

Fully Cooked

*Great for
Deep Frying*

Serving Suggestion



CHICKEN BREAST NUGGETS

Made with 100% Aussie Chicken

NO ADDED HORMONES • GOOD SOURCE OF PROTEIN • FULLY COOKED

CHICKEN BREAST NUGGETS

AUSTRALIAN CHICKEN BREAST NUGGETS COATED IN A DELICIOUS GOLDEN CRUMB.



KEY BENEFITS

- ✓ 100% Aussie Chicken
- ✓ Ideal for pubs, clubs, bistros, take-aways
- ✓ No added preservatives
- ✓ No artificial colours or flavours

HEATING INSTRUCTIONS

Product must be heated before consumption. Remove contents from pack. Heat from frozen. The following is a guide only. Appliance temperatures can vary. You may need to adjust cooking times accordingly. Not suitable for microwave heating. Although great care has been taken to remove bones from this product, some may remain.



DEEP FRYER

Preheat oil to 180°C. Place a small quantity of Nuggets in fryer basket and heat for approximately 2.5-3 minutes. Drain carefully onto paper towelling.



CONVENTIONAL OVEN

Preheat oven to 200°C. Spread Nuggets on a lightly greased oven tray and heat for 14-16 minutes, turning once.

STORAGE INSTRUCTIONS

KEEP FROZEN AT OR BELOW -18°C



INGREDIENTS

Chicken (54%), Water, Flour (**Wheat, Soy**), Vegetable Oils, Salt, Starch (Maize, **Wheat**), Sugar, Thickeners (1404, 407a), Gluten (**Wheat**), Yeast, Natural Flavour, Vegetable Powder (Garlic, Onion), Natural Colour (160c, 100), Herb Extract, Mineral Salt (450), Emulsifier (322) (**Soy**).

Contains Wheat, Gluten, Soy.

May Be Present: Egg, Milk.

NO ARTIFICIAL COLOURS, FLAVOURS OR ADDED PRESERVATIVES.

NUTRITIONAL INFORMATION

Servings per package: Approx. 10

Serving size: 100g (Approx. 5 Nuggets)

	Quantity per serving	% Daily Intake per serving*	Quantity per 100g
Energy	1,040kJ	12%	1,040kJ
Protein	12.8g	26%	12.8g
Fat, Total	14.3g	20%	14.3g
- saturated	4.6g	19%	4.6g
Carbohydrates	17.0g	6%	17.0g
Sugar	LESS THAN 1g	1%	LESS THAN 1g
Sodium	653mg	28%	653mg

All values specified above are averages.

*Percentage daily intakes are based on an average adult diet of 8700kJ.

Your daily intakes may be higher or lower depending on your energy needs.

PRODUCT INFORMATION

GLUTEN
(WHEAT)
& SOY

READY
TO EAT

PRODUCT CODE: 5550200

CARTON CONTENTS: 5 x 1kg

APPROX. UNIT WEIGHT: 20g

APPROX. UNIT PER PACK: 50

ORDER TODAY!

Ingham's Foodservice Offices:

- QLD (1300) 464 426
- NSW (02) 9826 4932
- SA (08) 8280 6666
- WA (08) 9441 4300
- TAS (03) 6269 0200
- VIC (03) 5971 3200

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*Due to the nature of the raw materials used, the portion weights are an approximation and should be used as a guide only.



Serving Suggestion



TEMPURA BREAST NUGGETS

Made with 100% Aussie Chicken

NO ARTIFICIAL COLOURS OR FLAVOURS • NO ADDED PRESERVATIVES

TEMPURA BREAST NUGGETS

AUSTRALIAN CHICKEN BREAST MEAT, CHOPPED AND SHAPED INTO NUGGET PIECES THEN COATED IN A GOLDEN TEMPURA STYLE COATING.



KEY BENEFITS

- ✓ 100% Aussie Chicken
- ✓ Ideal for pubs, clubs, bistros, take-aways, petrol & convenience
- ✓ No added preservatives
- ✓ No artificial colours or flavours

HEATING INSTRUCTIONS

Product must be heated before consumption.
Remove contents from pack. Heat from frozen.
The following is a guide only. Appliance temperatures can vary. You may need to adjust cooking times accordingly.
Not suitable for microwave heating.
Although great care has been taken to remove bones from this product, some may remain.



DEEP FRYER

Preheat oil to 180°C. Place a small quantity of Chicken Breast Nuggets in fryer basket and heat for approximately 2.5-3 minutes. Drain carefully onto paper towelling.



CONVENTIONAL OVEN

Preheat oven to 200°C. Spread Chicken Breast Nuggets evenly on a lightly greased oven tray and heat for 12-15 minutes, turning once.

