

Product Catalogue

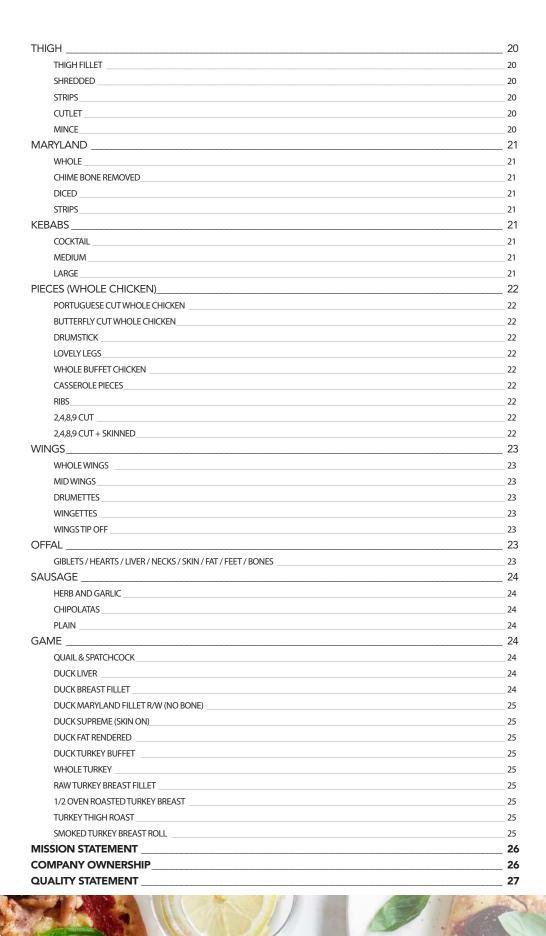
Revolutionising The Way You Think About Chicken

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M&J's COOKED RANGE

M&J's Cooked Range has been designed with the dynamic nature of the food industry in mind.

M&J's clients have noted staffing and product consistency as key concerns in day to day trade.

Headed by our Executive Chef Eddie Cofie, and the investment in state of the art equipment, the M&J team set out to help by developing safe, tasty, versatile, ready to serve products that are consistent and easy to prepare.

From stadiums serving thousands of customers on game day, to fast paced city cafés, M&J's clients appreciate the time, money and labor savings available to them through our cooked range.

M&J maintains the highest level of food safety standards and quality control with a dedicated in house QA team.

OUR COOKED RANGE INCLUDES:

- CHAR GRILLED
- EASY SERVE
- HEAT AND SERVE
- CHEF'S CREATIONS







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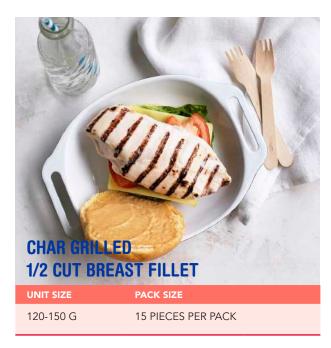
Char Grill Range

Soft and succulent hand char-grilled breast fillet. Great for salads, wraps, stir-fry and burgers.



CHAR GRILLED BREAST FILLET

UNIT SIZE	PACK SIZE
180-220 G	15 PIECES PER PACK



CHAR GRILLED TANDOORI BREAST FILLET

UNIT SIZE	PACK SIZE
180-220 G	15 PIECES PER PACK

CHAR GRILLED NATURAL BREAST FILLET

UNIT SIZE	PACK SIZE	
180-220 G	20 PIECES PER PACK	

CHAR GRILLED LEMON AND HERB BREAST FILLET

UNIT SIZE	PACK SIZE	
180-220 G	15 PIECES PER PACK	



Easy Serve Range

M&J's Easy Serve range is a ready to use solution perfect for many applications both hot and cold.

Simply open the bag and whip up a salad, pizza, sandwich or wrap in minutes.

The products come with a 42 day chilled shelf life from production.

