Yare Food Services
Nelsons Yard
South Denes Road
Great Yarmouth
Norfolk, NR30 3PR

Tel: 01493 653429
E-Mail: accounts@yareshipping.co.uk
Web: www.yareshipping.co.uk

Youngs Fishwich Squares Breaded - Information

MSC Breaded Fishwich Fillet Squares. Legal Name: Alaska Pollock Fillet Portion Coated in Breadcrumb.

Our Product Code: 030294
Suppliers Product Code:
Information Last Updated: 09/12/2024
Date Produced: 20/10/2026

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)	195.00
Energy (kJ)	819.00
Protein (g)	11.60
Carb (g)	19.60
Of Which Sugars (g)	0.90
Fat (g)	7.60
Of Which Saturates (g)	1.30
Fibre (g)	1.00
Salt (g)	1.10

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.

Yare Food Services is a tranding name of Thompsons Food Service Ltd
Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

Yare Food Services
Nelsons Yard
South Denes Road
Great Yarmouth
Norfolk, NR30 3PR

Tel: 01493 653429
E-Mail: accounts@yareshipping.co.uk
Web: www.yareshipping.co.uk

Youngs Fishwich Squares Breaded - Information

Our Product Code: 030294
Suppliers Product Code:
Information Last Updated: 09/12/2024
Date Produced: 20/10/2026

Ingredients

Alaska Pollock (FISH) (50%), Wheat Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Sunflower Oil, Water, Rapeseed Oil, Cornflour, Palm Oil, Yeast, Sea Salt, MUSTARD Flour, Dextrose, Yeast Extract, Salt Caution! Although extra care has been taken to remove all bones, some may remain

Handling Information

Directions for Use

Our Breaded Fishwich Fillet Squares are best oven baked straight from your freezer. Ensure product is piping hot throughout before serving. All appliances vary, these are guidelines only. 15 mins to oven bake - 220°C / Fan 190°C / Gas Mark 7 • Pre-heat the oven. • Remove all packaging. • Place product on a baking tray at the top of the oven and cook for 15 minutes (fan oven 15 minutes). 6 mins to deep fry – 180°C • Pre-heat the oil. • Remove all packaging. • Gently lower product into the hot oil and cook for 6 minutes.

Storage Instructions

Store at -18°C or below. Do not re-freeze once defrosted.

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.

Yare Food Services is a tranding name of Thompsons Food Service Ltd
Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson