

YOUR GUIDE TO  
Sunny Queen Meal Solutions



Save time and money with the delicious Meal Solutions range!



Real eggs. Real easy.

[sunnyqueenmealsolutions.com.au](http://sunnyqueenmealsolutions.com.au)

# Everything you need to know about...

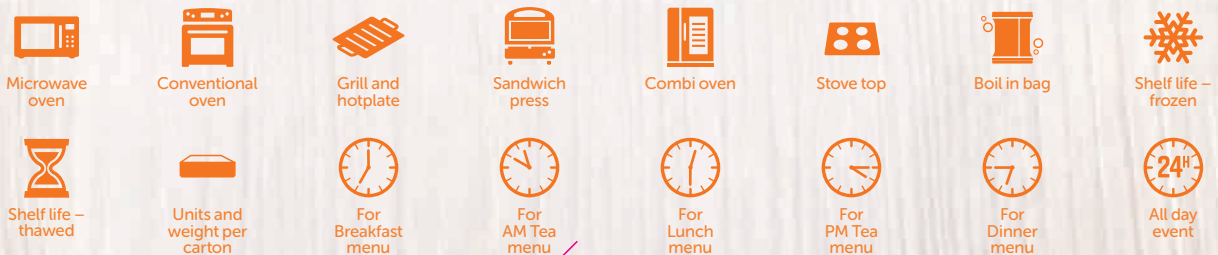


## Perfect throughout the whole day

The easy-to-prepare Sunny Queen Meal Solutions range gives you so many mouth-watering options. From classic brekkie favourites such as Poached Eggs and Omelettes, to the snack, lunch and light dinner hits of Fritters and Egg Bakes, Meal Solutions adds excitement to your menu no matter what time of day it is.

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The below eggstructural icons will help guide you through the product information found in this guide:



# The Meal Solutions advantage... in an eggshell



## Delicious and wholesome

Our range of real egg dishes are made by real egg lovers, using a combination of farm fresh eggs and premium ingredients. Packed with the nutritional goodness and protein of real eggs, the delicious Meal Solutions range is prepared with care to add variety and versatility to your menu at any time of day.

## Save time and money

The Meal Solutions range is pre-prepared, individually portioned and ready to be heated and served in minutes. That means you can save on labour, time and wastage, making Meal Solutions a cost-effective way to serve up delicious real egg dishes.

## No waste, no mess, no shells

The Sunny Queen Meal Solutions range is simple to prepare – helping your kitchen run more efficiently and cleanly. There's no mess to clean up afterwards, no chance of shell in your dishes and no leftover raw ingredients that will go to waste.

## Safety

At Sunny Queen, our Meal Solutions range is prepared with extra precaution. Our stringent quality assurance and food safety programs are supported by internationally recognised SQF & HACCP certifications. This means you can have total confidence knowing that you are serving egg products that have been processed to eliminate harmful bacteria such as Salmonella and Listeria. Now you can offer a range of delicious and wholesome real egg meals without having to handle raw eggs in your kitchen.

- ✓ Made with real, farm fresh eggs
- ✓ Packed with the nutritional goodness and protein of real eggs
- ✓ Easy to prepare and serve
- ✓ Cost-effective, saves on labour, time and wastage
- ✓ Snap frozen with a long shelf life
- ✓ Easy to store – quick to thaw, five days shelf life when chilled
- ✓ You never have to use raw eggs again
- ✓ Pasteurised or fully cooked for food safety
- ✓ Prepared to the highest health and safety standards (Certified SQF & HACCP)
- ✓ No artificial colours

## Let's crack some myths

**MYTH** We use powdered or reconstituted eggs.

**FACT** We only ever use farm fresh quality eggs.

**MYTH** Frozen egg meals are rubbery and unappetising.

**FACT** A taste test quickly dispels this myth! Our products are freshly cooked before they're snap frozen to retain their wonderful texture and taste.

**MYTH** Pre-cooked products are unnecessary when you have chefs on site.

**FACT** Chefs are always on the lookout for time saving, innovative and cost-effective solutions.

**MYTH** Pre-prepared food is more expensive than making meals from scratch.

**FACT** Not at all. Serving Meal Solutions products creates a range of cost savings, including labour, electricity, cleaning and wastage.

# An eggcredible history



1930

Sunny Queen was born from the original Queensland Egg Board

1969

The Sunny Queen Farms brand was created

1994

Queensland State Government deregulated the state's egg industry. As compensation, everyone who held an egg quota received an amount of shares in a new company called Sunny Queen Ltd, an unlisted public company

2004

The two largest shareholders bought out the remaining shareholders and privatised the business. Sunny Queen Pty Ltd now trades as Sunny Queen Australia and is owned by two farming families



Real eggs. Real easy.

2007

Sunny Queen Meal Solutions is hatched

In 2007, Sunny Queen identified that the market was craving a quicker and easier way to enjoy their universal favourite. We went to work to create a variety of convenient, cost-effective, tasty and wholesome egg products — and Sunny Queen Meal Solutions was born. From Omelettes and Poached Eggs in cool cafés to Frittatas in airline lounges, Sunny Queen Meal Solutions really hits the spot any time of day.

# An impeccable reputation

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Sunny Queen Meal Solutions was born from three generations of hard working farming families. The original Sunny Queen owners have been egg producers since 1930 and in the 85-plus years since, our farms have built an impeccable reputation for both egg quality and hen welfare.

