS: SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, MILK, TREE NUTS, SESAME SEEDS</p>

Chicken Carbonara	<p>A freeze dried chicken and pasta dish, served in a creamy italian style sauce.</p> <p>INGREDIENTS PASTA (31%) (DURUM WHEAT), SAUCE (MALTODEXTRIN, WHEY POWDER, THICKENER (1442), SALT, CREAM POWDER, STARCH, SUGAR, VEGETABLES, YEAST EXTRACT, FLAVOURS (FLAVOUR ENHANCERS (627, 631, 635)), HYDROLYSED VEGETABLE PROTEIN, CANOLA OIL, HERBS & SPICES, ACIDITY REGULATOR (330)), CHICKEN DICES (22%) (CHICKEN, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), ONION, PARMESAN CHEESE, EGG (3.5%), CORN, CHEESE, MILK POWDER (CONTAINS EMULSIFIER (322)), SALT, CHIVES ALLERGENS CONTAINS WHEAT, EGG, MILK, SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING OATS, CRUSTACEA, FISH, TREE NUTS, SESAME SEEDS</p>
Chicken Tikka Masala (Gluten Free)	<p>Popular Indian dish with freeze dried tikka chicken and almonds in a spicy sauce served with rice. Gluten Free.</p> <p>INGREDIENTS WHITE RICE, SAUCE (THICKENER (1442), SUGAR, MALTODEXTRIN, VEGETABLES, SALT, SPICES, HYDROLYSED VEGETABLE PROTEIN, YEAST, FLAVOURS, CANOLA OIL, ACIDITY REGULATORS (296, 330), COLOUR (160C)), CHICKEN DICES (24%) (CHICKEN, SEASONING (CONTAINS FOOD ACID (260, 330, 270), COLOURS (160C, 120)), SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), ALMONDS, ONION, GREEN PEPPER ALLERGENS CONTAINS SOYBEANS, TREE NUTS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, MILK, PEANUTS, SESAME SEEDS</p>
Chicken Tomato Alfredo	<p>A tomato infused white wine pasta with succulent chicken pieces</p> <p>INGREDIENTS FETTUCCINE (DURUM WHEAT SEMOLINA), SAUCE (MELTDEXTRIN (MAIZE), MILK, SOLIDS, SUGAR, THICKENER (1442), POTATO STARCH, HYDOLYSED VEGETABLE PROTEN (MAIZE), SALT, WHITE WINE EXTRACT POWDER (WHEAT SULPHITE), VEGETABLE OIL (PALM), VINEGAR POWDER, GLUCOSE, YEAST, MINERAL SALTS (340, 451), EMULSIFIERS (471, 472E), COLOUR (101), CANOLA OIL, ACIDITY REGULATOR (330), VEGETABLE EXTRACTS, FRUIT OIL, SPICE, EXTRACTS, CHICKEN (22%) [CHICKEN, SALT, SOY PROTEIN, STABILISER (450, 451)], ONION, GREEN PEPPER, TOMATO, PARMESAN CHEESE [(MILK, STARTER CULTURE, NON ANIMAL RENNET, SALT, LIPASE) TAPIOCA STARCH, RICE FLOUR]</p> <p>ALLERGENS CONTAINS: DAIRY, SOY, GLUTEN, SULPHITE. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, MILK, TREE NUTS, SESAME SEEDS</p>
Classic Beef Curry (Gluten Free)	<p>A heart-warming mix of freeze dried beef, curry sauce, rice and vegetables. Gluten Free.</p> <p>INGREDIENTS WHITE RICE, SAUCE (MALTODEXTRIN, THICKENER (1442), BROWN SUGAR, HYDROLYSED VEGETABLE PROTEINS, VEGETABLES, COLOURS (150D, 100), HERBS & SPICES, SALT, FLAVOUR), BEEF DICES (20%) (BEEF, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), PEAS (PEAS, ACIDITY REGULATOR (331, 500)), ONION, RED PEPPER ALLERGENS CONTAINS: SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, MILK, TREE NUTS, SESAME SEEDS</p>
