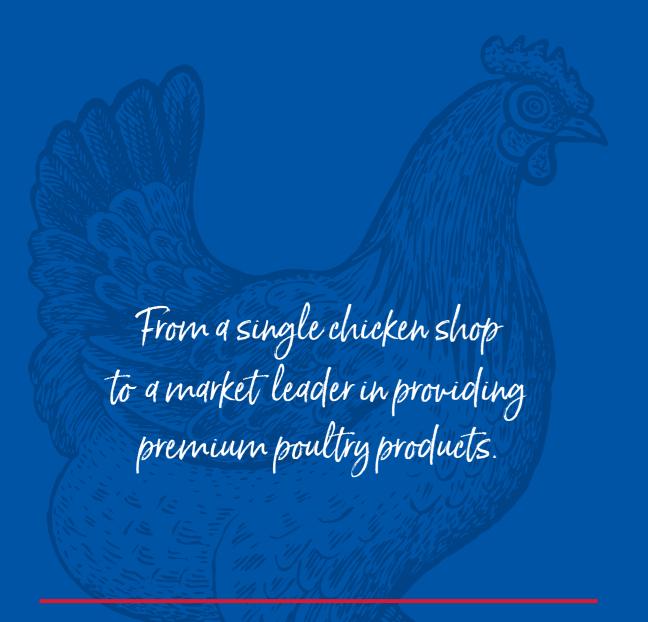




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PROUD TO SERVE

Founded by Mina and Jenny Souris in 1982, M&J Chickens started out as a small delicatessen in Wiley Park NSW. Since its inception, M&J has significantly grown and evolved into the market leader in providing premium poultry products - we pride ourselves on consistently bringing fresh chickens and value-added products to every table in Australia and to the global food service sector.

At M&J Chickens, we have a view to continually improve by harnessing the power of market insights to drive our decision-making process. Over the years, our strong growth, attention to world-class processes and technology, and the expertise and commitment of our people, has

meant we've been able to meet the demands of the Australian market and export premium products to multiple international locations.

The focus at M&J has, and always will be, on consistently providing superior quality and freshness to all customers. From national caterers, restaurants, family-owned cafés, hotels, clubs, airlines, mining camps, health and aged-care facilities, and correctional and quarantine facilities, M&J is proud to supply the finest in poultry.

When you choose M&J Chickens, you're choosing the best and fresh poultry products in Australia.

1982

FROM HUMBLE BEGINNINGS

Established as a local delicatessen in the Southwestern Suburb of Wiley Park, Mina & Jenny Souris set out to bring the freshest quality produce to the surrounding community. Within a short span of time, the opportunity to supply poultry into the HORECA market was identified and the seed was planted.

1986

HE JOURNEY BEGINS

Mina and Jenny move to the East side of Sloane Street In the vibrant inner-city suburb of Marrickville.

With demand growing, M&J continued to expand its reach into the trade and built a strong reputation for service and quality.

2000

NATIONAL AMBITIONS

M&J begins its expansion across Australia. Over the coming years, Queensland, Victoria, South Australia and Western Australia will all become home to local M&J processing facilities. The company owned fleet of vehicles grows beyond 75 to ensure service is maintained with an end-to-end supply chain being the objective.

2005

INNOVATION AHEAD OF THE CURVE

With market demand leaning toward fully cooked products, M&J Chickens takes the bold step in investing in cook & chill capabilities to launch its value-add range. Saving customers time and money and offering consistency, M&J's value add range will grow to be a major part of the business.

2013

BEYOND OUR SHORES

M&J Chickens becomes the first secondary poultry processor to export into Asia and the Middle East. Working closely with international partners, M&J establishes a strong network into both Foodservice and Retail channels under the M&J brand and through private label representation.

2017

AUTOMATION IN PREPARATION FOR THE FUTURE

M&J leads the way again by investing in multi-million dollar state-of-the-art mechanical deboning technology. This is in preparation for future growth plans and to secure M&J's output capabilities.

