



Midamar Corporation
1105 60th Ave SW
PO Box 218
Cedar Rapids, IA 52406
Tel: (319) 362-3711
Fax: (319) 362-4111

SPECIFICATION SHEET

Created On: 12/11/2018
Revised On: 05/16/2019

Product Code: MPMCHM

Full Product Name: Halal Chicken Chow Mein

Product Description: Halal Chicken Chow Mein with rice, gravy, mixed vegetables

Ingredient Statement: SAUCE: Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate: Less Than 1/10 Of 1% As A Preservative), Brown Sugar, Cornstarch, Salt, Ground Ginger, Black Pepper. CHICKEN PATTY: Hand Slaughtered Chicken Breast With Rib Meat, Water, Seasoning (Modified Corn Starch, Dehydrated Garlic, Dehydrated Onion, Maltodextrin, Salt, Natural Flavor, Spice Extractives), Salt, Sodium Phosphates. Breaded With Whole Wheat Flour, Whole Grain Yellow Corn Flour, Water, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Wheat Gluten, Soybean Oil, Salt, Dried Onion, Dried Garlic, Corn Starch, Potassium Chloride, Spices, Dried Yeast, Citric Acid, Sugar, Paprika Extract (Color), Tumeric (Color). RICE: Long Grain Parboiled White Rice (Enriched With Niacin, Iron (Ferric Orthophosphate), Thiamine (Thiamine Mononitrate), Folic Acid. PEAS & CARROTS. GREEN BEANS: Green Beans, Water, Salt, Zinc Chloride.

Allergen Information: Wheat, Soy

Product Certification:



PRODUCT SPECIFICATIONS

Physical Characteristics: Meals are packed in individual black containers with a clear plastic wrap

Size: 20 ounce per individual meal

Foreign Material: No bone chips, metal or other foreign material

Additional Information: Cooking instruction provided for each meal

STORAGE INFORMATION

Storage Method: Stored at 0 °F (-18 °C) or below to ensure product quality

Manufacturers Suggested Shelf Life: 18 months from production date



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PACKAGING INFORMATION

Package UPC Bar Code: - Case Dimensions: 17" x 13" x 9.56"
 Case UPC Bar Code: 10087919030202 Case Cube: 1.23
 Units Per Case: 20/ 20 oz (567 g) meals per case Ti X Hi: 8 x 7
 Case Net Weight: 25 lbs. (11.34 kg) Packaging Type: Microwaveable, oven safe
 Case Gross Weight: 26 lbs. (11.8 kg) Date Code: Best by date DD/MM/YYYY
 Retail or Bulk/Food Service: Bulk / Food Service
 Package Net Weight (Retail): N/A

NUTRITIONAL INFORMATION & PRODUCT PICTURES

Nutrition Facts	
Serving Size (567g)	
Servings Per Container 1	
Amount Per Serving	
Calories 810	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 2160mg	90%
Total Carbohydrate 121g	40%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 33g	
Vitamin A 180%	Vitamin C 25%
Calcium 8%	Iron 30%

Distributed by:

 Cedar Rapids, Iowa 52404
 Tel. 319- 362- 3711
 www.midamar.com

HEATING INSTRUCTIONS: Leave film seal over tray. Heat to 165°F before eating.
 REGULAR OVEN: Preheat Oven to 300°F. Heat 30- 35 Minutes.
 MICROWAVE OVEN: Heat on high 3- 6 minutes. (OVEN TEMPS MAY VARY)
KEEP FROZEN UNTIL READY TO EAT.

Halal Chicken Chow Mein with Peas & Carrots, Green Beans

Ingredients:
 SAUCE (soy sauce (water, wheat, soybeans, salt, sodium benzoate/less than 1/10 of 1% as a preservative), brown sugar, cornstarch, minced garlic, salt, ground ginger, black pepper). CHICKEN PATTY (hand slaughtered chicken breast with rib meat, water, isolated soy protein, seasoning(modified corn starch, dehydrated garlic, dehydrated onion, maltodextrin, salt, natural flavor, spice extractives), salt, sodium phosphates. Breadcrumbs with whole wheat flour, whole grain yellow corn flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, wheat gluten, soybean oil, salt, dried onion, dried garlic, corn starch, potassium chloride, spices, dried yeast, citric acid, sugar, paprika extract (color), turmeric (color). RICE: long grain parboiled white rice (enriched with niacin, iron (ferric orthophosphate), thiamine (thiamine mononitrate), folic acid. PEAS & CARROTS. GREEN BEANS (green beans, water, salt, zinc chloride).

CONTAINS: WHEAT, SOY

HAND SLAUGHTERED
 Certified Halal by Islamic Services of America.

Nutrition Facts	
Serving Size (567g)	
Servings Per Container 1	
Amount Per Serving	
Calories 770	Calories from Fat 150
% Daily Value*	
Total Fat 40g	80%
Saturated Fat 3.5g	18%
Cholesterol 50mg	17%
Sodium 2020mg	94%
Total Carbohydrate 120g	40%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 31g	
Vitamin A 180%	Vitamin C 25%
Calcium 8%	Iron 35%

Net wt. 20 oz (567 g) Packed on: 19074

Distributed By:

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 PO Box 218
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Created By: Colin Hewett

Revised By: Colin Hewett