We have also spread our wings across a wide area with farms located throughout Australia. With a super-efficient national network, we can deliver to any distributor in Australia.

Hens at Sunny Queen are under the constant care of our farmers, animal nutritionists and vets to ensure they stay healthy, and continue to produce the finest quality farm fresh eggs.

All Sunny Queen farms are Egg Standards of Australia assured (ESA) and independently audited to meet the ESA standard. This standard is based on the CSIRO's model code of practice.

# The eggsperts in innovation

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Sunny Queen Meal Solutions is the result of a real team effort. We also work closely with customers to develop tailor-made products to meet specific requirements. Our team always has new ideas on their plate!

Our R&D and culinary team includes food technologists, chefs, engineers and global food trend analysts who closely monitor taste trends and new ways of improving performance and efficiencies.

This gives Sunny Queen Meal Solutions the competitive edge to deliver innovative and wholesome food solutions that satisfy customers, increase productivity and profits.



# On-the-go Omelette Bites



10m



10m



40s



48 x  
100g



12 mths  
frozen



5 days  
thawed



Breakfast



AM Tea



Lunch



PM Tea



Dinner



24h  
All day event



## An eggs-press breakfast option

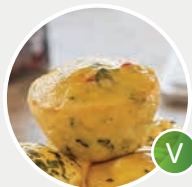
A pre-packed breakfast or snack, ideal for customers on the run

- ✓ Four tasty, bite-sized portions that are easy to hold and eat on the move
- ✓ All the goodness of eggs with a delectable taste and rustic texture
- ✓ Easy to serve – ready to be heated from frozen in 60 seconds
- ✓ Single portion heatable boxes with a scannable barcode
- ✓ A modern offering to keep your breakfast and snack menus fresh
- ✓ No added colours
- ✓ Prepared to the highest food health and safety standards (Certified SQF & HACCP)

Each box features two delicious varieties:



Ham & Cheese



Fetta, Spinach  
& Capsicum



# Frittata



10m



20m



40s



24 x  
150g



12 mths  
frozen



5 days  
thawed



Breakfast



AM Tea



Lunch



PM Tea



Dinner




All day event



## Fitta Frittata on your lunch menu

Our delicious Frittatas add a touch of fun and flair to your menu

- ✓ An inspired and unique flavour combination
- ✓ Portion controlled
- ✓ Perfect for a rustic, flavoursome lunch or light dinner
- ✓ Quick and easy to prepare
- ✓ No added colours or flavours
- ✓ Prepared to the highest health and safety standards (Certified SQF & HACCP)
- ✓  A vegetarian favourite

**Delicious  
Vegetable Frittata**

Additional serving suggestions:



Bacon Wrapped  
Frittata with  
Steamed Greens



Ploughman's  
Board



Vegetable Frittata with  
Pesto Spaghetti



# Egg Bites



6m



10m



1m 45s



120 x  
20g



12 mths  
frozen



5 days  
thawed



Breakfast



AM Tea



Lunch



PM Tea



Dinner



All day event



## Celebrate real eggs in every bite

A finger food solution perfect for parties, entertaining or a wholesome snack

- ✓ Ideal for events – a real crowd pleaser!
- ✓ Full of flavour with a delicate fluffy texture for a lighter option
- ✓ A satisfying finger food option to keep catering budgets in check
- ✓ Quick reheat time for speedy service
- ✓ No added colours
- ✓ Prepared to the highest health and safety standards (Certified SQF & HACCP)

Created in three delicious flavours:



Smoked Ham  
& Cheddar



Creamy Fetta  
& Spinach



Caramelised Onion  
& Parmesan



# Mini Fritters



## Bite-sized brilliance

A finger food solution perfect for parties, entertaining or a wholesome snack

- ✓ Ideal for events – a real crowd pleaser!
- ✓ Rustic, homemade appearance that will impress
- ✓ Perfect for those looking for light meal, snack or finger food options – no need for cutlery
- ✓ Quick reheat time for speedy service
- ✓ No artificial colours
- ✓ Prepared to the highest health and safety standards (Certified SQF & HACCP)

Available in three tasty flavours:



Corn & Cheese



Spanish with Chorizo



Corn, Caramelised Onion & Parmesan



# Fritters



## Give your menu a facelift with our range of Fritters

Fast, fresh and packed with flavour

- ✓ Beautiful golden, rustic appearance
- ✓ Delicate egg texture with real, chunky ingredients
- ✓ Perfect for breakfast, lunch or a light dinner
- ✓ Quick and easy to prepare
- ✓ No added colours
- ✓ Prepared to the highest health and safety standards (Certified SQF & HACCP)

Savour our three fantastic flavours:



Roasted Pumpkin,  
Spinach & Fetta



Bubble & Squeak  
(corn free)



Sweet Potato  
& Bacon



# Omelette Patty




All day event



## We crack 'em, you stack 'em

Our Omelette Patty is versatile, stackable and delicious

- ✓ Perfect for breakfast on the go, a light lunch or a wholesome snack
- ✓ Endless serving ideas for this powerhouse Patty!
- ✓ Simple and tasty or sumptuously inspired – it's up to you
- ✓ Ready to serve in 60 seconds
- ✓ No added colours or flavours
- ✓ Prepared to the highest health and safety standards (Certified SQF & HACCP)
- ✓  A vegetarian favourite

