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Menuserve Cheese and Onion Quiche Cut - Information

11" diameter, pre-sliced quiche made with egg, onion, spring onion and mature Cheddar cheese encased in shortcrust pastry. Serve hot or thaw and serve cold. Suitable for vegetarians. Palm from a sustainable source, RSPO certificate number: BMT-RSPO-000578. (1 x 1)

TFS Product Code: 024485
Suppliers Product Code:
Information Last Updated: 05/04/2024
Date Produced: 04/11/2026



Allergy Information

Key: Contains | May Contain

Sesame | Gluten | Crustaceans | Eggs | Lupin | Nuts

Milk | Celery | Sulphur Dioxide | Soya | Cereal | Peanuts

Fish | Molluscs | Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	213.00
Energy (kJ)	895.00
Protein (g)	5.80
Carb (g)	21.60
Of Which Sugars (g)	2.30
Fat (g)	11.90
Of Which Saturates (g)	5.80
Fibre (g)	0.90
Salt (g)	0.59

Dietary Information

Key: Suitable for

Kosher | Vegetarian | Halal | Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

Pastry Case: Fortified WHEAT Flour (with Calcium, Iron, Niacin, Thiamine), Margarine (Palm Oil, Coconut Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono–and Diglycerides of Fatty Acids), Acidity Regulators (Citric Acid, Disodium Citrate), Natural Flavouring, Colour (Natural Carotenes)), Shortening (Palm Oil, Rapeseed Oil), Maize Flour, Water, Tomato Puree, Sea Salt. Filling: Water, Whole Liquid EGG (12%), Onion (7%), Mature Cheddar Cheese (6%) (MILK, Salt, Starter, Rennet, Colour (Annatto Bixin, Norbixin), Potato Starch), Spring Onion (5%), Whole MILK Powder, Cornflour, Modified Maize Starch, Chives, Sea Salt, MUSTARD Powder, Ground White Pepper.

Handling Information

Directions for Use

From Frozen unless otherwise stated Oven: Remove outer packaging, leave in foil tray. Pre heat oven 190°C / Gas Mark 5. Place quiche on a baking tray and reheat for 30 minutes until a core temperature of >75°C (or relevant national requirements) for 30 seconds is achieved before serving. To serve chilled leave in a refrigerator overnight to defrost. Once defrosted consume within 24 hours. Do not refreeze once defrosted. Air Fryer: Pre-heat air fryer to 160°C. Whilst still frozen, remove quiche from packaging and carefully separate the slices. Arrange slices approx. 3cm apart on top of greaseproof paper and place inside the air fryer compartment. Bake for approx. 18 mins (4 slices), until golden brown and heated through. To serve warm: these are guidelines only. Appliances may vary. Ensure a core temperature of ? 75°C is achieved (or relevant national requirements) for at least 30 secs before serving. Do not reheat once cooled.

Storage Instructions

Keep Frozen. Store at -18°C or below

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