2018

THE JOURNEY CONTINUES

M&J is majority acquired by The Growth Fund which was identified as the perfect strategic partner for the next phase of the Journey.

OUR COOKED RANGE

Versatile and tasty
poultry products ready to
serve and easy to prepare.

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. With investment in state of the art equipment, the M&J team hs developed 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 value add cooked range.

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

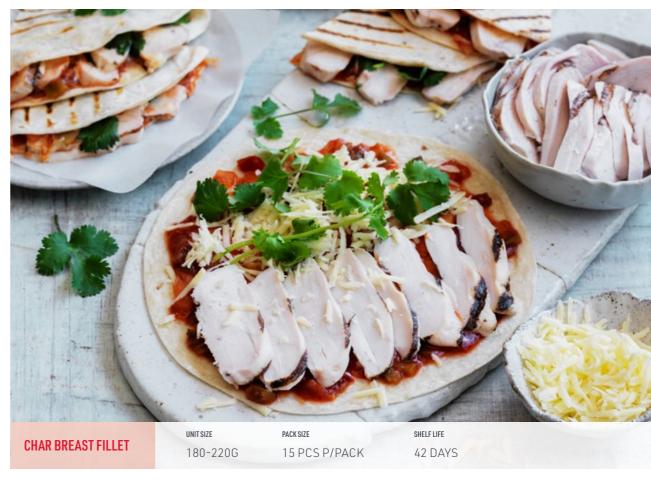
Our cooked range includes:

- Char-grilled
- Easy Serve
- Heat & Serve
- Chef's Creations (Wet Dishes)
- Chef's Perfection (Wet Dishes)





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



	UNIT SIZE	PACKSIZE	SHELF LIFE	Contract of the second
CHAR BREAST FILLET	180-220G	15 PCS P/PACK	42 DAYS	

TAN	ID	n	DI.
Tan	IUL	JU	KΙ

180-220G 15 PCS P/PACK 42 DAYS

LEMON AND HERB

15 PCS P/PACK 180-220G

NATURAL

UNIT SIZE PACK SIZE SHELF LIFE 120-150G 20 PCS P/PACK 42 DAYS

1/2 CUT

UNIT SIZE PACK SIZE 120-150G 15 PCS P/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 wip up a salad, pizza, sandwich or wrap in minutes.

The products come with a 42 day chilled shelf life from production, and 4 days once the bag is open. These products are pasturised ensuring a safe and healthy product for everyone to enjoy.



EASY SERVE BREAST (SHREDDED)

Slow poached and shredded chicken breast.

Evenly roasted and

shredded chicken

meat.

2KG BAG

42 DAYS

SHELF LIFE

NATURAL OVEN ROASTED (SLICED)

Evenly cooked and

shredded chicken

breast

OVEN ROASTED BREAST (SHREDDED)

SHELF LIFE PACK SIZE 2KG BAG 42 DAYS

Slow poached and sliced chicken breast.

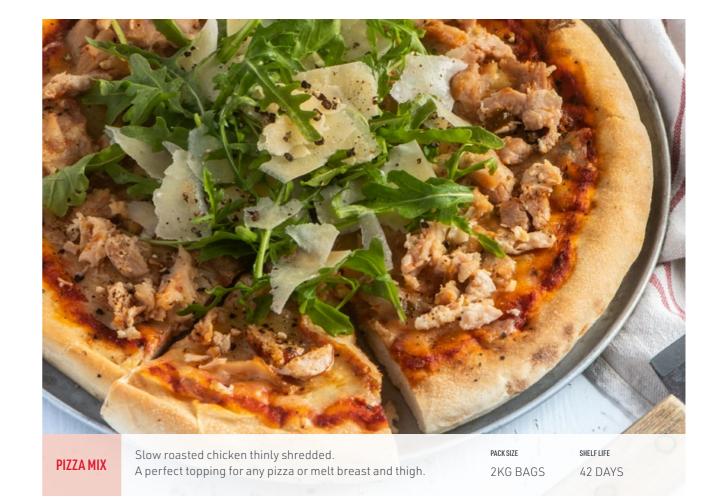
PACK SIZE 2KG BAG

2KG BAG

SHELF LIFE 42 DAYS

SHELF LIFE

42 DAYS



CAJUN BREAST (SHREDDED)

Slow poached and shredded chicken breast in a hot & spicy marinade with smoked paprika, chilli & all spice.

