

# KINGMANS RESOURCES (PTY)LTD

YOUR GATEWAY TO DEFENCE SOLUTIONS

## MEALS READY TO EAT

MRE 2024 CATALOGUE



# KINGMANS RESOURCES (PTY)LTD

YOUR GATEWAY TO DEFENCE SOLUTIONS

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## Company Profile

*Thank you for affording us the opportunity to provide you with the comfort that Kingmans Resources (Pty)Ltd can procure, pack and deliver product according to your specifications, with ease and reliability and quality in mind.*

Kingmans Resources specialises in hampers and ration packs packed for the likes of various Local and cross border organisations and retailers as well as to various government institutions over the past 30+ years.

We pack to individual specifications and are dedicated to sourcing the best quality products to suit our customers requirements, whether food or non-food.

We pride ourselves on our high levels of service and our ability to be flexible, to accommodate the specifications and deadlines of our customers. We firmly believe this flexibility has contributed to the impressive growth and stability of the company.

### *Our Warehouse and Packing Facility*

Our factory in Benoni, South Africa boasts 2000m<sup>2</sup> under roof and is specifically set up for the production of any type of ration pack.

This factory carries all the necessary certifications in order to comply with all retail packing standards as well as the requirements set and placed by the end customer. Our commitment to quality control from procurement to dispatch is unmatched. Our factory is not only audited internally on an on-going basis but audited externally annually by an accredited body.



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## Production Capability and Assembly

We are able to develop customised ration packs and individual items to suite any customers needs. Kingmans is able to procure, and produce 600 000 ration packs per month with ease should the need arise.

Our assembly system has been refined over the last 30+ years with the use of motorised conveyor systems, semi-automatic shrink wrappers and semi-automatic pallet wrappers.

### *Our manufacturing capacity, to name a few:*



## Quality Control Management

We are committed to extremely strict quality control management. We employ a team to continuously monitor quality of product being received, packed and despatched. This team is audited externally on an annual basis. Our food safety manager carries out functions including but not limited to;

- Constant Risk assessments
- Internal Audits on all procedures
- Constantly up-skilling both staff and suppliers to better ours processes
- Manages 4 people who monitor expiry dates on good received – goods in our warehouse – goods moved from warehouse to production – random checks on goods packed to make sure the product being delivered to our customers is according to specification and shelf life expectations.
- Complete traceability in our production process
- Managing retention samples on all various batches packed
- Managing non-compliant products and the recording as well as rejection thereof



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All our quality control systems are audited by Aspirata according to GFSI standards. In the unfortunate event of a product recall we have policies and procedures in place for this to be a seamless process. We also carry large insurance cover for this. Due to our rigorous quality control systems we have never had to recall product delivered to our customers.

## *Facility Visits*

We would encourage you to visit our premises in order to give you the necessary comfort that we are capable of fulfilling your order as we have committed too. You are welcome to contact Clinton to set up a date.

**We look forward to hosting you!!**

## *Samples*

Samples are available on request, please kindly chat with our sales team to arrange for collection.

## *Countries we have supplied over the last 30+ years*

- South Africa
- Namibia
- Mozambique
- Gabon
- Angola
- Democratic Republic of Congo
- Botswana
- Zambia
- United Kingdom
- United States of America
- U.A.E



# KINGMANS RESOURCES (PTY)LTD

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## RATION & RELIEF PACKS FOR THE COMMUNITIES OF SOUTH AFRICA & THE WORLD!



# KINGMANS RESOURCES (PTY)LTD

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## MRE Meals Retort Pouches



# KINGMANS RESOURCES (PTY)LTD

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## MRE Meals – Chicken



## MRE Chicken Meals

- Chicken Curry
- Chicken A La King
- Mexican Chicken
- Chicken Breyani
- Chicken Pasta and Veg
- Sweet and Sour Chicken
- Kabseh and Chicken
- Breyani Rice with Chicken
- Rice, Veg with Chicken
- Vegetable Casserole with Chicken



# KINGMANS RESOURCES (PTY)LTD

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## MRE Meals – Beef



## MRE Beef Meals

- Beef Curry and Veg
- Savoury Mince
- Chilli Con Carne
- Beef Pasta and Veg
- Beef Samp and Beans
- Potato Stew with Beef
- Breyani Rice with Beef
- Rice, Veg with Beef
- Spaghetti Bolognese with Minced Beef



