Product Specification Sheet

ABN 55 160 377 346

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

1. General Information

Product Name	**Roast Beef, Peas, Carrots, Mash & Red Wine Jus**
Texture	☒ Pureed (Level 4) ☐ Minced & Moist (Level 5)
	☐ Soft and Bite-sized (Level 6)
Fluid Consistency	☒ 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)	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. 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). 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.
IDDSI	IDDSI tested to meet ***Pureed Level 4*** guidelines at the time of production. Gravy/Sauce tested to meet ***Moderately Thick Level 3*** at the time of production. 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.

Barcode / Order code / Product Information					
Barcode	IDDSI Level	Product	Order Code	Serves per pack	Serves per Carton
9348501002293	4	Roast Beef served with Peas, Carrots & Mashed Potato	95040	1 Meal	
9348501002361	4	Roast Beef & Red Wine Jus	95040C	1 Meal incl. sauce	15
9348501002859	4	Roast Beef with Red Wine Jus	95040s	1 Meal incl. sauce	

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:

Roast Beef 90g, Peas 50g, carrots 45g, potato 75g

Nutritional Information:

Roast Beef, Carrot, Peas & Mashed Potato PUREED LEVEL 4		
NUTRITION INFORMATION Servings per package: 1 Serving size: 260g (1 Meal)		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1650 kJ (395 Cal)	635 kJ (152 Cal)
Protein	33.4 g	12.9 g
Fat, total	16.3 g	6.3 g
- saturated	7.7 g	2.9 g
Carbohydrate	24.8 g	9.5 g
- sugars	9.3 g	3.6 g
Dietary Fibre	7.1 g	2.7 g
Sodium	412 mg	158 mg
Potassium	785 mg	302 mg
Calcium	148.2 mg	57.0 mg
Phosphorus	303.2 mg	116.6 mg
Iron	3.3 mg	1.3 mg

Ingredients: Peas (38%) (Potato (0.5%), Skim **Milk** Powder, Vegetable Stock, Coconut Oil), Roast Beef (35%) (Beef, Juices From Meat, Skim **Milk** Powder, Potato (0.5%), Olive Oil, Onion, Modified Maize Starch (1422), Beef Style Stock, Garlic, Onion Powder, Salt, Black Pepper, Mixed Herbs, Coconut Oil), Carrots (33%) (Potato

(1%), Skim **Milk** Powder, Vegetable Stock), Potato (29%) (Potato (27%) (Potatoes (99%) (Contains Sulphites), Emulsifier (471), Stabiliser (450), Flavours.), Butter (**Milk**), Salt, White Pepper).

Contains Milk.

Net weight: 260 g

Made in Australia from at least 75% Australian ingredients

NUTRITIONAL INFORMATION PRE-PLATED MEAL + SAUCE ON THE SIDE

Meal Serves:

Roast Beef 90g, Peas 50g, carrots 45g, potato 75g, Red Wine Jus 100ml

Nutritional Information:

Roast Beef, Carrot, Peas, Mash, & Sauce Pureed Level 4, Moderately Thick Level 3		
NUTRITION INFORMATION Servings per package: 1 Serving size: 360g (1 Meal + Sauce)		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2190 kJ (523 Cal)	608 kJ (145 Cal)
Protein	40.9 g	11.4 g
Fat, total	22.1 g	6.1 g
- saturated	11.7 g	3.2 g
Carbohydrate	34.6 g	9.6 g
- sugars	10.2 g	2.8 g
Dietary Fibre	7.7 g	2.1 g
Sodium	588 mg	163 mg
Potassium	945 mg	262 mg
Calcium	154.2 mg	42.8 mg
Phosphorus	327.2 mg	90.9 mg
Iron	3.4 mg	1.0 mg

