


Date:	16/01/2024
Document Approved by:	Dr Lisa Sossen, Accredited Practising Dietitian, PhD

1. General Information	
Product Name	Fish Fillet, Green Beans, Corn, Mash and White Cheese Sauce
Texture	<input checked="" type="checkbox"/> Pureed (Level 4) <input type="checkbox"/> Minced & Moist (Level 5)
	<input type="checkbox"/> Soft and Bite-sized (Level 6)
Fluid Consistency	<input checked="" 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.
2. Product Characteristics	
(MOW photo shown) 	<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. The product is packaged in a freezer-safe container and vacuum-sealed in a resealable bag.</p> <p>This product is a pre-prepared meal containing meat and vegetables as specified with a sauce. Packaging will vary depending on the customer (container or plate).</p>
	<p>The product is handmade, and weights may vary with each item. Random allergen risk testing is undertaken. Labels are PEAL compliant. The production kitchen is HACCP Certified.</p>
IDDSI	<p>IDDSI tested to meet Pureed Level 4 guidelines at the time of production.</p> <p>Gravy/Sauce tested to meet Moderately Thick Level 3 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
9348501002347	4	Fish Fillet & Cheese Sauce	95020C	1 Meal incl. sauce	15
9348501002835	4	Fish Fillet with Cheese Sauce	95020s	1 Meal incl. sauce	
9348501002279	4	Fish Fillet served with Green Beans, Corn & Mashed Potato	95020	1 Meal	
Product Shelf Life		12 months FROZEN PRODUCT			
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. Nutrition and Allergen Information (Calculated with FOODWORKSONLINE)					

NUTRITIONAL INFORMATION FOR MEAL WITHOUT SAUCE:

Meal Serves:

Fish Fillet 70g, Green Beans 44g, Corn cob 55g, Potato 75g

Nutritional Information:

Fish Fillet, Green Beans, Corn, & Mashed Potato		
PUREED LEVEL 4		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 244g (1 Meal)		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1290 kJ (309 Cal)	530 kJ (127 Cal)
Protein	17.5 g	7.2 g
Fat, total	9.4 g	3.8 g
- saturated	5.6 g	2.3 g
Carbohydrate	34.3 g	14.1 g
- sugars	9.9 g	4.1 g
Dietary Fibre	6.9 g	2.8 g
Sodium	483 mg	198 mg
Potassium	887 mg	364 mg
Calcium	152.8 mg	62.6 mg
Phosphorus	421.5 mg	172.8 mg
Iron	2.1 mg	0.9 mg

Ingredients: Potato (31%) (Potato (28%) (Potatoes (99%) (Contains Sulphites), Emulsifier (471), Stabiliser (450), Flavours.), Butter (**Milk**), Salt, White Pepper), **Fish** Fillet (29%) (**Fish** (Basa (99%), Salt, Acidity Regulators (332,330, 331, 333)), Full Cream **Milk**, Skim **Milk** Powder, Cream (**Milk**), Potato (0.5%), Butter



**TEXTURED
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Product Specification Sheet

ABN 55 160 377 346

(Milk), Plain Gluten Free Flour, Vegetable Stock, Coconut Oil), Corn Cob (23%) (Corn, Potato (1%), Skim Milk Powder, Modified Maize Starch (1422), Vegetable Stock, Coconut Oil), Green Beans (16%), Potato (1%), Skim Milk Powder, Vegetable Stock, Coconut Oil.

Contains Fish, Milk.

Net weight: 238 g



NUTRITIONAL INFORMATION PRE-PLATED MEAL + SAUCE ON THE SIDE

Meal Serves:

Fish Fillet 70g, Green Beans 44g, Corn cob 55g, Potato 75g, Cheese Sauce 100ml

Nutritional Information:

Fish Fillet, Green Beans, Corn, Mash, & Sauce		
Pureed Level 4, Moderately Thick Level 3		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 344g (1 Meal)		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2040 kJ (488 Cal)	593 kJ (142 Cal)
Protein	27.4 g	8.0 g
Fat, total	21.1 g	6.1 g
- saturated	13.7 g	4.0 g
Carbohydrate	42.9 g	12.5 g
- sugars	15.1 g	4.4 g
Dietary Fibre	7.8 g	2.3 g
Sodium	944 mg	274 mg
Potassium	1030 mg	299 mg
Calcium	429.1 mg	124.7 mg
Phosphorus	591.5 mg	172.0 mg
Iron	2.3 mg	0.7 mg

