



Head Office: The Old Grammar School, 3-7 Market Square, Amersham, Bucks. HP7 0DF
Tel: (44) 1494 434600 Email: foodnettechnical@foodnet.ltd.uk

Technical Specification

| | | |
|---------------------------------|-----------------------------------|--------------------------------|
| Product: Couscous IQF | Last Update: 31/01/2026 | Product Code: COU013 |
|---------------------------------|-----------------------------------|--------------------------------|

PACK SIZE 1 x 20kg

ORIGIN: France, Spain, Canada

GENERAL The product shall be prepared from fresh sound raw material that is free from all toxic residues and taints and shall comply with all current UK/EU Food Legislation. The product is intended to be used as ingredient that is further processed and heat-treated before final consumption (minimum of +75°C for 30 seconds).

INGREDIENTS Water (61%), Couscous(39%) Declare as: Couscous

PROCESSING The couscous is cooked and individually quick frozen (IQF), without addition of preservatives synthetic colours or other additives.

PACKING During packing, the couscous is inspected before weighing and filling into blue polythene sacks. The sacks are Best Before and Production date coded, check weighed, metal detected, palletised and stretch-wrapped before being returned to store at -18°C to await despatch.

DEFECT TOLERANCES

| <u>Per 1000g</u> | <u>Maximum</u> |
|-------------------------|-----------------------|
| Foreign Material | Nil |

DEFINITIONS OF DEFECTS

Foreign Material

This includes any material such as insects, pieces of insects, wood, glass, stones, metal, sand, grit, plastic or any other material which will render the product unacceptable.

| | | | | |
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ORGANOLEPSIS (Carried out on a thawed sample.)

COLOUR Typical light, yellow colour;

FLAVOUR Typical flavour of couscous;

TEXTURE Typical of couscous.



Average sample

| | | | | |
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MICROBIOLOGICAL

| Organism | Target | Maximum |
|----------------------|-----------------|-----------------|
| <i>TVC @ 30°C</i> | 1×10^3 | 1×10^5 |
| <i>E. coli</i> | Nil | 1×10^2 |
| <i>Listeria mono</i> | Absent in 25g | 1×10^2 |
| <i>Salmonella</i> | Absent in 25g | Absent in 25g |

ANALYTICAL N/A

WEIGHT CONTROL The product shall be packed to minimum weight.

METAL DETECTION All cartons shall be passed through a metal detector. The system shall be tested at least every 2 hours using ferrous, non-ferrous and stainless-steel test pieces.

BEST BEFORE DATE The product shall be twenty-four months following the month of packing. Minimum BB date on delivery: 6 months.

TRACEABILITY INFO Production date or Lot number printed on the label as well as customer order number and/or delivery date.

STORAGE CONDITIONS Keep frozen at - 18°C at all times.

SACKS Blue food grade polythene sack of a minimum thickness of 110µ.m

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NUTRITIONAL INFORMATION

This data conforms to the requirements of EC Council Directive 90/496/EEC

100g of cooked couscous typically contains: -

| Parameter | Value / 100g | Methodology |
|-------------------------|--------------|---|
| Energy - kcal | 178 | McCance & Widdowson 7 th Edition |
| Energy - kJ | 759 | McCance & Widdowson 7 th Edition |
| Moisture | 53.8g | McCance & Widdowson 7 th Edition |
| Carbohydrate | 37.5g | McCance & Widdowson 7 th Edition |
| - as sugars | 1.0g | McCance & Widdowson 7 th Edition |
| - as polyols | 0.0g | McCance & Widdowson 7 th Edition |
| - as starch | 36.5g | McCance & Widdowson 7 th Edition |
| Fat | 1.0g | McCance & Widdowson 7 th Edition |
| - as saturates | 0.2g | McCance & Widdowson 7 th Edition |
| - as mono unsaturates | 0.2g | McCance & Widdowson 7 th Edition |
| - as poly unsaturates | 0.5g | McCance & Widdowson 7 th Edition |
| Protein | 7.2g | McCance & Widdowson 7 th Edition |
| Fibre | 2.2g | McCance & Widdowson 7 th Edition |
| Sodium | 4mg | McCance & Widdowson 7 th Edition |
| Vitamin A | 0g | McCance & Widdowson 7 th Edition |
| Vitamin B ₆ | 0.08mg | McCance & Widdowson 7 th Edition |
| Vitamin B ₁₂ | 0mg | McCance & Widdowson 7 th Edition |
| Vitamin C | 0mg | McCance & Widdowson 7 th Edition |
| Vitamin D | 0mg | McCance & Widdowson 7 th Edition |
| Vitamin E | 0.06mg | McCance & Widdowson 7 th Edition |
| Thiamin | 0.13mg | McCance & Widdowson 7 th Edition |
| Riboflavin | Traces | McCance & Widdowson 7 th Edition |
| Niacin | 2.1mg | McCance & Widdowson 7 th Edition |
| Folic Acid | 13ug | McCance & Widdowson 7 th Edition |
| Biotin | 2ug | McCance & Widdowson 7 th Edition |
| Pantothenic Acid | 0.4mg | McCance & Widdowson 7 th Edition |
| Calcium | 20mg | McCance & Widdowson 7 th Edition |
| Phosphorus | 129mg | McCance & Widdowson 7 th Edition |
| Iron | 1.0mg | McCance & Widdowson 7 th Edition |
| Magnesium | 32mg | McCance & Widdowson 7 th Edition |
| Zinc | 0.9mg | McCance & Widdowson 7 th Edition |
| Iodine | Traces | McCance & Widdowson 7 th Edition |
| Potassium | 154mg | McCance & Widdowson 7 th Edition |

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GMO DECLARATION

I confirm that this product is not genetically modified or produced from genetically modified organisms. No genetically modified organisms have been used as processing aids or additives. This product does not require specific GM labelling as per Regulation (EC) 1829/2003.

