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Meadow Vale Foods Crispy Southern Fried Mini Chicken Fillets [34/46g] - Information

Fully cooked chicken breast inner fillets in a crispy Southern Fried coating and individually quick frozen.

TFS Product Code: 022561
Suppliers Product Code: N1413901A
Information Last Updated: 26/02/2026
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)	188.00
Energy (kJ)	788.00
Protein (g)	16.00
Carb (g)	11.00
Of Which Sugars (g)	0.50
Fat (g)	8.30
Of Which Saturates (g)	2.10
Fibre (g)	1.30
Salt (g)	1.40

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

Chicken Breast (64%), WHEAT Flour, Water, Modified Tapioca Starch, Vegetable Oil (Palm, SOYA), Starches (Potato, Tapioca, Maize), Salt, Maize Flour, Spices (contains MUSTARD, CELERY), Sugar, Yeast Extract, Rice Flour, Dextrose, WHEAT Gluten, Raising Agents (Sodium carbonates, Diphosphates), Spice Extracts (Black Pepper, Chilli), Flavouring, Colour (Paprika Extract), Yeast, Herbs, Garlic, Onion.

Handling Information

Directions for Use

For best results cook from frozen. The following instructions are guidelines only. If thawed, reduce cooking times accordingly. Always ensure product is piping hot and cooked throughout before serving. Oven Bake: Pre-heat oven to 200°C / Gas Mark 6. Place the chicken on a baking tray at the centre of the oven for 15 - 20 minutes. Deep Fry: Pre-heat the oil to 180°C. Gently lower an fully immerse the chicken into the hot oil and fry for 4-5 minutes. Drain and serve.

Storage Instructions

Keep frozen -18°C.

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