# KINGMANS RESOURCES (PTY)LTD

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## MRE Meals – Mutton



## MRE Mutton Meals

- Mutton Stew
- Curried Rice with Mutton



# KINGMANS RESOURCES (PTY)LTD

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## MRE Meals – Vegetarian



## MRE **Vegetarian Meals**

- Lentils Beans and Veg
- Savoury Samp and Beans
- Savoury Soya and Rice
- Vegetarian Pasta and Tomato
- Baked Beans in Rich Tomato Sauce



# KINGMANS RESOURCES (PTY)LTD

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## MRE Tinned Products



## MRE Tinned Products

### Meals

- Meatballs and Spaghetti
- Meatballs in Gravy
- Vieannas and Beans in Tomato Sauce
- Corned Meat
- Corned Beef
- Vieannas in Brine
- Tuna in Vegetable Oil
- Tuna in Salted Water
- Sardines in Vegetable oil
- Curried Lentils and Veg
- Baked Beans in Tomato Sauce
- Stiff Maize Porridge

### Fruit

- Peaches
- Guavas
- Mixed Fruit Salad



# KINGMANS RESOURCES (PTY)LTD

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## MRE Breakfast



## MRE Breakfast

### Instant Oats

- Original Flavour
- Banana
- Caramel
- Apple and Cinnamon
- Strawberry

### Cereals

- Cornflakes
- High Bran Flakes
- Puffed Rice



# KINGMANS RESOURCES (PTY)LTD

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## MRE Biscuits



## MRE Biscuits

- High Energy Biscuits
- Chocolate Chip Biscuits
- Cream Crackers
- Shortbread Biscuits
- Ginger Biscuits
- High Fibre Biscuits
- Wholewheat Biscuits



# KINGMANS RESOURCES (PTY)LTD

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## MRE Powdered Products



## MRE Powdered Products

### Isotonic Sports Drinks - *Various Sizes*

- Tropical
- Orange
- Pineapple
- Peach
- Guava
- Mango
- Lemon / Lime

### Lactose Free Nutritional Drinks- *Various Sizes*

- Peach
- Vanilla
- Strawberry
- Banana
- Cappuccino

### High Energy Instant Porridge – *Various Sizes*

- Chocolate
- Banana
- Vanilla
- Strawberry
- Banana Sorghum
- Original Sorghum

### Instant Soups – *Various Sizes*

- Beef and Veg
- Creamy Tomato
- Chicken and Veg
- Spring Veg

### Noodle Snacks – *Various Sizes*

- Beef and Veg
- Chicken and Veg
- Spring Veg

### Other Beverages

- Black Tea
- Rooibos Tea
- 3 in 1 Coffee
- Creamer
- Instant Coffee
- Hot Chocolate



# KINGMANS RESOURCES (PTY)LTD

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## MRE Snacks and Spreads



## MRE Snacks and Spreads

### Energy Bars

- Chocolate
- Apricot Yoghurt
- Banana Maize
- Choc Cream Maize
- Chocolate Nut
- Caribbean Raisin
- Peach Fruit

### Granola Bars

- Honey Yoghurt
- Apricot Yoghurt
- Berry Yoghurt
- Sesame Seed

### Dried Fruit and Nuts

- Raisins
- Peaches
- Fruit bars
- Various Fruit Cubes
- Salted Peanuts
- Mixed Nuts
- Cashews

### Various Spreads

- Apricot Jam
- Strawberry Jam
- Mixed Fruit Jam
- Marmalade
- Proceed Cheese Gouda
- Processed Cheese Cheddar
- Peanut Butter
- Nutt Butter
- Tomato Sauce
- Chutney
- Mustard
- Worcestershire Sauce



# KINGMANS RESOURCES (PTY)LTD

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## MRE Ration Pack Accessories



## MRE Ration Pack Accessories

- Flameless Ration heater
- Hexamine Fuel Tablets
- Mini Stove
- Matches
- Wet Wipes
- Water Purification Sachets
- Cutlery Set
- Poly Bags



