

Filo - Gourmet Chicken & Mushroom

Nutrition Information

	Avg Quantity Per Serving (200 g)	Avg Quantity Per 100g
Energy	2110 kJ (505 Cal)	1060 kJ (252 Cal)
Protein	25.2 g	12.6 g
Fat, Total	24.0 g	12.0 g
- Saturated	6.2 g	3.1 g
Carbohydrates	46.2 g	23.1 g
- Sugars	4.3 g	2.2 g
Sodium	786 mg	393 mg



Code Number	fd02		
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	Chicken Tenderloin (32%), Fillo Pastry (Wheat Flour (Wheat Flour, Thiamine And Folic Acid), Water, Wheaten Cornflour, Salt, Canola Oil, Anticaking Agent (341), Preservative (202)), Water, Wheat Flour, Canola Oil, Natural Chicken Stock (Chicken Frames, Onions, Celery, Garlic (Contains Food Acid (260)), Herbs), Cake Marg Medium (Contains Emulsifier (471, 475), Preservative (202), Conditioner (330), Flavour, Antioxidant (320), Colour (160a)), Mushroom (2.5%), Thickened Cream (Milk) (Contains Stabiliser (407a), Emulsifier (471)), Sesame Seeds, Cheese (Milk) (Contains Anticaking Agent (460)), Skim Milk Powder, Stabiliser (1412), Onions, Garlic (Contains Food Acid (260)), White Wine (Milk) (Contains Preservative (220)), Eschallots, Salt, Chicken Booster, Lemon Pepper (Contains Food Acid (330)), Dextrose Monohydrate, Herbs, Spices, Turmeric.		
Finished Product		Packaging	
Filling:	As Above	Plastic Non Recyclable:	No
Topping / Decoration:	Sesame Seeds	Baking Paper Non Recyclable:	Yes
No. of serves per unit:	1	Cardboard Box Recyclable:	From approved supplier
Finished Weight Per Serve:	200 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	Frozen: 10 months from manufacture at -18°C. Once defrosted: 5 days at 0°C - 4°C. Do not refreeze.		
Storage Conditions	Store at -18°C		
Transport Conditions	Frozen: -18°C		
Customer Preparation	Heat thoroughly 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, Milk, Sesame. 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 94% Australian ingredients		

Specification No: FPS-fd02

Authorised by: J. Zeniou - Managing Director

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