Ingredients: Red Wine Jus (28%) (Veal And Beef Stock (Water, Veal & Beef Bones, Onions, Tomatoes, Carrots, Tomato Paste, Celery, Garlic, Canola Oil, Bay Leaves, Black Pepper), Tomato Soup, Red Wine (**Milk**) (Red Wine, Salt, Preservative (220)), Butter (**Milk**), Plain Gluten Free Flour, Tomato Paste, Maize Cornflour), Peas (27%) (Potato (0.5%), Skim **Milk** Powder, Vegetable Stock, Coconut Oil), Roast Beef (25%) (Beef, Juices From Meat, Skim **Milk** Powder, Potato (0.5%), Olive Oil, Onion, Modified Maize Starch (1422), Beef Style Stock, Garlic, Onion Powder, Salt, Black Pepper, Mixed Herbs, Coconut Oil), Carrots (24%) (Potato (0.5%), Skim **Milk** Powder, Vegetable Stock), Potato (21%) (Potato (19%) (Potatoes (99%) (Contains Sulphites), Emulsifier (471), Stabiliser (450), Flavours.), Butter (**Milk**), Salt, White Pepper).

Contains Milk.

Net weight: 360 g

Made in Australia from at least 60% Australian ingredients

NUTRITIONAL INFORMATION FOR PPM MEAL WITH SAUCE:

Meal Serves:

Roast Beef 90g, Peas 50g, carrots 45g, potato 75g, Red Wine Jus 60ml

Nutritional Information:

Roast Beef, Veg And Red Wine Jus Roast Beef, Peas, Carrots, Mash Potato And Red Wine Jus. Pureed Level 4, Moderately Thick Level 3.		
NUTRITION INFORMATION Servings per package: 1 Serving size: 328g (Meal & Gravy)		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2020 kJ (482 Cal)	615 kJ (147 Cal)
Protein	39.5 g	12.0 g
Fat, total	20.2 g	6.2 g
- saturated	10.4 g	3.2 g
Carbohydrate	31.5 g	9.6 g
- sugars	9.9 g	3.0 g
Dietary Fibre	7.5 g	2.3 g
Sodium	531 mg	162 mg
Potassium	894 mg	272 mg
Calcium	152.4 mg	46.5 mg
Phosphorus	319.7 mg	97.5 mg
Iron	3.4 mg	1.0 mg

Ingredients: Peas (30%) (Potato (0.5%), Skim **Milk** Powder, Vegetable Stock, Coconut Oil), Roast Beef (Beef (20%), Juices From Meat, Skim **Milk** Powder, Potato (0.5%), Olive Oil, Onion, Modified Maize Starch (1422), Beef Style Stock, Garlic, Onion Powder, Salt, Black Pepper, Mixed Herbs, Coconut Oil), Carrots (26%) (Potato (0.5%), Skim **Milk** Powder, Vegetable Stock), Potato (23%) (Potato (21%) (Potatoes (99%) (Contains Sulphites), Emulsifier (471), Stabiliser (450), Flavours.), Butter (**Milk**), Salt, White Pepper), Red Wine Jus (21%) (Veal And Beef Stock (Water, Veal & Beef Bones, Onions, Tomatoes, Carrots, Tomato Paste, Celery, Garlic, Canola Oil, Bay Leaves, Black Pepper), Tomato Soup, Red Wine (**Milk**) (Red Wine, Salt, Preservative (220)), Butter (**Milk**), Plain Gluten Free Flour, Tomato Paste, Maize Cornflour).

Contains Milk.

Net weight: 328 g

Made in Australia from at least 64% Australian ingredients

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

☐ **Meat / Vegetable**	**For Steam Oven:** 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.
☐	**For Dry Heat e.g. Burlodge:** 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.
☐	**For Home Microwave, plated and covered with glad wrap:** 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.
☒	**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!
☒	**Meals on Wheels Container**

	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.
☐	**Sauce (individually packaged)** 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.
☐ **Biscuits / Cakes/ Fruit**	Remove from packaging. Place frozen items on the serving plate. 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			