# KINGMANS RESOURCES (PTY)LTD

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## MRE Various Menus



# KINGMANS RESOURCES (PTY)LTD

YOUR GATEWAY TO DEFENCE SOLUTIONS

## MRE Various Menus

**MRE Kingmans - SA - Menu 1**

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Chicken Pasta and Veg	300g	1
MRE Meal - Retort Pouch	MRE Beef Curry and Veg	200g	1
MRE Meal - Retort Pouch	MRE BBQ Brown Rice	150g	1
Powdered Product	Beef and Veg Instant Soup	18g	1
Powdered Product	Isotonic Sports Drink Guava	25g	1
Powdered Product	Isotonic Sports Drink Orange	25g	1
Powdered Product	Lactose Free Nutritional Shake Peach	50g	1
Powdered Product	High Energy Instant Porridge Vanilla	80g	1
Dried Fruit	Orange Cubes	60g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Nutt Butter Sachet	42g	1
Snacks, Sauces and Spreads	Processed Cheese Gouda	33g	2
Energy Bars	Energy Bar Chocolate	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Rooibos Tea Bag	2g	1
Misc	Vita C Sweets	1's	10
Misc	Chewing Gum	2's	5
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4

**MRE Kingmans - SA - Menu 2**

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Chicken Curry	200g	1
MRE Meal - Retort Pouch	MRE Savoury Mince	200g	1
MRE Meal - Retort Pouch	MRE Samp	150g	1
MRE Meal - Retort Pouch	MRE Savoury Rice	150g	1
Powdered Product	Chicken Noodle Snack	38g	1
Powdered Product	Isotonic Sports Drink Pineapple	25g	1
Powdered Product	Isotonic Sports Drink Peach	25g	1
Powdered Product	Lactose Free Nutritional Shake Vanilla	50g	1
Powdered Product	High Energy Instant Porridge Original Sorghum	80g	1
Dried Fruit	Raisins	60g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Peanut Butter Sachet	15g	2
Snacks, Sauces and Spreads	Processed Cheese Cheddar	33g	2
Energy Bars	Energy Bar Apricot Fruit	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Black Tea, Tea Bag	2g	1
Misc	Vita C Sweets	1's	10
Misc	Chewing Gum	2's	5
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4



# KINGMANS RESOURCES (PTY)LTD

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## MRE Various Menus

### MRE Kingmans - SA - Menu 3

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Savoury Samp and Beans	300g	1
MRE Meal - Retort Pouch	MRE Lentils, Beans and Veg	150g	1
MRE Meal - Retort Pouch	MRE Savoury Rice	150g	1
Powdered Product	Spring Veg Noodle Snack	38g	1
Powdered Product	Isotonic Sports Drink Guava	25g	1
Powdered Product	Isotonic Sports Drink Peach	25g	1
Powdered Product	Lactose Free Nutritional Shake Strawberry	50g	1
Powdered Product	High Energy Instant Porridge Banana	80g	1
Dried Fruit	Fruit Bar	33g	2
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Nutt Butter Sachet	42g	1
Snacks, Sauces and Spreads	Processed Cheese Gouda	33g	2
Energy Bars	Energy Bar Banana Maize	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Rooibos Tea Bag	2g	1
Misc	Vita C Sweets	1's	10
Misc	Chewing Gum	2's	5
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4

### MRE Kingmans - SA - Menu 4

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Chicken Pasta and Veg	300g	1
MRE Meal - Retort Pouch	MRE Beef Curry and Beans	200g	1
MRE Meal - Retort Pouch	MRE Samp	150g	1
Powdered Product	Instant Soup Beef and Veg	18g	1
Powdered Product	Isotonic Sports Drink Pineapple	25g	1
Powdered Product	Isotonic Sports Drink Orange	25g	1
Powdered Product	Lactose Free Nutritional Shake Banana	50g	1
Powdered Product	High Energy Instant Porridge Strawberry	80g	1
Dried Fruit	Peaches	60g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Peanut Butter Sachet	15g	2
Snacks, Sauces and Spreads	Processed Cheese Cheddar	33g	2
Energy Bars	Energy Bar Chocolate Cream Maize	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Black Tea, Tea Bag	2g	1
Misc	Vita C Sweets	1's	10
Misc	Chewing Gum	2's	5
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4