STORAGE INSTRUCTIONS

KEEP FROZEN AT OR BELOW -18°C



INGREDIENTS

Chicken Breast (52%), Flour (**Wheat**, Rice), Vegetable Oils, Water, Salt, Starch (Maize), Mineral Salts (451, 508, 541, 500), Dextrose, Thickeners (1404, 1401, 407, 415, 412), Dehydrated Vegetables (Includes Onion, Garlic), **Egg** White, **Milk** Solids, Yeast Extract, **Soy** Protein, Herbs, Maltodextrin, Hydrolysed Vegetable Protein, Natural Flavour, Ground & Extracted Spices, Emulsifier (322 from **Soy**), Acidity Regulator (270), Natural Colour (160c).

Contains Wheat, Gluten, Egg, Milk, Soy.

NO ARTIFICIAL COLOURS, FLAVOURS
OR ADDED PRESERVATIVES.

NUTRITIONAL INFORMATION

Servings per package: Approx. 10

Serving size: 100g (Approx. 4 Nuggets)

	Quantity per serving	% Daily Intake per serving*	Quantity per 100g
Energy	994kJ	11%	994kJ
Protein	11.1g	22%	11.1g
Fat, Total	11.6g	17%	11.6g
- saturated	3.6g	15%	3.6g
Carbohydrates	22.1g	7%	22.1g
Sugar	LESS THAN 1g	1%	LESS THAN 1g
Sodium	449mg	20%	449mg

All values specified above are averages.

*Percentage daily intakes are based on an average adult diet of 8700kJ.

Your daily intakes may be higher or lower depending on your energy needs.

PRODUCT INFORMATION

GLUTEN
(WHEAT)

READY
TO EAT

PRODUCT CODE: 5561900

CARTON CONTENTS: 5 x 1kg

APPROX. UNIT WEIGHT: 22g

APPROX. UNIT PER PACK: 50

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Serving Suggestion

GLUTEN FREE CHICKEN NUGGETS

Made with 100% Aussie Chicken

NO ADDED HORMONES • GOOD SOURCE OF PROTEIN • FULLY COOKED

GLUTEN FREE CHICKEN NUGGETS

AUSTRALIAN CHICKEN NUGGETS LIGHTLY COATED IN A DELICIOUS GOLDEN GLUTEN FREE CRUMB.



KEY BENEFITS

- ✓ Made with 100% Aussie Chicken
- ✓ No added hormones
- ✓ Good source of protein
- ✓ Fully cooked

HEATING INSTRUCTIONS

Product must be heated before consumption. Remove contents from pack. Heat from frozen. The following is a guide only. Appliance temperatures can vary. You may need to adjust heating times accordingly. Not suitable for microwave heating. Although great care has been taken to remove bones from this product, some may remain.



DEEP FRY

Preheat oil to 170°C. Place a small quantity of Chicken Nuggets in fryer basket and heat for approximately 2.5-3 minutes. Drain carefully onto paper towelling.



CONVENTIONAL OVEN

Preheat oven to 200°C. Spread Chicken Nuggets on a lightly greased oven tray and heat for 12-15 minutes, turning once.

STORAGE INSTRUCTIONS

KEEP FROZEN AT OR BELOW -18°C



INGREDIENTS

Chicken (45%), Water, Starch (Maize, Tapioca, Potato), Flour (Rice, Maize, Soy), Vegetable Oils, Soy Protein, Thickeners (1404, 407a, 412, 415), Salt, Egg White, Dehydrated Vegetables (Onion, Garlic), Yeast And Yeast Extracts, Acidity Regulators (450, 451, 500, 508, 575), Natural Flavour, Spices, Maltodextrin, Hydrolysed Vegetable Protein, Food Acid (270).

Contains Soy, Egg.

NO ARTIFICIAL COLOURS OR ADDED PRESERVATIVES. THIS IS A FORMED PRODUCT.

NUTRITIONAL INFORMATION

Servings per carton: 10

Serving size: 100g (Approx. 5 Nuggets)

	Quantity per serving	% Daily Intake per serving*	Quantity per 100g
Energy	868kJ	10%	868kJ
Protein, total	13.5g	27%	13.5g
- gluten	NIL DETECTED		NIL DETECTED
Fat, Total	7.3g	10%	7.3g
- saturated	LESS THAN 1g	4%	LESS THAN 1g
Carbohydrates	21.7g	7%	21.7g
Sugar	2.7g	3%	2.7g
Sodium	361mg	16%	361mg

All values specified above are averages.

*Percentage daily intakes are based on an average adult diet of 8700kJ.

Your daily intakes may be higher or lower depending on your energy needs.

PRODUCT INFORMATION

GLUTEN FREE

SOY & EGG

READY TO EAT

PRODUCT CODE: 5564100

CARTON CONTENTS: 5 x 1kg

APPROX. UNIT WEIGHT: 22g

APPROX. UNIT PER PACK: 45

ORDER TODAY!

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