**A delicious plain patty**

Additional serving suggestions:



Bruschettas



Quesadillas



Breakfast Muffin



# Omelettes

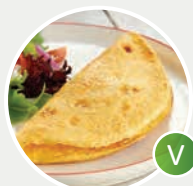


## You'll flip over our quick serve Omelette range

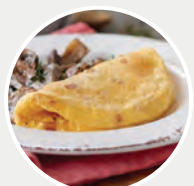
Irresistible flavours packed full of premium ingredients

- ✓ Delicious homemade taste
- ✓ Quick and easy to serve – from frozen to fluffy Omelette in minutes
- ✓ Suitable for reheating across a wide variety of methods
- ✓ No waste, no mess, use only what you need
- ✓ No added colours
- ✓ Prepared to the highest health and safety standards (Certified SQF & HACCP)

Available in six delicious varieties:



Plain



Ham & Cheese



Fetta & Spinach



Cheese & Chives



Spanish



Three Cheese & Cracked Pepper

# Egg White Omelette with Vegetable



12m



10m



1m



4m



2.5m



120 x  
80g



12 mths  
frozen



5 days  
thawed



Breakfast



AM Tea



Lunch



PM Tea



Dinner




All day event



## A tasty egg white omelette – no yolk!

A delicious choice with less fat\*

- ✓ Delivers a delicious, light textured breakfast or brunch solution
- ✓ Includes spring onion and red capsicum for added flavour
- ✓ Packed with the nutritional goodness of fresh egg whites, with less fat
- ✓ Quick and easy to prepare
- ✓ Vegetarian, giving it broad appeal
- ✓ No added colours, flavours or preservatives
- ✓ Prepared to the highest health and safety standards (Certified SQF & HACCP)
- ✓  A vegetarian favourite

Additional serving suggestions:



Filled Omelette



Vegetable Wrap



Salad Wrap



\*Compared to other Sunny Queen Meal Solutions Omelettes

# Poached Eggs



4m



25s



48 x 44g (80mm)  
48 x 40g (60mm)



9 mths  
frozen



5 days  
thawed



Breakfast



AM Tea



Lunch



PM Tea



Dinner




All day event



## Perfectly poached, every time

Pure and natural, nothing added, nothing taken away

- ✓ Perfect for builds, wraps and even hot dishes
- ✓ Made with specially selected, first quality farm fresh eggs
- ✓ Delicious, rich creamy yolks
- ✓ Save time and increase productivity
- ✓ Fully cooked for food safety
- ✓ No added colours, flavours or preservatives
- ✓ Prepared to the highest health and safety standards (Certified SQF & HACCP)
- ✓  A vegetarian favourite

Additional serving suggestions:



Burgers



Hot Dishes



Wraps



Sandwiches



# Home Style Poached Egg



4m



25s



48 x  
40g



9 mths  
frozen



5 days  
thawed



Breakfast



AM Tea



Lunch



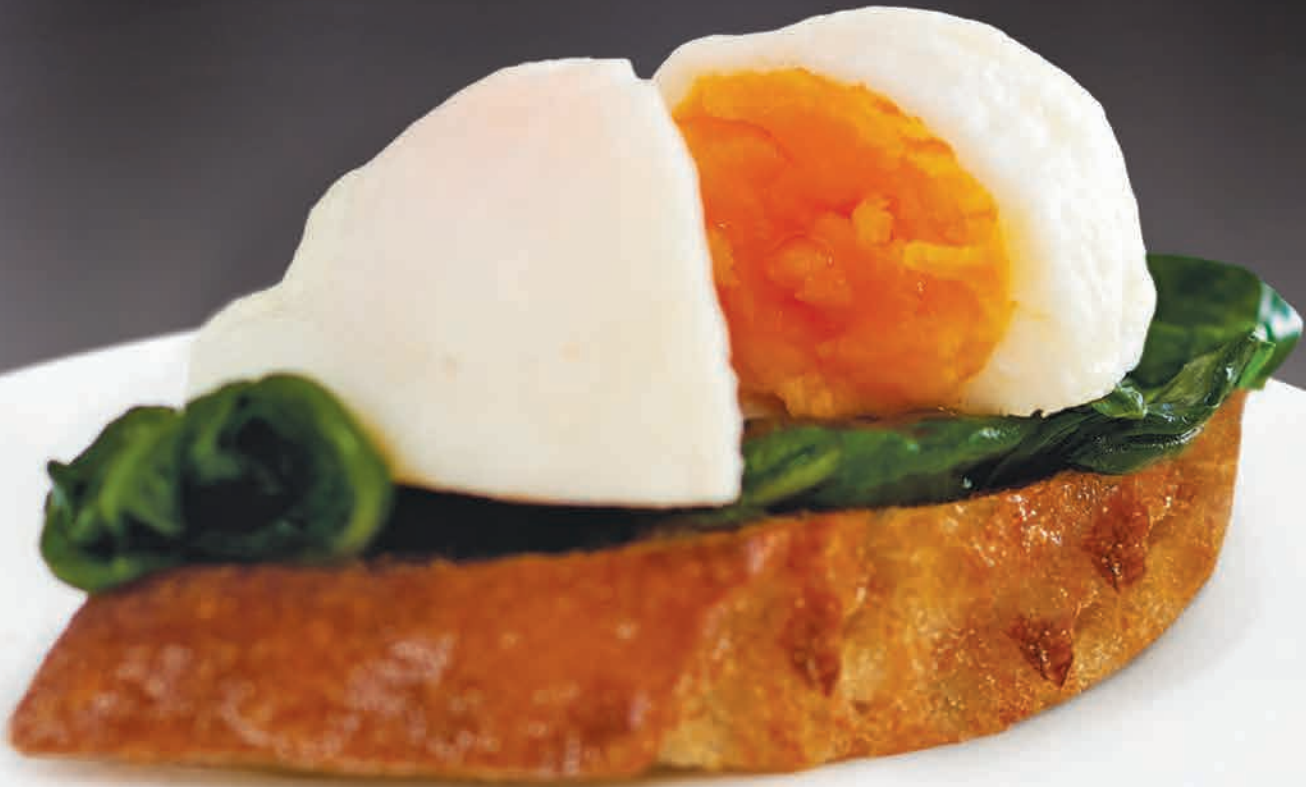
PM Tea



Dinner




All day event



## Beautifully cracked

High quality handmade look, delivering a delicious taste every time

- ✓ Rustic looking with a creamy yolk
- ✓ Fully cooked and snap frozen
- ✓ No waste, no mess, use what you need
- ✓ No added colours, flavours or preservatives
- ✓ Prepared to the highest health and safety standards (Certified SQF & HACCP)
- ✓  A vegetarian favourite

Additional serving suggestions:



Eggs Benedict



Macro Bowl



# Smashed Egg

Just defrost



10 x 1kg



8 mths frozen



5 days thawed



Breakfast



AM Tea



Lunch



PM Tea



Dinner




All day event



## Smashed Egg smashes prep time

Snap frozen with nothing added, our Smashed Egg will revolutionise the way you prepare delicious sandwiches, salads, canapés and more

- ✓ Snap frozen and free flowing (like frozen peas), use only what you need
- ✓ No dressing or seasoning added, giving you complete freedom
- ✓ Fully cooked and smashed in our state-of-the-art kitchen
- ✓ Ready to thaw and use
- ✓ No added colours, flavours or preservatives
- ✓ Prepared to the highest health and safety standards (Certified SQF & HACCP)
- ✓  A vegetarian favourite

Additional serving suggestions:



Salads



Savoury Muffins



Wraps



Also available in  
FREE RANGE

# Scrambled Egg Mix



20m



2.5m



5m



20m



10 x 1kg  
5 x 2kg



24 mths  
frozen



3 days  
thawed



Breakfast



AM Tea



Lunch



PM Tea



Dinner




All day event



## A couple of cracking egg options

Tasty home style scrambled eggs in no time

- ✓ Consistently delicious, high quality results every time
- ✓ Made with pasteurised farm fresh Sunny Queen eggs
- ✓ Save time and labour – quick and easy to prepare
- ✓ Eliminate raw eggs from your kitchen
- ✓ No added colours, flavours or preservatives
- ✓ Prepared to the highest health and safety standards (Certified SQF & HACCP)
- ✓  A vegetarian favourite

Additional serving suggestions:



Breakfast Snack



Egg Wraps



# Egg Bakes



10m



20m



40s



96 x 80g



12 mths frozen



5 days thawed



Breakfast



AM Tea



Lunch



PM Tea



Dinner



All day event



An eggstra versatile and eggstra tasty sensation

Great as the hero of your meal or ready to serve on its own

- ✓ Made with real, farm fresh eggs and quality ingredients
- ✓ Eggspertly baked to perfection
- ✓ Ready to serve in less than 60 seconds
- ✓ No waste, no mess
- ✓ No added colours
- ✓ Prepared to the highest health and safety standards (Certified SQF & HACCP)

Available in two delicious varieties:



Ham & Cheese



Fetta & Spinach



# Serving ideas that are all they're cracked up to be



Sunny Queen Meal Solutions are versatile enough to help you create many different dishes. Here are some eggceptionally creative ideas for your menu.

Find the full recipes for all of these serving suggestions and more at

[sunnyqueenmealsolutions.com.au/menu-inspirations](http://sunnyqueenmealsolutions.com.au/menu-inspirations)