PACK SIZE SHELF LIFE 2KG BAGS 42 DAYS

TANDOORI BREAST (SLICED)

Marinated breast in a tandoori spice slowly roasted and sliced.

PACK SIZE SHELF LIFE 2KG BAGS 42 DAYS

PERRI PERRI OVEN ROASTED (SHREDDED)

Slow poached and shredded chicken breast in a blend of ingredients with chilli, lemon, garlic & spices packed full of flavour.

PACK SIZE SHELF LIFE 2KG BAGS 42 DAYS





OVEN ROASTED CHICKEN MEAT (SHREDDED)



















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, Deep or Airfry method and serve with a side of chips, salad or your favorite condimen.

HEATING INSTRUCTIONS

OVEN METHOD

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

DEEP FRY METHOD

4-5 minutes

- Place in fryer for approx

- Pre heat fryer to 170°C - From Frozen: 160°C - 10 Minutes or Internal Temp is 75°C

AIR FRY

- From Thawed: 160°C - 6 Minutes or Internal Temp is 75°C

TENDERS

Juicy tenderloin piece cooked in a subtle crumb, great for dipping-sauces, salads and sandwiches. Avaiable in a variety of flavours.



COOKED CRUMBED TENDERLOIN

SHELF LIFE UNIT SIZE **5KG CARTON** 12 MONTHS

COOKED TENDERLOIN DEVIL

12 MONTHS **5KG CARTON**

COOKED TENDERLOIN LEMON AND HERB

UNIT SIZE SHELF LIFE **5KG CARTON** 12 MONTHS

COOKED TENDERLOIN BUTTERMILK

5KG CARTON 12 MONTHS

Succulent wings and wing pieces, plain or coated in a mixture of vibrant flavours. Add your own unique house-blend of spices, or pair with a variety of dipping-sauces for the perfect appetiser.



DEVIL BITES

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

PACK SIZE 5KG CARTON SHELF LIFE 12 MONTHS



UNIT SIZE

5KG CARTON

SHELF LIFE 12 MONTHS

COOKED CRISPY WINGETTES

UNIT SIZE SHELF LIFE 8KG/10KG CARTON 12 MONTHS

COOKED WINGETTES KOREAN STYLE

SHELF LIFE 12 MONTHS 10KG CARTON

COOKED WING BITES SAGE & LIME

UNIT SIZE SHELF LIFE **10KG CARTON** 12 MONTHS

COOKED DRUMMETTES BUTTERMILK

SHELF LIFE **8KG CARTON** 12 MONTHS





















HEAT & SERVE CONT.

HEATING INSTRUCTIONS

OVEN METHOD

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

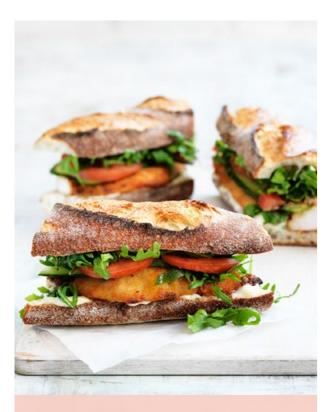
DEEP FRY METHOD

- Pre heat fryer to 170°C
- Place in fryer for approx 4-5 minutes

AIR FRY

- From Frozen: 160°C 10 Minutes or Internal Temp is 75°C
- From Thawed: 160°C 6 Minutes or Internal Temp is 75°C

Juicy chicken breast & thigh fillet full muscle pieces coated in a delicate crumb and slow cooked to golden perfection. Serve with a side of chips & salad or us to build the perfect sandwich.