Cooked Breakfast (Gluten Free)	<p>A hearty combo of freeze dried smokey beef, tomato, egg and a hash brown potato mix. Gluten Free.</p>

	<p>INGREDIENTS HASH BROWN (POTATO, CANOLA OIL, SALT, SPICE EXTRACT), BEEF DICES (23%) (BEEF, SEASONING (CONTAINS FLAVOUR, STABILISER (415), PRESERVATIVE (211)), SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), POTATO FLAKES (POTATO, EMULSIFIER (471), PRESERVATIVE (330), ANTIOXIDANT (223)), EGG DICES (14%) (EGG, MILK POWDER (CONTAINS EMULSIFIER (322)), THICKENER (1442), SALT), TOMATO (TOMATO, FIRMING AGENT (509), FOOD ACID (330)), CANOLA OIL (CONTAINS ANTIOXIDANT (319), ANTIFOAMING AGENT (900A)), MILK POWDER (CONTAINS EMULSIFIER (322)), SUGAR, SALT, PEPPER ALLERGENS CONTAINS EGG, MILK, SOYBEANS, SULPHITES. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING FISH, TREE NUTS</p>
<p>Cottage Pie (Gluten Free)</p>	<p>A satisfying mix of freeze dried savoury mince and vegetables with a potato topping. Gluten Free.</p> <p>INGREDIENTS MASHED POTATO (33%) (POTATO FLAKES (POTATO, EMULSIFIER (471), PRESERVATIVE (330), ANTIOXIDANT (223)), MILK POWDER (CONTAINS EMULSIFIER (322)), CANOLA OIL (CONTAINS ANTIOXIDANT (319), ANTIFOAMING AGENT (900A)), SALT, SUGAR, CHIVES), BEEF MINCE (25%) (BEEF, ROSEMARY EXTRACT), SAUCE (SUGAR, THICKENER (1442), VEGETABLES,</p>
	<p>MALTODEXTRIN, SALT, FLAVOURS, ACIDITY REGULATORS (262, 330), HYDROLYSED VEGETABLE PROTEIN, YEAST EXTRACT, HERBS & SPICES, CANOLA OIL, COLOUR (160C), VEGETABLE EXTRACTS), ONION, CARROT (CONTAINS ACIDITY REGULATOR (500)), CORN, PEAS (CONTAINS ACIDITY REGULATOR (331, 500))</p> <p>ALLERGENS CONTAINS: MILK, SOYBEANS, SULPHITES PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, TREE NUTS, SESAME SEEDS</p>
<p>Creamy Carbonara (Vegetarian)</p>	<p>A vegetarian pasta dish, served in a creamy italian-style sauce.</p> <p>INGREDIENTS PASTA (46%) (DURUM WHEAT), SAUCE (MALTODEXTRIN, WHEY POWDER, THICKENER (1442), SALT, CREAM POWDER, STARCH, SUGAR, VEGETABLES, YEAST EXTRACT, FLAVOURS (FLAVOUR ENHANCERS (627, 631, 635)), HYDROLYSED VEGETABLE PROTEIN, CANOLA OIL, HERBS & SPICES, ACIDITY REGULATOR (330)), CHEESE (MILK SOLIDS, SALT, ANTI-CAKING AGENT (460), PRESERVATIVE (200), CULTURES, NON-ANIMAL RENNET), ONION, GREEN PEPPER, EGG (3.5%), MILK POWDER (CONTAINS EMULSIFIER (322)), SALT, CHIVES</p> <p>ALLERGENS CONTAINS WHEAT, EGG, MILK, SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING OATS, CRUSTACEA, FISH, TREE NUTS, SESAME SEEDS</p>