## MRE Various Menus

### MRE Kingmans - SA - Menu 5

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Chicken Breyani	300g	1
MRE Meal - Retort Pouch	MRE Mutton Stew and Veg	200g	1
MRE Meal - Retort Pouch	MRE Maize Pap	150g	1
Powdered Product	Chicken and Corn Noodle Snack	38g	1
Powdered Product	Isotonic Sports Drink Peach	25g	1
Powdered Product	Isotonic Sports Drink Tropical	25g	1
Powdered Product	Lactose Free Nutritional Shake Vanilla	50g	1
Powdered Product	High Energy Instant Porridge Banana	80g	1
Dried Fruit	Orange Cubes	60g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Nutt Butter Sachet	42g	1
Snacks, Sauces and Spreads	Processed Cheese Gouda	33g	2
Energy Bars	Energy Bar Chocolate Nut	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Rooibos Tea Bag	2g	1
Misc	Vita C Sweets	1's	10
Misc	Chewing Gum	2's	5
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4

### MRE Kingmans - SA - Menu 6

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Beef Samp and Beans	300g	1
MRE Meal - Retort Pouch	MRE Mexican Chicken	200g	1
MRE Meal - Retort Pouch	MRE BBQ Brown Rice	150g	1
Powdered Product	Noodle Snack Beef and Veg	38g	1
Powdered Product	Isotonic Sports Drink Pineapple	25g	1
Powdered Product	Isotonic Sports Drink Mango	25g	1
Powdered Product	Lactose Free Nutritional Shake Peach	50g	1
Powdered Product	High Energy Instant Porridge Strawberry	80g	1
Dried Fruit	Raisins	60g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Peanut Butter Sachet	15g	2
Snacks, Sauces and Spreads	Processed Cheese Cheddar	33g	2
Energy Bars	Energy Bar Caribbean Raisin	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Black Tea, Tea Bag	2g	1
Misc	Vita C Sweets	1's	10
Misc	Chewing Gum	2's	5
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4



## MRE Various Menus

### MRE Kingmans - SA - Menu 7

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Beef Pasta and Veg	300g	1
MRE Meal - Retort Pouch	MRE Chicken A La King	200g	1
MRE Meal - Retort Pouch	MRE Maize Samp	150g	1
Powdered Product	Chicken and Corn Noodle Snack	38g	1
Powdered Product	Isotonic Sports Drink Orange	25g	1
Powdered Product	Isotonic Sports Drink Mango	25g	1
Powdered Product	Lactose Free Nutritional Shake Banana	50g	1
Powdered Product	High Energy Instant Porridge Banana Sorghum	80g	1
Dried Fruit	Peaches	60g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Nutt Butter Sachet	42g	1
Snacks, Sauces and Spreads	Processed Cheese Gouda	33g	2
Energy Bars	Energy Bar Peach Fruit	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Rooibos Tea Bag	2g	1
Misc	Vita C Sweets	1's	10
Misc	Chewing Gum	2's	5
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4

### MRE Kingmans - SA - Menu 8

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Savoury Mince	200g	1
MRE Meal - Retort Pouch	MRE Maize Pap	150g	1
MRE Meal - Retort Pouch	MRE Savoury Rice	150g	1
MRE Meal - Tinned Product	Pilchards in Tomato Sauce	155g	1
Powdered Product	Noodle Snack Beef and Veg	38g	1
Powdered Product	Isotonic Sports Drink Guava	25g	1
Powdered Product	Isotonic Sports Drink Tropical	25g	1
Powdered Product	Lactose Free Nutritional Shake Strawberry	50g	1
Powdered Product	High Energy Instant Porridge Vanilla	80g	1
Dried Fruit	Orange Cubes	60g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Peanut Butter Sachet	15g	2
Snacks, Sauces and Spreads	Processed Cheese Cheddar	33g	2
Energy Bars	Energy Bar Banana Maize	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Black Tea, Tea Bag	2g	1
Misc	Vita C Sweets	1's	10
Misc	Chewing Gum	2's	5
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4



## MRE Various Menus

### MRE Kingmans - Premium Tactical 24 Hour - Menu 1

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Breyani Rice with Beef	400g	1
MRE Meal - Retort Pouch	MRE Kabseh with Chicken	400g	1
Powdered Product	Instant Soup Beef and Veg	18g	1
Powdered Product	Isotonic Sports Drink Tropical	25g	1
Powdered Product	Isotonic Sports Drink Orange	25g	1
Powdered Product	Lactose Free Nutritional Shake Peach	50g	1
Powdered Product	High Energy Instant Porridge Vanilla	80g	1
Dried Fruit	Orange Cubes	60g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Peanut Butter Sachet	15g	2
Snacks, Sauces and Spreads	Processed Cheese Cheddar	33g	2
Energy Bars	Energy Bar Chocolate	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Rooibos Tea Bag	2g	1
Misc	Vita C Sweets	1's	10
Misc	Chewing Gum	2's	5
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4



