



McCain Foods (AUS & NZ) Pty Ltd
Customer Specification
202318
McCAIN MIXED VEGETABLES 2kg

STOVE TOP:

1. Place frozen MIXED VEGETABLES in boiling water.
2. Add pinch of salt if desired. Bring back to boil and simmer until tender.
3. 100g approx 5 minutes.
4. 500g approx 5 minutes.
5. Drain and serve.

MICROWAVE:

1. Place Mixed Vegetables in a microwave safe container and cook on high.
2. 100g approx 4 - 5 minutes.
3. 500g approx 9 minutes.

NOTE: Microwave instructions are based on an 750W oven. Please adjust accordingly.

INGREDIENTS: CARROT, SWEDE, PEAS, CORN KERNELS, BEANS.

NUTRITION INFORMATION		
Servings per package: 20		
Serving size: 100 g		
	Average Quantity Per serve	Quantity Per 100g
Energy	187 kJ (45 Cal)	187kJ (45 Cal)
Protein	1.5g	1.5g
Fat, total	0.4g	0.4g
- saturated	0.1g	0.1g
Carbohydrate	7.3g	7.3g
- sugars	4.0g	4.0g
Sodium	40mg	40mg

Halal: Certified
Kosher: Not Certified
Vegan: Contains no animal products
Vegetarian: Contains no meat products

GMO Statement: This Product does not require Labelling as a genetically modified food in accordance with the Australian/NZ Food standards Code Volume 2, Section 1.5.2

Storage: Keep frozen at or below -18°C. Keeps for 2 years from the date of manufacturing
 If content becomes thawed, use as soon as possible, Do not refreeze.

Transport: The product should be transported in accordance with the recommended Code of Practice for handling merchandising Frozen Foods such that product temperature and integrity is maintained at all times.

This specification is valid at the time of issue. Check packaging for most up to date information. Please request updates as required.

Made in New Zealand

McCain Foods (Aust) Pty. Ltd.
 Ring Road, Wendouree, Vic., 3355,
 Australia.

McCain Foods (NZ) Limited.
 Omaha Road, Hastings, 4120,
 New Zealand.

Date Issued: 3/07/2014
 Review in 3 years from date issued

Authorised by: Therese Sillekens