COOKED BREAST SCHNITZEL

120G/160G

PACK SIZE 30 P/B0X



COOKED BREAST SCHNITZEL SOUTHERN STYLE

120G/180G

PACK SIZE 30 P/B0X

12 MONTHS

COOKED THIGH SCHNITZEL SOUTHERN STYLE

160G

30 P/BOX

SHELF LIFE 12 MONTHS

SHELF LIFE

12 MONTHS

COOKED THIGH SCHNITZEL KOREAN STYLE

RANDOM

40 P/BOX

12 MONTHS

BITES



Crispy chicken breast pieces marinated in soy and ginger

PACK SIZE **5KG CARTON** SHELF LIFE

12 MONTHS

WHOLE CHICKEN



Size 12 Whole bird roasted, packed and ready to heat & serve.

PACK SIZE **5KG CARTON** SHELF LIFE 12 MONTHS



Succulent breast pieces in a mixture of hot, vibrant spices PACK SIZE **5KG CARTON**

SHELF LIFE 12 MONTHS



Whole bird cut into 9 pieces and cooked to golden brown perfection in southern style coating.

PACK SIZE 5KG CARTON SHELF LIFE 12 MONTHS



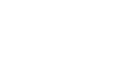




















CHEF'S CREATIONS

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

HEATING INSTRUCTIONS

OVEN METHOD

Place unopened bag into a combi-oven and cook on full steam for approximately 30 minutes.

BOILING METHOD

Place unopened bag into pot of boiling water and leave to simmer for approximately 40 minutes.

SAUCEPAN METHOD

Decant wet dish into a large saucepan, reheat stirring occasionally until required temperature is reached.



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

PACK SIZE 2KG PACK SHELF LIFE

42 DAYS



CHASSEUR CHICKEN

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 2KG PACK

SHELF LIFE 42 DAYS



CHINESE BRAISED CHICKEN

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

PACK SIZE 2KG PACK SHELF LIFE

42 DAYS



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

PACK SIZE 2KG PACK SHELF LIFE

42 DAYS

BEEF BOURGUINON

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

PACK SIZE 2KG PACK

SHELF LIFE

42 DAYS

THAI GREEN CURRY

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

PACK SIZE 2KG PACK

SHELF LIFE 42 DAYS

NUT FREE SATAY

Thigh fillet sautéed in garlic, simmered in a coconut, sweet chilli and nut free satay sauce.

PACK SIZE 2KG PACK

SHELF LIFE 42 DAYS























CHEF'S PERFECTION

Gourmet, fresh and frozen, stuffed chicken breast range. Perfect for catering functions offering consistency, taste and quality.



Breast fillet on the bone pocketed with duo cheese and baby spinach.

UNIT SIZE 250G PACK SIZE 15 P/B0X

SHELF LIFE 12 MONTHS



SUPREME CALIFORNIA

Stuffed Breast Supreme with baby spinach, Mozzarella, ricotta and semi-dried tomatoes.

UNIT SIZE 250G PACK SIZE 15 P/BOX SHELF LIFE 12 MONTHS



Breast fillet on the bone stuffed with, breading, butter, crumberries, sage and onion.

UNIT SIZE 250G PACK SIZE 15 P/BOX

SHELF LIFE 12 MONTHS

GARLIC KIEV

Crumbed breast skin on fillet on the bone, filled with homemade garlic and parsley butter.