## Omelettes



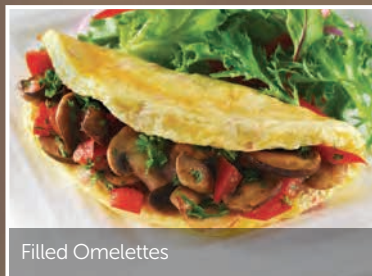
Soft Tacos



Croissants



Breakfast Wraps



Filled Omelettes



Paninis



Quesadillas



Burgers

## Omelette Patties



Mini Pizzas



Open Breakfast Muffins



Bruschetta

# Some more eggceptionally creative ideas for your menu.

## Fritters



Sliders



Veggie Burgers



Fritter Dippers



Fritter Stacks



Filo Parcels



Mini Burgers



Skewers

## Finger Food (Mini Fritters & Egg Bites)



Kids Meals

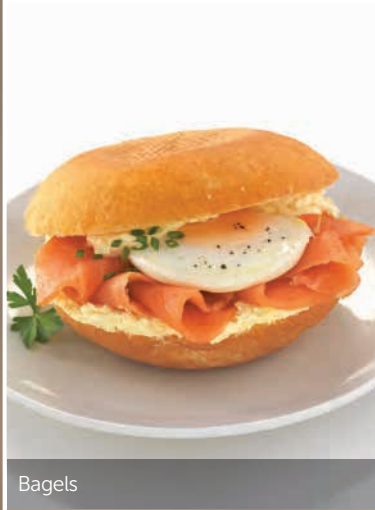


Egg Pies



Salad Cups

# Poached Eggs & Home Style Poached Eggs



Bagels



Eggs Benedict



Breakfast Burgers



Macro Bowls



Vegetarian Breakfast



Bacon Wrapped Frittata



Hot Bowl with Sautéed Vegetable



Vegetable Frittata with Pesto Spaghetti



Frittata Vegetable Stack

## Frittata









Ploughman's Board

Find the full recipes for all of these serving suggestions and more at

[sunnyqueenmealsolutions.com.au/menu-inspirations](https://sunnyqueenmealsolutions.com.au/menu-inspirations)



# Heating Instructions






	Egg Bakes	Egg Bites	Frittata
 Thawing instructions	For optimal results, we recommend reheating this product from a thawed state Remove from carton Arrange in single layer, cover and thaw in fridge at less than 5°C for 24 hours Check the product is properly thawed prior to use Once thawed, consume within 5 days	For optimal results, we recommend reheating this product from a thawed state Remove from carton Arrange in single layer, cover and thaw in fridge at less than 5°C for 24 hours Check the product is properly thawed prior to use Once thawed, consume within 5 days	For optimal results, we recommend reheating this product from a thawed state Remove from carton Arrange in single layer, cover and thaw in fridge at less than 5°C for 24 hours Check the product is properly thawed prior to use Once thawed, consume within 5 days
 Heating instructions	Follow instructions to <b>ensure product is heated to 65-70°C</b> and hold at this temperature until served	Follow instructions to <b>ensure product is heated to 65-70°C</b> and hold at this temperature until served	Follow instructions to <b>ensure product is heated to 65-70°C</b> and hold at this temperature until served
 Sandwich press	Not recommended	Not recommended	Not recommended
 Grill and hotplate	Not recommended	Not recommended	Not recommended
 Combi oven	Preheat 100°C 100% steam Thawed: 8-10 mins Frozen: 20-25 mins	Preheat 100°C 100% steam Thawed: 5-6 mins Frozen: 8-10 mins	Preheat 100°C 100% steam Thawed: 8-10 mins Frozen: 15-20 mins
 Microwave oven (based on 1100W) Use microwave safe container with vented lid	Thawed: HIGH, 40 secs, add 20 secs for each extra item Frozen: HIGH, 1 min 30 secs, add 1 min for each extra item Heat up to three Egg Bakes at once	Thawed: HIGH 16 items – 1 min 45 secs Frozen: HIGH 16 items – 3 mins 30 secs	Thawed: HIGH, 40 secs, add 20 secs for each extra item Frozen: HIGH, 1 min 30 secs, add 1 min for each extra item
 Conventional oven	Preheat 150°C Thawed: 15-20 mins Frozen: 20-25 mins	Preheat 150°C Thawed: 5-10 mins Frozen: 10-15 mins	Preheat 150°C Thawed: 15-20 mins Frozen: 20-25 mins
 Serving instructions	Serve immediately or move to food holding unit set at 65-70°C for max. 2 hours	Serve immediately or move to food holding unit set at 65-70°C for max. 2 hours	Serve immediately or move to food holding unit set at 65-70°C for max. 2 hours

These instructions are a guide only. Heating times may vary according to the number of items being heated and the power of equipment used. We do not recommend reheating previously heated product.



Real eggs. Real easy.









Our products will reheat with a soft and delicate texture with these heating instructions

