

Certificate of Analysis

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Your Ref
Our Ref 20101418
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To: RICHARD ORD
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Sample: **FISH & CHIPS MEAL (COOKED) x3**

Submitted by RICHARD ORD per ALAN RICHARDS
Date of receipt: 28 October 2009
Further details: None

DESCRIPTION

The sample consisted of 3 portions of fish in batter, chips and mushy peas contained in separate plastic tubs inside a cool bag.

LABELLING

Determination	Result	
Protein: N x 6.25	8.6	g/100g
Fat	5.3	g/100g
of which Saturates	2.6	g/100g
Carbohydrate (by difference)	17.7	g/100g
Energy Value	646	kJ/100g
Energy Value	153	kcal/100g
Total Sugar	0.4	g/100g
Sodium	0.11	g/100g
Dietary Fibre (AOAC Method)	3.0	g/100g

EXAMINATION and COMMENTS

Signed:

Public Analyst
Nigel Payne