UNIT SIZE 250G PACK SIZE 15 P/B0X

SHELF LIFE 12 MONTHS



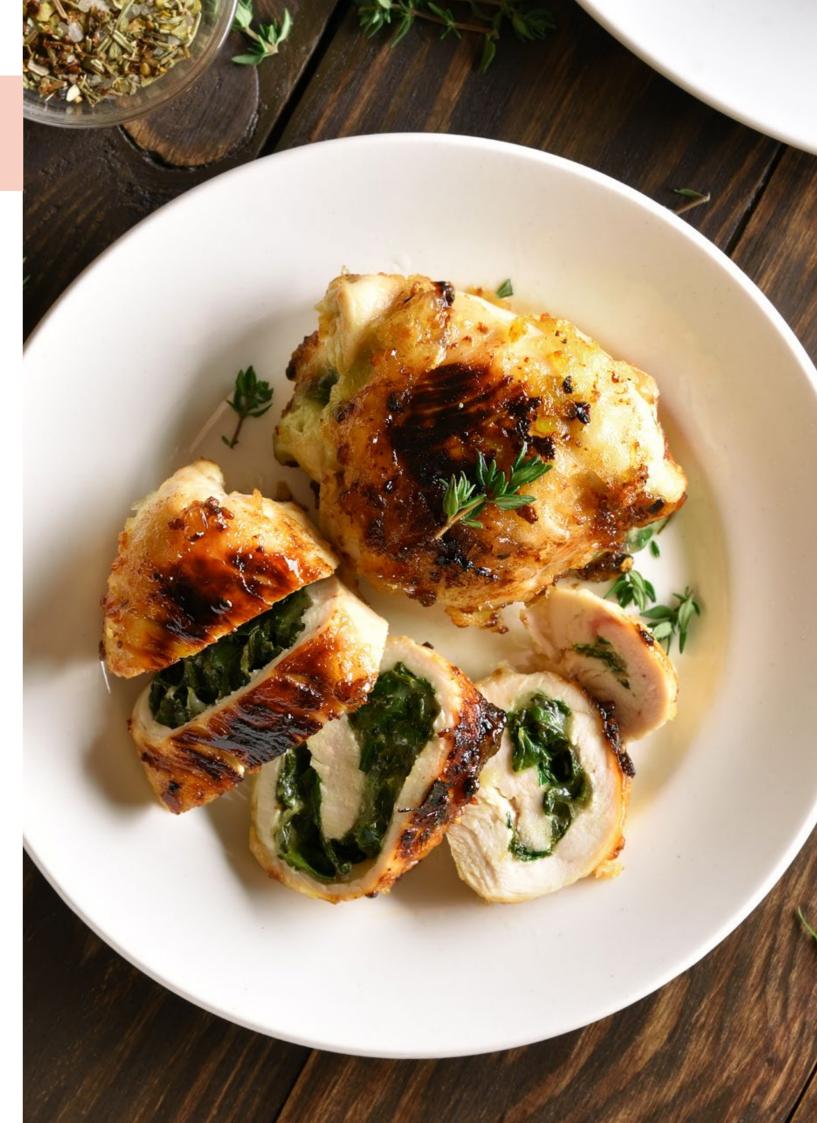












OUR FRESH RANGE

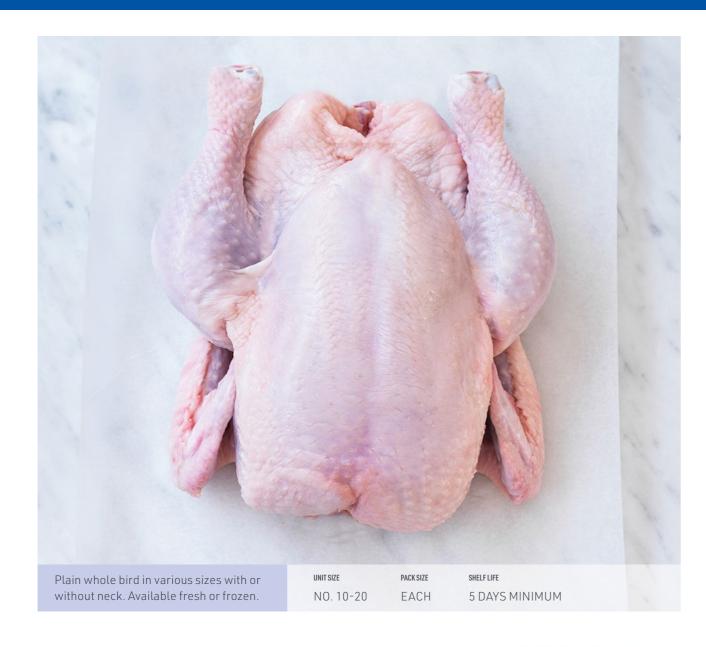
Ethical and sustainable poultry from Australia's best supply chain.