<p>Honey Soy Chicken (Gluten Free)</p>	<p>A combination of rice, freeze dried chicken, vegetables and honey flavour. Gluten Free.</p> <p>INGREDIENTS WHITE RICE, SAUCE (SUGAR, THICKENER (1442), MALTODEXTRIN, HYDROLYSED VEGETABLE PROTEIN, BROWN SUGAR, VEGETABLES, HONEY 1.2%, COLOUR (150D)), CHICKEN DICES (20%) (CHICKEN, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), ONION, RED PEPPER, CARROT (CONTAINS ACIDITY REGULATOR (500)), PEAS (CONTAINS ACIDITY REGULATOR (331, 500)), GREEN BEANS (CONTAINS ACIDITY REGULATOR (331, 500))</p> <p>ALLERGENS CONTAINS SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, MILK, TREE NUTS, SESAME SEEDS</p>

Kung Pao Chicken	<p>A classic chinese stirfry dish with a delicious spicy yet sweet flavour.</p> <p>INGREDIENTS <i>The following information reflects the most recent production. Ingredients and allergens can change. Always refer to individual pack labels</i> WHITE RICE, SAUCE (SUGAR, MALTODEXTRIN, RICE FLOUR, SALT, THICKENER (1442), SPICES, BROWN SUGAR, FLAVOURS, VEGETABLES, YEAST EXTRACT, VEGETABLE OILS), CHICKEN DICES (20%) (CHICKEN, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), CARROT (CARROT, SUGAR, ACIDITY REGULATOR (SODIUM BICARBONATE)), CASHEW NUTS, GREEN BEANS (CONTAINS ACIDITY REGULATOR (331, SODIUM BICARBONATE)) ALLERGENS CONTAINS SOYBEANS, TREE NUTS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, MILK, SESAME SEEDS</p>
Lamb Fettuccine	<p>Freeze dried lamb and vegetables with pasta smothered in a delicate sour cream sauce.</p> <p>INGREDIENTS PASTA (34%) (DURUM WHEAT), SAUCE (MALTODEXTRIN, CREAM POWDER, THICKENER (1442), STARCH, SUGAR, VEGETABLES, YEAST EXTRACT, SALT, HYDROLYSED VEGETABLE PROTEIN, HERBS & SPICES, ACIDITY REGULATOR (330), FLAVOUR), LAMB DICES (25%) (LAMB, SOY PROTEIN CONCENTRATE, SALT, BROWN SUGAR, MINERAL SALT (451, 450), CORIANDER, MINT, PEPPER, ROSEMARY EXTRACT), ONION, RED PEPPER, GREEN BEANS (CONTAINS ACIDITY REGULATOR (331, 500)) ALLERGENS CONTAINS WHEAT, MILK, SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING OATS, CRUSTACEA, EGG, FISH, TREE NUTS, SESAME SEEDS</p>
Lamb Stirfry (Gluten Free)	<p>An appetising lamb and vegetable medley infused with honey soy flavours served with rice.</p>

	<p>INGREDIENTS RICE, SAUCE [BROWN SUGAR, THICKENER (1442), MALTODEXTRIN (MAIZE), HYDROLYSED VEGETABLE PROTEIN (MAIZE), DEHYDRATED VEGETABLES, HONEY POWDER (1.2%), COLOUR (150D)], LAMB (18%) [LAMB, SOY PROTEIN, SALT, STABILIZER (450, 451), BROWN SUGAR, HERBS AND SPICES], CARROT, ONION, PEAS, GREEN BEANS, RED PEPPER. ALLERGENS CONTAINS SOY. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, MILK, TREE NUTS, SESAME SEEDS</p>
