# DEHYDRATED MEALS 

## ARMED FORCES



## DEHYDRATION OF FOODS:

Dehydration is one of the safest methods of food preservation and refers to the removal of water which is present in food. In this process, it is not necessary to add preservatives, because bacterium and mold cannot develop in dry places. Without realizing, we use food on a daily basis which has gone through similar processes without any restriction. There is no shortage of examples of ingredients from which we draw all or part of the water to become dry so they can last longer without the need for preservatives.

The dehydration or drying of foods (solid or liquid), is an operation of water removal, or any other liquid in the form of steam, for an unsaturated gaseous phase using a mechanism of thermal vaporization below the boiling temperature.

Dehydration is carried out using artificially created heat in conditions whereby temperature, moisture and draft are carefully controlled. Air is the most commonly used method in food drying. Air conducts heat to the food, causing water evaporation which is the vehicle transporting moist steam from the food.

Dehydration is the least aggressive process which does not change the structure of food, retaining most of the nutritional content. In the case of vegetables, which originate powered soups, they maintain almost $100 \%$ of the vitamins (especially vitamin A) and minerals (selenium, potassium and magnesium).

The use of dehydration is particularly interesting in the case of lactic acid bacteria which is very sensitive to heat.

1. In general, dehydrated foods does not need to be refrigerated which greatly reduces the costs of storage and transport.
2. Dehydration leads to a significant reduction in weight which makes food transportation easier and much cheaper.

For example, several foods have up to $90 \%$ water, becoming 10 times lighter after the dehydration process.
Most of the dehydrated foods can quickly be re-hydrated back thanks to their porous texture. In fact, dehydration does not lead to a notable reduction of the volume, so the water can easily take its place in the food molecular structure.

DEHYDRATED MEALS

## PRODUCT LIST

## MILK BEVERAGES

Milk Beverages Strawberry flavor
Milk Beverages Chocolate flavor
Milk Beverages "Cappuccino" flavor

Milk Beveragesr Red fruits flavor
Milk Beverages Strawberry and banana flavor
Milk Beverages "Brigadeiro" flavor
Milk Beverages Napolitano flavor
Milk BeveragesYogurt with fruit flavor
Milk Beverages Oats and banana flavor
Milk Beverages Coconut flavor
Milk Beverages Vanilla flavor

## RICE

- Chichen rice with vegetables

Beef rice with vegetables
Rice with beans with beef and Vegetable
Rice with rib and vegetables

- Rice with beans with beef and pumpkin


## BEANS

## REFRESHMENT

Refreshment of guaraná
Refreshment of orange

## SOUPS

- Beef soup with vegetables and noodles
- Chicken soup with vegetable and noodles

Chicken broth soup, rice and Vegetable

- Noddle Soup with "Mandioquinha" and Beef
- Bean Soup with Beef Vegetables and Noodles

Noodle Soup with Corn and Beef

Vegetable and noodle soup

## PASTA

Pasta with white sauce and chicken
Pasta with tomato sauce and beef


## PORRIDGE

- Chocolate Flavoured Porridge
- Corn green with coconut Flavoured Porridge
- "Tapioca" of coconut Flavoured Porridge
- Oats and coconut Flavoured Porridge

Oats and banana Flavoured Porridge Vanilla Flavoured Porridge

- Luxury with chocolate and coconut Flavoured Porridge

Strawberry Flavoured Porridge

## PRODUCTS ADVANTAGES

1- Volume and weight reduction by about $90 \%$, it occupies significantly less space for transportation and storage of the products.

2- Do not need cold transportation or storage, transport and storage must be made the normal way.

3- Valid for 3 years, after the day of manufacture, for all products.
4-Constant quality and controlled, with all the necessary nutritional values.
5- Easy preparation, just need to add the product to the water and cook.
6- Product already used in several countries.
7 - Low cost.

## ARMED FORCES

## OUR PRODUCTS

This product contains all the ingredients necessary for its preparation (including sugar or flavorings, according to the products). Add water and bring to the boil.

Our products are manufactured with the finest natural ingredients, meticulously selected so as to meet all nutritional needs and fortified with vitamins, minerals including iron, in accordance with the Recommended Daily Allowance (RDA).

CERTIFIED HALAL
Whenever when all our products were demanded will have CERTIFIED HALAL

## PRESENTATION

The dehydrated product is packaged in 1 kg polypropylene packs and then into 10 kg cardboard boxes.

