

Nutrient Counts Guidance for Autumn/Winter 2024 Primary Menu

What are nutrient counts used for?

The below information can be used for pupils with metabolic conditions whereby they monitor their nutrient intake, such as Diabetes, PKU, Cystic Fibrosis or Prader Willi.

How to use these?

Nutrient Counts provide nutrition data for each recipe served, including Carbohydrate, Fat, Protein and Calories. This data is for the final (cooked) product and is provided **per average portion** for a primary school pupil and per 100g. Having the per 100g means that the portion can be scaled up or down to meet the pupils needs.

For example, a child with diabetes may need the portion altering, so the supporting adult can calculate the carbohydrates consumed and can administer the correct amount of insulin.

Communication between the kitchen and supporting staff is key to ensure the safety of the child needing to monitor their nutritional intake.

How to maintain accuracy:

- 1) Always use the most up to date version of nutrient counts.
- 2) Ensure the correct recipe is used by cross checking the recipe code (PLU Code) on the nutrient count vs your recipe. Also, ensure that the recipe is followed exactly.
- 3) Follow the **portion size exactly as stated on the nutrient counts**, for main, sides and desserts. If this needs to be changed then the school supporting staff, can use the per 100g data to scale up or down the portion.
- 4) Use electronic scales to measure individual ingredients for a recipe. For example, adding extra potatoes to a recipe will increase the carbohydrate content, which is why it is so important to follow the recipe exactly. Also, regularly check the scales are calibrated correctly.
- 5) Ensure when the dishes are complete the agreed portion size of the dish, sides, and dessert is accurately weighed out, note this down on the double checking form. Cover and label the plate/bowl with the pupil's name ahead of service ready to be provided to the pupil when they arrive.

These figures have been calculated using Saffron Nutrition and are accurate at the date of print. Deviations from the Chartwells standard recipes will result in this information being inaccurate. Recipes may be subject to change. A portion of the recipe should be weighed before consumption to ensure the correct nutrient information applies. Nutrient information is also provided per 100g to allow for nutrient calculations in the instance that the portion size differs from that stated. Please contact a member of the Chartwells Nutrition Team if you have any queries.

NOTIFICATION OF CHANGES TO THE NUTRIENT COUNTS – Autumn Winter 2024

This can happen throughout the menu cycle due to several reasons including a change in supplier, a product switch, or a recipe change.

We will ensure that the updated nutrient counts are shared with you and displayed clearly below.

<u>RECIPE CODE</u>	<u>RECIPE NAME</u>	<u>REASON FOR CHANGE</u>	<u>PAGE NUMBER</u>
VMC 125755	PLAIN JACKET POTATO	Added to nutrient count	5
93290177	WIBBLE JELLY RASPBERRY	System Error – Correction	7
93312677	WIBBLE JELLY FOREST FRUITS	System Error – Correction	7
93108780	PASTA WHOLEMEAL	Software Correction	5
93035307	YOGHURT	Portion Size Correction	7
93037002	HOMEMADE BEST OF BOTH	Portion Size Correction	6
93040542	FRESH FRUIT SLICES	Portion Size Correction	7
93041006	CHICKEN AND VEGETABLE PIE	Recipe Adjustment	3
93227270	BEEF BOLOGNESE SAUCE	Portion Size Correction	3
93227333	CHEESY BEAN BURRITO	Recipe Adjustment	4
93278108	STICKY BBQ QUORN FILLET	Recipe Adjustment	4
93306879	CHINESE VEGETABLE NOODLES	Recipe Adjustment	4
93248405	CRISPY CHICKEN BURGER FFL	Recipe Adjustment	3

INDEX	
Meal Item	Page
Meat Mains	3
Vegetarian Mains	3-4
Jacket Potato and Toppings	5
Baguettes	5
Carbohydrate sides	5
Vegetables	6
Accompaniments	6
Desserts	6-7

