

## Rations for Hobart to Falmouth via Falklands.

Anticipated 60 days to Port Stanley; 90 days PS to Falmouth. 150 days x2 = 300 main meals.

100 dehydrated meals – Chefsway, loaded in Hobart.

### Carbohydrates

Rice 7.5kg =	75 serves
Couscous 8 packets =	42 serves
Pasta Quick cook =	24 serves
Ordinary	8 serves
Potatoes (dried) 2 kg =	20 serves
Split peas (2 packets)	16 serves
Red lentils (2 packets)	12 serves
Borlotti beans (1 packet)	6 serves
**Potatoes (fresh)	
** Pasta (6 packets)	

### Vegetables

Onions dried	50 serves
Carrots dried	50 serves
Peas dried	80 serves
Capsicum (red)	50 serves
Capsicum (green)	50 serves
Mushroom (sliced)	20 serves
Mushroom (Chinese)	12 serves
** 10kg Onions fresh	
** celery	
** 4 capsicum	
**1 tray tomatoes	

### Tins

10 corn kernels	20 serves
3 potato salad	6 serves
2 beetroot (whole)	4 serves
2 beetroot sliced	8 serves
10 diced tomatoes	20 serves
6 creamed corn	12 serves
3 spinach	6 serves
4 mushy peas	8 serves
2 peas and carrots	4 serves
3 sauerkraut	12 serves
2 lentils	4 serves
3 cannellini	6 serves
1 chick peas	2 serves
4 x 4-bean mix	16 serves

### Protein

18 x tuna 95g	18 serves
8 x tuna 185g	16 serves
6 sardines	12 serves
6 oysters	6 serves
5 x 210g salmon	10 serves

5 Veg and steak	10 serves
6 Irish stew	12 serves
2 steak and onions	4 serves
6 veg and sausages	12 serves
4 chilli beans	8 serves
4 veg and saus	8 serves
5 steak and onions	10 serves
1 steak and veg	1 serve
2 steak and mushroom	4 serves
2 Irish stew	2 serves
6 all day breakfasts	6 serves
**TVP**	25 serves

(25 more serves required)

- \*\* 5 kg cheese
- \*\* 6 kg bacon
- \*\* 6 dozen eggs
- \*\* 4 salami
- 1 hairspray for eggs

### Fruit

2 kg sultanas	
6 strawberries (dried)	24 serves
3 raisins	12 serves
2 dates (600g)	20 serves
5 prunes	20 serves
2 figs	8 serves
3 Apricots	30 serves
5 Apples	25 serves
** 5 packets dried mangoes	
** 1 box apples	
**half box oranges/lemons	
** need another 60 serves of fruit – eg 10 SPC	

### Muesli and Oats

10 kg muesli	100 serves
Rolled oats 2 and 2 kg	40 serves

### Milk

5 tins diploma	15 litres
** UHT required – 10 x 6 x 100ml UHT milk	
** how much more UHT?	
3 tinned cream	
3 small UHT thickened cream (cartons)	

### Spreads

** 10x 500g margarine (not dairy soft)	
3 marmalade	
1 jam	
3 honey	
4 peanut butter	
1 golden syrup	
1 choc syrup	
1 chocmint syrup	
3 vegemite squeeze tubes	
1 750g Nutella	
1.5 kg raw sugar	
1 kg white sugar	
3 x 450g sugar cubes	

### **Drinks**

325 tea bags  
\*\* 2 milo (four more required)  
\*\* instant coffee  
500g drinking chocolate  
500g choc drinking  
25 chicken stock cubes  
25 veg stock cubes  
25 beef stock cubes  
\*\* 4 x 2litres cordial

### **Sauces**

2 coconut powder  
1 hot chilli  
2 Bev's mango chutney  
1 Hilary's pear and fennel chutney  
2 large Tabasco  
2 lemon juice 500 ml.  
1 lime juice 250 ml.  
3 litres olive oil  
1 litre canola oil  
5Kraft Balsamic Italian dressing  
2 creamy french dressing  
1 500 ml Big Red tomato sauce  
1 500 ml tomato ketchup  
\*\*1 soy sauce  
\*\*1 white vinegar  
\*\* 6 tomato paste  
\*\* salt  
  
\*\*?? Pickles and chutneys??  
\*\* olives  
  
5 powdered cheese  
5 powdered stroganoff  
Minced garlic (dried)  
Herbs, bacon bits, spices and flavourings  
Curry powder (40 serves)

### **Soup**

Dried soups – various 90 serves

### **Sprouting seeds**

\*\* mustard and cress seeds

### **Chocolate**

3 x mini mars  
3 x mini snickers

\*\* 3 boxes bread mix  
\*\* 1 packet spare yeast  
12 kg SR flour

2 x choc muffin mix  
2 x orange poppy seed muffin mix  
1 x cadbury choc muffin mix  
\*\*5 x 375g dried fruit

\*\* 5 x condensed milk  
\*\* six fruit cakes

\*\*5 kg unsalted nuts

\*\* sweeties (lollies)

### **\*\*Washing up requirements –**

\*\* detergent  
\*\* there must be other washing up requirements  
\*\* 6 gas lighters  
\*\*5 doz boxes matches  
\*\* 20 rolls paper towels  
\*\* 10 rolls toilet paper

### **Biscuits**

\*\*20 Ryvita  
\*\*20 Vitawheat  
\*\*10 saos  
\*\*10 shapes  
\*\*15 Digestives  
\*\*5 Timtams  
\*\*3x family sized sweet biscuits  
\*\* 5 oatcakes

### **Bread**

\*\* 4 loaves bread

\*\*Vitamin pills  
\*\*Savlon/lanolin  
\*\*soap

\*\*24?? Cans baked beans

\*\*?? Packet Wet ones