

## **Nutrient Counts Guidance for Autumn/Winter 2025 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 – Autumn/Winter 2025**

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.

<b>RECIPE CODE</b>	<b>RECIPE NAME</b>	<b>REASON FOR CHANGE</b>	<b>PAGE NUMBER</b>

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## Chartwells Primary Menu Nutrient Counts – Autumn/Winter 2025

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Recipe Code	MEAT MAINS	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
93278107	BBQ CHICKEN	48	73	305	1	13	2
		100	153	640	3	28	4
93276358	CHICKEN AND BROCCOLI PASTA BAKE	236	249	1043	6	17	33
		100	106	442	3	7	14
93248300	CHICKEN AND VEG TIKKA MASALA	183	170	713	5	12	19
		100	93	390	3	7	10
93248310	CHICKEN AND VEGETABLE KORMA	168	182	762	9	12	15
		100	109	455	5	7	9
93092538	CHICKEN AND VEGETABLE PIE	141	245	1025	11	13	23
		100	174	728	8	9	16
93107074	CHICKEN QUESADILLA	106	197	824	9	12	18
		100	186	779	8	11	17
93164652	CHINESE STICKY LEMON CHICKEN	216	238	998	7	14	31
		100	110	461	3	6	15
93330435	OAT CRUSTED CHICKEN	60	125	524	4	12	9
		100	210	878	7	20	16
93175046	SPANISH STYLE CHICKEN BAKE	120	124	518	4	17	4
		100	103	431	4	14	4
93170160	SOUTHERN FRIED CHICKEN GOUJON FFL	60	103	430	2	12	10
		100	161	672	3	18	15
93037054	LEMON ROASTED CHICKEN BREAST FRESH FFL	55	97	407	5	13	0
		100	179	747	9	23	1

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Recipe Code	MEAT MAINS (CONTINUED)	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
93245857	IOW PORK SAUSAGES (16s)	57	141	589	8	5	11
		100	247	1033	15	9	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
93036883	FISH FINGERS MINCED MSC	65	146	609	6	9	14
		100	223	933	9	14	22
93307822	BATTERED FISH	60	151	632	9	6	12
		100	252	1054	15	10	19
93227270	BEEF BOLOGNESE SAUCE V3	180	130	545	4	11	13
		100	73	304	2	6	7
93227278	COTTAGE PIE	215	188	787	6	10	24
		100	88	367	3	5	11

Recipe Code	VEGETARIAN MAINS	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
93037125	OVEN BAKED VEGETARIAN SAUSAGES	65	89	372	3	10	5
		100	138	577	5	15	8
93227274	VEGETARIAN BOLOGNESE	217	156	653	4	7	21
		100	72	300	2	3	10
93228079	VEGETARIAN COTTAGE PIE	218	177	741	5	6	27
		100	81	340	2	3	12
93125973	VEGETARIAN SHEPHERDS PIE	194	166	695	4	6	26
		100	86	359	2	3	13
93289314	CAULIFLOWER & SWEET POTATO MASALA	204	145	606	5	6	20
		100	71	297	2	3	10
93037147	POTATO AND LENTIL CURRY	193	147	614	2	7	26
		100	76	318	1	3	14
93157943	SWEET POTATO, CHICKPEA HERB ROAST	91	113	471	3	4	19
		100	124	518	3	4	21
93355061	SWEET POTATO AND LENTIL CURRY	202	176	738	6	7	26
		100	88	366	3	3	13
93037184	BBQ VEGETABLE WRAP	164	232	971	6	8	38
		100	142	594	3	5	23
93075380	QUORN BURGER	110	189	792	3	12	28
		100	172	720	2	11	26
93365818	ONION BHAJI BURGER	176	234	978	3	9	41
		100	133	555	2	5	23
		100	167	700	6	6	23
93353907	CHEESE AND BEAN TORTILLA TOASTIE	98	203	850	9	10	19
		100	207	867	9	10	20
93227207	TOMATO PASTA	202	263	1102	10	11	33
		100	130	545	5	6	16
93164835	VEGGIE BURRITO	224	381	1,596	10	13	61
		100	170	713	4	6	27

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93175226	VEGGIE FINGERS	57	111	466	9	2	13
		100	196	820	16	3	23
93175012	CHEESY PEASY RICE BAKE	227	228	956	8	5	36
		100	101	422	3	2	16
93040513	CHEESY VEGETABLE HOTPOT	210	265	1109	15	10	24
		100	127	529	7	5	11
93304313	QUORN AND VEGETABLE TIKKA MASALA	159	119	499	3	8	15
		100	75	315	2	5	9
93065804	SPANISH VEGETABLE RICE	256	255	1067	3	8	49
		100	100	417	1	3	19
93159335	VEGETABLE JAMBALAYA	238	205	858	3	6	41
		100	86	360	1	3	17
93416017	VEGETABLE PASTRY SLICE V.2	128	173	724	9	5	18
		100	135	564	7	4	14
93248112	VEGGIE CHILLI CON CARNE CRISPY TORTILLA	150	124	517	3	5	19
		100	82	345	2	3	12
93161349	QUORN DIPPERS	60	110	462	6	7	6
		100	184	770	10	12	10
93073812	QUORN ROAST	50	45	189	1	8	1
		100	90	377	1	15	2
93314076	CHEESE TOMATO PIZZA FFL RAW SAUCE	93	190	793	7	9	26
		100	204	856	7	10	28
93041608	MACARONI CHEESE FFL	223	342	1430	15	13	41
		100	153	640	7	6	18
93363894	MEATLESS FEAST CHEESEY PIZZA	89	207	864	8	10	26
		100	233	974	9	12	29

Code	Jacket Potatoes	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
VMC 125755	JACKET POTATO-BAKED, NO OIL	100	97	406	0.2	3	23
		100	97	406	0.2	3	23
<b>TOPPINGS</b>							
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
VMC152126	TUNA MAYONNAISE	58	96	400	5	10	2
		100	165	690	9	17	4
VMC 187200	PLAIN TUNA (NO MAYO)	42	42	174	0	10	0
		100	99	414	1	24	0
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

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Code	Baguettes	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
9317999 3	CHEESE BAGUETTE	103	301	1261	12	13	33
		100	293	1224	12	13	32
9318004 5	HAM BAGUETTE	125	263	1101	6	17	33
		100	210	881	5	14	27
9318336 7	TUNA MAYO BAGUETTE	113	230	962	4	14	34
		100	204	855	3	13	30
9316799 3	ROAST CHICKEN PITTA	102	217	910	8	19	18
		100	214	896	8	19	17
9315241 8	ROASTED HONEY GLAZED GAMMON PIITA	77	177	741	6	13	20
		100	231	966	7	17	26
9341073 0	ROAST PORK PITTA	79	196	820	9	14	17
		100	248	1038	11	18	21

Recipe Code	CARBOHYDRATE SIDES	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
93037002	HOMEMADE BREAD BEST OF BOTH	65	139	581	1	5	30
		100	215	898	1	8	46
93034756	GARLIC BREAD WEDGE	53	113	474	1	4	24
		100	215	900	1	8	46
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
93035127	ROAST POTATOES	48	63	265	3	1	8
		100	132	553	7	2	16
93157751	HERBY WEDGES 1/2 PORTION	45	44	184	0	1	10
		100	97	407	0	3	23
93276731	RAINBOW RICE	149	166	694	1	4	37
		100	111	466	1	3	25
93035026	RICE 1/2 WHOLEGRAIN	89	123	516	1	3	28
		100	139	582	1	3	32
93040525	CHIPS	75	104	433	3	2	16
		100	138	577	4	3	22
93108780	PASTA WHOLEMEAL	45	60	252	1	2	12
		100	134	561	1	5	28
93037128	PASTA SALAD	115	158	663	3	5	29
		100	138	577	3	5	25

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Recipe Code	VEGETABLE SIDES	Portion Size	Calories (Kcal)	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
93034783	GREEN BEANS	36	11	44	0	1	1
		100	29	121	0	2	3
93187093	CARROT STICKS	40	12	49	0	0	2
		100	29	121	1	1	6
93034510	CARROTS	40	12	49	0	0	2
		100	29	121	1	1	6
93278922	MIXED SALAD	56	7	31	0	0	1
		100	13	55	0	1	2
93146563	SALAD CUCUMBER	39	5	23	0	0	0
		100	14	59	1	1	1
93146569	SALAD LETTUCE	33	4	15	0	0	0
		100	11	46	0	1	1
93146565	SALAD SWEETCORN	40	32	134	1	1	4
		100	80	335	2	4	9
93146564	SALAD TOMATO	40	6	23	0	0	1
		100	14	59	0	1	3
93035013	PEAS	40	27	114	0	2	4
		100	68	285	1	5	11
93034467	CABBAGE	35	9	39	0	1	1
		100	27	113	0	2	4
93187094	CUCUMBER STICKS	39	5	23	0	0	0
		100	14	59	1	1	1
93035221	SWEETCORN	40	32	134	1	1	4
		100	80	335	2	4	9

