

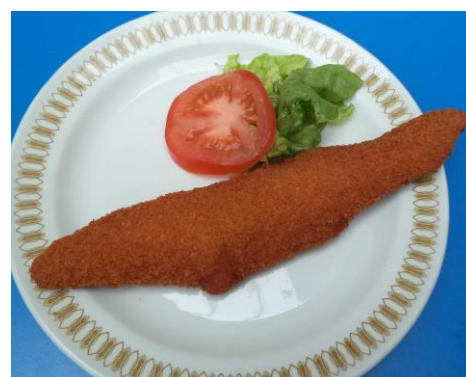
# Breaded Fillet of Fish

Allergens – **Wheat**, **Fish**, **Mustard** (traces)

## Ingredients

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Quantity	Ingredient
20	85g <b>Breaded Fish Fillets</b>



Vegetable and carbohydrate is provided based on the current menu

## Method

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1. Bake in oven as per manufacturer's instruction.
2. Serve at minimum temperature of 63°C.

## Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 97.1	= 3.16	= 0.18	= 0	= 0.5	= 7.2

**Portion size** - Primary - 85g