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Code	Meat and Fish Mains	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93036883	FISH FINGERS	65	146	609	6	9	14
		100	223	933	9	14	22
93273170	BURGER IN A BUN	98	233	973	8	12	27
		100	238	996	8	13	27
93041006	CHICKEN AND VEGETABLE PIE	200	399	1671	22	15	36
		100	200	835	11	8	18
93245857	IOW PORK SAUSAGES 16s FARM ASSURED	57	141	589	8	5	11
		100	247	1033	15	9	19
93227270	BEEF BOLOGNESE SAUCE	180	127	533	4	11	13
		100	71	296	2	6	7
93248310	CHICKEN AND VEGETABLE KORMA	170	173	724	8	12	14
		100	102	427	5	7	8
93173431	ROAST PORK LOIN	39	71	297	3	12	0
		100	182	761	7	30	0
93227278	COTTAGE PIE	224	191	797	6	10	24
		100	85	355	3	5	11
93278107	STICKY BBQ CHICKEN THIGH	49	88	368	4	11	2
		100	178	745	9	22	4
93037054	LEMON ROASTED CHICKEN BREAST	55 (one fillet)	61	256	1	12	0
		100	112	470	3	22	1
93173553	ROASTED HONEY GLAZED HAM	47	101	421	5	10	3
		100	215	900	11	21	7
93248405	CRISPY CHICKEN BURGER	98	224	937	5	11	33
		100	228	956	5	11	34
93363893	BBQ CHICKEN PIZZA	110	236	988	8	15	28
		100	215	900	7	14	26
93101161	CHICKEN AND BROCCOLI PASTA BAKE	197	225	943	10	15	20
		100	114	479	5	8	10
93170160	SOUTHERN FRIED CHICKEN GOUJON	60	172	720	8	9	14
		100	287	1201	14	15	23
93207806	SWEET & SOUR CHICKEN	152	104	434	3	10	11
		100	68	286	2	6	7

Code	Vegetarian Mains	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93273430	TOMATO AND SWEETCORN PASTA	186	211	884	10	9	23
		100	114	476	5	5	12
93037125	OVEN BAKED VEGETARIAN SAUSAGES	65	90	377	3	9	5
		100	138	577	5	15	8
93040513	WINTER VEGETABLE HOTPOT	222	279	1166	15	10	26
		100	125	525	7	5	12
93073812	QUORN ROAST	50	45	189	1	8	1
		100	90	377	1	15	2
93075380	QUORN BURGER	110	189	792	3	12	28
		100	172	720	2	11	26

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		184	307	1283	10	11	45
93140722	VEGETABLE FAJITA	100	167	699	6	6	24
		60	110	462	6	7	6
93161349	QUORN DIPPERS	100	184	770	10	12	10
		69	106	444	7	8	2
93164651	CHEESE & SWEETCORN OMELETTE	100	154	645	11	12	3
		57	111	466	9	2	13
93175226	VEGGIE FINGERS	100	196	820	16	3	23
		159	306	1279	8	10	49
93227333	CHEESY BEAN BURRITO	100	192	805	5	6	31
		146	180	753	9	8	17
93227207	TOMATO PASTA	100	124	517	7	6	12
		91	77	322	1	8	7
93278108	STICKY BBQ QUORN FILLET	100	85	354	1	9	8
		135	183	767	7	4	25
93302652	ROASTED VEGETABLE & CRANBERRY SLICE	100	136	570	6	3	19
		187	258	1078	6	13	38
93306879	CHINESE VEGETABLE NOODLES	100	138	577	3	7	21
		200	145	605	2	7	26
93037147	POTATO AND LENTIL CURRY	100	72	303	1	3	13
		164	115	482	3	5	18
93164644	MILD SWEET POTATO CURRY	100	70	293	2	3	11
		57	111	466	9	2	13
93175226	VEGGIE FINGERS	100	196	820	16	3	23
		227	158	661	5	11	18
93227274	VEGEMINCE BOLOGNESE	100	70	291	2	5	8
		246	213	893	6	10	29
93228079	VEGETARIAN COTTAGE PIE	100	87	363	2	4	12
		110	227	951	6	11	29
93302651	CRISPY QUORN SUB	100	207	865	6	10	26
		80	155	648	11	4	11
93310785	CHEESE AND ONION BAKE	100	194	814	14	5	13
		223	345	1445	15	13	41
93041608	MACARONI CHEESE	100	155	648	7	6	18
		88	186	778	6	8	26
93363892	VEGETABLE SUPREME PIZZA	100	212	887	7	9	29
		343	436	1826	18	20	51
93359834	CHEESY MAC VEGETABLE BOLOGNESE	100	127	532	5	6	15
		93	190	795	7	9	26
93314076	CHEESE & TOMATO PIZZA	100	204	854	7	10	28
		89	207	866	8	10	26
93363894	MEATLESS FEAST CHEESEY PIZZA	100	233	975	9	12	29
		157	141	592	8	5	13
93235470	VEGGIE KORMA	100	90	377	5	3	8