Recipe Code	OTHER ADDITIONAL ITEMS	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
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
VMC 4381	WRAP	56	177	746	4	5	30
		100	316	1332	7	9	53

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Recipe Code	DESSERTS	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
93040542	FRESH FRUIT SLICES (ACCOMPANIMENT)	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
93290904	FRUITS WITH FOREST FRUIT JELLY	91	13	54	0	0	6
		100	14	60	0	0	7
93065717	APPLE AND GOLDEN SYRUP SPONGE	50	128	537	6	2	18
		100	257	1075	12	3	35
93208015	APPLE CRUMBLE	80	191	798	8	3	27
		100	239	1000	10	3	34
93365817	APPLE WEDGES	20	10	42	0	0	2
		100	51	213	1	1	12
93217518	CRUNCHY APPLE SLICE	65	179	750	10	3	21
		100	277	1159	15	4	33
93159399	BANANA & APRICOT FLAPJACK	40	128	535	6	2	16
		100	320	1337	16	5	39
93162803	ICE CREAM BOX CHOCOLATE	83	135	565	6	3	18
		100	163	682	7	3	22
93416130	CHOCOLATE CARAMEL CRUNCH	62	141	588	5	4	19
		100	226	946	9	6	31
93304154	CHOCOLATE AND PEAR CAKE	58	170	711	10	2	19
		100	295	1235	17	4	33
93304314	CHOCOLATE BEET BROWNIE	47	130	543	7	2	16
		100	276	1154	14	5	34
93293871	CHOCOLATE COOKIE	34	139	583	5	1	22
		100	408	1707	16	4	65
93207637	CHOCOLATE MARBLE CAKE	80	232	971	13	4	28
		100	290	1214	16	5	35
93303654	CHOCOLATE ORANGE DRIZZLE CAKE	43	157	657	8	3	19
		100	362	1516	20	6	43
93162802	ICE CREAM STRAWBERRY	83	115	482	5	3	16
		100	139	582	6	3	19
93162694	ICE CREAM VANILLA	83	112	468	4	3	15
		100	135	565	5	3	18
93303637	PEACH AND GINGER PUDDING	53	139	581	7	2	17
		100	261	1092	14	4	32
93218655	ORANGE WEDGES	46	20	82	0	1	4
		100	43	180	0	1	9
93330177	LEMON DRIZZLE MUFFIN	44	166	694	10	2	18
		100	377	1576	22	5	41
		100	295	1234	12	4	43
93146424	FROZEN STRAWBERRY YOGHURT	80	103	432	2	3	19
		100	129	540	2	4	24
93290175	WIBBLE JELLY STRAWBERRY	78	10	40	0	0	6
		100	12	52	0	0	8
93290176	WIBBLE JELLY ORANGE	78	10	40	0	0	6
		100	12	52	0	0	8

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93352432	HOMEMADE OAT COOKIE	32	137	572	6	2	19
		100	434	1817	20	5	61
93293872	LEMON COOKIE	33	123	514	4	1	21
		100	374	1567	13	4	64
93361665	CARMEL MOUSSE	62	70	294	2	3	10
		100	113	473	3	5	17
93307825	CRUNCHY WIBBLE MOUSSE	70	148	619	6	3	20
		100	212	885	9	5	28
93290177	WIBBLE JELLY RASPBERRY	78	14	59	0	0	7
		100	18	75	0	0	11
93035307	YOGHURT	80	66	278	1	3	12
		100	83	347	1	4	15
93303592	FLAPJACK	32	137	575	8	2	14
		100	433	1813	25	6	44
93416133	STRAWBERRY SHORTBREAD MOUSSE	80	133	558	5	3	21
		100	167	699	6	4	26
93230722	SHORTCAKE	33	150	626	7	2	20
		100	458	1918	22	5	60
93076318	SHORTBREAD	39	185	776	11	2	21
		100	476	1990	28	4	53
93041625	BANANA	120	97	407	0	1	24
		100	81	339	0	1	20
93041624	APPLE	104	43	182	0	0	11
		100	42	176	0	0	11
93065473	MANDARIN	36	13	53	0	0	3
		100	36	151	0	1	8
93132335	CUSTARD TRADITIONAL ORGANIC MILK	108	96	400	2	3	17
		100	88	370	1	3	16
VMC 2658	WATERMELON (FLESH)	80	25	105	0	0	6
		100	31	130	0	1	7

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