## MRE Various Menus

### MRE Kingmans - Premium Tactical 24 Hour - Menu 2

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Breyani Rice with Chicken	400g	1
MRE Meal - Retort Pouch	MRE Rice and Veg with Beef	400g	1
Powdered Product	Instant Soup Chicken	18g	1
Powdered Product	Isotonic Sports Drink Pineapple	25g	1
Powdered Product	Isotonic Sports Drink Peach	25g	1
Powdered Product	Lactose Free Nutritional Shake Vanilla	50g	1
Powdered Product	High Energy Instant Porridge Strawberry	80g	1
Dried Fruit	Raisins	60g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Peanut Butter Sachet	15g	2
Snacks, Sauces and Spreads	Processed Cheese Cheddar	33g	2
Energy Bars	Energy Bar Apricot Fruit	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Rooibos Tea Bag	2g	1
Misc	Vita C Sweets	1's	10
Misc	Chewing Gum	2's	5
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4

### MRE Kingmans - Premium Tactical 24 Hour - Menu 3

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Savoury Soya and Rice	400g	1
MRE Meal - Retort Pouch	MRE Vegetarian Pasta and Tomato	400g	1
Powdered Product	Instant Soup Spring Veg	18g	1
Powdered Product	Isotonic Sports Drink Guava	25g	1
Powdered Product	Isotonic Sports Drink Peach	25g	1
Powdered Product	Lactose Free Nutritional Shake Strawberry	50g	1
Powdered Product	High Energy Instant Porridge Banana	80g	1
Dried Fruit	Fruit Bar	33g	2
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Peanut Butter Sachet	15g	2
Snacks, Sauces and Spreads	Processed Cheese Cheddar	33g	2
Energy Bars	Energy Bar Banana Maize	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Rooibos Tea Bag	2g	1
Misc	Vita C Sweets	1's	10
Misc	Chewing Gum	2's	5
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4



## MRE Various Menus

### MRE Kingmans - Premium Tactical 24 Hour - Menu 5

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Rice and Veg with Chicken	400g	1
MRE Meal - Retort Pouch	MRE Veg Casserole with Chicken	400g	1
Powdered Product	Instant Soup Chicken	18g	1
Powdered Product	Isotonic Sports Drink Tropical	25g	1
Powdered Product	Isotonic Sports Drink Peach	25g	1
Powdered Product	Lactose Free Nutritional Shake Vanilla	50g	1
Powdered Product	High Energy Instant Porridge Banana	80g	1
Dried Fruit	Orange Cubes	33g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Peanut Butter Sachet	15g	2
Snacks, Sauces and Spreads	Processed Cheese Cheddar	33g	2
Energy Bars	Energy Bar Caribbean Raisin	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Rooibos Tea Bag	2g	1
Misc	Vita C Sweets	1's	10
Misc	Chewing Gum	2's	5
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4

### MRE Kingmans - Tactical Lite 12 Hour - Menu 1

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Breyani Rice with Beef	400g	1
MRE Meal - Retort Pouch	MRE Kabseh with Chicken	400g	1
Powdered Product	Isotonic Sports Drink Tropical	25g	1
Powdered Product	High Energy Instant Porridge Vanilla	80g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Processed Cheese Cheddar	33g	1
Energy Bars	Energy Bar Chocolate	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Rooibos Tea Bag	2g	1
Misc	Vita C Sweets	1's	3
Misc	Chewing Gum	2's	2
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4



## MRE Various Menus

### MRE Kingmans - Tactical Lite 12 Hour - Menu 2

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Breyani Rice with Chicken	400g	1
MRE Meal - Retort Pouch	MRE Rice and Veg with Beef	400g	1
Powdered Product	Isotonic Sports Drink Pineapple	25g	1
Powdered Product	High Energy Instant Porridge Strawberry	80g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Processed Cheese Gouda	33g	1
Energy Bars	Energy Bar Apricot Fruit	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Rooibos Tea Bag	2g	1
Misc	Vita C Sweets	1's	3
Misc	Chewing Gum	2's	2
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4