Fritters	Mini Fritters	Omelettes	
<p>For optimal results, we recommend reheating this product from a thawed state</p> <p>Remove from carton</p> <p>Arrange in single layer, cover and thaw in fridge at less than 5°C for 24 hours</p> <p>Check the product is properly thawed prior to use</p> <p>Once thawed, consume within 5 days</p>	<p>For optimal results, we recommend reheating this product from a thawed state</p> <p>Remove from carton</p> <p>Arrange in single layer, cover and thaw in fridge at less than 5°C for 24 hours</p> <p>Check the product is properly thawed prior to use</p> <p>Once thawed, consume within 5 days</p>	<p>For optimal results, we recommend reheating this product from a thawed state</p> <p>Remove from carton</p> <p>Arrange in single layer, cover and thaw in fridge at less than 5°C for 24 hours</p> <p>Check the product is properly thawed prior to use</p> <p>Once thawed, consume within 5 days</p>	 <p>Thawing instructions</p>
<p>Follow instructions to ensure product is heated to 65-70°C and hold at this temperature until served</p>	<p>Follow instructions to ensure product is heated to 65-70°C and hold at this temperature until served</p>	<p>Follow instructions to ensure product is heated to 65-70°C and hold at this temperature until served</p>	 <p>Heating instructions</p>
<p>Preheat 220°C</p> <p>Thawed: 1 min 30 secs</p> <p>Frozen: 3-4 mins</p>	<p>Preheat 220°C</p> <p>Thawed: 1 min</p> <p>Frozen: 2 mins</p>	<p>Preheat 220°C</p> <p>Remove packaging, place between non-stick baking paper</p> <p>Thawed: 2 mins 30 secs</p> <p>Frozen: Not recommended</p>	 <p>Sandwich press</p>
<p>Preheat</p> <p>Thawed: 1 min 30 secs each side</p> <p>Frozen: Not recommended</p>	<p>Preheat</p> <p>Thawed: 1 min 30 secs each side</p> <p>Frozen: Not recommended</p>	<p>Preheat</p> <p>Remove packaging</p> <p>Thawed: 4 mins</p> <p>Frozen: Not recommended</p>	 <p>Grill and hotplate</p>
<p>Preheat 180°C</p> <p>0% steam, dry heat</p> <p>Thawed: 5 mins</p> <p>Frozen: 10 mins</p>	<p>Preheat 180°C</p> <p>0% steam, dry heat</p> <p>Thawed: 5 mins</p> <p>Frozen: 7 mins</p>	<p>Preheat 150°C</p> <p>50% steam</p> <p>Remove packaging, place on non-stick baking paper, bain-marie or gastronorm tray</p> <p>Thawed: 10-12 mins</p> <p>Frozen: 12-15 mins</p>	 <p>Combi oven</p>
<p>Not recommended</p>	<p>Not recommended</p>	<p>If packaged, do not remove wrap</p> <p>Thawed: HIGH, 1 min</p> <p>Frozen: HIGH, 1 min, turn omelette over, 30 secs</p> <p>Heat one omelette at a time</p>	 <p>Microwave oven (based on 1100W)</p> <p>Use microwave safe container with vented lid</p>
<p>Preheat 180°C</p> <p>Thawed: 5 mins</p> <p>Frozen: 10 mins</p>	<p>Preheat 180°C</p> <p>Thawed: 5 mins</p> <p>Frozen: 7 mins</p>	<p>Preheat 150°C</p> <p>If packaged, do not remove from wrap</p> <p>Thawed: 10 mins</p> <p>Frozen: 15 mins</p>	 <p>Conventional oven</p>
<p>Serve immediately or move to food holding unit set at 65-70°C for max. 2 hours</p>	<p>Serve immediately or move to food holding unit set at 65-70°C for max. 2 hours</p>	<p>Serve immediately or move to food holding unit set at 65-70°C for max. 2 hours</p>	 <p>Serving instructions</p>

**These instructions are a guide only. Heating times may vary according to the number of items being heated and the power of equipment used. We do not recommend reheating previously heated product.**



# Heating Instructions

	Omelette Patty	Poached Eggs & Home Style Poached Eggs	On-the-go Omelette Bites
 <p>Thawing instructions</p>	<p>For optimal results, we recommend reheating this product from a thawed state</p> <p>Remove from carton</p> <p>Arrange in single layer, cover and thaw in fridge at less than 5°C for 24 hours</p> <p>Check the product is properly thawed prior to use</p> <p>Once thawed, consume within 5 days</p>	<p>For optimal results, we recommend reheating this product from a thawed state</p> <p>Remove from carton</p> <p>Arrange in single layer, cover and thaw in fridge at less than 5°C for 24 hours</p> <p>Check the product is properly thawed prior to use</p> <p>Once thawed, consume within 5 days</p>	<p>For optimal results, we recommend reheating this product from a thawed state</p> <p>Remove printed boxes from outer carton</p> <p>Arrange boxes in a single layer and thaw in fridge at less than 5°C for 24 hours</p> <p>Check the product is properly thawed prior to use</p> <p>Once thawed, consume within 5 days</p>
 <p>Heating instructions</p>	<p>Follow instructions to <b>ensure product is heated to 65-70°C</b> and hold at this temperature until served</p>	<p>Follow instructions to <b>ensure product is heated to 65-70°C</b> and hold at this temperature until served</p>	<p>Follow instructions to <b>ensure product is heated to 65-70°C</b> and hold at this temperature until served</p>
 <p>Sandwich press</p>	<p>Preheat 220°C</p> <p>Place between non-stick baking paper</p> <p>Thawed: 1 min</p> <p>Frozen: 2 mins</p>	<p>Not recommended</p>	<p>Not recommended</p>
 <p>Grill and hotplate</p>	<p>Preheat Med/Low</p> <p>Lightly oil hotplate</p> <p>Thawed: 1 min 30 secs – 2 mins each side</p> <p>Frozen: 3 mins each side</p>	<p>Not recommended</p>	<p>Not recommended</p>
 <p>Combi oven</p>	<p>Preheat 100°C</p> <p>100% steam</p> <p>Place up to 6 patties uncovered on metal tray</p> <p>Thawed: 3 mins</p> <p>Frozen: 5 mins</p>	<p>Preheat 100°C</p> <p>100% steam</p> <p>Thawed: 4 mins</p> <p>Frozen: Not recommended</p>	<p>Heat in printed box</p> <p>Preheat oven to 150°C</p> <p>0% steam</p> <p>Thawed: 5-10 min</p> <p>Frozen: 10-15 min</p>
 <p>Microwave oven (based on 1100W)</p> <p>Use microwave safe container with vented lid</p>	<p>Place one patty in one tablespoon of water in dish with vent on lid open</p> <p>Thawed: HIGH, 1 min, add 1 min for each extra item</p> <p>Frozen: HIGH, 1 min 30 secs, add 1 min for each extra item</p>	<p>Single poached egg per container</p> <p>Thawed: HIGH, 25 secs</p> <p>Frozen: Not recommended</p>	<p>Heat in printed box</p> <p>Thawed: HIGH, 30-40 secs</p> <p>Frozen: HIGH, 60-70 secs</p> <p>Microwave safe container not required</p>
 <p>Conventional oven</p>	<p>Preheat 150°C</p> <p>Place up to 6 patties uncovered on metal tray</p> <p>Thawed: 5 mins</p> <p>Frozen: 10 mins</p>	<p>Not recommended</p>	<p>Heat in printed box</p> <p>Preheat oven to 150°C</p> <p>Thawed: 5-10 min</p> <p>Frozen: 10-15 min</p>
 <p>Serving instructions</p>	<p>Serve immediately or move to food holding unit set at 65-70°C for max. 2 hours</p>	<p>Serve immediately or move to food holding unit set at 65-70°C for max. 2 hours</p>	<p>Serve immediately or move to food holding unit set at 65-70°C for max. 2 hours</p>

