

Nutrient Counts Guidance for Spring/Summer 2026 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.

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NOTIFICATION OF CHANGES TO THE NUTRIENT COUNTS – Spring/Summer 2026

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.

RECIPE CODE	RECIPE NAME	REASON FOR CHANGE	PAGE NUMBER

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Chartwells Primary Menu Nutrient Counts – Spring/Summer 2026

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RECIPE CODE	MEAT MAINS	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
93473320	BBQ CHICKEN	48	73	305	1	13	2
		100	153	640	3	28	4
93248310	CHICKEN AND VEGETABLE KORMA	136	136	569	7	9	8
		100	100	418	5	7	6
93102887	HERBY TOMATO CHICKEN	132	104	435	4	12	5
		100	79	330	3	9	4
93170136	SOUTHERN FRIED CHICKEN GOUJON	52	145	605	7	10	10
		100	277	1,160	14	19	20
93520285	CHICKEN KATSU FFL	85	130	544	7	12	5
		100	152	637	8	14	6
93520286	TANDOORI CHICKEN FFL	87	103	430	5	12	2
		100	118	494	6	14	3
93273487	ROAST CHICKEN	54	100	418	5	14	0
		100	186	778	9	25	0
93273170	IOW BEEF BURGER	88	204	854	8	12	21
		100	232	971	9	13	23
93180098	IOW BEEF LASAGNE	196	236	987	9	16	24
		100	121	506	5	8	12
93227270	BEEF BOLOGNESE	180	130	545	4	11	13
		100	73	304	2	6	7
93245857	IOW PORK SAUSAGES	57	141	589	8	5	11
		100	247	1033	15	9	19
93170152	ALL DAY FULL BREAKFAST	196	186	777	9	17	8
		100	95	396	5	9	4

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93040586	PASTA CARBONARA	222	343	1,436	14	17	39
		100	155	647	6	8	18
93180317	SAUSAGE ROLL	74	246	1,029	18	8	14
		100	332	1,391	24	11	19
93173431	ROAST PORK LOIN	39	71	297	3	12	0
		100	182	761	7	30	0
93173553	ROAST GAMMON	47	101	421	5	10	3
		100	215	900	11	21	7
93307822	BATTERED FISH	60	151	632	9	6	12
		100	252	1,054	15	10	19
93227330	TUNA PASTA BAKE	219	248	1,038	7	15	34
		100	113	474	3	7	15
93036883	FISH FINGERS	65	146	609	6	9	14
		100	223	933	9	14	22

RECIPE CODE	VEGETABLE MAINS	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
93496121	BBQ QUORN ROAST	52	45	190	1	8	1
		100	88	368	1	15	2
93037184	BBQ VEGETABLE WRAP	164	232	971	6	8	38
		100	142	594	3	5	23
93502880	BEAN AND CHEESE PASTRY TURNOVER	91	243	1,017	16	8	16
		100	267	1,116	17	9	18
93419699	BEANY VEGETABLE BURGER	159	265	1,107	8	10	37
		100	167	699	5	6	23
93227333	CHEESY BEAN BURRITO V2	147	287	1,200	8	10	44
		100	195	817	5	7	30
93283682	MEATLESS BALL IN TOMATO SAUCE	149	144	603	7	10	10
		100	97	404	5	7	7
93037147	POTATO AND LENTIL CURRY	204	147	614	2	7	26
		100	72	301	1	3	13
93157943	SWEET POTATO, CHICKPEA HERB ROAST	89	112	470	3	4	19
		100	126	529	3	4	21
93355061	SWEET POTATO AND LENTIL CURRY	213	176	735	6	7	26
		100	83	346	3	3	12

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93140722	TEX MEX VEGETABLE FAJITA	170	287	1,199	10	10	39
		100	169	707	6	6	23
93227207	TOMATO PASTA V2	205	263	1,100	10	11	33
		100	128	536	5	5	16
93159335	VEGETABLE JAMBALAYA	249	203	847	4	7	38
		100	81	340	1	3	15
93227274	VEGETARIAN BOLOGNESE	194	122	509	4	5	14
		100	63	262	2	2	7
93228079	VEGETARIAN COTTAGE PIE V2	226	175	731	5	6	26
		100	77	323	2	3	12
93175226	VEGGIE FINGERS	57	41	173	1	8	1
		100	73	305	1	14	1
93363894	VEGGIE MEAT FEAST PIZZA	89	207	864	8	10	26
		100	233	974	9	12	29
93157180	BECHAMEL SAUCE ORGANIC MILK	106	101	424	6	4	9
		100	95	400	5	4	9
93164644	MILD SWEET POTATO CURRY	160	116	483	4	5	17
		100	72	303	2	3	10
93073812	QUORN ROAST	50	45	189	1	8	1
		100	90	377	1	15	2
93161349	QUORN DIPPERS	60	110	462	6	7	6
		100	184	770	10	12	10
93180932	IOW VEGETABLE LASAGNE	184	215	900	9	10	25
		100	116	485	5	6	13
93314076	CHEESE AND TOMATO PIZZA	93	190	793	7	9	26
		100	204	856	7	10	28
93041608	MACARONI CHEESE FFL	223	342	1,430	15	13	41
		100	153	640	7	6	18
93164835	VEGGIE BURRITO	224	381	1596	10	13	61
		100	170	713	4	6	27
93037125	VEGGIE SAUSAGES	65	89	372	3	10	5
		100	138	577	5	15	8