Ingredients: White Cheese Sauce (Full Cream Milk, Cheese (Milk), Parmesan Cheese (Milk), Butter (Milk), Plain Gluten Free Flour, Smokey Paprika), Potato (Potato (Potatoes (99%) (Contains Sulphites), Emulsifier (471), Stabiliser (450), Flavours.), Butter (Milk), Salt, White Pepper), Fish Fillet (Fish (Basa (99%), Salt, Acidity Regulators (332,330, 331, 333)), Full Cream Milk, Skim Milk Powder, Cream (Milk), Potato, Butter (Milk), Plain Gluten Free Flour, Vegetable Stock, Coconut Oil), Corn Cob (Corn, Potato, Skim Milk Powder, Modified Maize Starch (1422), Vegetable Stock, Coconut Oil), Green Beans, Potato, Skim Milk Powder, Vegetable Stock, Coconut Oil.

Contains Fish, Milk.

Net weight: 344 g



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Product Specification Sheet

ABN 55 160 377 346



NUTRITIONAL INFORMATION FOR PPM MEAL WITH SAUCE:

Meal Serves:

Fish Fillet 70g, Green Beans 44g, Corn cob 55g, Potato 75g, Cheese Sauce 60ml

Nutritional Information:

Fish & Veg With White Cheese Sauce		
Fish Fillet, Green Beans, Corn, Mashed Potato With White Cheese Sauce. Pureed Level 4, Moderately Thick Level 3.		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 308g (Meal & Gravy)		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1770 kJ (423 Cal)	575 kJ (137 Cal)
Protein	23.9 g	7.7 g
Fat, total	16.9 g	5.5 g
- saturated	10.8 g	3.5 g
Carbohydrate	39.8 g	12.9 g
- sugars	13.2 g	4.3 g
Dietary Fibre	7.5 g	2.4 g
Sodium	777 mg	252 mg
Potassium	978 mg	317 mg
Calcium	329.0 mg	106.8 mg
Phosphorus	530.4 mg	172.2 mg
Iron	2.2 mg	0.7 mg

Ingredients: Potato (24%) (Potato (23%) (Potatoes (99%) (Contains Sulphites), Emulsifier (471), Stabiliser (450), Flavours.), Butter (**Milk**), Salt, White Pepper), **Fish** Fillet (23%) (**Fish** (Basa (99%), Salt, Acidity Regulators (332,330, 331, 333)), Full Cream **Milk**, Skim **Milk** Powder, Cream (**Milk**), Potato (0.5%), Butter (**Milk**), Plain Gluten Free Flour, Vegetable Stock, Coconut Oil), White Cheese Sauce (21%) (Full Cream **Milk**, Cheese (**Milk**), Parmesan Cheese (**Milk**), Butter (**Milk**), Plain Gluten Free Flour, Smokey Paprika), Corn Cob (18%) (Corn, Potato (1%), Skim **Milk** Powder, Modified Maize Starch (1422), Vegetable Stock, Coconut Oil), Green Beans (13%), Potato (1%), Skim **Milk** Powder, Vegetable Stock, Coconut Oil.

Contains Fish, Milk.

Net weight: 308 g



Country of Origin	As per individual meal combination
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	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 type="checkbox"/> Meat / Vegetable	For Steam Oven: <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.
<input type="checkbox"/>	For Dry Heat e.g. Burlodge: <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 the covered plate in the 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.
<input checked="" type="checkbox"/>	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. 5. Serve with gravy/sauce and mashed potato/starch accompaniment.
<input type="checkbox"/>	Home user/ Main Meal Pre-plated Meal Plate Frozen Products And Cover With Cling Wrap/cover. No need to unwrap pre-plated meal. Defrost Approx. 4 Hours Or In The Fridge Overnight. 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. 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 Microwaves). Remove The Plate From The Microwave And Remove The Cling Wrap/cover To Avoid Burning. Add Sauce/gravy And Serve. Enjoy!
<input checked="" type="checkbox"/>	Meals on Wheels Container

	<ol style="list-style-type: none">1. Thaw in the fridge (best done overnight).2. Place the meal in the microwave, covered. Heat for 3 ½ to 4 minutes on high.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.4. Each microwave is different, so check that the meal is piping hot and heated right through.5. Use oven gloves to remove the container or plate from the microwave.6. Carefully remove the lid or plastic wrap, as the steam is hot. Enjoy your meal.7. Note: Heating from a thawed meal provides the best results.
<input type="checkbox"/>	Sauce (individually packaged) <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 the sauce package in the microwave and heat on high for 2 ½ minutes.4. Open the sauce package carefully and pour over the 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 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.2. Garnish with cream, yoghurt, custard, ice cream.

5. Microbiological Criteria Random Monthly Testing includes:			
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
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