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Code	Jacket Potatoes and Toppings	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
VMC 125755	PLAIN JACKET POTATO (BAKED, NO OIL)	100	97	406	0	3	23
		100	97	406	0	3	23
VMC 187200/ 187718/ 124963	TUNA MAYO (42g tuna, 8g mayo, 10g sweetcorn)	60	77	318	3	10	2
		100	128	530	5	17	3
VMC 120893	BAKED BEANS	83	52	218	0	3	7
		100	63	264	0	4	9
VMC 111925	CHEESE	30	124	519	10	8	0
		100	414	1718	34	25	2
VMC 124374/ 89704	SALMON MAYO (50g salmon, 8g mayo per portion)	58	87	354	6	12	0
		100	153	644	7	24	0

Code	Baguettes	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93179993	CHEESE BAGUETTE	103	301	1261	12	13	33
		100	293	1224	12	13	32
93180045	HAM BAGUETTE	125	263	1101	6	17	33
		100	210	881	5	14	27
93183367	TUNA MAYO BAGUETTE	113	230	962	4	14	34
		100	204	855	3	13	30

Code	Carbohydrate Sides	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93035026	RICE 1/2 WHOLEGRAIN	133	120	502	0	3	28
		100	90	378	0	2	21
93035127	ROAST POTATOES	73	82	345	3	1	12
		100	113	471	5	2	16
93037002	HOMEMADE BREAD BEST OF BOTH	51	119	498	1	5	25
		100	233	976	1	9	50
93040525	CHIPS	75	104	433	3	2	16
		100	138	577	4	3	22
93046790	MASHED POTATOES	148	144	601	5	3	22
		100	97	406	4	2	15
93108780	PASTA WHOLEMEAL	45	60	252	1	2	12
		100	134	561	1	5	28
93156646	POTATO WEDGES 1/2 PORTION	45	44	183	0	1	10
		100	97	406	0	3	23
93034756	GARLIC BREAD WEDGE	53	113	474	1	4	24
		100	215	900	1	8	46
93276731	RAINBOW RICE	149	166	694	1	4	37
		100	111	466	1	3	25

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Code	Vegetable Sides and Salads	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93034467	CABBAGE	35	9	39	0	1	1
		100	27	113	0	2	4
93034510	CARROTS	40	12	49	0	0	2
		100	29	121	1	1	6
93034783	GREEN BEANS	40	10	44	0	1	2
		100	26	109	0	2	4
93035013	PEAS	40	27	114	0	2	4
		100	68	285	1	5	11
93035221	SWEETCORN	40	31	131	1	1	6
		100	78	326	2	3	14
93036011	BAKED BEANS	56	35	147	0	2	5
		100	63	264	0	4	9
93146563	SALAD CUCUMBER	39	5	23	0	0	0
		100	14	59	1	1	1
93146567	SALAD CARROT	54	16	66	0	0	3
		100	29	121	0	0	6
93278922	CHARTWELLS MIXED SALAD	56	7	31	0	0	1
		100	13	55	0	1	2