These products are pasteurised ensuring a safe and healthy product for everyone to enjoy.



PRODUCT DESCRIPTION

PACK SIZE

Slow poached and shredded chicken breast.

2 Kg BAG



Evenly cooked chicken and shredded chicken breast.

2 Kg BAG



PRODUCT DESCRIPTION

PACK SIZE

Slow roasted chicken shredded thinly perfect as a pizza topping.

2 Kg BAG

OVEN ROASTED AND SHREDDED CHICKEN MEAT

PACK SIZE

Cooked and shredded thigh and breast meat.

2 Kg BAG

OVEN ROASTED AND SLICED NATURAL BREAST

PACK SIZE

Evenly cooked and sliced chicken breast.

2 Kg BAG

OVEN ROASTED AND SLICED TANDOORI BREAST

PRODUCT DESCRIPTION

PACK SIZE

Marinated breast in a tandoori spice.

2 Kg BAG

OVEN ROASTED AND SLICED CAJUN BREAST

PRODUCT DESCRIPTION

PACK SIZE

A hot & spicy marinade with smoked paprika, chilli & all spice.

2 Kg BAG

OVEN ROASTED AND SHREDDED PERRI PERRI BREAST

PRODUCT DESCRIPTION

PACK SIZE

A blend of ingredients with chilli, lemon, garlic & spices packed full of flavour.

2 Kg BAG











Heat & Serve

M&J's Heat & Serve range is a simple solution suited for the high volume venue, or the smaller café operator. Simply heat via the oven or deep fry method and serve with a side of chips, salad or your favorite condiment.



PRODUCT DESCRIPTION

Juicy tenderloin pieces cooked in a subtle crumb, great for dipping-sauces, salads and sandwiches.

PACK SIZE	SHELF LIFE
5 Kg CARTON	12 MONTHS FROZEN



PRODUCT DESCRIPTION

Succulent wings coated in a mixture of hot, vibrant spices. Fantastic as an appetizer or paired with chips for the main course.

PACK SIZE	SHELF LIFE
8 Kg CARTON	12 MONTHS FROZEN



PRODUCT DESCRIPTION

Juicy chicken breast fillet coated in a delicate crumb and slowly cooked to golden perfection.

PACK SIZE	SHELF LIFE
5 Kg CARTON	12 MONTHS FROZEN



PRODUCT DESCRIPTION

Succulent pieces coated in a mixture of hot, vibrant spices. Fantastic as an appetizer or paired with chips for the main course.

PACK SIZE	SHELF LIFE
8 Kg CARTON	12 months Frozen



PRODUCT DESCRIPTION

TWIN PACK

Tasty size 12 bird roasted to perfection, packed and ready to enjoy.

PACK SIZE	SHELF LIFE



PRODUCT DESCRIPTION

Crispy chicken breast pieces marinated in soy and ginger.

PACK SIZE	SHELF LIFE
5 Kg CARTON	12 MONTHS FROZEN



42 DAYS

PRODUCT DESCRIPTION

Succulent breast pieces in a mixture of hot, vibrant spices.

PACK SIZE	SHELF LIFE
5 Kg CARTON	12 MONTHS FROZEN



PRODUCT DESCRIPTION

Moist, tender wings roasted to a crisp golden brown. Add your own unique house-blend of spices, or serve with a variety of dipping-sauces.

PACK SIZE	SHELF LIFE
5 Kg CARTON	12 MONTHS FROZEN

HEATING INSTRUCTIONS

OVEN METHOD

Pre heat Oven to 180°C Place on a tray and into the oven for 15 minutes

DEEP FRY METHOD

Pre heat fryer to 170°C.

Place in fryer for approximately 4-5 minutes



Chef's Creations

Save time and resources preparing meals with these gourmet, chef designed meals ready to heat and serve with rice, noodles, vegetables or pasta.



