# Care Direct Seafoods A Passion For Fish 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 & batttered 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.

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Size:

110 - 140g portion (30 portions per pack) 16POLS11E5R

# Cod

### **Battered Cod**

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

Size:

80 - I l 0g (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 01SAL11E08
Skinned 110-140g portion 01SAL11E09

# Fresh Trout

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

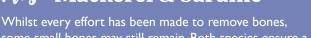
# ChalkStream® Trout

Scaled & boned, this product offers a versatile choice.

Size:

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

# Fush Mackerel & Sardine



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. 01 SARF00K04