



**a little further ahead**

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## Hot Pack

### Self Heating Meal Nutritional Information

no matches, no fire, no stove, no refrigeration, no rehydration!

self contained, self heating gourmet meals that are ready in 12 minutes

#### *Spanish Breakfast*

##### Ingredients

Water, pork sausages (pork, water, salt, dextrose, corn syrup, spices and spice extracts, hydrolyzed soya vegetable protein, autolyzed yeast extract), potatoes (may contain sulfites), white beans, tomato paste, onions, canola oil, green peppers, salt, modified corn starch, sugar, spices.

##### Nutrition

per 265g serving

Energy	288 Cal
Protein	15g
Fat	12g
Carbohydrates	30g

#### *Chicken & Vegetable Casserole*

##### Ingredients

Sauce (water, modified corn starch, dehydrated onion, salt, wheat flour, canola oil, spices extract, spices), chicken, fresh potatoes, carrots, green peas.

##### Nutrition

per 265g serving

Energy	302 Cal
Protein	27g
Fat	10g
Carbohydrates	26g

#### *Shepherd's Delight*

##### Ingredients

Beef, fresh potatoes, corn, onions, water, binder (wheat bread crumbs, salt, malto dextrine, modified corn starch, garlic powder, xanthan gum, parsley flakes, spices), seasoning..

##### Nutrition

per 265g serving

Energy	327 Cal
Protein	33g
Fat	11g
Carbohydrates	24g

#### *Rotini Bolognese*

##### Ingredients

Water, beef, rotini, tomatoes, tomato paste, sugar, salt, cream, dehydrated onion, green peppers, carrots, spices.

##### Nutrition

per 265g serving

Energy	290 Cal
Protein	25g
Fat	9g
Carbohydrates	28g

#### *Beef & Vegetable Stew*

##### Ingredients

Beef, water, potatoes (may contain sulfites), carrots, green peas, onions, tomato paste, green peppers, canola oil, salt, modified corn starch, spices, onion powder, caramel.

##### Nutrition

per 265g serving

Energy	263 Cal
Protein	21g
Fat	11g
Carbohydrates	20g

For more information, or to order Hot Pack Meals, visit the Modern Outpost website, or call our customer service line toll-free 1-888-904-9990.