## STORAGE/SHELF LIFE

As long as the product is stored in a dry place, its shelf life is 3 years.

## ARMED FORCES

## FOOD IN THE BARRACKS (REFECTORY)

DEHYDRATED
MEALS
SUSTENTARE
produtos Alimenticios

WEEKLY FOOD PLAN - 1 ( 15.000 MILITARY)

|  | BREAKFAST |  |  |  | LUNCH |  |  |  | DINNER |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DAY OF WEEK | MENU | $\begin{aligned} & \text { PORTION } \\ & \text { P/PERSON } \end{aligned}$ | $\begin{aligned} & \text { No. OF } \\ & \text { PEOPLE } \end{aligned}$ | QUANTITY тотAL | MENU | $\begin{aligned} & \text { PORTION } \\ & \text { P/PERSOO } \end{aligned}$ | $\begin{gathered} \text { No.OF } \\ \text { PEOPLE } \end{gathered}$ | QUANTITY TOTAL | MENU | $\begin{aligned} & \text { PORTION } \\ & \text { P/PERSO } \end{aligned}$ | $\begin{aligned} & \text { No. OF } \\ & \text { PEOP LE } \end{aligned}$ | $\begin{aligned} & \text { QUANTITY } \\ & \text { TOTAL } \end{aligned}$ |
| $\begin{aligned} & \mathbf{M} \\ & \mathbf{O} \\ & \mathbf{N} \\ & \mathbf{D} \\ & \mathbf{A} \\ & \mathbf{Y} \end{aligned}$ | Milk Beverages Chocolate flavor | 40 gr | 15.000 | 600 Kg | Chichen rice w ith vegetables | 70 gr | 15.000 | 1050 Kg | Chicken noodle with vegetables | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Beef soup with vegetables and noodles | 50 gr | 15.000 | 750 Kg | Noodle Soup with Corn and Beef | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of passion fruit | 25 gr | 15.000 | 375 Kg | Refreshment of lemon | 25 gr | 15.000 | 375 Kg |
| $\mathbf{T}$$\mathbf{U}$$\mathbf{E}$$\mathbf{S}$$\mathbf{D}$$\mathbf{A}$$\mathbf{Y}$ | Chocolate Flavoured Porridge | 50 gr | 15.000 | 750 Kg | Beans w ith meat | 50 gr | 15.000 | 750 Kg | Beef rice w ith vegetables | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Vegetable and noodle soup | 50 gr | 15.000 | 750 Kg | Chicken soup w ith vegetable and noodles | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of guaraná | 25 gr | 15.000 | 375 Kg | Refreshment of grape | 25 gr | 15.000 | 375 Kg |
| $\mathbf{W}$$\mathbf{E}$$\mathbf{D}$$\mathbf{N}$$\mathbf{E}$$\mathbf{S}$$\mathbf{D}$$\mathbf{D}$ | Milk Beverages Straw berry and banana flavor | 40 gr | 15.000 | 600 Kg | Rice with beans with beef and Vegetable | 70 gr | 15.000 | 1050 Kg | Chichen rice w ith vegetables | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Noddle Soup with "Mandioquinha" and Beef | 50 gr | 15.000 | 750 Kg | Beef soup with vegetables and noodles | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of orange | 25 gr | 15.000 | 375 Kg | Refreshment of tangerina | 25 gr | 15.000 | 375 Kg |