PRODUCT DESCRIPTION

A combination of tandoori flavoured oven baked chicken, aromatic herbs & spices with a blend of tangy tomato sauce finished with cream.

PACK SIZE	SHELF LIFE
2 Kg BAG	42 DAYS



PRODUCT DESCRIPTION

Large diced breast fillet cooked in a garlic, onion and tarragon mixture, splash of white wine, crushed tomato, rich demi sauce and finished with mushrooms and pearl onion.

PACK SIZE	SHELF LIFE
2 Kg BAG	42 DAYS



PRODUCT DESCRIPTION

Coconut based sauce with a mixture of Asian spices and herbs, sautéed thigh pieces, palm sugar, garlic, ginger and mixed capsicum.

PACK SIZE	SHELF LIFE
2 Kg BAG	42 DAYS



PRODUCT DESCRIPTION

Thigh fillet sautéed in brown sugar, garlic, ginger, onion and chilli finished with a Chinese cooking wine infused stock.

PACK SIZE	SHELF LIFE
2 Kg BAG	42 DAYS



PRODUCT DESCRIPTION

Marinated chicken cooked in a mild coconut based korma & chilli sauce.

PACK SIZE	CODE	SHELF LIFE
2 Kg BAG	GOLDKORMA	42 DAYS

BEEF BOURGUINON [™]

PRODUCT DESCRIPTION

Slowly braised diced beef in a rich jus, tomato paste, sautéed onion and garlic, mushrooms, pearl onions, oven roasted diced bacon finished with red wine and rosemary.

PACK SIZE	CODE	SHELF LIFE
2 Kg BAG	GOLDBEEF	42 DAYS

HEATING INSTRUCTIONS

- 1. Place unopened bag into a combi-oven and cook on full steam for approximately 30 minutes
- 2. Place unopened bag into pot of boiling water and leave to simmer for approximately 40 minutes.
- 3. Decant wet dish into a large saucepan, reheat stirring occasionally until required temperature is reached.



Product is Chilled.

M&J's FRESH RANGE

For over 30 years, M&J have produced a huge range of the country's best fresh chicken products. From hand-made chicken schnitzel's, traditional cuts and a variety of flavoured chicken kebabs, M&J has the right fresh product for your requirements.



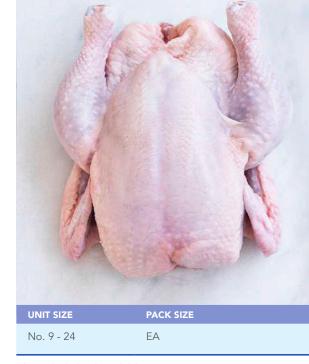
Fresh Products





M&J has the right fresh product for your requirements.

Whole Chicken*



Plain whole bird available in various sizes.



Free Range *

This is farm-fresh chicken. A simple, healthy, wholesome chicken. A chicken for family dinners and secret family recipes. Raised the way chickens should be raised. Free-ranging in large fields and at night, flocking in roomy sheds, fed on clean grain and fresh water, with no hormones and nothing artificial. The way nature, and you, would want.

UNIT SIZE	PACK SIZE	
Size 18	EACH	



Fresh Schnitzel*

Handmade breast schnitzel, butterflied and put through a silky batter and finished off in a selection of breadcrumbs. Available in variety of sizes and flavours.

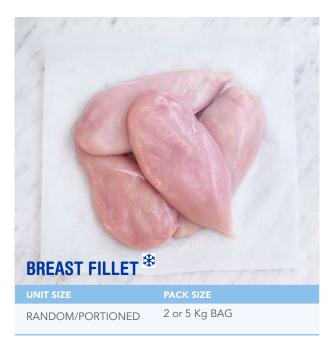


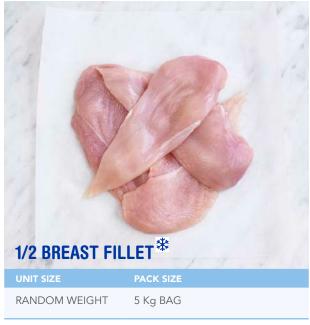
J, Fine, White, Yellow & Classic Crumbs *

UNIT SIZE	PACK SIZE	
200 G 250 G 300 G	30 PIECES PER BOX	

Breast*

Various breast pieces available in a range of sizes and cuts, both skin and skin off.







