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

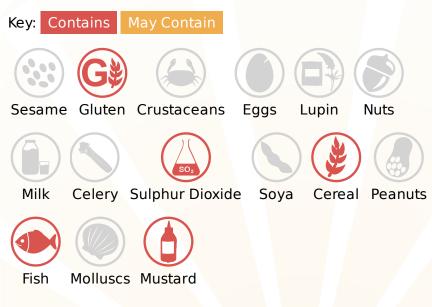


# Youngs Fishwich Squares Breaded - Information

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

TFS Product Code:030294Suppliers Product Code:Information Last Updated:09/12/2024Date Produced:16/09/2025

# **Allergy Information**



# **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**

Halal

Vegan

Key: Suitable for

Kosher Vegetarian

**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

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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