

Issue No:	1	Date:	07/12/2025
Document Approved by:	Dr Lisa Sossen, Accredited Practising Dietitian		

1. General Information		
Product Name	Pre-Plated Meal 95020s Fish Fillet, Green Beans, Corn, Mash, and White Sauce	
Texture	☒ Pureed (Level 4) ☐ Minced & Moist (Level 5)	
	☐ Soft & 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: Dr Lisa Sossen 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		
		
Fresh ingredients are cooked and processed to the correct consistency. 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.		
IDDSI / Appearance/Smell/Taste/Characteristics	IDDSI audit testing of each batch to Pureed Level 4. Passes critical appearance: there are no lumps. Passes the fork drip	



	test: passes the fork drip test (sits on a mound on the fork) and does not drip or flow though the fork. Passes the Spoon Tilt Test: holds shape on teaspoon, fluid sides off teaspoon with little food left (not sticky). Product is characteristic in taste and smell of freshly cooked fish and vegetables.
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Barcode / Order code / Product Information					
Barcode	IDDSI Level	Product	Order Code	Serves per pack	Serves per Carton
9348501002835	4	Fish & Veg with White Sauce	95020s	1 meal incl. sauce	
9348501003092	4	Mixed Box Pre-plated Meals 95127s, 95020s, 95119s, 95070s,95050s, 95113s, 95115s, 95118s, 95060s, 95128s, 95102s, 95090s, 95040s, 95100s, 95010s	95002C	1 Meal per pack	15
Net Weight		291g			
Product Shelf Life		12 months of Use by Date			
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 FOODWORKSonline)					

Fish & Veg with White Sauce		
Fish Fillet, Green Beans, Corn, Mashed Potato with White Sauce. Pureed Level 4, Moderately Thick Level 3.		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 291g (Meal & Gravy)		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1640 kJ (392 Cal)	564 kJ (135 Cal)
Protein	16.5 g	5.7 g
Fat, total	18.6 g	6.4 g
- saturated	10.0 g	3.4 g
Carbohydrate	35.7 g	12.3 g
- sugars	9.6 g	3.3 g
Dietary Fibre	6.5 g	2.2 g



Sodium	714 mg	245 mg
Potassium	818 mg	281 mg
Calcium	147.6 mg	50.7 mg
Phosphorus	398.6 mg	137.0 mg
Iron	2.0 mg	0.7 mg

Ingredients: White Sauce (25%) (Water, Plant Based Cream {Lentil Milk, Vegetable Oils, Sugar, Modified Corn Starch (1422), Emulsifiers, Vegetable Gums, Natural Flavours, Salt, Colour (Beta-carotene)}, Gluten Free Flour (Tapioca Starch, Rice Flour, Potato Starch, Modified Tapioca Starch, Dextrose Monohydrate, Thickeners, Vegetable Emulsifier), Plant -based Butter [Sunflower Oil, Water, Salt, Emulsifiers 471, Sunflower Lecithin, Natural Flavour, Vitamins, Natural Colour], Stock Powder, Salt, Mustard Powder.), **Fish** Fillet (24%) (**Fish** (Basa (99%), Salt, Acidity Regulators (332,330, 331, 333)), Full Cream **Milk**, Cream (**Milk**), Skim **Milk** Powder, Potato (0.5%), Butter (**Milk**), Plain Gluten Free Flour, Vegetable Stock, Olive Oil), Corn Cob (19%) (Corn, Potato (1%), Skim **Milk** Powder, Modified Maize Starch (1422), Vegetable Stock, Olive Oil), Potato (17%) (Potato Flakes (Potatoes (99%) (Contains Sulphites), Emulsifier (471), Stabiliser (450), Flavours.), Butter (**Milk**), Salt, White Pepper), Green Beans (13%), Potato (1%), Skim **Milk** Powder, Vegetable Stock, Olive Oil.

Allergen /May Contain Statement	Contains Fish, Milk.
Country of Origin	
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

Storage and Defrosting

All TCF products must be stored frozen at or below -18°C until use.

Defrost using one of the following safe methods:

- Overnight in the refrigerator (preferred) – covered, for a minimum of 6 hours.
- Bench thawing (short-term) – covered, for a maximum of 2 hours at room temperature.

Do not refreeze products once thawed.

Heating will vary with plating, equipment and heating process. In general, our products are best heated with a moist environment with a gentle heat. Products are designed to be served with a sauce/gravy for additional moistness and flavour. The following are suggested heating instructions. Textured Concept Foods team will be happy to assist with your heating product in your specific kitchen environment.

☐ **Meat / Vegetable**

☐

Banquet Plating (Combi Oven / Rational)

Refer to attached visual banquet instructions for plating method.

- Use a 50/50 steam bake setting at 110°C for 12–15 minutes.



	• Ensure meals are covered to retain moisture and even heating.
☐	Combi Oven (Defrosted Product) • Heat at 110°C on a 50/50 steam bake setting for 12–15 minutes. • Cover meals during heating to prevent drying. • Verify internal temperature reaches $\geq 75^{\circ}\text{C}$ before service.
☐	Frozen Method – Combi Oven • Plate meals while frozen and cover. • Heat using 100% steam at 100°C for 10 minutes. • Transfer to a hotbox maintained at 75°C for 30-40 minutes before service. • Verify internal temperature remains $\geq 75^{\circ}\text{C}$.
☐	Frozen Method – Microwave / Steam Combination • Plate meals while frozen and cover. • Microwave on defrost setting for 2-3 minutes (depending on meal size). • Follow with 100% steam at 100°C for approximately 15 minutes, ensuring the core temperature exceeds 75°C.
☐	For Home Microwave: • Keep items frozen at or below -18°C until ready to use. • Plate meal items on a plate when frozen. Cover with microwave safe cover. • Do not refreeze once thawed. • Defrost food in the refrigerator 4 hours prior to service or overnight. If you need to defrost food in the microwave, use DEFROST SETTING (approx. 30% or for the weight of food plated). • For best results, create a steam setting by spraying your meal with a little water. Use Microwave setting at 50% power for 4 min 30 sec. Check if core temperature is 75°C. Heating may take up to 6 min depending on the microwave. Allow the meal to stand for 1-2 min. Add appropriate sauce or gravy to meal for additional flavour and moisture.
☒	For Pre-plated Meals • Keep items frozen at or below -18°C until ready to use. • Thaw meals in the refrigerator for min of 4 hours or overnight. If the meal is cooked from frozen, use the defrost setting for the approx. 300g serve before heating. • Use Microwave setting at 50% power for 4 min 30 sec. • Allow the meal to stand for 1-2 min. • Peel the skin-seal off carefully being careful not to burn yourself from the steam.



☐ Dessert / Snack	Plate the product on a plate and cover. Thaw in the refrigerator for 4 to 5 hours until completely thawed. For serving, garnish with cream, custard, yoghurt, or coulis. Best served when product is served at room temperature.		
Serving Suggestion	Textured Concept Foods range is versatile. Textured Concept Foods products are intended to have a sauce/gravy added to the meals for variety of flavours and enable menu matching. Specific flavours are not infused into Textured Concept Foods products which is intended to provide the versatility of product. Garnish desserts and couple with a nourishing side such as high protein yoghurt, custard, cream or a puree fruit. Use topping and coulis for further garnishing on plates.		
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, Wheat, Egg, Fish, Mollusc, Milk, Peanut, Soy, Tree Nuts, Almond, Brazil Nut, Cashew, Hazelnut, Sesame, Macadamia, Pecan, Pine Nut, Pistachio, Walnut, Lupin			