Mexican Chicken (Gluten Free)	<p>Freeze dried chicken, kidney beans and corn in a hot chilli sauce with corn chips on the side. Gluten Free.</p> <p>INGREDIENTS SAUCE (MALTODEXTRIN, THICKENER (1442), VEGETABLES, HYDROLYSED VEGETABLE PROTEIN, HERBS & SPICES, DEXTROSE, ACIDITY REGULATOR (330), CANOLA OIL), CORN CHIPS (CORN, VEGETABLE OIL (ANTIOXIDANT (319)), MINERAL SALT (529)), CHICKEN DICES (20%) (CHICKEN, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), KIDNEY BEANS, ONION, GREEN PEPPER, CORN ALLERGENS CONTAINS SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, MILK, TREE NUTS, SESAME SEEDS</p>

Moroccan Lamb	<p>A tasty combination of freeze dried lamb, pumpkin, raisins and apple served with couscous.</p> <p>INGREDIENTS COUSCOUS (DURUM WHEAT), SAUCE (MALTODEXTRIN, THICKENER (1442, 461), SUGAR, YEAST EXTRACT, HERBS & SPICES, SALT, VEGETABLES, ACIDITY REGULATOR (330), COLOURS (160C, 100), FRUIT OIL, VEGETABLE EXTRACTS, CANOLA OIL), LAMB DICES (20%) (LAMB, SOY PROTEIN CONCENTRATE, SALT, BROWN SUGAR, MINERAL SALT (451, 450), CORIANDER, MINT, PEPPER, ROSEMARY EXTRACT), ONION, RAISINS (RAISINS, VEGETABLE OIL), ALMONDS, RED PEPPER, APPLE, PUMPKIN</p> <p>ALLERGENS CONTAINS WHEAT, SOYBEANS, TREE NUTS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING OATS, CRUSTACEA, EGG, FISH, MILK, SESAME SEEDS</p>
Mushroom Bolognese (Vegan)	<p>Tender mushrooms with tomato in a savory sauce, served with noodles.</p> <p>INGREDIENTS NOODLES (44%) (FLOUR, COLOUR (102)), SAUCE (THICKENER (1442), VEGETABLES, MALTODEXTRIN, HERBS & SPICES, HYDROLYSED VEGETABLE PROTEIN, SUGAR, ACIDITY REGULATOR (296), YEAST EXTRACT), ONION, RED PEPPER, CARROT (CARROT, SUGAR, ACIDITY REGULATOR (500)), MUSHROOM (4.5%), TOMATO (TOMATO, FIRMING AGENT (509), FOOD ACID (330))</p> <p>ALLERGENS CONTAINS WHEAT, SOYBEANS PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING OATS, CRUSTACEA, EGG, FISH, MILK, TREE NUTS, SESAME SEEDS</p>
Nasi Goreng (Gluten Free)	<p>A tasty blend of brown rice, pumpkin seeds, vegetables and egg in a mild asian sauce. Gluten Free.</p> <p>INGREDIENTS BROWN RICE, SAUCE (MALTODEXTRIN, THICKENER (1422), SUGAR, SOY SAUCE (SOY BEAN, RICE, SALT, MALTODEXTRIN, RICE BRAN OIL), FLAVOURS, SALT, VEGETABLES, HYDROLYSED VEGETABLE PROTEIN, SPICES, COLOURS (150D, 160C), YEAST EXTRACT), PUMPKIN SEEDS, EGG DICES (9%) (EGG, MILK POWDER (CONTAINS EMULSIFIER (322)), THICKENER (1442), SALT), ONION, RED PEPPER, CARROT (CONTAINS ACIDITY REGULATOR (500)), PEAS (CONTAINS ACIDITY REGULATOR (331, 500))</p> <p>ALLERGENS CONTAINS EGG, MILK, SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, FISH, TREE NUTS, SESAME SEEDS</p>