| $\mathbf{T}$$\mathbf{H}$$\mathbf{U}$$\mathbf{R}$$\mathbf{S}$$\mathbf{D}$$\mathbf{A}$$\mathbf{Y}$ | Vanilla Flavoured Porridge | 50 gr | 15.000 | 750 Kg | Beef rice w ith vegetables | 70 gr | 15.000 | 1050 Kg | Rice $w$ ith rib and vegetables | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Chicken soup with vegetable and noodles | 50 gr | 15.000 | 750 Kg | Chicken broth soup, rice and Vegetable | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of lemon | 25 gr | 15.000 | 375 Kg | Refreshment of guaraná | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{F} \\ & \mathbf{R} \\ & \mathbf{I} \\ & \mathbf{D} \\ & \mathbf{A} \\ & \mathbf{Y} \end{aligned}$ | Milk Beveragesr Red fruits flavor | 40 gr | 15.000 | 600 Kg | Beef noodle w ith vegetables | 50 gr | 15.000 | 750 Kg | Rice w ith beans with beef and Vegetable | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Noodle Soup with Corn and Beef | 50 gr | 15.000 | 750 Kg | Bean Soup w ith Beef Vegetables and Noodles | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of tangerina | 25 gr | 15.000 | 375 Kg | Refreshment of straw berry | 25 gr | 15.000 | 375 Kg |
| $\mathbf{S}$$\mathbf{A}$$\mathbf{A}$$\mathbf{U}$$\mathbf{R}$$\mathbf{D}$$\mathbf{A}$$\mathbf{A}$ | Straw berry Flavoured Porridge | 50 gr | 15.000 | 750 Kg | Rice with beans with beef and pumpkin | 70 gr | 15.000 | 1050 Kg | Beans w ith meat | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Chicken broth soup, rice and Vegetable | 50 gr | 15.000 | 750 Kg | Vegetable and noodle soup | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of grape | 25 gr | 15.000 | 375 Kg | Refreshment of passion fruit | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{S} \\ & \mathbf{U} \\ & \mathbf{N} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Milk Beverages Coconut flavor | 40 gr | 15.000 | 600 Kg | Rice $w$ ith rib and vegetables | 70 gr | 15.000 | 1050 Kg | Rice with beans with beef and pumpkin | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Bean Soup w ith Beef Vegetables and Noodles | 50 gr | 15.000 | 750 Kg | Noddle Soup w ith "Mandioquinha" and Beef | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of straw berry | 25 gr | 15.000 | 375 Kg | Refreshment of orange | 25 gr | 15.000 | 375 Kg |