DICED**

UNIT SIZE	PACK SIZE
VARIOUS	5 Kg BAG

STRIPS**

UNIT SIZE	PACK SIZE	
VARIOUS	5 Kg BAG	

MINCE**

UNIT SIZE	PACK SIZE
N/A	5 Kg BAG

Breast Supreme*

Half breast fillet with the wing bone still attached, Available in different sizes and cuts, both skin on or off.



SUPREME WING CLEAN**

UNIT SIZE	PACK SIZE
200 G 250 G 300 G	10 PIECES PER PACKET

SUPREME EXPOSED**

UNIT SIZE	PACK SIZE
200 G 250 G 300 G	10 PIECES PER PACKET

Thigh*

Thigh pieces available in different sizes and cuts, both skin on or off.



UNIT SIZE	PACK SIZE
RANDOM/PORTIONED	2 or 5 Kg BAG

DICED**

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	5 Kg BAG

SHREDDED**

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	5 Kg BAG

MINCE**

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	5 Kg BAG

STRIPS**

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	5 Kg BAG

CUTLET** (BONE IN WITH SKIN ON OR OFF)

UNIT SIZE	PACK SIZE
120-180 G	5 Kg BAG

Maryland*

Drumstick and thigh combination available in different sizes and cuts, both skin on or off.



CHIME BONE R	EMOVED**
UNIT SIZE	PACK SIZE
RANDOM WEIGHT	2 or 5 Kg BAG

DICED**

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	2 or 5 Kg BAG

STRIPS[₩]

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	2 or 5 Kg BAG

Kebabs** Tender chicken pieces thread on to wooden skewers. Available in a variety of flavours



COCKTAIL**

UNIT SIZE	PACK SIZE
60 G	BOX OF 96

MEDIUM**

UNIT SIZE	PACK SIZE	
105 G	BOX OF 48	

LARGE[₩]

UNIT SIZE	PACK SIZE	
125 G	BOX OF 48	



Pieces (Whole Chicken) A variety of chicken products utilising the whole bird. Available in a variety of cuts and sizes upon request.





