



Family Offer Gluten-/and Lactose free

171'956 kcal



- Dimensions:** 4 x (55 x 41 x 23) - length/width/height in cm
- Weight:** 4 x 17.2kg – 68.8 kg total
- Allergens:** Egg, milk (max. 0.1% lactose), may contain traces of gluten
- Storage:** Preferably cool and dry, without direct sunlight.
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Close again with the enclosed plastic lid. Do not eat directly from the container (contamination), then the opened product can be consumed for several weeks.
Avoid huge temperature range to prevent condensation.

nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
vegetable mix	1287 / 307	2,7g	0,6g	46,0g	33,8g	13,0g	0,4g	22,9g
golden millet	1520 / 363	3.5g	0.5g	70g	0.4g	10g	0.0g	3g
mashed potatoes	1518 / 358	0,5g	0,1g	77,9g	1,7g	6,5g	0,04g	k.A.
chickpeas	1412 / 336	5,9g	1,1g	44,3g	2,4g	18,6g	0,05g	15,5g
lactose-free skimmed milk powder	1520 / 360	1g	0.6g	50.4g	50.4g	35.8g	0.92g	0g
2-min corn semolina	1470 / 351	1g	0.2g	65.5g	1.5g	5.6g	0.002g	3g
risotto rice	1460 / 344	0,6g	0,13g	77,8g	0,15g	6,8g	0,004g	1,4g
red lentils	1425 / 338	1.5g	0.3g	50g	1.1g	26g	0.01g	13g
black beans	1604 / 380	1,4g	0,4g	62,4g	2,1g	21,6g	0,013g	15,5g
gravy powder	1300 / 311	2,0g	<0,5g	59,0g	6,0g	13,0g	5,1g	4,5g
vegetable broth	840 / 198	2,0g	<0,5g	23,0g	12,0g	22,0g	40,0g	5,7g
whole egg powder	2369 / 570	41,8g	11,6g	2,4g	2,4g	46,0g	1,3g	0g
sugar	1697 / 399	0g	0g	99.8g	99.8g	0g	0.001g	0g
NRG-5 ZERO	1930 / 465	17.1g	8.9g	53.4g	12.9g	14.5g	0.4g	7.4g

Package contents

Family gluten-/and lactose free 1 of 4

- 1 tin of vegetable mix 400g
- 1 tin of golden millet 1400g
- 1 tin of mashed potatoes 750g
- 1 tin of chickpeas precooked 800g
- 2 tins lactose-free skimmed milk powder 1100g
- 1 tin of 2-min corn semolina 1200g
- 1 tin of risotto rice 1600g
- 1 tin of red lentils precooked 1100g
- 1 tin of black beans precooked 800g
- 3 x 500g NRG-5 ZERO
- **1 tin of gravy powder 600g**

Family gluten-/and lactose free 2 of 4

- 1 tin of vegetable mix 400g
- 1 tin of golden millet 1400g
- 1 tin of mashed potatoes 750g
- 1 tin of chickpeas precooked 800g
- 2 tins lactose-free skimmed milk powder 1100g
- 1 tin of 2-min corn semolina 1200g
- 1 tin of risotto rice 1600g
- 1 tin of red lentils precooked 1100g
- 1 tin of black beans precooked 800g
- 3 x 500g NRG-5 ZERO
- **1 tin of vegetable broth 1000g**

Family gluten-/and lactose free 3 of 4

- 1 tin of vegetable mix 400g
- 1 tin of golden millet 1400g
- 1 tin of mashed potatoes 750g
- 1 tin of chickpeas precooked 800g
- 2 tins lactose-free skimmed milk powder 1100g
- 1 tin of 2-min corn semolina 1200g
- 1 tin of risotto rice 1600g
- 1 tin of red lentils precooked 1100g
- 1 tin of black beans precooked 800g
- 3 x 500g NRG-5 ZERO
- **1 tin of whole egg powder 800g**