Name: Gianluca Oberto

Job Title: Technical Manager

Signature: 

Date: 31st January 2026

IRRADIATION POLICY

I confirm that the product supplied by Foodnet Limited under this specification has not undergone any irradiation treatment or process. I further confirm that no ingredient or processing aid used in conjunction with this product has undergone irradiation treatment.

Name: Gianluca Oberto

Job Title: Technical Manager

Signature: 

Date: 31st January 2026

COSHH Data

Treat as you would any frozen material i.e. if engaged in prolonged handling of the fruit wear gloves.

Care should be used when lifting full cases of frozen fruits.

There are no other perceived COSHH implications regarding the use of frozen fruits.

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FOOD INTOLERANCE

| Food Intolerance Data | | | | |
|--|---------------------|--------------------|-----------------------------------|-------------------|
| Does the material supplied contain any of the following? (NO) Absent, (YES) Present | | | | |
| Allergen | NO / YES | | Reason for presence if YES | |
| Milk & Milk Derivatives | NO | | | |
| Egg & Egg Derivatives | NO | | | |
| Animal Products (*) | NO | | | |
| Fish/Shellfish/Crustations/Molluscs | NO | | | |
| Cereals (**) | YES | | Contains wheat | |
| Gluten | YES | | Contains gluten | |
| Yeast/Yeast Extract | NO | | | |
| Soya/Soya Derivatives | NO | | | |
| Fruit & Fruit Derivatives | NO | | | |
| Beef & Beef Products | NO | | | |
| Pork & Pork Products | NO | | | |
| Lamb & Lamb Products | NO | | | |
| Poultry & Poultry Products | NO | | | |
| Legumes | NO | | | |
| Peanuts | NO | | | |
| Sulphite >10ppm | NO | | | |
| MSG | NO | | | |
| BHA / BHT | NO | | | |
| Benzoates | NO | | | |
| Glutamates | NO | | | |
| Azo & Coal Tar Dyes | NO | | | |
| Added Colour | NO | | | |
| Added Flavour | NO | | | |
| Preservatives | NO | | | |
| Antioxidants | NO | | | |
| Added Salt | NO | | | |
| Nuts/Nut Oils | NO | | | |
| Caffeine | NO | | | |
| Sesame Products | NO | | | |
| Garlic | NO | | | |
| Poppy Seeds | NO | | | |
| Mustard | NO | | | |
| Celery/Celериac | NO | | | |
| Lupins | NO | | | |
| *Including any product derived from slaughtered animals, e.g. gelatine, rennet | | | | |
| **Including wheat, corn, barley, rye, oats, etc. | | | | |
| <u>Please be aware the manufacturing sites we supply this item from may handle allergens in production. Procedures are in place to prevent cross-contamination.</u> | | | | |
| Is this product Suitable for: | | | | |
| Vegans | Yes (Not certified) | Vegetarians | Yes | Organic No |
| Halal | Yes (Not certified) | Kosher | Yes (Not certified) | |

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FOOD ADDITIVES

| E. Number | Name | In Which Ingredient | Function in Ingredient | Function in Final Product | % In Final Product |
|-----------|------|---------------------|------------------------|---------------------------|--------------------|
| | | | | | |
| | | | | | |

THE CONTENTS OF THIS SPECIFICATION ARE CONFIDENTIAL TO FOODNET LTD AND THE CUSTOMER, AND MAY NOT BE DISCLOSED TO ANY OTHER PARTY.

Signed on behalf of Foodnet Ltd:

Name: Gianluca Oberto

Job Title: Technical Manager

Signature: 

Date: 31st January 2026

Signed on behalf of the Customer:

Name:

Job Title:

Signature:

Date:

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PROCESS INFORMATION

PROCESS FLOW CHART*

*Note: this is a generic flow chart which does not refer to any specific production site.

COUSCOUS

Material Receipt → QA Check



Cooking



Cooling



Freezing → -30°C QA Check



Weighing



Carton Fill → QA Check



Check Weigh



Metal Detection → QA Check



Palletise



Cold Storage



Despatch → -18°C

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Issues & Amendments

| Issue N° | Amend. N° | Date | Amendments | Compiled by |
|----------|-----------|------------|--|-------------|
| 1 | 1 | 01/02/2016 | New entry | G. Oberto |
| 2 | 1 | 01/05/2017 | Defect tolerances – minimum ref samples; Reviewed BB and Traceability info. Added Storage Conditions. Reviewed Food Intolerance table, Flow Chart and Amendment table. | G. Oberto |
| 3 | 1 | 31/01/2020 | 3 Year update – general revision | G. Oberto |
| 4 | 1 | 31/01/2023 | 3 Year update – general revision | F. Soares |
| 5 | 1 | 31/01/2026 | 3 Year update – general revision | F. Soares |
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