DEHYDRATED MEALS

SUSTENTARE

WEEKLY FOOD PLAN - 2 (15.000 MILITARY)

|  | BREAKFAST |  |  |  | LUNCH |  |  |  | DINNER |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DAY OF WEEK | MENU | $\begin{aligned} & \text { PORTION } \\ & \text { P/PERSON } \end{aligned}$ | $\begin{aligned} & \text { No. OF } \\ & \text { PEOPLE } \end{aligned}$ | QUANTITY TOTAL | MENU | PORTION <br> P/PERSON | $\begin{aligned} & \text { No. OF } \\ & \text { PEOPLE } \end{aligned}$ | QUANTITY TOTAL | MENU | PORTION <br> P/PERSON | $\begin{aligned} & \text { No. OF } \\ & \text { PEOPLE } \end{aligned}$ | QUANTITY TOTAL |
| $\mathbf{M}$$\mathbf{O}$$\mathbf{N}$$\mathbf{D}$$\mathbf{A}$$\mathbf{Y}$ | Corn green with coconut Flavoured Porridge | 50 gr | 15.000 | 750 Kg | Beans w ith meat | 50 gr | 15.000 | 750 Kg | Beef rice w ith vegetables | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Vegetable and noodle soup | 50 gr | 15.000 | 750 Kg | Noddle Soup w ith "Mandioquinha" and Beef | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of straw berry | 25 gr | 15.000 | 375 Kg | Refreshment of lemon | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{T} \\ & \mathbf{U} \\ & \mathbf{E} \\ & \mathbf{S} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Milk Beverages Coconut flavor | 40 gr | 15.000 | 600 Kg | Chichen rice w ith vegetables | 70 gr | 15.000 | 1050 Kg | Chicken noodle w ith vegetables | 50gr | 15.000 | 750 Kg |
|  |  |  |  |  | Beef soup with vegetables and noodles | 50 gr | 15.000 | 750 Kg | Chicken broth soup, rice and Vegetable | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of guaraná | 25 gr | 15.000 | 375 Kg | Refreshment of grape | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{w} \\ & \mathbf{E} \\ & \mathbf{D} \\ & \mathbf{N} \\ & \mathbf{E} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Luxury with chocolate and coconut Flavoured Porridge | 50 gr | 15.000 | 750 Kg | Beef rice w ith vegetables | 70 gr | 15.000 | 1050 Kg | Rice w ith beans w ith beef and Vegetable | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Noodle Soup with Corn and Beef | 50 gr | 15.000 | 750 Kg | Bean Soup with Vegetables and Noodles | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of orange | 25 gr | 15.000 | 375 Kg | Refreshment of tangerina | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{T} \\ & \mathbf{H} \\ & \mathbf{U} \\ & \mathbf{R} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Milk Beverages Straw berry flavor | 40 gr | 15.000 | 600 Kg | Rice w ith rib and vegetables | 70 gr | 15.000 | 1050 Kg | Beans w ith meat | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Chicken broth soup, rice and Vegetable | 50 gr | 15.000 | 750 Kg | Chicken soup with vegetable and noodles | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of grape | 25 gr | 15.000 | 375 Kg | Refreshment of guaraná | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{F} \\ & \mathbf{R} \\ & \mathbf{I} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Oats and coconut Flavoured Porridge | 50 gr | 15.000 | 750 Kg | Beef noodle w ith vegetables | 50 gr | 15.000 | 750 Kg | Chichen rice with vegetables | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Noddle Soup with "Mandioquinha" and Beef | 50 gr | 15.000 | 750 Kg | Beef soup with vegetables and noodles | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of passion fruit | 25 gr | 15.000 | 375 Kg | Refreshment of orange | 25 gr | 15.000 | 375 Kg |
| $\mathbf{S}$$\mathbf{A}$$\mathbf{T}$$\mathbf{U}$$\mathbf{R}$$\mathbf{D}$$\mathbf{A}$$\mathbf{Y}$ | Milk Beveragesr Red fruits flavor | 40 gr | 15.000 | 600 Kg | Rice w ith beans with beef and Vegetable | 70 gr | 15.000 | 1050 Kg | Rice with beans w ith beef and pumpkin | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Chicken soup with vegetable and noodles | 50 gr | 15.000 | 750 Kg | Vegetable and noodle soup | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of lemon | 25 gr | 15.000 | 375 Kg | Refreshment of passion fruit | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{S} \\ & \mathbf{U} \\ & \mathbf{N} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Chocolate Flavoured Porridge | 50 gr | 15.000 | 750 Kg | Rice with beans with beef and pumpkin | 70 gr | 15.000 | 1050 Kg | Rice w ith rib and vegetables | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Bean Soup with Vegetables and Noodles | 50 gr | 15.000 | 750 Kg | Noodle Soup with Corn and Beef | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of tangerina | 25 gr | 15.000 | 375 Kg | Refreshment of straw berry | 25 gr | 15.000 | 375 Kg |

