



MKC-001 MENU: CANADA 2023

Menu	Entrée	Side	Dessert	Bread	Jam/Spread	Beverage 1	Vegetarian	Calories
1	Spaghetti With Beef and Sauce	Au Gratin Potatoes	Shortbread Cookie	Tortillas	Cheese Spread Fortified	Lemon Lime Electrolyte	No	1,270
2	Spaghetti With Beef and Sauce	Au Gratin Potatoes	Shortbread Cookie	Tortillas	Cheese Spread Fortified	Lemon Lime Electrolyte	No	1,270
3	Beef Ravioli in Meat Sauce	Au Gratin Potatoes	MRE Vanilla Pound Cake TFF	MRE Cracker Packed	Peanut Butter Fortified	Lemon Lime Electrolyte	No	1,270
4	Beef Ravioli in Meat Sauce	Au Gratin Potatoes	MRE Vanilla Pound Cake TFF	MRE Cracker Packed	Peanut Butter Fortified	Lemon Lime Electrolyte	No	1,270
5	Cheese Tortellini in Tomato Sauce	Santa Fe Style Brown Rice and Beans	Shortbread Cookie	MRE Cracker Packed	Cheese Spread Fortified	Fruit Punch Electrolyte	Yes	1,210
6	Cheese Tortellini in Tomato Sauce	Santa Fe Style Brown Rice and Beans	Shortbread Cookie	MRE Cracker Packed	Cheese Spread Fortified	Fruit Punch Electrolyte	Yes	1,210
7	Chili With Beans	Santa Fe Style Brown Rice and Beans	MRE Vanilla Pound Cake TFF	Tortillas	Peanut Butter Fortified	Fruit Punch Electrolyte	No	1,280
8	Chili With Beans	Santa Fe Style Brown Rice and Beans	MRE Vanilla Pound Cake TFF	Tortillas	Peanut Butter Fortified	Fruit Punch Electrolyte	No	1,280
9	Hash Browns 5oz	Zapplesauce	Oatmeal Cookie TFF	MRE Cracker Packed	Peanut Butter Fortified	Chocolate Protein Drink Powder	No	1,290
10	Hash Browns 5oz	Zapplesauce	Oatmeal Cookie TFF	MRE Cracker Packed	Peanut Butter Fortified	Chocolate Protein Drink Powder	No	1,290
11	Unfrosted Strawberry Pop-Tarts	Zapplesauce	MRE Vanilla Pound Cake TFF	MRE Cracker Packed	Peanut Butter Fortified	Grape Electrolyte	Yes	1,310
12	Unfrosted Strawberry Pop-Tarts	Zapplesauce	MRE Vanilla Pound Cake TFF	MRE Cracker Packed	Peanut Butter Fortified	Grape Electrolyte	Yes	1,310

COMMENTS

EACH CASE WILL AVERAGE 1272 CALORIES TOTAL PER MEAL.
 EACH MEAL CONTAINS 1 X FLAMELESS RATION HEATER (FRH).
 EACH INDIVIDUAL MEAL COMES WITH A STERILE DINING KIT CONTAINING:
 - 7 INCH DARK BROWN SPOON
 - NAPKIN AND WET NAP
 - SALT & PEPPER PACKETS
 - INSTANT COFFEE WITH NON DAIRY CREAMER AND SUGAR



