Island Fare Ltd T/A OCRAS Unit H, West Cork Business & Technology Park, Clonakilty, Cork, Ireland P85HD00

VARIETY BOX – PRODUCT SPECIFICATION

Product Code: VB 201

Seven frozen, individually portioned bakery and snack products for texture modified diets, suitable for use with the IDDSI Framework. **All seven products are suitable for IDDSI Levels 4, 5 and 6.** Box dimensions: 311 x 225 x 145mm. Portions of each product per variety box: to be confirmed.

Product	IDDSI Level	Portion	Contains	Min. defrost at ≤5°C	Standard pack
Plain Scone	4, 5, 6	45g	**Gluten (Wheat), Milk, Egg**	60 minutes	12 per tray, 5 trays, 60 per box
Cinnamon Scone	4, 5, 6	45g	**Gluten (Wheat), Milk, Egg**	60 minutes	12 per tray, 5 trays, 60 per box
Bread	4, 5, 6	85g	**Gluten (Wheat)**	80 minutes	30 per box
Toast	4, 5, 6	85g	**Gluten (Wheat)**	Thaw & serve, or dry heat at 120°C for approx. 20 min	6 per tray, 5 trays, 30 per box
Custard Cookie	4, 5, 6	15g	**Gluten (Wheat), Milk**	20 minutes	20 per tray, 10 trays, 200 per box
Chocolate Biscuit	4, 5, 6	15g	**Gluten (Wheat)**	20 minutes	20 per tray, 10 trays, 200 per box
Ginger Biscuit (suitable for vegans)	4, 5, 6	15g	**Gluten (Wheat)**	20 minutes	20 per tray, 10 trays, 200 per box

Manufactured in a plant that handles EGG, SOYA, MILK, MUSTARD, SULPHITES, CELERY, FISH & TREE NUTS (Almonds and Hazelnuts).

Storage & preparation: KEEP FROZEN. Store at or below -18°C. Place each portion onto a clean plate while frozen, add toppings of choice and keep covered. Defrost in a refrigerator at ≤5°C until the product reaches 1°C–5°C, for at least the time shown above. Once warmed, toast cannot be reheated. Once fully defrosted, consume within 24 hours. Do not refreeze. Keep covered until ready to consume.

Serving: scones and bread with butter, jam or any topping; toast with butter, seedless jam, puréed scrambled egg or puréed sausage. Add a filling to bread, toast or biscuits to make a sandwich.

Key features: high quality ingredients · suitable for use with the IDDSI Framework for safe swallowing · maintains nutritional integrity, flavour and appeal · for hospitals, care homes and home use · individually portioned in recyclable packaging · stored frozen.

INGREDIENTS (allergens in bold)

Product	Ingredients
Plain Scone	**Wheat Flour**, **Buttermilk**, **Butter**, Sugar, Water, **Pasteurised Egg**, Raising Agents (Sodium Bicarbonate, Sodium Diphosphate, Calcium Phosphate), Maltodextrin, Agar, Pectin, Xanthan Gum.
Cinnamon Scone	**Wheat Flour**, **Buttermilk**, **Butter**, Sugar, Water, **Pasteurised Egg**, Raising Agents (Sodium Bicarbonate, Sodium Diphosphate, Calcium Phosphate), Maltodextrin, Agar, Pectin, Xanthan Gum, Cinnamon.
Bread	**Wheat Flour**, Water, Yeast, Salt, Emulsifiers (E472e), Flour Treatment Agents (Ascorbic Acid), Calcium Sulphate, Anticaking Agents: Calcium Silicate, Deactivated Yeast, Colour (Ammonia Caramel), Maltodextrin, Agar, Pectin, Xanthan Gum.
Toast	**Wheat Flour**, Water, Yeast, **Wheat Gluten**, Salt, Emulsifiers (E472e), Flour Treatment Agents (Ascorbic Acid), Calcium Sulphate, Anticaking Agents: Calcium Silicate, Deactivated Yeast, Colour (Ammonia Caramel), Maltodextrin, Agar, Pectin, Xanthan Gum.
Custard Cookie	**Wheat Flour** (**Wheat Flour**, Calcium Carbonate, Niacin, Iron, Thiamin), Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, **Wheat Starch**, Water, Raising Agents: Sodium Carbonates, Ammonium Carbonates, **Whey Powder (Milk)**, Salt, Flavourings, Palm Kernel Oil, Dextrose, Agar, Pectin, Maltodextrin, Xanthan Gum, Colour: Carotenes.
Chocolate Biscuit	**Wheat Flour** (**Wheat Flour**, Calcium Carbonate, Niacin, Thiamin, Iron), Sugar, Water, Palm Oil, Fat Reduced Cocoa Powder*, Partially Inverted Refiners Syrup, Palm Kernel Oil, Dextrose, Rapeseed Oil, Raising Agents: Ammonium Carbonates, Sodium Carbonates, Salt, Flavourings, Agar, Pectin, Maltodextrin, Xanthan Gum. (*Rainforest Alliance Certified)
Ginger Biscuit	**Wheat Flour** (**Wheat Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Palm Oil, Invert Sugar Syrup, Ground Ginger, Water, Raising Agents: Sodium Carbonates, Diphosphates, Calcium Chloride, Salt, Flavourings, Agar, Pectin, Maltodextrin, Xanthan Gum.