MEALS

WEEKLY FOOD PLAN - 3 (15.000 MILITARY)

|  | BREAKFAST |  |  |  | LUNCH |  |  |  | DINNER |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DAY OF WEEK | MENU | $\begin{aligned} & \text { PORTION } \\ & \text { P/PERSON } \end{aligned}$ | $\begin{aligned} & \text { No. OF } \\ & \text { PEOPLE } \end{aligned}$ | QUANTITY TOTAL | MENU | $\begin{aligned} & \text { PORTION } \\ & \text { P/PERSON } \end{aligned}$ | $\mathrm{N}^{\mathrm{o}}$. OF PEOPLE | QUANTITY TOTAL | MENU | PORTION | No. OF PEOPLE | QUANTITY TOTAL |
| $\mathbf{M}$$\mathbf{O}$$\mathbf{N}$$\mathbf{D}$$\mathbf{A}$ | Milk Beverages Coconut flavor | 40 gr | 15.000 | 600 Kg | Beef noodle with vegetables | 50 gr | 15.000 | 750 Kg | Chichen rice with vegetables | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Noddle Soup with "Mandioquinha" and Beef | 50 gr | 15.000 | 750 Kg | Bean Soup w ith Vegetables and Noodles | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of passion fruit | 25 gr | 15.000 | 375 Kg | Refreshment of straw berry | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{T} \\ & \mathbf{U} \\ & \mathbf{E} \\ & \mathbf{S} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Corn green with coconut Flavoured Porridge | 50 gr | 15.000 | 750 Kg | Chichen rice with vegetables | 70 gr | 15.000 | 1050 Kg | Rice w ith beans w ith beef and Vegetable | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Chicken soup with vegetable and noodles | 50 gr | 15.000 | 750 Kg | Chicken broth soup, rice and Vegetable | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of guaraná | 25 gr | 15.000 | 375 Kg | Refreshment of orange | 25 gr | 15.000 | 375 Kg |
| $\mathbf{w}$$\mathbf{E}$$\mathbf{D}$$\mathbf{N}$$\mathbf{N}$$\mathbf{E}$$\mathbf{D}$$\mathbf{D}$$\mathbf{A}$ | Milk Beverages Straw berry and banana flavor | 40 gr | 15.000 | 600 Kg | Beans w ith meat | 50 gr | 15.000 | 750 Kg | Beef rice w ith vegetables | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Vegetable and noodle soup | 50 gr | 15.000 | 750 Kg | Noodle Soup with Corn and Beef | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of lemon | 25 gr | 15.000 | 375 Kg | Refreshment of tangerina | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{T} \\ & \mathbf{H} \\ & \mathbf{U} \\ & \mathbf{R} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Chocolate Flavoured Porridge | 50 gr | 15.000 | 750 Kg | Rice with beans with beef and Vegetable | 70 gr | 15.000 | 1050 Kg | Rice w ith beans with beef and pumpkin | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Beef soup w ith vegetables and noodles | 50 gr | 15.000 | 750 Kg | Chicken soup with vegetable and noodles | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of grape | 25 gr | 15.000 | 375 Kg | Refreshment of guaraná | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{F} \\ & \mathbf{R} \\ & \mathbf{I} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Milk Beverages Straw berry flavor | 40 gr | 15.000 | 600 Kg | Rice with rib and vegetables | 70 gr | 15.000 | 1050 Kg | Beans w ith meat | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Noodle Soup with Corn and Beef | 50 gr | 15.000 | 750 Kg | Vegetable and noodle soup | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of tangerina | 25 gr | 15.000 | 375 Kg | Refreshment of passion fruit | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{S} \\ & \mathbf{A} \\ & \mathbf{T} \\ & \mathbf{U} \\ & \mathbf{R} \\ & \mathbf{D} \\ & \mathbf{Y} \end{aligned}$ | Vanilla Flavoured Porridge | 50 gr | 15.000 | 750 Kg | Beef rice w ith vegetables | 70 gr | 15.000 | 1050 Kg | Rice w ith rib and vegetables | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Chicken broth soup, rice and Vegetable | 50 gr | 15.000 | 750 Kg | Noddle Soup w ith <br> "Mandioquinha" and Beef | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of orange | 25 gr | 15.000 | 375 Kg | Refreshment of grape | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{S} \\ & \mathbf{U} \\ & \mathbf{N} \\ & \mathbf{D} \\ & \mathbf{A} \\ & \mathbf{Y} \end{aligned}$ | Milk Drinks with Chocolate milk | 40 gr | 15.000 | 600 Kg | Rice $w$ ith beans with beef and pumpkin | 70 gr | 15.000 | 1050 Kg | Chicken noodle w ith vegetables | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Bean Soup w ith Vegetables and Noodles | 50 gr | 15.000 | 750 Kg | Beef soup $w$ ith vegetables and noodles | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of straw berry | 25 gr | 15.000 | 375 Kg | Refreshment of lemon | 25 gr | 15.000 | 375 Kg |

WEEKLY FOOD PLAN - 4 (15.000 MILITARY)