Nutritional Details CANADA 2023

Name of Item	Type	Vegetarian	Weight (g)	Calories	Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Menu 1																	
Spaghetti With Beef and Sauce	Entrée	No	227	320	17	8	0	60	700	24	2	9	18	15	45	8	15
Au Gratin Potatoes	Side	Yes	142	210	10	7	0	26	450	26	1	4	4	0	0	6	2
Tortillas	Bread	Yes	57	180	5	3	0	0	360	26	1	3	4	0	0	20	10
Shortbread Cookie	Dessert	Yes	62	290	14	7	0	0	290	37	1	17	3	2	0	0	8
Cheese Spread Fortified	Jam/Spread	Yes	43	180	17	10	0	50	300	1	0	0	5	60	70	15	0
Lemon Lime Electrolyte	Beverage 1	Yes	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
Beverage 2 Not Included	Beverage 2	Yes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		No	555	1,270	63	35	0	136	2,235	137	5	55	34	77	115	49	35
Menu 2																	
Spaghetti With Beef and Sauce	Entrée	No	227	320	17	8	0	60	700	24	2	9	18	15	45	8	15
Au Gratin Potatoes	Side	Yes	142	210	10	7	0	26	450	26	1	4	4	0	0	6	2
Tortillas	Bread	Yes	57	180	5	3	0	0	360	26	1	3	4	0	0	20	10
Shortbread Cookie	Dessert	Yes	62	290	14	7	0	0	290	37	1	17	3	2	0	0	8
Cheese Spread Fortified	Jam/Spread	Yes	43	180	17	10	0	50	300	1	0	0	5	60	70	15	0
Lemon Lime Electrolyte	Beverage 1	Yes	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
Beverage 2 Not Included	Beverage 2	Yes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		No	555	1,270	63	35	0	136	2,235	137	5	55	34	77	115	49	35
Menu 3																	
Beef Ravioli in Meat Sauce	Entrée	No	227	270	7	3	0	30	540	37	3	6	16	15	45	10	15
Au Gratin Potatoes	Side	Yes	142	210	10	7	0	26	450	26	1	4	4	0	0	6	2
MRE Cracker Packed	Bread	Yes	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
MRE Vanilla Pound Cake TFF	Dessert	Yes	71	270	12	4	0	40	190	35	1	18	3	0	0	2	8
Peanut Butter Fortified	Jam/Spread	Yes	43	250	21	4	0	0	220	10	3	4	10	0	0	2	4
Lemon Lime Electrolyte	Beverage 1	Yes	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
Beverage 2 Not Included	Beverage 2	Yes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		No	554	1,270	55	19	0	96	1,620	159	9	55	37	15	45	20	39
Menu 4																	
Beef Ravioli in Meat Sauce	Entrée	No	227	270	7	3	0	30	540	37	3	6	16	15	45	10	15
Au Gratin Potatoes	Side	Yes	142	210	10	7	0	26	450	26	1	4	4	0	0	6	2
MRE Cracker Packed	Bread	Yes	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
MRE Vanilla Pound Cake TFF	Dessert	Yes	71	270	12	4	0	40	190	35	1	18	3	0	0	2	8
Peanut Butter Fortified	Jam/Spread	Yes	43	250	21	4	0	0	220	10	3	4	10	0	0	2	4
Lemon Lime Electrolyte	Beverage 1	Yes	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
Beverage 2 Not Included	Beverage 2	Yes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		No	554	1,270	55	19	0	96	1,620	159	9	55	37	15	45	20	39
Menu 5																	
Cheese Tortellini in Tomato Sauce	Entrée	Yes	227	260	6	3	0	25	650	41	3	4	11	0	0	10	10
Santa Fe Style Brown Rice and Beans	Side	Yes	142	210	9	4	0	20	650	25	2	4	7	4	4	20	8
MRE Cracker Packed	Bread	Yes	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Shortbread Cookie	Dessert	Yes	62	290	14	7	0	0	290	37	1	17	3	2	0	0	8
Cheese Spread Fortified	Jam/Spread	Yes	43	180	17	10	0	50	300	1	0	0	5	60	70	15	0
Fruit Punch Electrolyte	Beverage 1	Yes	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
Beverage 2 Not Included	Beverage 2	Yes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		Yes	545	1,210	51	24	0	95	2,110	155	7	48	30	66	74	45	36
Menu 6																	
Cheese Tortellini in Tomato Sauce	Entrée	Yes	227	260	6	3	0	25	650	41	3	4	11	0	0	10	10
Santa Fe Style Brown Rice and Beans	Side	Yes	142	210	9	4	0	20	650	25	2	4	7	4	4	20	8
MRE Cracker Packed	Bread	Yes	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Shortbread Cookie	Dessert	Yes	62	290	14	7	0	0	290	37	1	17	3	2	0	0	8
Cheese Spread Fortified	Jam/Spread	Yes	43	180	17	10	0	50	300	1	0	0	5	60	70	15	0
Fruit Punch Electrolyte	Beverage 1	Yes	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
Beverage 2 Not Included	Beverage 2	Yes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		Yes	545	1,210	51	24	0	95	2,110	155	7	48	30	66	74	45	36



