

## Youngs Fishwich Squares Breaded - Information

MSC Breaded Fishwich Fillet Squares. Legal Name: Alaska Pollock Fillet Portion Coated in Breadcrumbs.

**TFS Product Code:** 030294  
**Suppliers Product Code:**  
**Information Last Updated:** 09/12/2024  
**Date Produced:** 04/05/2026



### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	195.00
Energy (kJ)	819.00
Protein (g)	11.60
Carb (g)	19.60
Of Which Sugars (g)	0.90
Fat (g)	7.60
Of Which Saturates (g)	1.30
Fibre (g)	1.00
Salt (g)	1.10

### Dietary Information

Key: **Suitable for**



**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

Alaska Pollock (<b>FISH</b>) (50%), Wheat Flour [<b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Sunflower Oil, Water, Rapeseed Oil, Cornflour, Palm Oil, Yeast, Sea Salt, <b>MUSTARD </b>Flour, Dextrose, Yeast Extract, Salt Caution! Although extra care has been taken to remove all bones, some may remain

## Handling Information

### Directions for Use

Our Breaded Fishwich Fillet Squares are best oven baked straight from your freezer. Ensure product is piping hot throughout before serving. All appliances vary, these are guidelines only. 15 mins to oven bake - 220°C / Fan 190°C / Gas Mark 7 • Pre-heat the oven. • Remove all packaging. • Place product on a baking tray at the top of the oven and cook for 15 minutes (fan oven 15 minutes). 6 mins to deep fry - 180°C • Pre-heat the oil. • Remove all packaging. • Gently lower product into the hot oil and cook for 6 minutes.

### Storage Instructions

Store at -18°C or below. Do not re-freeze once defrosted.

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