Family gluten-/and lactose free 4 of 4

- 1 tin of vegetable mix 400g
- 1 tin of golden millet 1400g
- 1 tin of mashed potatoes 750g
- 1 tin of chickpeas precooked 800g
- 2 tins lactose-free skimmed milk powder 1100g
- 1 tin of 2-min corn semolina 1200g
- 1 tin of risotto rice 1600g
- 1 tin of red lentils precooked 1100g
- 1 tin of black beans precooked 800g
- 3 x 500g NRG-5 ZERO
- **1 tin of sugar 1800g**



Ingredients and instructions

“Gluten-/and Lactose free”

4 tins of Vegetable Mix 400g each, total 1600g (4912 kcal)

Ingredients: carrots, leeks, parsnips, peppers, onions, zucchini and parsley; all air-dried.

Soak and cook for 10 min or sprinkle directly into a dish and leave it to rest

4 tins of Golden Millet 1400g each, total 5600g (20328 kcal) – allergens: may contain traces of gluten

Ingredients: golden millet

Cook for 8 to 10 min, then cover and leave it to rest for 15 min

4 tins of Mashed Potatoes (lactose free) 750g each, total 3000g (for approx. 120 servings 10740 kcal)

Ingredients: 100% potatoes

(4 to 5 servings): boil 500ml water with 4g salt, add 250ml milk, stir in 110g instant püree and allow to swell (can also be prepared without milk or with lactose free milk)

4 tins of Chickpeas precooked 800g each, total 3200g (10752 kcal)

Ingredients: chickpeas precooked

Soak briefly in cold water or sprinkle into a dish and allow to steep briefly

8 tins of lactose-free skimmed Milk Powder 1100g each, total 4400g (yields 33.28 Liter, 15840 kcal) – allergens: milk (max. 0.1% lactose)

Ingredients: skimmed milk, enzyme (lactase)

Mix 33g powder in 250ml water and stir well

4 tins of 2-min Corn Semolina 1200g each, total 4800g (16848 kcal) – allergens: may contain traces of gluten

Ingredients: corn semolina

Semolina/liquid ratio: 1:4

Stir into boiling water and let it simmer on low heat for 2 to 5 min

4 tins of Risotto Rice 1600g each, total 6400g (22016 kcal)

Ingredients: risotto rice

Bring it to boil over high heat and let it simmer for 14 to 16 minutes



4 tins of Red Lentils precooked 1100g each, total 4400g (14872 kcal)

Ingredients: red lentils precooked

Soak in cold water or sprinkle into a dish and leave it to rest

4 tins of Black Beans precooked 800g each, total 3200g (12160 kcal)

Ingredients: black beans precooked

Soak in cold water or sprinkle into a dish and leave it to rest

1 tin of Gravy Powder gluten/-and lactose- free/vegan , 600g (1866 kcal)

Ingredients: rice flour, yeast extract, potato starch, tomato powder, sea salt, iodised table salt, sugar, guar gum, paprika, pepper, bay leaf, rosemary, cloves, olive oil, maltodextrin, beetroot juice.

60g powder / per liter water, add the required amount to hot water, stirring vigorously with a whisk, and boil gently for 3-5 minutes, stirring occasionally.

1 tin of Vegetable Broth, 1000g (1980 kcal)

Ingredients: yeast extract, sea salt, 24% tr. vegetables (pumpkin, carrots, tomatoes, parsnips), sugar, dried parsley, olive oil, spices (mace thyme, pepper, bay leaf, coriander, rosemary) maltodextrin.

20g powder/per liter water, dissolve the required amount in boiling water and stir

1 tin of Whole Egg Powder, 800g (55-60 Eier, 4560 kcal) – allergens: egg

Ingredients: whole egg powder (100% whole chicken egg)

1 part of powder into 3 parts of water

1 tin of Sugar, 1800g (7182 kcal)

Ingredients: swiss fine crystal sugar

12 rations of NRG-5 ZERO à je 500g (27900 kcal)

Ingredients: baked rice, palm fat, sugar, rice protein, natural flavor

Either eat slowly and chew well or crumble and mix in water or lactose-free milk.