## MRE Various Menus

### MRE Kingmans - Tactical Lite 12 Hour - Menu 3

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Savoury Soya and Rice	400g	1
MRE Meal - Retort Pouch	MRE Vegetarian Pasta and Tomato	400g	1
Powdered Product	Isotonic Sports Drink Guava	25g	1
Powdered Product	High Energy Instant Porridge Banana	80g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Processed Cheese Cheddar	33g	1
Energy Bars	Energy Bar Banana Maize	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Rooibos Tea Bag	2g	1
Misc	Vita C Sweets	1's	3
Misc	Chewing Gum	2's	2
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4

### MRE Kingmans - Tactical Lite 12 Hour - Menu 4

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Pasta Veg with Chicken	400g	1
MRE Meal - Retort Pouch	MRE Spaghetti Bolognaise with Minced Beef	400g	1
Powdered Product	Isotonic Sports Drink Pineapple	25g	1
Powdered Product	High Energy Instant Porridge Strawberry	80g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Processed Cheese Gouda	33g	1
Energy Bars	Energy Bar Chocolate Cream Maize	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Rooibos Tea Bag	2g	1
Misc	Vita C Sweets	1's	3
Misc	Chewing Gum	2's	2
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4



## MRE Various Menus

### MRE Kingmans - Tactical Lite 12 Hour - Menu 5

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Rice and Veg with Chicken	400g	1
MRE Meal - Retort Pouch	MRE Veg Casserole with Chicken	400g	1
Powdered Product	Isotonic Sports Drink Peach	25g	1
Powdered Product	High Energy Instant Porridge Banana	80g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Snacks, Sauces and Spreads	Processed Cheese Cheddar	33g	1
Energy Bars	Energy Bar Banana Caribbean Raisin	45g	1
Other Beverages	Dairy Creamer Sachet	10g	6
Other Beverages	Instant Coffee Sachet	2.7g	2
Other Beverages	Sugar Sachet	10g	3
Other Beverages	Rooibos Tea Bag	2g	1
Misc	Vita C Sweets	1's	3
Misc	Chewing Gum	2's	2
Snacks, Sauces and Spreads	Tomato Sauce Sachet	9g	1
Snacks, Sauces and Spreads	Chutney Sachet	9g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	4
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	8
Ration Pack Accessories	Water Purification Sachets	1's	4

### MRE Kingmans - Tactical Lite 8 Hour - Menu 1

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Breyani Rice with Beef	400g	1
Powdered Product	Isotonic Sports Drink Tropical	25g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Dried Fruit	Orange Cubes	60g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	1
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	4
Ration Pack Accessories	Water Purification Sachets	1's	2

### MRE Kingmans - Tactical Lite 8 Hour - Menu 2

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Breyani Rice with Chicken	400g	1
Powdered Product	Isotonic Sports Drink Orange	25g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Dried Fruit	Raisins	60g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	1
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	4
Ration Pack Accessories	Water Purification Sachets	1's	2



## MRE Various Menus

### MRE Kingmans - Tactical Lite 8 Hour - Menu 3

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Vegetarian Pasta and Tomato	400g	1
Powdered Product	Isotonic Sports Drink Pineapple	25g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Dried Fruit	Peaches	60g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	1
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	4
Ration Pack Accessories	Water Purification Sachets	1's	2

### MRE Kingmans - Tactical Lite 8 Hour - Menu 4

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Spaghetti Bolognese with Minced Beef	400g	1
Powdered Product	Isotonic Sports Drink Mango	25g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Dried Fruit	Fruit Bar	33g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	1
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	4
Ration Pack Accessories	Water Purification Sachets	1's	2

### MRE Kingmans - Tactical Lite 8 Hour - Menu 5

Type	Item	Serving Size	Quantity
MRE Meal - Retort Pouch	MRE Veg Casserole with Chicken	400g	1
Powdered Product	Isotonic Sports Drink Tropical	25g	1
Biscuits	MRE High Fibre Biscuits	50g	1
Dried Fruit	Raisins	60g	1
Misc	Salt Sachet	1g	2
Ration Pack Accessories	Poly Bags	1's	1
Ration Pack Accessories	Matches	1's	1
Ration Pack Accessories	Hexamine Fuel Tablets	1's	4
Ration Pack Accessories	Water Purification Sachets	1's	2



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