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	JACKET POTATOES	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
VMC 125755	JACKET POTATO-BAKED, NO OIL	100	97	406	0.2	3	23
		100	97	406	0.2	3	23
TOPPINGS							
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 126781	PLAIN SALMON	50	65	272	4	12	0
		100	130	540	8	24	0
VMC 124374 /89704	SALMON MAYONNAISE (50G SALMON & 8G MAYO PER PORTION)	58	87	364	6	12	0
		100	153	644	6.6	24	0
VMC 187200	PLAIN TUNA (NO MAYO)	42	42	174	0	10	0
		100	99	414	1	24	0
VMC 152126	TUNA MAYO	58	96	400	5	10	2
		100	165	690	9	17	4

RECIPE CODE	BAGUETTES	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
93171072	HAM BAGUETTE	125	270	1130	7	17	33
		100	216	904	6	13	26
93172211	CHEESE BAUGETTE	95	276	1155	11	11	33
		100	290	1213	11	12	35
93183367	TUNA MAYO BAGUETTE	113	230	962	4	14	34
		100	204	855	3	13	30

RECIPE CODE	CARBOHYDRATE SIDES	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
93046790	MASHED POTATOES	72	83	346	4	1	11
		100	115	483	5	2	16
93156646	POTATO WEDGES 1/2 PORTION	45	44	183	0	1	10
		100	97	406	0	3	23
93040525	CHIPS	75	104	433	3	2	16
		100	138	577	4	3	22
93034756	GARLIC BREAD WEDGE	55	113	474	1	4	24
		100	205	859	1	8	44
93108780	PASTA WHOLEMEAL	45	60	252	1	2	12
		100	134	561	1	5	27

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93035026	RICE 1/2 WHOLEGRAIN	89	123	516	1	3	28
		100	139	582	1	3	32
93035127	ROAST POTATOES	63	74	310	3	1	10
		100	118	493	5	2	17
93306877	CREATIONS MASHED POTATO	90	11	46	0	0	2
		100	12	50	0	0	2
93037128	PASTA SALAD	115	158	663	3	5	29
		100	138	577	3	5	25
93276731	RAINBOW RICE	149	166	694	1	4	37
		100	111	466	1	3	25

RECIPE CODE	VEGETABLE SIDES	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
93036011	BAKED BEANS	56	35	147	0	2	5
		100	63	264	0	4	9
93034467	CABBAGE	40	7	28	0	1	1
		100	17	71	0	2	2
93034510	CARROTS	40	12	49	0	0	2
		100	29	121	0	0	6
93034783	GREEN BEANS	36	11	44	0	1	1
		100	29	121	0	2	3
93035013	PEAS	40	27	114	0	2	4
		100	68	285	1	5	11
93035221	SWEETCORN	40	32	134	1	1	4
		100	80	335	2	4	9
93278922	MIXED SALAD	56	7	31	0	0	1
		100	13	55	0	1	2
93187093	CARROT STICKS	40	12	49	0	0	2
		100	29	121	1	1	6
93187094	CUCUMBER STICKS	39	5	23	0	0	0
		100	14	59	1	1	1

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RECIPE CODE	ADDITIONAL ITEMS	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
93037002	HOMEMADE BREAD BEST OF BOTH	58	119	498	1	5	25
		100	204	855	1	8	43
93034775	GRAVY	31	10	44	0	0	2
		100	34	142	0	0	8
93034930	MILK DRINK IN A CUP	151	70	291	3	5	7
		100	46	192	2	4	4
VMC 185485	TOMATO KETCHUP	10	6	25	0	0	1
		100	64	268	0	1	12
VMC 89704	MAYONNAISE	10	28	117	3	0	1
		100	279	1149	28	1	6