Pasta Vegetariano	<p>Pasta, beans, tomatoes and olives in a tasty italian-style sauce.</p>
(Vegan)	<p>INGREDIENTS PASTA (39%) (DURUM WHEAT), SAUCE (THICKENER (1442), VEGETABLES, MALTODEXTRIN, HERBS & SPICES, HYDROLYSED VEGETABLE PROTEIN, SUGAR, ACIDITY REGULATOR (296), YEAST EXTRACT), KIDNEY BEANS, HARICOT OR CANNELLINI BEANS, ONION, GREEN PEPPER, TOMATO (TOMATO, FIRMING AGENT (509), FOOD ACID (330)), OLIVES ALLERGENS CONTAINS WHEAT, SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING OATS, CRUSTACEA, EGG, FISH, MILK, TREE NUTS, SESAME SEEDS</p>

Roast Beef & Vegetables	<p>Freeze dried beef and herb gravy with vegetables and creamy mashed potato</p> <p>INGREDIENTS MASHED POTATO (POTATO FLAKES (POTATO, EMULSIFIER (471), PRESERVATIVE (330), ANTIOXIDANT (223)), MILK POWDER (CONTAINS EMULSIFIER (322)), CANOLA OIL (CONTAINS ANTIOXIDANT (319), ANTIFOAMING AGENT (900A)), SALT, SUGAR, CHIVES), BEEF DICES (24%) (BEEF, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), SAUCE (THICKENERS (1422, 415), MILK POWDER, SUGAR, SOY SAUCE (SOYBEANS, RICE, SALT, MALTODEXTRIN, RICE BRAN OIL), FLAVOUR, YEAST EXTRACT, VEGETABLES, COLOUR (150A), HERBS & SPICES, VEGETABLE GUM (412)), CORN, PEAS (PEAS, ACIDITY REGULATOR (331, 500)), CARROT (CONTAINS ACIDITY REGULATOR (500)), PUMPKIN</p> <p>ALLERGENS CONTAINS: WHEAT, RYE, BARLEY, OATS, SPELT, MILK, SOYBEANS, SULPHITES. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, TREE NUTS, SESAME SEEDS</p>
Roast Chicken	<p>Freeze dried chicken and vegetables in gravy. Served with creamy mashed potato and stuffing.</p> <p>INGREDIENTS MASHED POTATO (POTATO FLAKES (POTATO, EMULSIFIER (471), PRESERVATIVE (330), ANTIOXIDANT (223)), MILK POWDER (CONTAINS EMULSIFIER (322)), CANOLA OIL (CONTAINS ANTIOXIDANT (319), ANTIFOAMING AGENT (900A)), SALT, SUGAR, CHIVES), SAUCE (MALTODEXTRIN, THICKENER (1442), STARCH, RICE FLOUR, SALT, YEAST EXTRACT, HYDROLYSED VEGETABLE PROTEIN, SUGAR, COLOUR (150D), YEAST, VEGETABLES, ACIDITY REGULATOR (330)), CHICKEN DICES (22%) (CHICKEN, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), STUFFING (BREAD (FLOUR, GLUTEN, YEAST, VEGETABLE OIL, VINEGAR, SOY, EMULSIFIERS (472E, 481, 471), IMPROVERS (170, 300)), EGG (3%), MILK POWDER (CONTAINS EMULSIFIER (322)), HERBS, ONION, SALT), PEAS (PEAS, ACIDITY REGULATOR (331, 500)), CORN ALLERGENS CONTAINS WHEAT, RYE, BARLEY, OATS, SPELT, EGG, MILK, SOYBEANS, SULPHITES. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, FISH, PEANUTS, TREE NUTS, SESAME SEEDS</p>
