

# Care Caterers

## Menu Solutions



### MSC Pollock

Pollock is part of the cod family - so we will be popular with your residents. These products also come with the sustainability assurance that the fish is from a Marine Stewardship Council (MSC) accredited fishery.

These products are supplied frozen and can be cooked from frozen. We recommend the breaded & battered products be baked.

#### MSC Battered Pollock Fillets

Small and large portions both available.

**Size:**

57g portion (40 portions per pack) 16POLBA57E9D  
85g portion (40 portions per pack) 16POLBA85E9D

#### MSC Breaded Pollock Fillets

Small and large portions both available.

**Size:**

57g portion (40 portions per pack) 16POLBR57E9D  
85g portion (40 portions per pack) 16POLBR85E9D

#### MSC Breaded Pollock Fillets

Skinless & boneless, this product offers a versatile choice.

**Size:**

110 - 140g portion (30 portions per pack) 16POLSI1E5R

### Cod

#### Battered Cod

This product is supplied frozen and can be cooked from frozen. We recommend it being baked.

**Size:**

80 - 110g (30 portions per pack) 08CODBA85E8W

#### Cod Bites

These cod bites are a manageable sized menu option.

**Size:**

3kg pack 08CODBRB100E4V

### Haddock

A great alternative to cod, haddock holds a slightly stronger taste and a more fragile texture.

#### Haddock Fillets

Skinless & boneless, this product offers a versatile choice for all diners.

**Size:**

110 - 140g portion (30 portions per pack) 08HADS11E8W

### Plaice

Plaice offers the perfect alternative to pollock and cod, introducing variety and another species of fish for your residents.

#### Breaded Plaice Fillets

This product is supplied frozen and can be cooked from frozen. We recommend it being baked.

**Size:**

80 - 110g portion (36 portions per pack) 08PLABR80E9A  
110 - 140g portion (24 portions per pack) 08PLABR11E8Q

### Fresh Salmon

#### Salmon Supremes

Fresh salmon fillets. Scaled and skinned portions available.

**Size:**

Scaled 110 - 140g portion 01SALI1E08  
Skinned 110 - 140g portion 01SALI1E09

### Fresh Trout

Trout from ChalkStream® Foods is rated a 2 (good choice) by the Marine Conservation Society.

#### ChalkStream® Trout

Scaled & boned, this product offers a versatile choice.

**Size:**

Scaled & boned 110 - 140g portion 01TROCSP11E08  
Scaled & boned 110 - 140g portion 01TROCSP11E09

### Fresh Mackerel & Sardine

Whilst every effort has been made to remove bones, some small bones may still remain. Both species ensure a versatile choice for your menu.

#### Mackerel

**Size:**

Fillets circa 90-110g in weight 01MAC00E06

#### Sardine

**Size:**

Whole fish weigh circa 70-90g before prep. 01SARF00K04

Contact your account manager for more information and to place an order.

Visit [www.directseafoods.co.uk](http://www.directseafoods.co.uk)

