



Date:	03/1/2024
Document Approved by:	Dr Lisa Sossen, Accredited Practising Dietitian, PhD

1. General Information	
<b>Product Name</b>	<b>Lentil Cottage Pie MM</b>
<b>Texture</b>	<input type="checkbox"/> Pureed (Level 4) <input checked="" type="checkbox"/> Minced & Moist (Level 5)
	<input type="checkbox"/> Soft and Bite-sized (Level 6)
<b>Fluid Consistency</b>	<input type="checkbox"/> Moderately Thick (Level 3)
<b>Supplier Information</b>	Textured Concept Foods Pty Ltd 91 Mason Street, Campbellfield, VIC 3061 Enquires made in writing to: <a href="mailto:info@texturedconceptfoods.com.au">info@texturedconceptfoods.com.au</a> Website: <a href="http://www.texturedconceptfoods.com.au">www.texturedconceptfoods.com.au</a> Contact: Darren Benfell Tel: +61 (03) 9357 6007
<b>Country of Origin</b>	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.
<b>ID &amp; Traceability</b>	Use by Date (DD/MM/YY) located on the plastic bag. Product Code.
2. Product Characteristics	
	<p>Fresh ingredients are cooked and processed to the correct consistency. The mixture is moulded to resemble the original and recognisable food. The product is blast frozen to maintain a high quality.</p> <p>The product is packaged in a freezer-safe container and vacuum-sealed in a resealable bag.</p> <p>This product resembles a tuna base with a mashed potato topping.</p>
	<p>The product is handmade, and weights may vary with each item. Random allergen risk testing is undertaken. Labels are PEAL compliant.</p> <p>The production kitchen is HACCP Certified.</p>
<b>IDDSI</b>	<p>IDDSI tested to meet <b>Minced and Moist Level 5</b> guidelines at the time of production.</p> <p>IDDSI testing at the point of service is recommended to ensure the product meets the IDDSI guideline testing criteria. IDDSI testing is conducted in-house using the IDDSI audit criteria. A qualified consultant Speech pathologist audits products annually when recipe formulations are adjusted, or new products are developed.</p>




Barcode / Order code / Product Information					
Barcode	IDDSI Level	Product	Order Code	Serves per pack	Serves per Carton
9348501000763	5	Lentil Cottage Pie MM	76010C	5/pk	6
9348501001890	5	Lentil Cottage Pie MM	76010	5/pk	
<b>Product Shelf Life</b>		12 months FROZEN PRODUCT			
<b>Method of Storage</b>		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.			
<b>3. Nutrition and Allergen Information (Calculated with FOODWORKSONLINE)</b>					

<b>Lentil Cottage Pie MM</b>		
Minced & Moist Level 5		
<b>NUTRITION INFORMATION</b>		
Servings per package: 5		
Serving size: 135g (1 Portion)		
	Average Quantity per Serving	Average Quantity per 100g
Energy	628 kJ (150 Cal)	465 kJ (111 Cal)
Protein	7.3 g	5.4 g
Fat, total	3.5 g	2.6 g
- saturated	2.5 g	1.8 g
Carbohydrate	21.2 g	15.7 g
- sugars	1.9 g	1.4 g
Dietary Fibre	3.0 g	2.2 g
Sodium	120 mg	89 mg
Potassium	289 mg	214 mg
Calcium	40.7 mg	30.2 mg
Phosphorus	87.3 mg	64.6 mg
Iron	2.1 mg	1.6 mg

Ingredients: Water, Mashed Potato (37%) (Water, Potato (Potatoes (99%) (Contains Sulphites), Emulsifier (471), Stabiliser (450), Flavours.), Butter (**Milk**), Salt, White Pepper), Red Lentil (16%), Tomatoes (Tomatoes (75%), Tomato Puree, Acidity Regulator (330)), Potato Flakes, Skim **Milk** Powder, Modified Maize Starch (1422), Vegetable Stock, Mixed Herbs.

**Contains Milk.**

Net weight: 675 g

<b>Country of Origin</b>	 <p>Made in Australia from at least 87% Australian ingredients</p>
<b>Additional Nutritional Recommendations</b>	Consider using a fortified sauce, additional fats and dairy products to enhance the nutritional density of the meal or dessert. Garnish appropriately.
<b>Cultural, Religious &amp; Nutrition Claims</b>	Textured Concept Foods uses meat that is Halal certified. The production facility cooks all products in the same kitchen. Cleaning to HACCP standards is conducted between each product and within each batch run as required.

