
	Form No.	Issue Date	Version
	NPD-FRM-004a	12/04/2020	1
	Authorised by	Innovation Manager	Kirsten Zadow
Form Title	<b>FINISHED PRODUCT SPECIFICATION</b>		<i>KZadow</i>

1100457 Fitness Outcomes Chicken and Vegetable Stir Fry	Spec. version	1.3
	Effective date	7/10/2022

Product Code	1100457		
Product Name	Fitness Outcomes Chicken & Vegetable Stir Fry		
Product Description	Chicken & Vegetable Stir Fry with Basmati Rice 350g		
Packaging Description	Single cavity plastic tray with plastic film lid in a printed cardboard inner. 8 X 350g inners per shipper		
Manufacturing Location & Line	Pakenham, Tray Line 3		
APN/TUN	APN	9354107000366	TUN 19356335001686

Ingredient Listing	Free Range Chicken & Vegetable Stir Fry (79%), (Free Range Australian Chicken (36%), Vegetables (32%) (Tomatoes, Carrot, Onion, Capsicum, Water Chestnuts), Tomato Paste, Water, <b>Soy</b> Sauce, <b>Cashew</b> Paste, Corn Flour, Ginger, Herbs, Garlic, Paprika Oleoresin, Salt, <b>Sesame</b> Oil, Chilli), Cooked Basmati Rice (21%) (Water, Basmati Rice).
Product Claims	NO ADDED ARTIFICIAL PRESERVATIVES FREE RANGE CHICKEN GOOD SOURCE OF PROTEIN LOW SUGAR
Allergen Statement	CONTAINS: SOY, CASHEW, SESAME. MAY CONTAIN: EGG, FISH, GLUTEN, MILK, PEANUT, WHEAT.
Country of Origin	 <b>Made in Australia</b> from at least 66% Australian ingredients

Nutrition Information							
	Contains 1 x 350g serve						
	Nutrition Information	Avg Qty Per g Serving		% Daily Intake* (per serving)		Avg Qty Per 100g	
	Energy	1460	kJ	17	%	418	kJ
		350	kcal			100	kcal
	Protein	28.4	g	74	%	8.1	g
	Fat, total	10.5	g	15	%	3.0	g
	- saturated	3.2	g	9	%	0.9	g
	Carbohydrate	32.2	g	10	%	9.2	g
	- sugars	6.0	g	7	%	1.7	g
	Sodium	903	mg	44	%	258	mg
*Percentage Daily Intakes (%DI) are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.							


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Health Star Rating	
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Usage Instructions	
Shelf life	18 months (548 days)
Storage instructions	Storage Instructions: Keep Frozen. Store at or below minus 18°C. Must be heated thoroughly (to at least 75°C) prior to consumption. Consume immediately. Once thawed or heated, do not re freeze or refrigerate
Serving Instructions	<p>MICROWAVE (1100W)</p> <ol style="list-style-type: none"> <li>1. Peel back one corner of film.</li> <li>2. Heat on HIGH for 4 MINS then remove and stir.</li> <li>3. Pop back in for a further 2 MINS.</li> <li>4. Stir once more and let stand for 1 MIN before eating.</li> </ol> <p>Microwaves vary. Times given are approximate. Meal must be cooked thoroughly. Caution: contents and tray will be hot so be careful. Take care when opening.</p>

Contact Information	<p>Fitness Outcomes trademarks are used under licence by Patties Foods Pty Ltd</p> <p>Proudly cooked by Patties Foods Pty Ltd. 28-46 Bald Hill Road, Pakenham VIC Australia 3810.</p> <p>For further information, consumer comments or questions please call 1800 650 069 (8am till 5pm Monday to Friday excluding public holidays) or email <a href="mailto:info@patties.com.au">info@patties.com.au</a></p> <p>Facebook: FitnessOutcomes <a href="http://FitnessOutcomes.com.au">FitnessOutcomes.com.au</a> Instagram: @FitnessOutcomes</p>
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### Packaging Details

PACKAGING SPECIFICATION					
Old SKU #	1100457	Customer FG #	NA		
New SKU #	1100457	Site Item no.	PKN		
Product Description	Chicken & Vegetable Stir Fry with Basmati Rice 8X350G				
Brand	FO				
<b>PRIMARY PRODUCT (eg Pie, Roll....)</b>					
Individual Piece weight	350	g			
<b>RETAIL PACK (eg Selling Item)</b>					
Retail Pack Weight (Product)	350	g			
Primary Products per Retail Pack	1				
<b>Outer (Corrugated carton)</b>					
Outer Weight (Product) NET	2.80	Kg			
Gross Outer Weight (Product+Packaging)	3.60	Kg			
Retail Packs per Outer	8				
Individual Piece per Outer	8				
Outer Configuration ( H x L x W )	4	x	2	x	1
<b>PRIMARY PACK Dimensions (mm)</b>					
Wrap	NA	x	NA		
<b>Inner Carton</b>					
Internal Dimensions	NA	x	NA	x	NA
External Dimensions	140	x	191	x	47
<b>OUTER Dimensions (mm)</b>					
Internal Dimensions	278	x	191	x	197
External Dimensions	290	x	197	x	203
<b>PALLET AUS</b>					
Outers Per Layer	21		Layers Per Pallet		5
Outers Per Pallet	105		Pallet Pattern		21S2
Pallet Dimensions (mm) ( L x W x H )	1165	x	1165	x	1200
<b>PALLET (others, e.g. export)</b>					
Outers Per Layer	NA		Layers Per Pallet		NA
Outers Per Pallet	0		Pallet Pattern		NA
Pallet Dimensions (mm) ( L x W x H )	NA	x	NA	x	NA
	AUS		Other		
Pallet NET weight kg	280		0		
Pallet Gross weight kg	405		0		
<b>BARCODES</b>					
	APN (Retail Pack)		9354107000366		
	TUN (Outer)		19356335001686		
Pack Part # Inner/Wrapper/Sleeve	4004796				
Pack Part # Outer	4004451				
Issue Date	25/02/2022				