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| <b>Name of Identification</b>   | Pumpkin & Fetta Cous Cous                        |
| <b>Description</b>              | Roasted pumpkin stirred with cous cous and fetta |
| <b>Production code</b>          | C746   |
| <b>Minimum portion size (g)</b> | 200  |
| <b>Serves per full tray</b>     | 20   |
| <b>Serves per half tray</b>     | 10   |



|                    |   |
|--------------------|---|
| <b>Composition</b> | Cous Cous (Wheat Semolina), Water, Cheese Fetta (Pasteurised Cow Milk 97.18%, Salt, Lactic Cultures, Rennet), Pumpkin Diced 5mm, Tomato crushed pouch (Tomato (99.8%) (Reconstituted Tomato Paste (Tomato Paste, Water), Acidity Regulator (330)), Onion Diced 15mm, Capsicum Red Diced 3mm, Oil Vegetable (Vegetable Oil, Antifoam (900A)), Garlic Crushed (Garlic, Salt), Ginger Ground, Salt Cooking ((Sodium Chloride), Anticaking Agent (535)), Parsley Chopped, Chilli Powder |
|--------------------|---|

| <b>Nutritional information</b> |      |    | <b>Package and shipping</b>         |   |
|--------------------------------|------|----|-------------------------------------|---|
| <b>band</b>                    | 2    |    | <b>Packaging method / Material</b>  | Hot fild - stainless steel gastronorm trays             |
| <b>energy</b>                  | 1367 | kJ | <b>Size, weight, etc.</b>           | 2 Kg and 4 Kg   |
| <b>protein</b>                 | 14   | g  | <b>Label</b>                        | Labels are date coded and attached during production    |
| <b>fat</b>                     | 13   | g  | <b>Instructions for preparation</b> | Keep product refrigerated until consumption, serve cold |
| <b>carbohydrate</b>            | 37   | g  |                                     |   |
| <b>sodium</b>                  | 580  | mg |                                     |   |
| <b>calcium</b>                 | 147  | mg |                                     |   |
| <b>potassium</b>               | 301  | mg |                                     |   |

|                 |                |            |                                   |                                     |  |
|-----------------|----------------|------------|-----------------------------------|-------------------------------------|--|
| Allergen advice | Gluten, Wheat, |            | consumption, serve cold           |                                     |  |
|                 | Milk           |            |                                   |                                     |  |
|                 | gluten free    | X          |                                   | Storage conditions and distribution | All products shall be stored, handled and transported (in an approved Food Transport Vehicle) at 0-5°C |
|                 | lactose free   | X          |                                   |                                     |  |
|                 | vegetarian     | ✓          |                                   |                                     |  |
| vegan           | X              | Shelf life | 5 days under proper refrigeration |                                     |  |

|  |   |
|--|---|
| <b>May contain</b>   | <b>NIL</b>  |
| <b>Made in a facility that also processes products with:</b> | milk, wheat, soy, fish, egg, shellfish, sesame, mustard |

|                           |  |
|---------------------------|--|
| <b>Use of the product</b> |  |
| <b>Intended use</b>       | May also be used an ingredient in preparing meals. |
| <b>Consumer group</b>     | Consumers of all ages consume this product.        |

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| <b>Quality Statement</b> | At Medichef we pride ourselves on the consistent quality of service and product that we provide our customers. It is the aim of this company to continue to improve our services and in turn meet or exceed our customer's expectations. |
|                          | Our commitment to food safety and quality is achieved by our quality practices, through the applications of HACCP and customer driven quality requirements.  |
|                          | We undertake to adhere to Good Manufacturing Practices and to comply with both legal and regulatory requirements, as described by FSANZ.   |
| <b>Origin Statement</b>  | Made in Australia from local and imported ingredients  |

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