|  | BREAKFAST |  |  |  | LUNCH |  |  |  | DINNER |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DAY OF WEEK | MENU | PORTION P/PERSON | $\begin{aligned} & \text { No. OF } \\ & \text { PEOPLE } \end{aligned}$ | QUANTITY TOTAL | MENU | PORTION <br> P/PERSON | $\begin{gathered} \text { No.OF } \\ \text { PEOPLE } \end{gathered}$ | QUANTITY TOTAL | menu | PORTION P/PERSON | $\begin{aligned} & \text { No. OF } \\ & \text { PEOPLE } \end{aligned}$ | QUANTITY TOTAL |
| $\begin{aligned} & \mathbf{M} \\ & \mathbf{O} \\ & \mathbf{N} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Straw berry Flavoured Porridge | 50 gr | 15.000 | 750 Kg | Rice w ith beans w ith beef and Vegetable | 70 gr | 15.000 | 1050 Kg | Beans w ith meat | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Noodle Soup w ith Corn and Beef | 50 gr | 15.000 | 750 Kg | Vegetable and noodle soup | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of tangerina | 25 gr | 15.000 | 375 Kg | Refreshment of grape | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{T} \\ & \mathbf{U} \\ & \mathbf{E} \\ & \mathbf{S} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Milk Beverages Chocolate flavor | 40 gr | 15.000 | 600 Kg | Chichen rice with vegetables | 70 gr | 15.000 | 1050 Kg | Chicken noodle with vegetables | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Chicken soup w ith vegetable and noodles | 50 gr | 15.000 | 750 Kg | Noddle Soup with "Mandioquinha" and Beef | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of guaraná | 25 gr | 15.000 | 375 Kg | Refreshment of orange | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{w} \\ & \mathbf{E} \\ & \mathbf{D} \\ & \mathbf{N} \\ & \mathbf{E} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Corn green w ith coconut Flavoured Porridge | 50 gr | 15.000 | 750 Kg | Beans w ith meat | 50 gr | 15.000 | 750 Kg | Chichen rice with vegetables | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Vegetable and noodle soup | 50 gr | 15.000 | 750 Kg | Noodle Soup with Corn and Beef | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of straw berry | 25 gr | 15.000 | 375 Kg | Refreshment of lemon | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{T} \\ & \mathbf{H} \\ & \mathbf{U} \\ & \mathbf{R} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Milk Beverages Straw berry and banana flavor | 40 gr | 15.000 | 600 Kg | Rice w ith rib and vegetables | 70 gr | 15.000 | 1050 Kg | Rice w ith beans w ith beef and Vegetable | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Chicken broth soup, rice and Vegetable | 50 gr | 15.000 | 750 Kg | Chicken soup with vegetable and noodles | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of grape | 25 gr | 15.000 | 375 Kg | Refreshment of guaraná | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{F} \\ & \mathbf{R} \\ & \mathbf{I} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Luxury w ith chocolate and coconut Flavoured Porridge | 50 gr | 15.000 | 750 Kg | Beef noodle w ith vegetables | 50 gr | 15.000 | 750 Kg | Beef rice w ith vegetables | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Beef soup w ith vegetables and noodles | 50 gr | 15.000 | 750 Kg | Bean Soup w ith Vegetables and Noodles | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of passion fruit | 25 gr | 15.000 | 375 Kg | Refreshment of tangerina | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{S} \\ & \mathbf{A} \\ & \mathbf{T} \\ & \mathbf{U} \\ & \mathbf{R} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Milk Beveragesr Red fruits flavor | 40 gr | 15.000 | 600 Kg | Rice with beans with beef and pumpkin | 70 gr | 15.000 | 1050 Kg | Rice with rib and vegetables | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Noddle Soup with <br> "Mandioquinha" and Beef | 50 gr | 15.000 | 750 Kg | Chicken broth soup, rice and Vegetable | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of orange | 25 gr | 15.000 | 375 Kg | Refreshment of passion fruit | 25 gr | 15.000 | 375 Kg |
| $\begin{aligned} & \mathbf{S} \\ & \mathbf{U} \\ & \mathbf{N} \\ & \mathbf{D} \\ & \mathbf{A} \end{aligned}$ | Oats and coconut Flavoured Porridge | 50 gr | 15.000 | 750 Kg | Beef rice with vegetables | 70 gr | 15.000 | 1050 Kg | Rice w ith beans w ith beef and pumpkin | 70 gr | 15.000 | 1050 Kg |
|  |  |  |  |  | Bean Soup w ith Vegetables and Noodles | 50 gr | 15.000 | 750 Kg | Beef soup with vegetables and noodles | 50 gr | 15.000 | 750 Kg |
|  |  |  |  |  | Refreshment of lemon | 25 gr | 15.000 | 375 Kg | Refreshment of straw berry | 25 gr | 15.000 | 375 Kg |