WHOLE BUFFET CHICKEN*

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	2 or 5 Kg BAG

CASSEROLE PIECES**

UNIT SIZE	PACK SIZE
VARIOUS	5 Kg BAG

RIBS**

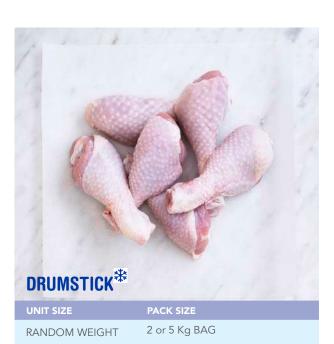
UNIT SIZE	PACK SIZE
RANDOM WEIGHT	5 Kg

2,4,8,9 CUT**

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	EA

2,4,8,9 CUT + SKINNED**

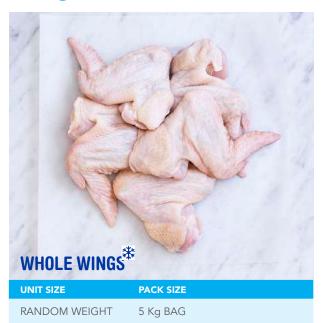
UNIT SIZE	PACK SIZE
RANDOM WEIGHT	EA

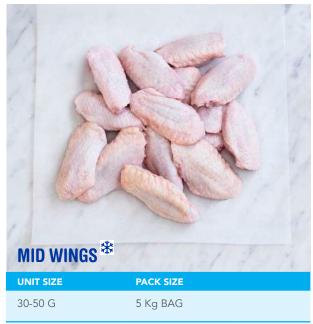


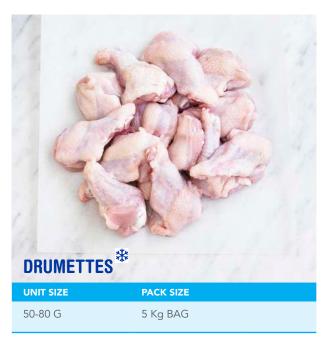
LOVELY LEGS**

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	2 or 5 Kg BAG

Wings** Available whole, or in a variety of cuts.









WINGS TIP OFF*

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	5 Kg BAG



Offal

GIBLETS / HEARTS / LIVER / NECKS / SKIN / FAT / FEET / BONES

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	2 Kg BAG 2 Kg BAG 2 Kg BAG 12 Kg BOX 2 Kg BAG 5 Kg BAG 5 Kg BAG 5 - 7 Kg BOX

Sausages*



CHICKEN CHIPOLATAS[♣]

UNIT SIZE	PACK SIZE
35g	5 Kg

PLAIN SAUSAGES **

UNIT SIZE	PACK SIZE
70g	5 Kg

Game**



Quail is a small bird which is rich in iron, protein and low in fat. Available whole or half deboned.

UNIT SIZE	PACK SIZE
QUAIL BUTTERFLIED QUAIL	EA 6 PACK



Spatchcock is a young chicken that comes in various cuts and sizes.

UNIT SIZE	PACK SIZE
No.5 SPATCHCOCK	EA 6 PACK

DUCK LIVER[₩]

UNIT SIZE	PACK SIZE
N/A	2 Kg





A very wholesome, meaty and flavoursome protein. Available in a range of cuts.

UNIT SIZE	PACK SIZE
SMALL SIZE 15 - 17	S: 7 PER CARTON
MEDIUM SIZE 18 - 20	M: 7 PER CARTON
LARGE SIZE 21 - 24	L: 6 PER CARTON

DUCK BREAST FILLET*

UNIT SIZE	PACK SIZE
180 - 210 G	10PIECESPERPACK

DUCK MARYLAND FILLET R/W** (NO BONE)

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	10PIECESPERPACK

DUCK SUPREME (SKIN ON)*

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	10PIECESPERPACK

DUCK RENDERED FAT

UNIT SIZE	PACK SIZE
N/A	2 Kg BUCKET

WHOLE TURKEY **

UNIT SIZE	PACK SIZE
No. 24 - 98	EACH

RAW TURKEY BREAST FILLET*

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	3 Kg

1/2 OVEN ROASTED TURKEY BREAST*

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	2 Kg

TURKEY THIGH ROAST[♣]

UNIT SIZE	PACK SIZE
RANDOM WEIGHT	6 Kg

SMOKED TURKEY BREAST ROLL*

UNIT SIZE	PACK SIZE	
1 Kg	1 Kg	



Turkey buffet consists of whole turkey breast with the first wing joint attached, with wings and legs removed.

UNIT SIZE	PACK SIZE
5 - 7 Kg	EACH



M & J Chickens is a respected supplier of high quality poultry based fresh products, value added, flavoured, and fully cooked meals and meal components to the hospitality, foodservice and retail market segments in Australia. The company leadership and dedication of employees, ensures we supply our customers with superior quality products and a service recognised as second to none.

Company Ownership

M&J Chickens was established as a family business in 1982, as a supplier of superior quality, specialised poultry products to the hospitality industry. The company's founders, Mr. Mina and Mrs. Jenny Souris, are still actively involved in the overall direction of the company. Today we have grown into a respected, multisite supplier of poultry-based, value-added and cooked products to the Australian and global food service sector.