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. The whole bird is used to cut portion controlled pieces including wings, drumsticks, breast and thigh.

Our Fresh Range products are available as frozen, subject to availability.



WHOLE SCHNITZEL



FREE RANGE WHOLE CHICKEN

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 SHELF LIFE

NO. 10-20 EACH 5 DAYS MINIMUM











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

UNIT SIZE 200G/250G/300G PACK SIZE

30 PCS P/CARTON

SHELF LIFE
5 DAYS MINIMUM

PREMIUM BREAST SCHNITZEL

Raw and frozen white crumbed schnitzel.

UNITSIZE
MEDIUM 170G-220G

25 PCS P/BOX

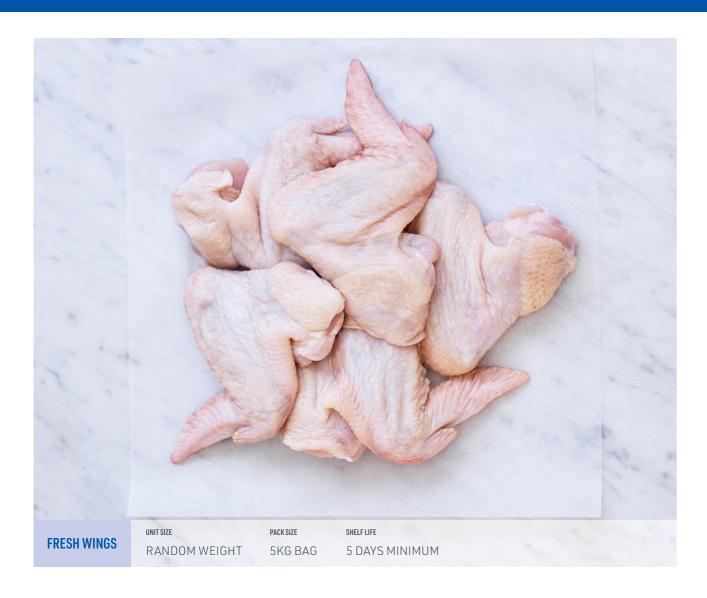
SHELF LIFE

12 MONTHS

WINGS

BREAST FILLET

A variety of breast pieces available in a range of sizes and cuts. Including portion control, skin on, skin off, half breast or double breast.