Roast Lamb and Vegetables (Gluten Free)	<p>Freeze dried lamb and mint gravy with vegetables and creamy mashed potato. Gluten Free.</p> <p>INGREDIENTS MASHED POTATO (POTATO FLAKES (POTATO, EMULSIFIER (471), PRESERVATIVE (330), ANTIOXIDANT (223)), MILK POWDER (CONTAINS EMULSIFIER (322)), CANOLA OIL (CONTAINS ANTIOXIDANT (319), ANTIFOAMING AGENT (900A)), SALT, SUGAR, CHIVES), LAMB DICES (25%) (LAMB, SOY PROTEIN CONCENTRATE, SALT, BROWN SUGAR, MINERAL SALT (451, 450), CORIANDER, MINT, PEPPER, ROSEMARY EXTRACT), SAUCE (MALTODEXTRIN, SUGAR, THICKENER (1442), MILK SOLIDS, VEGETABLES, HYDROLYSED VEGETABLE PROTEIN, HERBS & SPICES, YEAST EXTRACT), CORN, PEAS (PEAS, ACIDITY REGULATOR (331, 500)), CARROT (CONTAINS ACIDITY REGULATOR (500)), PUMPKIN</p> <p>ALLERGENS CONTAINS MILK, SOYBEANS, SULPHITES. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, TREE NUTS, SESAME SEEDS</p>
Spaghetti Bolognese	<p>Freeze dried beef mince with tomato in a savoury sauce, served with noodles.</p> <p>INGREDIENTS NOODLES (44%) (FLOUR, COLOUR (102)), BEEF MINCE (24%) (BEEF, ROSEMARY EXTRACT), SAUCE (THICKENER (1442), VEGETABLES, MALTODEXTRIN, HERBS & SPICES,</p>

	<p>HYDROLYSED VEGETABLE PROTEIN, SUGAR, ACIDITY REGULATOR (296), YEAST EXTRACT), ONION, TOMATO (TOMATO, FIRMING AGENT (509), FOOD ACID (330)), RED PEPPER</p> <p>ALLERGENS CONTAINS: WHEAT, SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING OATS, CRUSTACEA, EGG, FISH, MILK, TREE NUTS, SESAME SEEDS</p>
<p>Thai Chicken Curry (Gluten Free)</p>	<p>The distinctive thai taste of coconut milk and curry with freeze dried chicken, green beans, rice and cashew nuts. Gluten Free.</p> <p>INGREDIENTS WHITE RICE, SAUCE (SUGAR, THICKENER (1442), RICE FLOUR, BROWN SUGAR, MALTODEXTRIN, HERBS & SPICES, COCONUT MILK (COCONUT MILK, MALTODEXTRIN, MILK PROTEIN), STARCH, VEGETABLES, SALT, HYDROLYSED VEGETABLE PROTEIN, COLOUR (150A), FLAVOURS, ACIDITY REGULATOR (330), YEAST EXTRACT), CHICKEN DICES (20%) (CHICKEN, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), CASHEW NUTS, ONION, GREEN PEPPER, GREEN BEANS (CONTAINS ACIDITY REGULATOR (331, 500)) ALLERGENS CONTAINS MILK, SOYBEANS, TREE NUTS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, SESAME SEEDS</p>
<p>Vegetarian Stir- fry (Gluten Free) (Vegetarian)</p>	<p>An appetising vegetable medley infused with honey flavours served with rice noodles. Gluten Free.</p> <p>INGREDIENTS RICE NOODLES (RICE FLOUR), SAUCE (SUGAR, THICKENER (1442), MALTODEXTRIN, HYDROLYSED VEGETABLE PROTEIN, BROWN SUGAR, VEGETABLES, HONEY 1.2%, COLOUR (150D)), EGG DICES (9%) (EGG, MILK POWDER (CONTAINS EMULSIFIER (322)), THICKENER (1442), SALT), ONION, RED PEPPER, CARROT (CONTAINS ACIDITY REGULATOR (500)), CORN, GREEN BEANS (CONTAINS ACIDITY REGULATOR (331, 500))</p> <p>ALLERGENS CONTAINS EGG, MILK, SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, FISH, TREE NUTS, SESAME SEEDS</p>
