Thompsons Food Service Ltd.
Nelsons Yard
South Denes Road
Great Yarmouth
Norfolk
NR30 3PR

Tel: 01493 249649
Fax: 0845 051 8772
E-Mail: accounts@tfsltd.co.uk
Web: www.tfsltd.co.uk

# Frank Dale Stilton & Broccoli Pickups Quiche - Information

Broccoli florets, crumbled Blue Stilton, cheese & onion in a delicate free-range egg custard, topped with fresh broccoli florets encased in shortcrust pastry. Palm from a sustainable source, RSPO certificate number BMT-RSPO-000578 (1 x 24)

**TFS Product Code:** 033079
**Suppliers Product Code:**
**Information Last Updated:** 13/10/2025
**Date Produced:** 11/11/2026



## Allergy Information

Key: Contains | May Contain

Sesame | Gluten | Crustaceans | Eggs | Lupin | Nuts

Milk | Celery | Sulphur Dioxide | Soya | Cereal | Peanuts

Fish | Molluscs | Mustard

## Nutritional Information

| | |
|---|---|
| Serving Unit: | 100g or 100ml |
| Energy (kcal) | 234.00 |
| Energy (kJ) | 985.00 |
| Protein (g) | 7.60 |
| Carb (g) | 20.30 |
| Of Which Sugars (g) | 2.30 |
| Fat (g) | 14.00 |
| Of Which Saturates (g) | 7.10 |
| Fibre (g) | 1.20 |
| Salt (g) | 0.60 |

## Dietary Information

Key: Suitable for

Kosher | Vegetarian | Halal | Vegan

**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.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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## Ingredients

Pastry Case (28%) Fortified WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Margarine (Palm Oil, Coconut Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono– and Diglycerides of Fatty Acids), Acidity Regulators (Citric Acid, Disodium Citrate), Natural Flavouring, Colour (Carotenes)), Vegetable Shortening (Palm Oil, Rapeseed Oil), Maize Flour, Water, Tomato Puree, Sea Salt. Stilton and Broccoli Filling (72%) Whole MILK, Free-Range Whole EGG, Onion, Broccoli (8%), Mature Cheddar Cheese (6%) (MILK) (contains Colour (Annatto Bixin Norbixin)), Stilton Cheese (4%) (MILK), Modified Maize Starch, Dehydrated Potato, Ruby Port.

## Handling Information

### Directions for Use

From Frozen unless otherwise stated Oven: Remove from outer packaging. Place quiche onto a baking tray. Place in a pre-heated oven at 190°C/170°C (Fan)/Gas Mark 5 for 30 mins. Ensure quiche is piping hot before serving. Thaw and serve: simply arrange slices on a platter whilst frozen. Leave to defrost for 24 hours in the refrigerator and serve. Once defrosted keep refrigerated and use within 24 hours. Do not refreeze once defrosted. When heating ensure a core temperature of >75°C is achieved (or relevant national requirements) for at least 30 seconds before serving. Do not reheat after cooking.

### Storage Instructions

Keep Frozen. Store at -18°C or below

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