These instructions are a guide only. Heating times may vary according to the number of items being heated and the power of equipment used. We do not recommend reheating previously heated product.



Real eggs. Real easy.

Our products will reheat with a soft and delicate texture with these heating instructions

Scrambled Egg Mix	Smashed Egg	
<p>Thaw in fridge at less than 5°C: 36 hours for 1kg, 48 hours for 2kg Once thawed, consume within 3 days</p>	<p>Remove from carton Thaw in fridge at less than 5°C for 24 hours Check the product is properly thawed prior to use Once thawed, consume within 5 days</p>	 Thawing instructions
<p>Follow instructions to ensure product is heated to 65-70°C and hold at this temperature until served</p>	<p>Consume chilled</p>	 Heating instructions
<p>Not recommended</p>	<p>Not recommended</p>	 Sandwich press
<p>Preheat fry pan Thawed: 5 mins (1kg), 10 mins (2kg) Frozen: Not recommended Continuously stir on heat until firm</p>	<p>Not recommended</p>	 Stove top
<p>Preheat 100°C 100% steam Place full bag on metal tray in oven Thawed: 20 mins (1kg), 25 mins (2kg) Frozen: Not recommended Turn bag over half way through cooking time Massage product in bag to break it up Gently fork through for desired consistency Note: Can remove bag and cook in covered gastronorm tray</p>	<p>Not recommended</p>	 Combi oven
<p>250g (1 cup) of product at one time Thawed: HIGH, 1 min Frozen: Not recommended Stir with fork, then return for 1 min Sit for 30 secs Gently fork through for desired consistency</p>	<p>Not recommended</p>	 Microwave oven (based on 1100W) Use microwave safe container with vented lid
<p>Boil 4L water (1kg) or 8L water (2kg) Thawed: immerse bag in simmering water, 10 mins (1kg), 15 mins (2kg) Frozen: Not recommended Remove bag and massage to redistribute uncooked egg Return for 10 mins or until egg is firm (egg continues to cook for 1 min after removing from heat) Gently fork through for desired consistency</p>	<p>Not recommended</p>	 Boil in bag
<p>Serve immediately or move to food holding unit set at 65-70°C for max. 2 hours</p>	<p>Refrigerate &lt; 5°C</p>	 Serving instructions

**These instructions are a guide only. Heating times may vary according to the number of items being heated and the power of equipment used. We do not recommend reheating previously heated product.**