<p>Tasty Chicken Mash (Gluten Free)</p>	<p>This meal is light to carry and provides tasty, fast nourishing food for adventure with creamy mashed potato with smoky flavoured freeze dried chicken, cheese and vegetables. Gluten free.</p> <p>INGREDIENTS MASHED POTATO (51%) (POTATO FLAKES (POTATO, EMULSIFIER (471), ANTIOXIDANT (CITRIC ACID), PRESERVATIVE (223) (SULPHITES)), MILK POWDER (MILK POWDER, EMULSIFIER (SOY LECITHIN)), CANOLA OIL, SALT, SUGAR, CHIVES), CHICKEN DICES (26%) (CHICKEN, SOY PROTEIN CONCENTRATE, SEASONING (CONTAINS FLAVOUR, STABILISER (XANTHAN GUM), PRESERVATIVE (211)), SALT, MINERAL SALT (451, 450), NATURAL FLAVOUR), CHEESE (MILK SOLIDS, SALT, ANTI-CAKING AGENT (460), PRESERVATIVE (200), CULTURES, NON-ANIMAL RENNET), PEAS (CONTAINS ACIDITY REGULATOR (331, SODIUM BICARBONATE)), CARROT (CONTAINS ACIDITY REGULATOR (SODIUM BICARBONATE)), CORN</p> <p>ALLERGENS CONTAINS MILK, SOYBEANS, SULPHITES</p>

<p>Spicy Beef Nachos (Gluten Free) (Halal)</p>	<p>This meal is light to carry and provides tasty, fast nourishing food for adventure with freeze dried beef mince, kidney beans, corn and tomato in a hot chilli sauce, with corn chips to dip. Gluten free. No added dairy. Halal.</p> <p>INGREDIENTS CORN CHIPS (25%) (CORN, VEGETABLE OIL (ANTIOXIDANT (319)), MINERAL SALT (529)), SAUCE (MALTODEXTRIN, THICKENER (1442), VEGETABLES, HYDROLYSED VEGETABLE PROTEIN, HERBS & SPICES, DEXTROSE, ACIDITY REGULATOR (CITRIC ACID), CANOLA OIL), BEEF (20%), KIDNEY BEANS, TOMATO (TOMATO, FIRMING AGENT (509), FOOD ACID (CITRIC ACID)), GREEN PEPPER, ONION, CORN</p> <p>ALLERGENS CONTAINS SOYBEANS</p>
<p>Veggie Cottage Pie (Gluten Free) (Halal)</p>	<p>This meal is light to carry and provides tasty, fast nourishing food for adventure with freeze dried lentils, savoury tomato sauce and vegetables with a potato topping make this delicious no meat cottage pie. Gluten free. Halal.</p> <p>INGREDIENTS MASHED POTATO (34%) (POTATO FLAKES (POTATO, EMULSIFIER (471), ANTIOXIDANT (CITRIC ACID), PRESERVATIVE (223) (SULPHITES)), MILK POWDER (CONTAINS MILK, EMULSIFIER (SOY LECITHIN)), CANOLA OIL, SALT, SUGAR, CHIVES), LENTILS (24%), SAUCE (SUGAR, THICKENER (1442), VEGETABLES, MALTODEXTRIN, SALT, ACIDITY REGULATORS (262, CITRIC ACID), FLAVOURS, HYDROLYSED VEGETABLE PROTEIN, YEAST EXTRACT, HERBS & SPICES, CANOLA OIL, COLOUR (PAPRIKA OLEORESINS), VEGETABLE EXTRACTS), ONION, CARROT (CARROT, SUGAR, ACIDITY REGULATOR (SODIUM BICARBONATE)), PEAS (CONTAINS ACIDITY REGULATOR (331, SODIUM BICARBONATE)), CORN, CARROT (CONTAINS ACIDITY REGULATOR (500)), CORN, PEAS (CONTAINS ACIDITY REGULATOR (331, 500))</p> <p>ALLERGENS CONTAINS MILK, SOYBEANS, SULPHITES</p>