

## Meadow Vale Foods Homestyle Chicken Fillet Southern Fried - Information

Chicken breast fillets, in a crunchy Southern Fried coating, fully cooked and individually quick frozen.

**TFS Product Code:** 029861  
**Suppliers Product Code:**  
**Information Last Updated:** 28/06/2023  
**Date Produced:** 16/04/2026



### Allergy Information

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



### Nutritional Information

|                        |               |
|------------------------|---------------|
| Serving Unit:          | 100g or 100ml |
| Energy (kcal)          | 189.00        |
| Energy (kJ)            | 793.00        |
| Protein (g)            | 15.00         |
| Carb (g)               | 12.00         |
| Of Which Sugars (g)    | 0.50          |
| Fat (g)                | 8.70          |
| Of Which Saturates (g) | 3.40          |
| Fibre (g)              | 0.60          |
| Salt (g)               | 1.30          |

### 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

Chicken Breast (68%), Water, WHEAT Flour, Breadcrumbs (WHEAT Flour, Salt, Yeast), Modified Tapioca Starch, Maize Starch, Salt, Spices (contains CELERY), WHEAT Gluten Raising Agents (Sodium Carbonates, Diphosphates), Spice Extracts (Pepper, CELERY, Paprika), Stabiliser (Triphosphates), Vegetable Powders (Garlic, Onion), Yeast Extract, Dextrose, Vegetable Oil (Palm, SOYA).

## 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 that the food is piping hot and cooked throughout before serving. Oven Bake: Pre-heat oven to 220°C / Gas Mark 7. Place chicken fillets on a baking tray in the centre of the oven and bake for 20-25 minutes. Deep Fry: Pre-heat oil to 180°C. Gently lower and fully immerse the chicken fillets into the hot oil and fry for 5-7 minutes. Drain and serve.

### Storage Instructions

Keep frozen -18°C

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