



AL & AF Foods Limited  
Oak House,  
Withen Lane,  
Farringdon,  
EX5 2JH  
VAT No:433 882 479  
Company No: 14425988

### Spec Sheet

Dish: Baked cod,  
diced potato,  
broccoli served with  
parsley sauce

Phone: 07500 901236  
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Qty	Ingredients
1	½ <b>cod portion</b> , flour (plain), rape seed oil, parsley, <b>milk</b> , potatos, dried rosemary, dried thyme, broccoli, <b>wheat</b> <b>Allergens in bold</b>