WINGETTES

UNITSIZEPACK SIZESHELF LIFERANDOM5 KG5 DAYSWEIGHTBAGMINIMUM

WINGS TIP OFF

UNIT SIZE PACK SIZE SHELF LIFE

RANDOM 5KG 5 DAYS

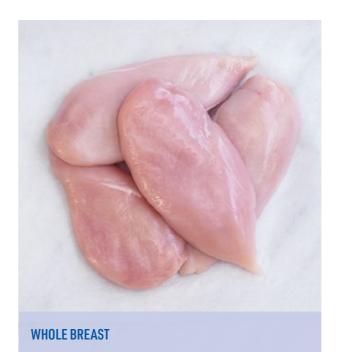
WEIGHT BAG MINIMUM

MID WINGS

UNITSIZEPACKSIZESHELF LIFERANDOM5 KG5 DAYSWEIGHTBAGMINIMUM

DRUMETTES

UNITSIZE PACKSIZE SHELFLIFE
RANDOM 5KG 5 DAYS
WEIGHT BAG MINIMUM



UNIT SIZEPACK SIZESHELF LIFERANDOM OR PORTION5 KG5 DAYSCONTROLLEDBAGMINIMUM

1/2 FILLET

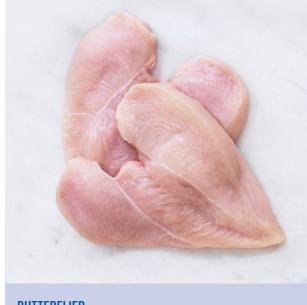
UNIT SIZEPACK SIZESHELF LIFERANDOM OR PORTION5 KG5 DAYSCONTROLLEDBAGMINIMUM

STRIPS

UNIT SIZE PACK SIZE SHELF LIFE

RANDOM OR PORTION 5KG 5 DAYS

CONTROLLED BAG MINIMUM



BUTTERFLIED

 UNIT SIZE
 PACK SIZE
 SHELF LIFE

 150G / 200G
 5KG
 5 DAYS

 250G / 300G
 BAG
 MINIMUM

DICED

UNIT SIZEPACK SIZESHELF LIFERANDOM OR PORTION5 KG5 DAYSCONTROLLEDBAGMINIMUM

MINCE

UNIT SIZE PACK SIZE SHELF LIFE

N/A 5KG 5 DAYS

BAG MINIMUM

BREAST SUPREME

A processed half breast fillet with the wing bone still attached. Available in different sizes and also with or without skin.

THIGH

UNIT SIZE

RANDOM

WEIGHT

5KG

BAG

5 DAYS

MINIMUM

Various processed thigh pieces available random weight and porion controlled. Available with the bone in and skin on or off which is the cutlet or without the bone in which is the fillet.



SHELF LIFE			
5 DAYS MINIMU	М		
SUPREME WING	CLEAN		
OUT KEPIE WINO	ULLAN		
IINIT SI7F	PACK SI7F	SHELFLIFE	

10 PCS

P/PACKET

5 DAYS

MINIMUM

200G / 250G

280G / 350G

WHOLE THIGH	UNIT SIZE RANDOM WEIGHT	PACK SIZE 5KG BAG	SHELF LIFE 5 DAYS MINIMUM	

DICED			STRIPS		
UNIT SIZE RANDOM OR PORTION CONTROLLED	PACKSIZE 5KG BAG	SHELFLIFE 5 DAYS MINIMUM	unit size RANDOM WEIGHT	PACKSIZE 5KG BAG	SHELFLIFE 5 DAYS MINIMUM
SHREDDED			CUTLET (BONE	IN, SKIN ON OR	OFF)

120G-180G

5KG

BAG

5 DAYS

MINIMUM

SUPREME EXPOSED

200G / 250G

280G / 350G

PACK SIZE

10 PCS

P/PACKET

SHELF LIFE

5 DAYS

MINIMUM

DRUMSTICK

UNIT SIZEPACK SIZESHELF LIFERANDOM5 KG5 DAYSWEIGHTBAGMINIMUM



MARYLAND

The whole chicken maryland is the drumstick and thigh combination available skin on and off and as a fillet.



 UNIT SIZE
 PACK SIZE
 SHELF LIFE

 RANDOM WEIGHT
 2/5KG
 5 DAYS MINIMUM

CHIME BONE REMOVED

UNIT SIZE PACK SIZE SHELF LIFE

RANDOM WEIGHT 5 KG 5 DAYS MINIMUM

DICED

 UNIT SIZE
 PACK SIZE
 SHELF LIFE

 RANDOM WEIGHT
 5 KG
 5 DAYS MINIMUM

STRIPS

UNIT SIZE PACK SIZE SHELF LIFE
RANDOM WEIGHT 5KG 5 DAYS MINIMUM

KEBABS

Tender chicken pieces thread on to wooden skewers.

