

Fish & Chips

Servings:	7.14	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21351
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z	14 2/7 Each	BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED /u2013 COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u201CBONELESS/u201D PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.	327162
FRIES WEDGE SEAS	1 Pint 1 4/7 Cup (3 4/7 Cup)	Bake according to package directions	457558
SAUCE TARTAR DIPN CUP 100- 1Z PPI	7 1/7 Each	Serve on side	316687

Preparation Instructions

Place two fish filets and wedges in a 2# boat. Serve tartar on side. Hold at 135F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 Each

Amount Per Serving	
Calories	614.61
Fat	31.75g
SaturatedFat	4.44g
Trans Fat	0.00g
Cholesterol	100.04mg
Sodium	1078.73mg
Carbohydrates	51.24g
Fiber	5.92g
Sugar	2.96g
Protein	31.93g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.15mg	Iron 3.09mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available