Nutritional Details CANADA 2023

Name of Item	Type	Vegetarian	Weight (g)	Calories	Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Menu 7																	
Chili With Beans	Entrée	No	227	280	10	5	0	40	520	29	5	7	18	10	35	8	20
Santa Fe Style Brown Rice and Beans	Side	Yes	142	210	9	4	0	20	650	25	2	4	7	4	4	20	8
Tortillas	Bread	Yes	57	180	5	3	0	0	360	26	1	3	4	0	0	20	10
MRE Vanilla Pound Cake TFF	Dessert	Yes	71	270	12	4	0	40	190	35	1	18	3	0	0	2	8
Peanut Butter Fortified	Jam/Spread	Yes	43	250	21	4	0	0	220	10	3	4	10	0	0	2	4
Fruit Punch Electrolyte	Beverage 1	Yes	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
Beverage 2 Not Included	Beverage 2	Yes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		No	564	1,280	57	19	0	100	2,075	148	12	58	42	14	39	52	50
Menu 8																	
Chili With Beans	Entrée	No	227	280	10	5	0	40	520	29	5	7	18	10	35	8	20
Santa Fe Style Brown Rice and Beans	Side	Yes	142	210	9	4	0	20	650	25	2	4	7	4	4	20	8
Tortillas	Bread	Yes	57	180	5	3	0	0	360	26	1	3	4	0	0	20	10
MRE Vanilla Pound Cake TFF	Dessert	Yes	71	270	12	4	0	40	190	35	1	18	3	0	0	2	8
Peanut Butter Fortified	Jam/Spread	Yes	43	250	21	4	0	0	220	10	3	4	10	0	0	2	4
Fruit Punch Electrolyte	Beverage 1	Yes	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
Beverage 2 Not Included	Beverage 2	Yes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		No	564	1,280	57	19	0	100	2,075	148	12	58	42	14	39	52	50
Menu 9																	
Hash Browns 5oz	Entrée	No	142	160	7	3	0	15	610	18	2	0	7	0	0	2	4
Zapplesauce	Side	Yes	128	140	0	0	0	0	10	37	2	23	0	0	520	2	0
MRE Cracker Packed	Bread	Yes	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Oatmeal Cookie TFF	Dessert	Yes	57	280	15	7	0	15	125	33	1	17	3	0	0	2	6
Peanut Butter Fortified	Jam/Spread	Yes	43	250	21	4	0	0	220	10	3	4	10	0	0	2	4
Chocolate Protein Drink Powder	Beverage 1	Yes	71	280	2	1	0	0	260	50	4	35	14	0	60	4	20
Beverage 2 Not Included	Beverage 2	Yes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		No	488	1,290	50	16	0	30	1,310	176	13	80	38	0	580	12	44
Menu 10																	
Hash Browns 5oz	Entrée	No	142	160	7	3	0	15	610	18	2	0	7	0	0	2	4
Zapplesauce	Side	Yes	128	140	0	0	0	0	10	37	2	23	0	0	520	2	0
MRE Cracker Packed	Bread	Yes	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
Oatmeal Cookie TFF	Dessert	Yes	57	280	15	7	0	15	125	33	1	17	3	0	0	2	6
Peanut Butter Fortified	Jam/Spread	Yes	43	250	21	4	0	0	220	10	3	4	10	0	0	2	4
Chocolate Protein Drink Powder	Beverage 1	Yes	71	280	2	1	0	0	260	50	4	35	14	0	60	4	20
Beverage 2 Not Included	Beverage 2	Yes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		No	488	1,290	50	16	0	30	1,310	176	13	80	38	0	580	12	44
Menu 11																	
Unfrosted Strawberry Pop-Tarts	Entrée	Yes	96	380	10	3	0	0	360	69	1	25	4	0	0	0	8
Zapplesauce	Side	Yes	128	140	0	0	0	0	10	37	2	23	0	0	520	2	0
MRE Cracker Packed	Bread	Yes	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
MRE Vanilla Pound Cake TFF	Dessert	Yes	71	270	12	4	0	40	190	35	1	18	3	0	0	2	8
Peanut Butter Fortified	Jam/Spread	Yes	43	250	21	4	0	0	220	10	3	4	10	0	0	2	4
Grape Electrolyte	Beverage 1	Yes	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
Beverage 2 Not Included	Beverage 2	Yes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		Yes	409	1,310	48	12	0	40	1,000	202	8	93	21	0	520	6	30
Menu 12																	
Unfrosted Strawberry Pop-Tarts	Entrée	Yes	96	380	10	3	0	0	360	69	1	25	4	0	0	0	8
Zapplesauce	Side	Yes	128	140	0	0	0	0	10	37	2	23	0	0	520	2	0
MRE Cracker Packed	Bread	Yes	47	180	5	1	0	0	85	28	1	1	4	0	0	0	10
MRE Vanilla Pound Cake TFF	Dessert	Yes	71	270	12	4	0	40	190	35	1	18	3	0	0	2	8
Peanut Butter Fortified	Jam/Spread	Yes	43	250	21	4	0	0	220	10	3	4	10	0	0	2	4
Grape Electrolyte	Beverage 1	Yes	24	90	0	0	0	0	135	23	0	22	0	0	0	0	0
Beverage 2 Not Included	Beverage 2	Yes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL		Yes	409	1,310	48	12	0	40	1,000	202	8	93	21	0	520	6	30
			Weight (g)	Calories	Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Average Menu Totals (Per Meal)			519	1,272	54	21	0	83	1,725	163	9	65	34	29	229	31	39
Menu Total (All Meals)			6,228	15,260	647	247	0	994	20,700	1,954	108	778	404	344	2,746	368	468