Available in a variety of sizes and flavours including lemon pepper / oregano, salt & pepper / tandoori / satay and more.



COCKTAIL		
UNIT SIZE 60G	PACK SIZE BOX OF 96	SHELFLIFE 5 DAYS MINIMUM
MEDIUM		
UNIT SIZE 105G	PACK SIZE BOX OF 48	SHELF LIFE 5 DAYS MINIMUM
LARGE		
UNIT SIZE	PACK SIZE	SHELF LIFE

BOX OF 48

5 DAYS MINIMUM

OFFAL

Chicken products utilising the whole bird including giblets, hearts and bones.

120G

CIDLETC	PAUN SIZE	SHELF LIFE
GIBLETS	2KG	FROZEN
LIVED	PACK SIZE	SHELFLIFE
LIVER	2KG	FROZEN
01/111	PACK SIZE	SHELFLIFE
SKIN	5KG	5 DAYS MINIMUM
CCCT	PACK SIZE	SHELF LIFE
FEET	15KG	FROZEN

PACK SIZE SHELF LIFE

HEARTS	PACK SIZE 2 K G	SHELFLIFE FROZEN
	2110	TROZEN
	PACK SIZE	SHELF LIFE
NECKS	12KG	5 DAYS MINIMUM
BONES	PACK SIZE	SHELF LIFE
DUNES	5KG	5 DAYS MINIMUM OR FROZEN

PIECES (WHOLE CHICKEN)

A variety of chicken products utilising the whole bird and cut into various sizes upon request.

GAME

PORTUGESE CUT

UNIT SIZE PACK SIZE SHELF LIFE

9-15 5 KG BAG 5 DAYS MINIMUM

LOVELY LEGS UNIT SIZE PACK SIZE SHELF LIFE

5KG BAG

5 DAYS MINIMUM

RANDOM WEIGHT

WHOLE BUFFET CHICKEN

UNIT SIZE PACK SIZE SHELF LIFE

RANDOM WEIGHT KG 5 DAYS MINIMUM

CASEROLE PIECES		
UNIT SIZE	PACK SIZE	SHELF LIFE
VARIOUS	5KG BAG	5 DAYS MINIMUM



UNIT SIZE	PACK SIZE	SHELF LIFE
10-16	EACH	5 DAYS MINIMUN

2, 4, 9, 8 SKIN ON & OFF						
UNIT SIZE	PACK SIZE EACH	SHELF LIFE 5 DAYS MINIMUM				

DRUMSTICK		
UNIT SIZE RANDOM WEIGHT	PACK SIZE 5KG BAG	SHELFLIFE 5 DAYS MINIMUM
RIBS		
UNITSIZE RANDOM WEIGHT	PACK SIZE KG	SHELF LIFE 5 DAYS MINIMUM

QUAIL & SPATCHCOCK

Quail is a small bird which is rich in iron and protein and low in fat and is available as whole or half deboned birds. Spatchcock is a young chicken that comes in various cuts and sizes.





DUCK

A very wholesome, meaty and flavoured protein. Available in a range of cuts utilising the whole duck for your convenience.



UNIT SIZE PACK SIZE SHELF LIFE

SMALL 15-17 7 P/CARTON FROZEN

MEDIUM 18-20 7 P/CARTON

LARGE 21-24 6 P/CARTON

TURKEY

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



UNIT SIZE	PACK SIZE	SHELF LIFE
NO. 24-98	EACH	FROZEN



REVOLUTIONISING THE WAY YOU THINK ABOUT CHICKEN

NATIONAL PHONE NUMBER

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NORTH QLD

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SCAN FOR RECIPE IDEAS



In keeping with our commitment to providing the very best range of poultry products in Australia & beyond, we possess an extensive range of certifications and accreditations. M&J Chickens is Modern Slavery Compliant.







