

Supplier's Product Code :
Product Added :
Last Updated by Supplier :
erudus id :

FGL45PW
02 March 2026
02 March 2026
2d70d967b3da48f690b601dccb418258



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Frozen Fully Cooked MSC Lemon Sourdough Crumbed Fish Goujon (5 x 1kg)

Short Product Name:

Frozen Fully Cooked MSC Lemon Sourdough Crumbed Fish Goujon

Product Description:

Frozen fully cooked coated natural fish goujon in sourdough breadcrumb with lemon profile, par-fried with canola oil.

General Information

Food/Drink : Food

Product Category : Frozen

Generic Product Type :

Supplier's Product Code :
FGL45PW
Supplier: Pacific West Foods
3 Willowside Park
Canal Road
Trowbridge
Wiltshire
BA 14 8RH
England
P: 01373 824242

OUTER PRODUCT

Outer case Information

Outer Case GTIN : 19551021300177

Packaging Type Description :

Total Quantity of Inner Units in Outer Case : 5 Units

Is Trade Item Splittable? : Yes

Outer Case Length : 393 mm

Outer Case Width : 243 mm

Outer Case Height : 154 mm

Product Gross Weight : 5.40 kg

Product Net Weight : 5.00 kg

Pallet Information

Quantity of Cases Per Pallet Layer : 12 Cases

Quantity of Layers Per Pallet : 10 Layers

Quantity of Cases Per Pallet : 120 Cases

Pallet Height : 1.69 MTR

Pallet Gross Weight : 652.80 kg

Logistical Information

Shelf Life from Time of Production : 912 Days

Guaranteed Shelf Life on Delivery : Not specified.

Minimum Order Quantity : Not specified.

Delivery Lead Time : Not specified.

Waste Packaging Weight - Outer Case

Glass : 0.00 g

Plastic : 0.00 g

Percentage Recycled Plastic : Not specified.

Paper/Board : 367.00 g

Aluminium : 0.00 g

Steel : 0.00 g

Other : 0.00 g

Wood : Not specified.

Fibre Based Composite : Not specified.

Waste Packaging Weight - Transport Packaging

Plastic : Not specified.

Paper/Board : Not specified.

Percentage Recycled Plastic : Not specified.

Wood Total : Not specified.

Is Pallet Returnable? : -

Other Information

Supplier Comments :

INNER PRODUCT

Origin Information

Product Country of Origin/Place of Provenance:	Malaysia
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Additional Origin Details:

Not specified.

Inner Pack Information

Internal GTIN:	9551021300170
Packaging Type Description:	
Variable Weight Consumer Item:	No
Net Drained Weight:	Not specified.

Inner Unit Length:	385 mm
Inner Unit Height:	1 mm
Inner Unit Width:	216 mm
Inner Product Weight:	1.00 kg
Inner Product Weight Units:	kg

Weight/Volume:

Not specified.

Handling Information

Directions For Use:

All reheating appliances vary in performances, these are guidelines only. Reheating Instructions FROM FROZEN. High speed oven: First stage: Temperature setting 275°C, 10% fan, 100% microwave, reheat for 1 minute. Second stage: Temperature setting 275°C, 20% fan, 80% microwave, reheat for 40 seconds. Place 4 pcs of the frozen product on the tray and start the Merry Chef, reheat the products and serve.

Air Fryer: Preheat Air Fryer to 200°C. Fill up the basket with products. (Do not overload, 1 layer is enough). Reheat for 7 - 8 minutes or until golden brown.

Conventional Oven: Preheat oven to 230°C (fan forced). Place products on a pre-heated baking rack and bake for 14 - 16 minutes or until golden brown, turning over halfway through reheating.

Microwave: Reheat at Medium heat for 2 minutes 30 seconds to 3 minutes 30 seconds. Then, rest for 1 minute before serving.

Deep Fry: Preheat oil to 180°C. Deep fry product for 4 - 5 minutes or until golden brown.

Reheating Instructions FROM CHILLED Directions for use: Defrost product completely until the core of the product is not hard. Do not refreeze once defrosted. High speed oven: First stage: Temperature setting 275°C, 100% fan, 50% microwave, reheat for 1 minute. Second stage: Temperature setting 275°C, 100% fan, 10% microwave, reheat for 30 seconds. Place 4 pcs of the chilled product on the tray and start the Merry Chef, reheat the products and serve. Please note that different brands or models of high-speed ovens may have varying temperature settings and operational procedures. The instructions above are specific to the Merrychef high-speed oven with Connex 12 model.

Storage Instructions:

At all times the Finished Products shall be maintained in a frozen condition and stored at a constant temperature of minus eighteen (-18) degrees Celcius or lower. Do not refreeze.

Dietary Information

Ingredients :

Poilock (Fish) (50%), Coating [Wheat Flour, Water, Canola Oil, Thickeners (E1420, E1412, E415), Dried Wheat Sourdough, Sugar, Spices (Garlic, Pepper, Onion), Salt, Starches (Tapioca, Corn), Lemon Powder, Stabiliser (E170i), Rice Flour, Raising Agents (E450, E500), Yeast Extract, Acidity Regulator (E330)].