RECIPE CODE	DESSERT	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
93208015	APPLE CRUMBLE	80	191	798	8	3	27
		100	239	1,000	10	3	34
93365817	APPLE WEDGES	20	10	42	0	0	2
		100	51	213	1	1	12
93135254	BANANA CAKE	39	121	505	6	2	16
		100	309	1,293	16	4	40
93159399	BANANA & APRICOT FLAPJACK	40	128	535	6	2	16
		100	320	1,337	16	5	39
93352431	BERRY BLONDIE	45	166	693	9	2	20
		100	366	1,530	20	4	45
93168171	BUTTER BEAN BROWNIE	40	112	467	5	2	14
		100	276	1,154	13	6	35
93168173	BANANA OAT BITE	42	126	527	5	2	18
		100	301	1,259	11	6	43
93361665	CARMEL MOUSSE	61	70	294	2	3	10
		100	116	485	3	5	17
93304314	CHOCOLATE BEET BROWNIE	46	129	541	7	2	16
		100	282	1,179	14	5	35
93293871	CHOCOLATE COOKIES	34	139	583	5	1	22
		100	408	1,707	16	4	65
93496709	CHOCOLATE CRISPY BAR	26	112	469	5	1	15
		100	427	1,788	19	5	59
93325213	CHOCOLATE FUDGE CAKE	60	184	770	10	3	22
		100	309	1,291	17	5	36

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93394936	CHOCOLATE MOUSSE	49	56	234	2	2	8
		100	115	479	3	5	16
93504237	CHOCOLATE FLAPJACK	41	175	731	10	3	18
		100	424	1,776	24	6	43
93303654	CHOCOLATE ORANGE DRIZZLE CAKE	43	157	657	8	3	19
		100	362	1,516	20	6	43
93325325	CHOCOLATE SLICE	51	219	915	12	2	28
		100	430	1,801	23	4	55
93154928	CRISPY CRACKLE BAR	30	133	556	6	1	18
		100	438	1,834	20	5	59
93238834	CUSTARD SHORTBREAD	25	116	484	6	1	15
		100	457	1,913	22	5	60
93034683	CUSTARD TRADITIONAL MILK	96	85	356	1	3	15
		100	88	370	1	3	16
93040542	FRUIT SLICES	27	11	45	0	0	3
		100	40	165	0	0	10
93040617	FRUIT PLATTER.	86	45	187	0	1	10
		100	52	218	0	1	12
93289158	GINGER BISCUIT	27	109	458	4	1	17
		100	404	1,690	15	5	64
93146572	HONEYDEW MELON PORTION	28	6	23	0	0	1
		100	20	84	0	0	4
93162802	ICE CREAM BOX STRAWBERRY	83	115	482	5	3	16
		100	139	582	6	3	19
93162803	ICE CREAM BOX CHOCOLATE	83	135	565	6	3	18
		100	163	682	7	3	22
93217623	ICE CREAM BOX VANILLA	91	123	516	5	3	17
		100	135	565	5	3	18
93303638	JAM AND COCONUT SPONGE V.2	49	186	779	11	2	21
		100	382	1,597	22	5	44
93293872	LEMON COOKIES	33	123	514	4	1	21
		100	374	1,567	13	4	64
93330177	LEMON DRIZZLE CAKE V.2	44	166	694	10	2	18
		100	377	1,576	22	5	41
93234371	MAGIC APPLE & CINNAMON BAKE	41	104	434	4	1	16
		100	253	1,058	10	3	40
93352432	OAT COOKIE V.2	32	137	572	6	2	19
		100	434	1,817	20	5	61

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93076318	SHORTBREAD	39	185	776	11	2	21
		100	476	1,990	28	4	53
93416133	STRAWBERRY SHORTCAKE MOUSSE	102	133	558	5	3	21
		100	131	547	5	3	20
93037303	VANILLA SLICE	45	188	787	9	2	26
		100	423	1,768	21	5	58
93289835	WATERMELON	53	14	58	0	0	3
		100	26	109	0	1	6
93290177	WIBBLE JELLY RASPBERRY	76	10	40	0	0	6
		100	13	53	0	0	8
93290175	WIBBLE JELLY STRAWBERRY	76	10	40	0	0	6
		100	13	53	0	0	8
93290176	WIBBLE JELLY ORANGE	76	10	40	0	0	6
		100	13	53	0	0	8
93035307	YOGHURT	120	100	417	1	4	18
		100	83	347	1	4	15
93217518	CRUNCHY APPLE SLICE	65	179	750	10	3	21
		100	277	1159	15	4	33

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