



Issue No:	7	Date:	06/06/2021
Document Approved by:	Lisa Sossen, Accredited Practising Dietitian		

1. General Information			
Product Name	Fish Fillet		
Texture	<input checked="" type="checkbox"/> Pureed (Level 4)	<input type="checkbox"/> Minced & Moist (Level 5)	
Fluid Consistency	<input type="checkbox"/> Moderately Thick (Level 3)		
Supplier Information	Textured Concept Foods Pty Ltd 91 Mason Street, Campbellfield, VIC 3061 Enquires made in writing to: info@texturedconceptfoods.com.au Website: www.texturedconceptfoods.com.au Contact: Darren Benfell Tel: +61 (03) 9357 6007		
Country of Origin	Textured Concept Foods is manufactured in Melbourne, Australia. Products are made from local and imported ingredients. This is a proudly Australian Owned and Operated Company.		
ID & Traceability	Use by Date (DD/MM/YY) located on the plastic bag. Product Code.		
Barcode Outer	9348501000152		
Barcode Inner	9348501001289		
2. Product Characteristics			
	Fresh ingredients are cooked and processed to the correct consistency. The mixture is moulded to resemble the original and recognizable food. The product is blast frozen to maintain a high quality. The product is packaged in a freezer safe container and vacuum sealed in a resealable bag.		
	The product is handmade, and weights may vary with each item. There are no nuts used in the processing of the product, however there may be cross contamination from other sources (may contain traces of nuts and other allergens). Random allergen risk testing is undertaken. The production kitchen is HACCP Certified.		
Appearance/Smell/Taste/Characteristics	Off white colour, taste like fish in a white sauce. IDDSI tested to comply with Pureed Level 4.		
Serve & Product Code	Product Code	Serves per package	Packages per Carton
	61002	10	
	61002C	10	6
Net Weight	700g		
Product Shelf Life	12 months		
Method of Storage	Keep product frozen below -18°C at all times. Ensure Packaging is sealed well to prevent freezer burn. Once thawed, use within 24 to 48 hours. Do not re-freeze once thawed.		



3. Nutritional Information (Calculated with FOODWORKS10)		
Serve size: 70g (1 portion)	Average Quantity per Serving	Average Quantity per 100g
Energy	454kJ (109Cal)	649kJ (155Cal)
Protein	12.6g	18.1g
Fat, Total	3.5g	5.1g
- Saturated	2.3g	3.3g
Carbohydrate	6.5g	9.3g
- Sugars	3.2g	4.6g
Dietary Fibre	0.2g	0.2g
Sodium	322mg	460mg
Potassium	392mg	560mg
Calcium	113mg	161mg
Phosphorus	233mg	333mg
Iron	0.6mg	0.8mg
Water	44.0g	62.8g
Ingredients	Basa Fish (Basa (99%), Salt, Acidity Regulators (332, 330, 331, 333)), Full Cream Milk, Skim Milk Powder, Cream (Cream, Halal Gelatine, Vegetable Gum (407)), Potato Flakes, Butter, Plain Gluten Free Flour, Modified Maize Starch (1422), Vegetable Stock, Canola Oil (Soy Lecithin).	
Allergen /May Contain Statement	Contains Fish, Milk, Soybeans	
Country of Origin	Made in Australia from 24% Australian Ingredients	
Additional Nutritional Recommendations	Consider using a fortified sauce, additional fats and dairy products to enhance the nutritional density of the meal or dessert. Garnish appropriately.	
Cultural, Religious & Nutrition Claims	N/a	
4. Instructions for Consumption and Serving Suggestions		
<input checked="" type="checkbox"/> Meat / Vegetable	<p>For Steam Oven:</p> <ol style="list-style-type: none"> 1. Cover plate with plastic wrap or a cover and thaw product slowly under refrigerated conditions (4°C), This can be done overnight or 3 hours prior to heating. 2. Place the plate on steamer racks and oven on “steam” setting. 3. Heat Product through for 8-10 min or until it the core temp is >75°C. 4. Remove plastic wrap or cover before serving. 5. Serve with gravy/sauce and mashed potato/starch accompaniment. 	
	<p>For Dry Heat e.g. Burlodge:</p> <ol style="list-style-type: none"> 1. Using a spray bottle filled with water, spray the plate with 1-3 sprays of water. 2. Cover the plate with suitable oven proof wrap or a cover. Keep product frozen until heating. 3. Place covered plate in oven or Burlodge tray system. 4. Heat Product through or until it the core temp is >75°C. Each heating system will vary. 5. Remove wrap or cover before serving. 6. Serve with gravy/sauce and mashed potato/starch accompaniment. 	
	For Home Microwave, plated and covered with glad wrap:	



	<ol style="list-style-type: none"> 1. Cover plate with plastic wrap or a cover and thaw product slowly under refrigerated conditions (4°C), This can be done overnight or 3 hours prior to heating. 2. Place a glass of water in the microwave with the plate. 3. Heat on high for 1 min 30 secs or until the product is heated right through. Each microwave will vary. 4. Remove wrap or cover before serving. <p>Serve with gravy/sauce and mashed potato/starch accompaniment.</p>		
	<p>Main Meal Pre-plated Meal</p> <ol style="list-style-type: none"> 1. Heating from thawed meal provides best results. Thaw in the fridge. 2. Place the sealed plate in the vacuum bag into the microwave. 3. Place a cup of water in the microwave with the meal. This provides additional moisture and steam. 4. Heat for 2 ½ minutes on high. (If frozen, 3 ½ minutes) 5. Use oven gloves to carefully remove the plate from the microwave. 6. Remove the plate carefully from the package and add your sauce. 		
	<p>Sauce (individual packaged)</p> <ol style="list-style-type: none"> 1. Sauce can be heated from frozen. 2. Place a cup of water in the microwave with the sauce. This provides additional moisture and steam. 3. Place sauce package in the microwave and heat on high for 2 ½ minutes. 4. Open sauce package carefully and pour over meal. 		
<input type="checkbox"/> Biscuits / Cakes/ Fruit	<p>Remove from packaging. Place frozen items on the serving plate.</p> <ol style="list-style-type: none"> 1. Cover plate with plastic wrap or a cover and thaw product slowly under refrigerated conditions (4°C), This can be done overnight or 1-3 hours prior to serving. Biscuits will take a shorter time to thaw compared to the cakes. 2. Garnish with cream, yoghurt, custard, ice cream. 		
<p>5. Microbiological Criteria Random Monthly Testing includes:</p>			
Std Plate Count <1,000,000cfu/g	Coagulase Positive Staphylococci <100cfu/g	Coliforms <100cfu/g	Escherichia Coli <3MPN/g
Clostridium Perfringens (wet) <100cfu/g (Poultry Products Only)	Bacillus cereus <100cfu/g (Starch Products Only)	Listeria Not detected per 25/g	Salmonella Not detected per 25/g
Allergen Risk Testing (random) gluten, egg, fish, peanut, tree nut, sesame, soybean, milk, dairy, shellfish, lupin			