

MENU C-01	Kodlar	MENU C-02	Kodlar	MENU C-03	Kodlar
SPICY CHEDDAR OMELETTE	BR-50	MUESLI WITH OAT APRICOT&NUTS NO MILK	BR-62	BEEF SAUSAGE IN TOMATO SAUCE	BR-04
DRIED VEGGIE MIX X5	FRZ-25	HONEY	SWT-06	MASHED POTATO	PR-01
JAM - STRAWBERRY	SWT-04	FRUIT BAR - CHERRY	ENGY-08	JAM - CHERRY	SWT-05
ROASTED ALMOND	SN-06	ROASTED ALMOND	SN-06	FRUIT BAR - BLACKBERRY	ENGY-06
TORTILLAS	BRD-01	MULTI VITAMIN COMPLEX	ENGY-13	DRIED FRUIT -FIG	SN-02
MULTI VITAMIN COMPLEX	ENGY-13	MELON FLAVOURED BEVERAGE	DR-06	MULTI VITAMIN COMPLEX	ENGY-13
CHERRY FLAVOURED BEVERAGE	DR-05			LIME FLAVOURED BEVERAGE	DR-07
DONER KEBAB WITH TOMATO SAUCE	B-01	CHICKEN CURRY	C-02	TUNA	F-01
RICE WITH VEGETABLES	V-09	BUCKWHEAT WITH VEGETABLE	V-28	COUSCOUS WITH GREEN LENTILS	V-21
ICED TEA - WATERMELON	DR-10	SMOOTHIE - CHOCOLATE	DR-12	SAUTEED VEGETABLES	V-04
SPORTS/ISOTONIC DRINK - 1	DR-03	SPORTS/ISOTONIC DRINK - 2	DR-04	SPORTS/ISOTONIC DRINK - 1	DR-03
HOT CHOCOLATE DRINK	DR-14	HAPPY BAR	ENGY-11	CHOCOLATE BAR	ENGY-01
FREEZE DRIED TURKISH STYLE YOGHURT X5	FRZ-24	WHOLE WHEAT TORTILLAS	BRD-02	SMOOTHIE -STRAWBERRY	DR-13
3 GRAIN & BEAN SALAD	V-23	DRY COWPEA WITH POTATOES IN TOMATO SAUCE	V-26	SALAD MEXICANA	V-30
SALMON PATE	F-07	PLAIN COUSCOUS	V-33	PASTA WITH SALSA SAUCE	V-10
SAUTEED MUSHROOMS WITH VEGETABLES	V-18	LEMON PUDDING	D-02	ICED TEA - LEMON	DR-23
FRUIT BAR - STRAWBERRY	ENGY-09	FRUIT BAR - PLUM	ENGY-04	CHOCOLATE PUDDING	D-01
ICED TEA - STRAWBERRY	DR-19	CHOCOLATE BAR	ENGY-01	DRIED FRUIT -APRICOT	SN-01
MORNING MIX	SN-12	ICED TEA - APPLE	DR-18	TORTILLAS WHOLE WHEAT CHIA	BRD-10
TOTAL RATION PACK CALORIES KCAL	4723,936	TOTAL RATION PACK CALORIES KCAL	4819,62	TOTAL RATION PACK CALORIES KCAL	4843,55
PROTEIN	15%	PROTEIN	15%	PROTEIN	16%
CARBS	48%	CARBS	47%	CARBS	46%
FAT	35%	FAT	34%	FAT	34%
PROTEIN GR	176,73	PROTEIN GR	178,94	PROTEIN GR	196,40

MENU C-04	Kodlar	MENU C-05	Kodlar
CHEDDAR AND MUSHROOM OMELETTE	BR-51	MUESLI WITH OAT AND MILK POWDER - APPLE PIE _FRUITS(APPLE/CINNAMON/GRAPES)	BR-08
JAM - CHERRY	SWT-05	FRUIT BAR - CHERRY	ENGY-08
DRIED VEGGIE MIX X5	FRZ-25	HONEY	SWT-06
FRUIT BAR - PEACH	ENGY-07	PEACH FLAVOURED BEVERAGE	DR-09
MULTI VITAMIN COMPLEX	ENGY-13	MULTI VITAMIN COMPLEX	ENGY-13
MULBERRY FLAVOURED BEVERAGE	DR-08		
MEATBALLS WITH TOMATO SAUCE	B-02	TUNA CORN SALAD	F-02
PASTA WITH 3 CHEESE X5	FRZ-17	ORZO PASTA	V-02
MUESLI BAR WITH ALMOND	ENGY-14	FRUIT BAR - DATES	ENGY-05
DRIED FRUIT - DATES	SN-16	SPORTS/ISOTONIC DRINK - 1	DR-03
CITRUS FLAVOURED BEVERAGE	DR-21	BOOSTED BAR	ENGY-19
SPORTS/ISOTONIC DRINK - 2	DR-04	TORTILLAS	BRD-01
CHICKEN WITH VEGETABLES	C-05	ORBIT BEANS WITH OLIVE OIL	V-12
RICE	V-07	GROUND MEAT ROASTED WITH ONION	B-09
QUICK PUDDING - RED FRUITS	D-22	SPORTS/ISOTONIC DRINK - 1	DR-03
WHOLE WHEAT CHILI TORTILLAS	BRD-11	ICED TEA - PEACH	DR-11
DAILY BAR	ENGY-18	ROASTED ALMOND	SN-06
DRIED FRUIT – GRAPE MIX	SN-03		
ICED TEA - PEACH	DR-11		
TOTAL RATION PACK CALORIES KCAL	4791,13	TOTAL RATION PACK CALORIES KCAL	4800,70
PROTEIN	15%	PROTEIN	16%
CARBS	51%	CARBS	45%
FAT	31%	FAT	36%
PROTEIN GR	180,73	PROTEIN GR	187,92

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