NUTRITION INFORMATION

Per 100g

Typical values	Plain Scone	Cinnamon Scone	Bread	Toast	Custard Cookie	Chocolate Biscuit	Ginger Biscuit
Energy	667kJ/159kcal	667kJ/159kcal	360kJ/85kcal	280kJ/66kcal	1202kJ/287kcal	1109kJ/265kcal	905kJ/215kcal
Fat	5.5g	5.5g	0.4g	0.3g	12.9g	11.8g	7.2g
of which saturates	3.4g	3.4g	0.13g	<0.1g	6.9g	6.6g	3.61g
Carbohydrate	23.6g	23.6g	17.1g	13.9g	39.1g	35.4g	34.5g
of which sugars	5.5g	5.5g	0.2g	<0.2g	14.6g	16.6g	13.4g
Fibre	1.1g	1.1g	0.7g	0.8g	0.8g	2.6g	1g
Protein	3.1g	3.1g	2.9g	2.3g	3.1g	3.0g	2.5g
Salt	0.6g	0.6g	0.5g	0.4g	0.28g	0.13g	0.25g

Per portion

Typical values	Plain Scone (45g)	Cinnamon Scone (45g)	Bread (85g)	Toast (85g)	Custard Cookie (15g)	Chocolate Biscuit (15g)	Ginger Biscuit (15g)
Energy	300kJ/71kcal	300kJ/71kcal	306kJ/72kcal	238kJ/56kcal	180kJ/43kcal	166kJ/40kcal	135kJ/32kcal
Fat	2.5g	2.5g	0.34g	0.25g	1.9g	1.7g	1g
of which saturates	1.5g	1.5g	0.11g	0.08g	1g	1.0g	0.54g
Carbohydrate	10.6g	10.6g	14.53g	11.8g	5.86g	5.3g	5.1g
of which sugars	2.5g	2.5g	0.17g	0.17g	2.2g	2.5g	2g
Fibre	0.5g	0.5g	0.6g	0.68g	0.12g	0.4g	0.15g
Protein	1.4g	1.4g	2.5g	1.95g	0.46g	0.45g	0.37g
Salt	0.27g	0.27g	0.43g	0.34g	0.04g	0.02g	0.04g

Country of Origin: Ireland

Produced in: Island Fare Ltd T/A OCRAS, Unit H, West Cork Business & Technology Park, Clonakilty, Cork, Ireland, P85HD00

ADDITIONAL NUTRIENTS – PER 100g AND PER PORTION

Per 100g	Plain Scone	Cinnamon Scone	Bread	Toast	Custard Cookie	Chocolate Biscuit	Ginger Biscuit
Free sugars (g)	4.0	4.0	0.2	0.2	14.1	16.5	13.4
Starch (g)	18.1	18.1	16.9	13.7	24.5	18.8	21.1
Monounsaturated fat (g)	1.5	1.5	0.13	0.05	4.8	3.65	2.9
Polyunsaturated fat (g)	0.15	0.15	0.13	0.1	1.1	0.99	0.65
Trans fatty acids (g)	0.15	0.15	0.01	0.01	0.1	0.1	0.05
Potassium (mg)	120	120	115	110	140	180	150
Phosphorus (mg)	150	150	95	90	130	120	110
Iron (mg)	1.8	1.8	1.6	1.5	2.3	2.5	2.2
Zinc (mg)	0.5	0.5	0.42	0.4	0.5	0.7	0.6
Calcium (mg)	90	90	75	70	110	90	80
Magnesium (mg)	15	15	16	15	16	20	18
Vitamin A (µg)	80	80	0	0	0	0	0
Vitamin C (mg)	0	0	0	0	0	0	0
Folate (µg)	25	25	22	20	18	20	18
Vitamin D (µg)	0.3	0.3	0	0	0	0	0
Vitamin B1 Thiamin (mg)	0.15	0.15	0.19	0.18	0.14	0.15	0.14
Vitamin B2 Riboflavin (mg)	0.12	0.12	0.06	0.06	0.15	0.05	0.04
Vitamin B3 Niacin (mg)	1.5	1.5	1.9	1.8	1.7	2.0	1.8

Per portion	Plain Scone (45g)	Cinnamon Scone (45g)	Bread (85g)	Toast (85g)	Custard Cookie (15g)	Chocolate Biscuit (15g)	Ginger Biscuit (15g)
Free sugars (g)	1.8	1.8	0.17	0.17	2.12	2.48	2.01
Starch (g)	8.15	8.15	14.37	11.65	3.68	2.82	3.17
Monounsaturated fat (g)	0.68	0.68	0.11	0.04	0.72	0.55	0.44
Polyunsaturated fat (g)	0.07	0.07	0.11	0.09	0.17	0.15	0.10
Trans fatty acids (g)	0.07	0.07	0.01	0.01	0.02	0.02	0.01
Potassium (mg)	54	54	97.8	93.5	21	27	22.5
Phosphorus (mg)	67.5	67.5	80.8	76.5	19.5	18	16.5
Iron (mg)	0.81	0.81	1.36	1.28	0.35	0.38	0.33
Zinc (mg)	0.23	0.23	0.36	0.34	0.08	0.11	0.09
Calcium (mg)	40.5	40.5	63.8	59.5	16.5	13.5	12
Magnesium (mg)	6.8	6.8	13.6	12.8	2.4	3	2.7
Vitamin A (µg)	36	36	0	0	0	0	0
Vitamin C (mg)	0	0	0	0	0	0	0
Folate (µg)	11.3	11.3	18.7	17	2.7	3	2.7
Vitamin D (µg)	0.14	0.14	0	0	0	0	0
Vitamin B1 Thiamin (mg)	0.07	0.07	0.16	0.15	0.02	0.02	0.02
Vitamin B2 Riboflavin (mg)	0.05	0.05	0.05	0.05	0.02	0.01	0.01
Vitamin B3 Niacin (mg)	0.68	0.68	1.62	1.53	0.26	0.3	0.27

Issue Date: 25/09/206

Signed: 