



TRADING

Humanitarian Food Ration

MENU	Weight (Gr)	Quantity	Kcal
Breakfast			
Hot Chocolat powder	25	1	200
Powdered milk	15	1	108
Sweet cookie	25	1	107
Fruit jam	20	2	111
Lunch			
"Transmontana"Beans with meat	425	1	658
Sardine pate	65	1	195
Fruit jam	20	2	111
Diner			
Beef with peas	425	1	535
Meat pâté	65	2	504
Sweet cookie	25	1	107
Food Supplements			
Water and Salt Biscuit	125	1	400
Isotonic Drink	31	1	109
Candies	2	6	144
Sugar	10	2	79
Salt	1	3	0
Powder Orange/Limon Juice	15	2	113
Non-Food Complements			
Cutlery (4 pieces)		1	
Information Note		1	
		Total Kcal	3481