## 4. Instructions for Consumption and Serving Suggestions

<input checked="" type="checkbox"/> <b>Meat / Vegetable</b>	<p><b>For Steam Oven:</b></p> <ol style="list-style-type: none"> <li>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.</li> <li>Place the plate on steamer racks and oven on “steam” setting.</li> <li>Heat Product through for 8-10 min or until it the core temp is &gt;75°C.</li> <li>Remove plastic wrap or cover before serving.</li> <li>Serve with gravy/sauce and mashed potato/starch accompaniment.</li> </ol>
<input checked="" type="checkbox"/>	<p><b>For Dry Heat e.g. Burlodge:</b></p> <ol style="list-style-type: none"> <li>Using a spray bottle filled with water, spray the plate with 1-3 sprays of water.</li> <li>Cover the plate with suitable oven-proof wrap or a cover. Keep product frozen until heating.</li> <li>Place the covered plate in the oven or Burlodge tray system.</li> <li>Heat Product through or until it the core temp is &gt;75°C. Each heating system will vary.</li> <li>Remove wrap or cover before serving.</li> <li>Serve with gravy/sauce and mashed potato/starch accompaniment.</li> </ol>
<input checked="" type="checkbox"/>	<p><b>For Home Microwave, plated and covered with glad wrap:</b></p> <ol style="list-style-type: none"> <li>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.</li> <li>Place a glass of water in the microwave with the plate.</li> <li>Heat on high for 1 min 30 secs or until the product is heated right through. Each microwave will vary.</li> <li>Remove wrap or cover before serving.</li> <li>Serve with gravy/sauce and mashed potato/starch accompaniment.</li> </ol>
<input checked="" type="checkbox"/>	<p><b>Home user/ Main Meal Pre-plated Meal</b></p> <p>Plate Frozen Products And Cover With Cling Wrap/cover. No need to unwrap pre-plated meal.</p> <p>Defrost Approx. 4 Hours Or In The Fridge Overnight.</p> <p>COMMERCIAL: Preset Oven To Steam For 5 Minutes. Place The Covered Plate In The Oven. Heat Through For 9-11 Minutes. Remove The Plate From The Oven. Carefully Remove Cling Wrap/cover As Steam Can Burn. Add Sauce/gravy And Serve.</p> <p>MICROWAVE: Place A Cup Of Water In The Microwave. Heat The Covered Thawed Meal For 1-3 Minutes On High (heating Time Will Vary With</p>



	Microwaves). Remove The Plate From The Microwave And Remove The Cling Wrap/cover To Avoid Burning. Add Sauce/gravy And Serve. Enjoy!		
<input type="checkbox"/>	<b>Meals on Wheels Container</b> <ol style="list-style-type: none"> <li>1. Thaw in the fridge (best done overnight).</li> <li>2. Place the meal in the microwave, covered. Heat for 3 ½ to 4 minutes on high.</li> <li>3. Alternatively, remove the frozen meal from the package, place it on your plate and cover it with microwave-safe plastic wrap. Heat for 2 ½ minutes on high with a glass of water placed in the microwave to create steam.</li> <li>4. Each microwave is different, so check that the meal is piping hot and heated right through.</li> <li>5. Use oven gloves to remove the container or plate from the microwave.</li> <li>6. Carefully remove the lid or plastic wrap, as the steam is hot. Enjoy your meal.</li> <li>7. Note: Heating from a thawed meal provides the best results.</li> </ol>		
<input type="checkbox"/>	<b>Sauce (individually packaged)</b> <ol style="list-style-type: none"> <li>1. Sauce can be heated from frozen.</li> <li>2. Place a cup of water in the microwave with the sauce. This provides additional moisture and steam.</li> <li>3. Place the sauce package in the microwave and heat on high for 2 ½ minutes.</li> <li>4. Open the sauce package carefully and pour over the meal.</li> </ol>		
<input type="checkbox"/>	<b>Biscuits / Cakes/ Fruit</b>	Remove from packaging. Place frozen items on the serving plate. <ol style="list-style-type: none"> <li>1. Cover the plate with plastic wrap or a cover and thaw the product slowly under refrigerated conditions (4°C), This can be done overnight or 1-3 hours before serving. Biscuits will take a shorter time to thaw compared to the cakes.</li> <li>2. Garnish with cream, yoghurt, custard, ice cream.</li> </ol>	
<b>5. Microbiological Criteria Random Monthly Testing includes:</b>			
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, Crustacean, Egg, Fish, Mollusc, Milk, Peanut, Soy, Tree Nut, Amond, Brazil, Cashew, Hazelnut, Macadamia, Sesame, Pecan, Pine Nut, Pistachio, Walnut, Lupin, Sulphites, Mustard			