The success of M&J Chickens, is based on the commitment, expertise and skills of its proprietors, management and employees. These qualities have seen the company grow from a single-facility poultry supplier in Marrickville to a major

multi-site food solutions company, committed to a superior program of continuous improvement.

We now supply an extensive range of fresh poultry, value-added and fully cooked solutions to a diverse mix of hospitality, foodservice and consumer market segments across Australia and internationally. These are serviced by our six locations in Sydney, Brisbane, Townsville, Melbourne, Perth and South Australia, reflecting the director's insistence on having the highest quality facilities available in the major centres in Australia.

Quality Statement

M&J Chickens maintains a Quality Management System ISO 9001- 2008 certified by SGS (Certification No AU02/1717) and is audited twice yearly.

The state Food Authority conducts an Audit twice yearly and will verify that M&J Chickens complies with all Federal and State regulations. The NSW Food Authority also audits on behalf of the commonwealth Export approval authority.

The Marrickville site is also now Export Accredited. Export Establishment 200 and Est. 228.

M&J also maintain a HACCP Food Safety System (Certification No FSAU 02/565).

The company maintains an audited Halal Certification.

Quality and Food Safety is maintained by sourcing our raw materials and ingredients only through approved suppliers who meet the stringent specifications required by the M&J Chickens Supplier Approval Program including abiding by the Australian Chicken Meat Federation Code of Practice. No hormones are added to any product supplied to M&J Chickens. M&J regularly audit high risk suppliers and of course have a comprehensive internal audit program including monthly GMP audits and six monthly full audits. These audits include a review

of required preventative systems including Pest Control, Chemical Supply, calibration and SDS / Instrument of Approval document maintenance.

The Product Recieval, Boning, further processing, cooking and dispatch has been risked assessed using HACCP assessment tools and Critical Control Points established. These CCP's include temperature maintenance of all coolrooms < 3 degC and freezers < -18deg C.

Cooking and Pasteurisation is monitored by calibrated instrumentation and detailed logs are maintained of all batches. Batch numbers of all products and ingredients are recorded to ensure traceability. M&J maintain a full recall system and test the system annually with a Mock recall.

An extensive verification program is conducted which includes two weekly microbiological testing by a NATA accredited laboratory of both cooked and raw product. Environmental testing is done in-house to monitor the extensive and detailed sanitation program.

Full product specifications are in place and are available on request.

For more information please speak with an M&J office representative.







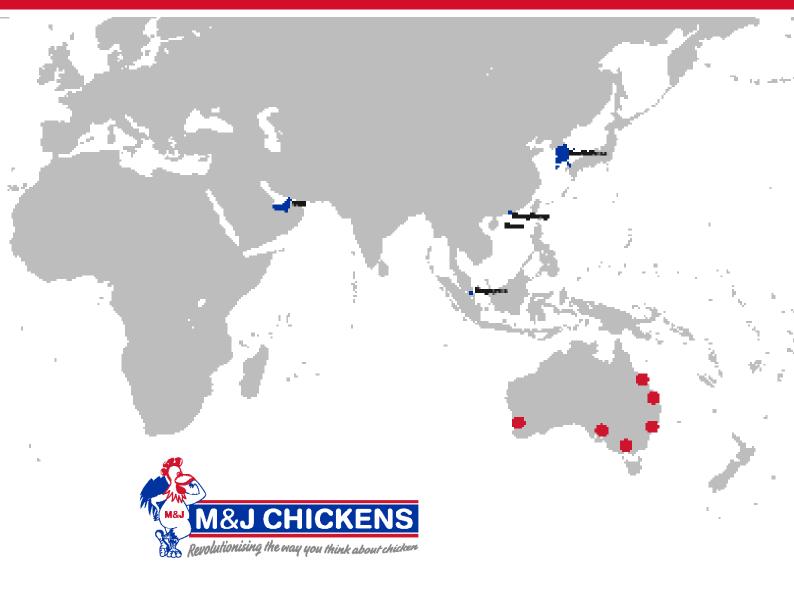


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