Helen's European Cuisine
Unit 7/30 McCotter Street
Acacia Ridge, Qld 4110

PRINTED: 26.08.2025

Filo - Gourmet Rosemary Lamb

Nutrition Information

	Avg Quantity Per Serving (180 g)	Avg Quantity Per 100g
Energy	1650 kJ (395 Cal)	917 kJ (219 Cal)
Protein	23.2 g	12.9 g
Fat, Total	12.2 g	6.8 g
- Saturated	2.3 g	1.3 g
Carbohydrates	46.1 g	25.6 g
- Sugars	2.7 g	1.5 g
Sodium	928 mg	516 mg



Code Number	Fd52
Product Description	aFilos (006)
GMO Status	To the best of our knowledge, the ingredients used by Helen's European Cuisine have not been obtained or directly manufactured with the aid of genetic modification techniques, as defined in Standard A18 of the FSANZ Food Standards Code.
Regulatory Criteria: Microbiological and Chemical Testing	Regulatory requirements, microbiological and when applicable chemical testing, are in accordance with Standard 1.6.1 of the FSANZ Food Standards Code.
Ingredients	Lamb (44%), Fillo Pastry (**Wheat** Flour (**Wheat** Flour, Thiamine And Folic Acid), Water, Wheaten Cornflour, Salt, Canola Oil, Anticaking Agent (341), Preservative (202)), Water, Gravy (**Soy**) (Contains Modified Maize Starch (E1422), Colour (150d). Food Acid (E330)), Canola Oil, Red Wine (**Milk**) (Contains Preservative (220)), Onions, Stabiliser (1412), Rosemary (1%), Garlic (Contains Food Acid (260)), Sweet Chilli (Contains Acidity Regulator (260), Tapioca Modified Starch (1442), Stabilizer (415), Antioxidant (316), Flavour Enhancer (635)), Worcestershire Sauce (**Fish**) (Contains Food Acid (260), Colour (150c)), Dextrose Monohydrate, Salt, Turmeric.

Finished Product		**Packaging**	
Filling:	As Above	Plastic Non Recyclable:	No
Topping / Decoration:	Rosemary	Baking Paper Non Recyclable:	Yes
No. of serves per unit:	1	Cardboard Box Recyclable:	From approved supplier
Finished Weight Per Serve:	180 g	Units per Inner:	6
Tolerance:	+ / - 10%	Inners per Outer:	10
		Outers per Layer:	6
		Outers per Pallet:	18

Labelling	Yes on packaging
Ingredients Batch Code / Use By	Yes on packaging
Other	Yes on packaging
Shelf Life	Defrosted Product: 5-7 days from day of defrost when stored at 0°C to 4°C. Frozen Product: 10 months from day of manufacture when stored at –18°C.
Storage Conditions	Store at -18°C
Transport Conditions	Frozen: -18°C
Customer Preparation	Heat to core temp of 65°C before serving.
Food Safety - HACCP	Helen's European Cuisine is committed to the production of high quality, safe food products. All of our products are manufactured under the globally recognised SQF Food Safety and Quality Management System (SGS Cert. No. 110819) which exceeds the requirements of HACCP Certification.
Allergen Statement	**Contains Gluten, Wheat, Fish, Milk, Soy.** This product is manufactured in a facility that also processes products containing peanuts, wheat, soy, milk, eggs, honey, sesame seeds, sulphites, gluten, lupins, and tree nuts.
Origin Statement	Made in Australia from at least 96% Australian ingredients

Product Specifications are current but may be changed without notice. Therefore, downloaded copies (either electronic or printed) are uncontrolled and may not be current after the date of download.