ARMED FORCES

## CALCULATION OF QUANTITIES FOR 4 WEEK (15.000 MILITARY)

| PRODUCT | TOTAL WEEK-1 | TOTAL WEEK -2 | TOTAL WEEK-3 | TOTAL WEEK -4 | TOTAL KG IN 4 WEEKS | TOTAL BAGS OF 10 KG TO 4 WEEKS |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Milk Beveragesr Red fruits flavor | 600 kg |  |  | 600 kg | 1200 kg | 120 |
| Milk Drinks with Chocolate milk | 600 kg |  |  | 600 kg | 1200 kg | 120 |
| Milk Beverages Straw berry and banana flavor | 600 kg |  |  | 600 kg | 1200 kg | 120 |
| Milk Beverages Vanilla flavor | 600 kg |  |  |  | 600 kg | 60 |
| Milk Beverages Straw berry flavor |  | 600 kg |  |  | 600 kg | 60 |
| Milk Beverages Coconut flavor |  | 600 kg |  |  | 600 kg | 60 |
| Milk Beverages "Cappuccino" flavor |  |  | 600 kg |  | 600 kg | 60 |
| Milk Beverages "Brigadeiro" flavor |  |  | 600 kg |  | 600 kg | 60 |
| Milk Beverages Napolitano flavor |  |  | 600 kg |  | 600 kg | 60 |
| Milk Beverages Oats and banana flavor |  |  | 600 kg |  | 600 kg | 60 |
| Milk Beverages Yogurt with fruit flavor |  | 600 kg |  |  | 600 kg | 60 |
| Corn green with coconut Flavoured Porridge |  | 750 kg |  | 750 kg | 1.500 kg | 150 |
| Chocolate Flavoured Porridge | 750 kg |  | 750 kg |  | 1.500 kg | 150 |
| Vanilla Flavoured Porridge | 750 kg |  | 750 kg |  | 1.500 kg | 150 |
| Luxury with chocolate and coconut Flavoured Porridge |  | 750 kg |  | 750 kg | 1.500 kg | 150 |
| Straw berry Flavoured Porridge | 750 kg |  |  | 750 kg | 1.500 kg | 150 |
| Oats and coconut Flavoured Porridge |  | 750 kg |  | 750 kg | 1.500 kg | 150 |
| Oats and banana Flavoured Porridge |  | 750 kg |  |  | 750 kg | 75 |
| "Tapioca" of coconut Flavoured Porridge |  |  | 750 kg |  | 750 kg | 75 |
| Vegetable and noodle soup | 1.500 kg | 1.500 kg | 1.500 kg | 1.500 kg | 6.000 kg | 600 |
| Chicken broth soup, rice and Vegetable | 1.500 kg | 1.500 kg | 1.500 kg | 1.500 kg | 6.000 kg | 600 |
| Chicken soup with vegetable and noodles | 1.500 kg | 1.500 kg | 1.500 kg | 1.500 kg | 6.000 kg | 600 |
| Beef soup with vegetables and noodles | 1.500 kg | 1.500 kg | 1.500 kg | 1.500 kg | 6.000 kg | 600 |
| Bean Soup with Beef Vegetables and Noodles | 1.500 kg | 1.500 kg | 1.500 kg | 1.500 kg | 6.000 kg | 600 |
| Noddle Soup with "Mandioquinha" and Bee | 1.500 kg | 1.500 kg | 1.500 kg | 1.500 kg | 6.000 kg | 600 |
| Noodle Soup with Corn and Beef | 1.500 kg | 1.500 kg | 1.500 kg | 1.500 kg | 6.000 kg | 600 |
| Chichen rice with vegetables | 2.100 kg | 2.100 kg | 2.100 kg | 2.100 kg | 8.400 kg | 840 |
| Beef rice with vegetables | 2.100 kg | 2.100 kg | 2.100 kg | 2.100 kg | 8.400 kg | 840 |
| Rice with rib and vegetables | 2.100 kg | 2.100 kg | 2.100 kg | 2.100 kg | 8.400 kg | 840 |
| Rice w ith beans w ith beef and pumpkin | 2.100 kg | 2.100 kg | 2.100 kg | 2.100 kg | 8.400 kg | 840 |
| Rice with beans with beef and Vegetable | 2.100 kg | 2.100 kg | 2.100 kg | 2.100 kg | 8.400 kg | 840 |
| Beef noodle with vegetables | 750 kg | 750 kg | 750 kg | 750 kg | 3000 kg | 300 |
| Chicken noodle with vegetables | 750 kg | 750 kg | 750 kg | 750 kg | 3000 kg | 300 |
| Beans with meat | 1500 kg | 1500 kg | 1500 kg | 1500 kg | 6000 kg | 600 |
| Refreshment of passion fruit | 750 kg | 750 kg | 750 kg | 750 kg | 3.000 kg | 300 |
| Refreshment of guaraná | 750 kg | 750 kg | 750 kg | 750 kg | 3.000 kg | 300 |
| Refreshment of grape | 750 kg | 750 kg | 750 kg | 750 kg | 3.000 kg | 300 |
| Refreshment of orange | 750 kg | 750 kg | 750 kg | 750 kg | 3.000 kg | 300 |
| Refreshment of tangerina | 750 kg | 750 kg | 750 kg | 750 kg | 3.000 kg | 300 |
| Refreshment of lemon | 750 kg | 750 kg | 750 kg | 750 kg | 3.000 kg | 300 |
| Refreshment of strawberry | 750 kg | 750 kg | 750 kg | 750 kg | 3.000 kg | 300 |
| TOTAL BAGS OF 10 KG TO 4 WEEK |  |  |  |  |  | 13590 |

