

## TFS - Fish Cod Fillets 10-12oz (290-320g) Skin on Pin Bone Out - Information


Skin On Boneless Whole fillets or tails of Cod which have been individually quick frozen, no welded fillets permitted. Fillets shall have a protective water glaze applied of 20% (+/-2)


**Our Product Code:** 029286  
**Suppliers Product Code:**  
**Information Last Updated:** 10/09/2024  
**Date Produced:** 29/06/2025





### Allergy Information


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


Sesame


Gluten


Crustaceans


Eggs


Lupin


Nuts


Milk


Celery


Sulphur Dioxide


Soya

Cereal

Peanuts

Fish

Molluscs

Mustard

### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	80.00
Energy (kJ)	337.00
Protein (g)	18.30
Carb (g)	0.00
Of Which Sugars (g)	0.00
Fat (g)	0.70
Of Which Saturates (g)	0.10
Fibre (g)	0.00
Salt (g)	0.15

### Dietary Information

Key: **Suitable for**

Kosher

Vegetarian

Halal

Vegan

**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.

## TFS - Fish Cod Fillets 10-12oz (290-320g) Skin on Pin Bone Out - Information

**Our Product Code:** 029286  
**Suppliers Product Code:**  
**Information Last Updated:** 10/09/2024  
**Date Produced:** 29/06/2025



### Ingredients

Cod 80% (Gadus morhua) (FISH), Water 20% (protective glaze)

### Handling Information

#### Directions for Use

Keep Frozen. Once defrosted do not refreeze.  
Ensure food is cooked for a minimum 72oC for 2 minutes Defrost in a refrigerator at less than 5oC for 24 hours and then use within 24 hours

#### Storage Instructions

Keep Frozen. Once defrosted do not refreeze.

**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.