

## Menuserve Mediterranean Style Quiche Cut - Information

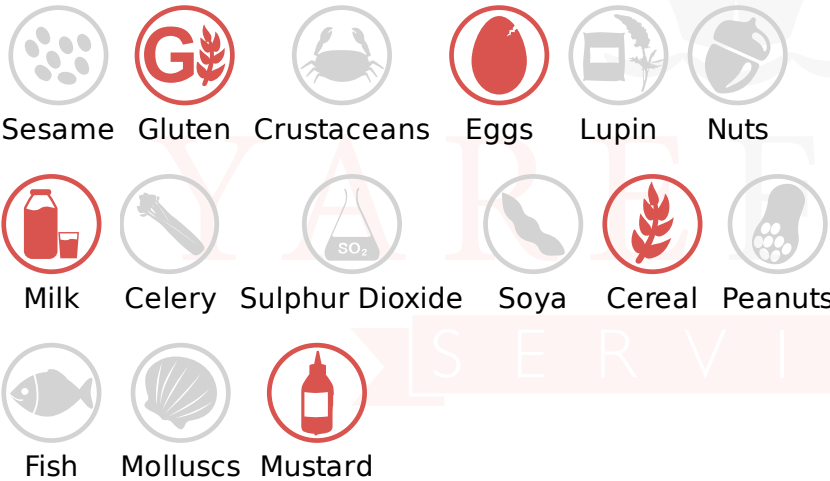
Pre-sliced quiche made with egg, red and yellow peppers and courgette encased in golden shortcrust pastry Palm from a sustainable source, RSPO certificate number BMT-RSPO-000578 (1 x 1)

**Our Product Code:** 024486  
**Suppliers Product Code:** MSQS025  
**Information Last Updated:** 13/10/2025  
**Date Produced:** 20/04/2026



### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	209.00
Energy (kJ)	879.00
Protein (g)	5.40
Carb (g)	21.20
Of Which Sugars (g)	2.30
Fat (g)	11.40
Of Which Saturates (g)	5.40
Fibre (g)	0.90
Salt (g)	0.55

### Dietary Information

Key: **Suitable for**



**Please Note:** This information has been supplied by manufacturers and other third parties to Yare Food Services. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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### Ingredients

Pastry Case: Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Margarine (Palm Oil, Coconut Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulators (Citric Acid, Disodium Citrate), Natural Flavouring, Colour (Natural Carotenes)), Shortening (Palm Oil, Rapeseed Oil), Maize Flour, Water, Tomato Puree, Sea Salt. Filling: Water, Whole Liquid EGG (11%), Yellow Peppers (5%), Red Peppers (5%), Courgettes (5%), Mature Cheddar Cheese (5%) (MILK, Salt, Starter, Rennet, Colour (Annatto Bixin, Norbixin), Potato Starch), Whole MILK Powder, Cornflour, Modified Maize Starch, Onion, Salt, MUSTARD Powder, Ground White Pepper.

### Handling Information

#### Directions for Use

From Frozen unless otherwise stated Oven: Remove outer packaging, leave in foil tray. Pre heat oven 190°C/170°C (fan)/Gas Mark 5. Place quiche on a baking tray and reheat for 30 mins until a core temperature of >75°C (or relevant national requirements) for 30 secs before serving. To serve chilled leave in a refrigerator overnight to defrost. Once defrosted consume within 24 hours. Do not refreeze once defrosted. These are guidelines only. All appliances vary. Do not reheat once cooled.

#### Storage Instructions

Keep Frozen. Store at -18°C or below

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