## FOOD AWAY FROM BARRACKS

## DEHYDRATED <br> MEALS



## DEHYDRATED MEALS

## MENU

## FRONT AND BACK

## ARMED FORCES



## THE BAGS FOR ONE DAY CONSISTS OF:

1-Bag with:
1-Portable Stove-1-Solid Fuel-1 - box with matches - Pills water purifiers

- Packages with
hydroelectrolytic replacement 1-Package with paper napkins 1 -cutlery Kits (knife, fork, spoon, plastic)
1-Bag with breakfast
1-Bag with lunch
1-Bag with dinner

DEHYDRATED
MEALS


## ARMED FORCES

## DEHYDRATED MEALS

## KI' ARMED FORCRS PACKAGING FOR 1 DAY



BACK
FRONT


ARMED FORCES


1 - KIT-MILITARY - CONTAINS

## PRODUCTS:

- Milk Beverages Chocolate flavor
- Milk Beverages Strawberry and banana flavor

Milk Beverages Red fruits flavor
Milk Beverages "Cappuccino" flavor

- Milk Beverages "Brigadeiro" flavor
- Milk Beverages Oats and banana flavor
- Sweet Cookie
- Vegetable and noodle soup
- Chicken broth soup, rice and Vegetable
- Chicken soup with vegetable and noodles
- Beef soup with vegetables and noodles
- Bean Soup with beef and Vegetables and Noodles
- Noddle Soup with Cassava and Meat
- Noodle Soup with Corn and Meat.
- Chicken rice with vegetables
- Beef rice with vegetables
- Rice with beans with beef and vegetables
- Rice with beans and "sausage calabreza"
- Rice with beans with beef and "pumpkin"
- Pasta with white sauce and chicken
- Pasta with tomato sauce and beef
- Mealie meal with chicken
- Mealie meal with beef
- Refreshments for various flavors


## FOOD FOR 1 MILITARY / FOR 1 DAY

| MENÚ | BREAKFAST | LUNCH |  |  | DINNER |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | SOUP | DISH | REFRESHMENT | SOUP | DISH | REFRESHMENT |
| MENÚ - 1 | Chocolate milk And Sw eet Cookie | Vegetable and noodle soup | Chichen rice with vegetables | Refreshment of passion fruit | Chicken soup with vegetable and noodles | Beef noodle with vegetables | Refreshment of grape |
| MENÚ-2 | Milk Drinks w ith Straw berry and banana And Sw eet Cookie | Chicken broth and vegetable | Chicken noodle with vegetables | Refreshment of guaraná | Noodle Soup with Corn and Meat. | Beef rice with vegetables | Refreshment of orange |
| MENÚ-3 | "Cappuccino" milk And Sw eet Cookie | Bean Soup with beef and Vegetables and Noodles | Meallie meal with beef | Refreshment of strawberry | Noddle Soup with Cassava and Meat | Rice with beans with beef and "pumpkin" | Refreshment of lemon |
| MENÚ-4 | "Brigadeiro" milk And Sw eet Cookie | Noodle Soup with Corn and Meat. | Beef noodle with vegetables | Refreshment of tangerina | Bean Soup with beef and Vegetables and Noodles | Rice with beans with beef and vegetables | Refreshment of pineapple |
| MENÚ - 5 | Oats and banana milk And Sw eet Cookie | Chicken soup with vegetable and noodles | Rice with beans and "sausage calabreza" | Refreshment of peach | Beef soup with vegetables and noodles | Chicken noodle with vegetables | Refreshment of mango |
| MENÚ-6 | Red fruits milk And Sw eet Cookie | Noddle Soup with Cassava and Meat | Meallie meal with chicken | Refreshment of passion fruit | Bean Soup with beef and Vegetables and Noodles | Chichen rice with vegetables | Refreshment of tangerina |



## ARMED FORCES

## DEHYDRATED

 MEALS

OF THE PRODUCTS

ARMED FORCES


## DEHYDRATED MEALS



ARMED FORCES


## Export:

## Vitor Barata / Eduardo Moniz

Fone: 00351915432048 / Fone: 00351918425295
e-mail: vmbarata.sustentare@gmail.com
e-mail: vmbarata@sustentareinternational.com
e-mail: edmoniz@sustentareinternational.com

## ARMED FORCES