# Product Range Overview



Product	Code	Unit Size	Units/ Carton	Dietary Information			Recommended Heating Methods							Frozen Shelf Life	Thawed Shelf Life	Cartons/ Layer	Layers/ Pallet	Cartons/ Pallet		
				Vegetarian	No artificial colours or flavours	Halal	Combi Oven	Conventional Oven	Burlodge/Steam Oven	Microwave	Grill/Hotplate	Sandwich Press	Stove Top						Boil in Bag	
<b>Frittata</b>																				
Vegetable	33100	150g	24	V	NA CF	H	✓	✓		✓						12 months	5 days	24	6	144
<b>Fritters</b>																				
Bubble & Squeak	34208	50g	48		NA CF		✓	✓				✓	✓			12 months	5 days	24	8	192
Roasted Pumpkin, Spinach & Fetta	34202	50g	48	V	NA CF	H	✓	✓				✓	✓			12 months	5 days	24	8	192
Sweet Potato & Bacon	34201	50g	48		NA CF		✓	✓				✓	✓			12 months	5 days	24	8	192
<b>Mini Fritters</b>																				
Corn & Cheese	34203	20g	120	V	NA CF	H	✓	✓				✓	✓			12 months	5 days	24	8	192
Spanish with Chorizo	34204	20g	120		NA CF		✓	✓				✓	✓			12 months	5 days	24	8	192
Corn, Caramelised Onion & Parmesan	34216	20g	120	V	NA CF	H	✓	✓				✓	✓			12 months	5 days	24	8	192
<b>Egg Bites</b>																				
Creamy Fetta & Spinach	33008	20g	120	V	NA CF	H	✓	✓	✓	✓						12 months	5 days	24	9	216
Smoked Ham & Cheddar	33007	20g	120		NA C		✓	✓	✓	✓						12 months	5 days	24	9	216
Caramelised Onion & Parmesan	33012	20g	120	V	NA CF	H	✓	✓	✓	✓						12 months	5 days	24	9	216
<b>Omelettes</b>																				
Cheese & Chives	34003	80g	120	V	NA CF	H	✓	✓	✓	✓	✓	✓	✓			12 months	5 days	8	6	48
	34050	120g	36	V	NA CF	H	✓	✓	✓	✓	✓	✓	✓			12 months	5 days	24	4	96
	34004	120g	90	V	NA CF	H	✓	✓	✓	✓	✓	✓	✓			12 months	5 days	8	6	48
Fetta & Spinach	34006	80g	120	V	NA CF	H	✓	✓	✓	✓	✓	✓	✓			12 months	5 days	8	6	48
	34047	120g	36	V	NA CF	H	✓	✓	✓	✓	✓	✓	✓			12 months	5 days	24	4	96
	34009	120g	90	V	NA CF	H	✓	✓	✓	✓	✓	✓	✓			12 months	5 days	8	6	48
Ham & Cheese	34017	80g	120		NA CF		✓	✓	✓	✓	✓	✓	✓			12 months	5 days	8	6	48
	34048	120g	36		NA C		✓	✓	✓	✓	✓	✓	✓			12 months	5 days	24	4	96
Plain	34014	80g	120	V	NA CF	H	✓	✓	✓	✓	✓	✓	✓			12 months	5 days	8	6	48
	34049	120g	36	V	NA CF	H	✓	✓	✓	✓	✓	✓	✓			12 months	5 days	24	4	96
	34036	120g	90	V	NA CF	H	✓	✓	✓	✓	✓	✓	✓			12 months	5 days	8	6	48
Spanish	34025	80g	120	V	NA CF	H	✓	✓	✓	✓	✓	✓	✓			12 months	5 days	8	6	48
	34051	120g	36	V	NA CF	H	✓	✓	✓	✓	✓	✓	✓			12 months	5 days	24	4	96
Egg White Omelette with Vegetable	34054	80g	120	V	NA CF	H	✓	✓	✓	✓	✓	✓	✓			12 months	5 days	8	6	48
Three Cheese & Cracked Pepper	34052	120g	36	V	NA CF	H	✓	✓	✓	✓	✓	✓	✓			12 months	5 days	24	4	96
<b>Poached Eggs</b>																				
Medium Poached Eggs	36000	40g	48	V	NA CF	H	✓				✓					9 months	5 days	24	9	216
Large Poached Eggs	36001	44g	48	V	NA CF	H	✓				✓					9 months	5 days	24	9	216
Home Style Poached Eggs	36002	40g	48	V	NA CF	H	✓				✓					9 months	5 days	24	9	216
<b>Smashed Egg</b>																				
Smashed Egg	32040	1kg	10	V	NA CF	H										8 months	5 days	8	6	48
<b>Scrambled Egg Mix</b>																				
Scrambled Egg Mix	35006	1kg	10	V	NA CF	H	✓	✓			✓			✓	✓	24 months	3 days	8	11	88
	35005	2kg	5	V	NA CF	H	✓	✓			✓			✓	✓	24 months	3 days	8	11	88
Free Range Scrambled Egg Mix	35020	2kg	5	V	NA CF	H	✓	✓			✓			✓	✓	24 months	3 days	8	11	88
<b>Omelette Patty</b>																				
Plain	34103	50g	60	V	NA CF	H	✓	✓			✓	✓	✓			12 months	5 days	24	7	168
<b>Egg Bakes</b>																				
Fetta & Spinach	33006	80g	96	V	NA CF	H	✓	✓	✓	✓						12 months	5 days	12	6	72
Ham & Cheese	33005	80g	96		NA C		✓	✓	✓	✓						12 months	5 days	12	6	72
<b>On-the-go Pack</b>																				
Omelette Bites	33016	4x25g	48		NA CF		✓	✓	✓	✓						12 months	5 days	16	4	64



Real eggs. Real easy.

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# Our Customer Teggstimonials



“ You know the food is great when it disappears from the bain-marie! That’s why we use Sunny Queen Meal Solutions – they taste great and meet our high standards of food safety and quality control. The products also add variety, which means we can have a vegetarian option with limited effort.

**Michelle Brookes,**  
**Function Manager**  
AUSSIE CATERING COMPANY



“ The Sunny Queen Meal Solutions range has fundamentally saved us time, which is crucial in a busy and time-poor kitchen environment like ours where we like to put out great quality food, fast to ensure we’re providing our customers with a really great dining experience. The products are versatile and our customers have come to love them because they’re delicious and, for us, they come across as home-made meals.

**Bill Ferg, Owner**  
LOBSTER CAVE RESTAURANT



“ Eliminating raw eggs has helped save time and labour for our chefs meaning we can work on delivering a faster and more efficient service. It’s a great help to have pre-prepared egg meals, which are not only delicious and convenient, but ensures that my staff and I are providing customers with both safe and satisfying meals.

**Heather Mansfield,**  
**Food and Beverage Operations Manager**  
DELAWARE NORTH ADELAIDE AIRPORT



“ A lot of effort goes into storage and handling of eggs in a commercial kitchen, and it is a stress we cannot afford. However, eggs are nutritious and so versatile – that’s why we implemented Sunny Queen Meal Solutions into our menu. They provide a great quality product that ensures our peace of mind.

**Terry Dickson,**  
**Catering Manager**  
HEALTHSCOPE CAMPBELLTOWN  
PRIVATE HOSPITAL





Real eggs. Real easy.



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on 1300 834 703

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