Product contains:

GM Protein/DNA :	No
Celery/Celeriac (and products thereof) :	No
Lupin (and products thereof) :	No
Eggs (and products thereof) :	No
Fish (and products thereof) :	Yes
Soybeans (and products thereof) :	May Contain
Milk (and products thereof) :	No
Mustard (and products thereof) :	No
Peanuts (and products thereof) :	No
Sesame Seeds (and products thereof) :	No
Crustacea (and products thereof) :	May Contain
Molluscs (and products thereof) :	May Contain
Nuts (and products thereof) :	No
Almond nuts :	No
Hazelnuts :	No
Walnuts :	No
Cashew nuts :	No
Pecan nuts :	No
Brazil nuts :	No
Pistachio nuts :	No
Macadamia nuts :	No
Queensland nuts :	No
Cereals Containing Gluten :	Yes
Wheat (and products thereof) :	Yes
Rye (and products thereof) :	No
Barley (and products thereof) :	No
Oats (and products thereof) :	No
Spelt (and products thereof) :	Yes
Kamut (and products thereof) :	Yes
Gluten content <20ppm :	-
Hydrogenated Vegetable Oil/Fat :	No
Palm Oil :	No
Sulphur Dioxide and Sulphites :	No
Sulphur Dioxide/Sulphites Concentration :	-

Product contains :

Artificial Antioxidants :	No
Artificial Colours :	No
Artificial Flavourings :	No
Artificial Flavour Enhancers :	No
Artificial Preservatives :	No
Artificial Sweeteners :	No

Product suitability:

Suitable for a Vegetarian Diet :	No
Suitable for a Vegan Diet :	No
Suitable for Sufferers of Lactose Intolerance :	-
Suitable for Coeliacs :	-
Approved for a Halal Diet :	Yes
Approved for a Kosher Diet :	No
HFSS (High in Fat, Salt and Sugar) :	No

Allergen Statement :

Not specified.

Nutritional Information

Average Serving :	Not specified.
Count per 100g :	Not specified.
Count Per Pack :	Not specified.
Energy per 100 G/ML :	974.00 kJ
Energy per 100 G/ML :	233.00 kcal
Fat per 100 G/ML :	10.8 g
- of which Saturates per 100 G/ML :	2.7 g
- of which Mono-unsaturates per 100 G/ML :	Not specified.
- of which Polyunsaturates per 100 G/ML :	Not specified.
Trans Fats per 100 G\ML :	Not specified.
Carbohydrate Per 100 G/ML :	23 g
- of which Sugars per 100 G/ML :	1.6 g
- of which Polyols per 100 G/ML :	Not specified.
- of which Starch per 100 G/ML :	Not specified.
Fibre per 100 G/ML :	1.5 g
Protein per 100 G/ML :	10.1 g
Salt per 100 G/ML :	0.6 g
Sodium per 100 G\ML :	Not specified.

Vitamin A per 100g :	Not specified.
Vitamin C per 100g :	Not specified.
Folate/Folic Acid per 100g :	Not specified.
Calcium per 100g :	Not specified.
Iron per 100g :	Not specified.
Zinc per 100g :	Not specified.
Cholesterol per 100 G/ML (UK/FR) :	Not specified.
Non Milk Extrinsic Sugars per 100gm :	Not specified.
Alcoholic Strength %Vol :	Not specified.
Fat Percentage in Dry Matter per 100g :	Not specified.

Waste Packaging Weight - Inner Unit

Glass :	0.00 g
Plastic :	12.30 g
Percentage Recycled Plastic :	0.00 %
Paper/Board :	0.00 g

Aluminium :	0.00 g
Steel :	0.00 g
Other :	0.00 g
Wood :	Not specified.
Fibre Based Composite :	Not specified.

Accreditations / Certifications / Assurance Schemes

BRCGS Certified Production :	Yes
Red Tractor :	-
Fairtrade :	-
Marine Stewardship Council Certified (MSC) :	Yes
Organic :	-
SALSA (Safe & Local Supplier Approval) :	-
British Lion Mark :	-
RSPCA Assured :	-
LEAF Marque (Linking Environment and Farming) :	-
Rainforest Alliance :	-
Food for Life Supplier Scheme :	-
Quality Meat Scotland :	-
Farm Assured Welsh Livestock :	-
Northern Ireland Beef & Lamb Farm Quality Assurance Scheme :	-
Quality Standard Mark (Beef/Lamb) :	-
Roundtable of Sustainable Palm Oil (RSPO) :	-
School Approved (The Requirement for School Food Regulation 2014) :	Yes
IFS Food Standard :	-
Best Aquaculture Practices (BAP) Certification :	-
ISO 14001 (Environmental System) :	-
FSSC 22000 :	-

Other Accreditation :	Not specified.
Intra Stat/Taric Code :	Not specified.
Commodity Code :	1604199500
Identification/Health Marks :	Establishment no 50

Standards Testing

Do you undertake trend analysis of
microbiological results?:

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Is shelf life testing undertaken? :

Yes

Microbiological Standards

Not available.

Analytical Standards

Not available.