

Humanitarian Food Ration

MENU

RATION FOR 24 HOURS

Breakfast

	Weight (Gr)	Quantity
Coffee	2	2
Powdered milk	15	1
Sweet cookie	25	1
Strawberry/Orange Jelly	20	2
Powder Orange/Limon Juice	40	1

Lunch

Stewed Lentils With Beef "Halal"	425	1
Sardine pate	65	1
Peach jam	20	1

Diner

Chicken With Peas "Halal"	425	1
Miga Tuna in Tomato Sauce	80	1
Sweet cookie	25	1

Food Supplements

Water and Salt Biscuit	125	1
Lemon Isotonic Drink Powder	31,5	1
Candies	2	4
Sugar	10	2
Salt	1	3

Non-Food Complements

Cutlery (4 pieces)		1
Plastic Bag for Waste		1
Information Note		1

