



FRESH FISH FEATURE: **COD**

Flavor: Mild/neutral

Texture: Lean, flaky, medium firmness

Appearance: Translucent, white or slightly pink color

Applications: Fry, bake, broil, sauté, or steam (cooks quickly!)

***LENT 2025** – Cod is among the most popular fish sold during Lent!*

SUPC #	DESCRIPTION	PACK
5228271	SYS-COD FILLET B/S 4OZ PHF	1/10# AVG
4926067	SYS-COD FILLET B/S 6OZ PHF	1/10# AVG
4934412	SYS-COD FILLET B/S 8OZ PHF	1/10# AVG
2655910	SYS-COD FILLET B/S PHF	1/5# AVG



Contact your local Sales Consultant or Specialist for more information!