Code	Other Additional Items	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93034775	GRAVY	39	10	44	0	0	2
		100	27	113	0	0	6
VMC 185485	TOMATO KETCHUP	10	6	25	0	0	1
		100	64	268	0	1	12
93034930	MILK DRINK IN A CUP	151	70	291	3	5	7
		100	46	192	2	4	4

Code	Desserts	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93035307	YOGHURT	120	100	417	1	4	18
		100	83	347	1	4	15
93041624	APPLE	104	43	182	0	0	11
		100	42	176	0	0	11
93041625	BANANA	120	97	407	0	1	24
		100	81	339	0	1	20
93065473	ORANGE	50	19	77	0	1	4
		100	37	155	0	1	9
93090621	BREAD AND BUTTER PUDDING	54	84	353	2	3	13
		100	155	649	4	6	24
93158312	PEAR	102	45	188	0	0	12
		100	44	184	0	0	11
93208015	APPLE CRUMBLE	80	195	816	8	3	28

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		100	245	1023	10	3	35
		138	62	260	0	1	14
93232823	FRUIT PLATTER	100	45	189	0	1	10
		54	0	2	0	0	0
93290177	WIBBLE JELLY RASPBERRY	100	1	3	0	0	0
		74	3	14	0	0	1
93290904	FRUITS WITH FOREST FRUIT JELLY	100	5	19	0	0	1
		25	100	419	4	1	14
93291702	CHOCOLATE COOKIE	100	401	1678	17	6	58
		113	153	641	3	4	30
93303011	RICE PUDDING WITH JAM OR CHOC SPREAD	100	136	570	3	4	26
		66	145	607	4	3	26
93303597	ORANGE GLAZED STICKY SPONGE PUDDING	100	219	918	6	5	39
		53	121	508	7	2	15
93303634	APPLE AND CINNAMON SPONGE	100	229	957	12	3	28
		50	150	626	7	2	18
93303652	CHARTWELLS BROWNIE	100	299	1252	15	5	37
		44	129	538	7	2	15
93304314	CHOCOLATE BEET BROWNIE	100	291	1217	15	5	35
		23	10	41	0	0	2
93310775	ORANGE WEDGES 1/2 WEDGES	100	43	180	0	1	8
		35	156	654	8	2	19
93037056	LEMON SHORTBREAD BISCUITS	100	446	1865	23	4	54
		34	16	68	0	0	4
93040542	FRESH FRUIT SLICES	100	48	203	0	1	10
		80	103	432	2	3	19
93146424	FROZEN STRAWBERRY YOGHURT	100	129	540	2	4	24
		31	145	606	7	2	18
93162261	CHOCOLATE SHORTBREAD	100	468	1956	24	6	57
		83	112	468	4	3	15
93162694	ICE CREAM BOX VANILLA	100	135	565	5	3	18
		83	115	482	5	3	16
93162802	ICE CREAM BOX STRAWBERRY	100	139	582	6	3	19
		83	135	565	6	3	18
93162803	ICE CREAM BOX CHOCOLATE	100	163	682	7	3	22
		25	94	395	4	1	14
93291703	OAT COOKIE	100	377	1578	15	5	54
		43	189	792	11	2	19
93303592	FLAPJACK	100	443	1855	26	6	44
		37	125	524	5	2	18
93303651	BANANA CAKE	100	341	1428	15	5	48
		54	1	4	0	0	1
93312677	WIBBLE JELLY FORSET FRUITS	100	2	7	0	0	1
		70	120	502	6	2	15
93307825	CRUNCHY CHOCOLATE MOUSSE	100	172	720	8	3	22
		67	0	2	0	0	0
93290176	WIBBLE JELLY ORANGE	100	1	3	0	0	0
		108	94	394	2	3	17
93199666	IOW CUSTARD	100	87	364	2	3	16
		80	194	811	8	3	28
93159402	APPLE & BERRY CRUMBLE	100	243	1016	10	3	35

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