

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.

RECIPE CODE	RECIPE NAME	REASON FOR CHANGE	PAGE NUMBER
93035127	ROAST POTATOES	PORTION SIZE CHANGED	5

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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)
BEEF							
93300541	BEEF BOLOGNESE SS25	147	98	412	4	8	8
		100	67	280	2	5	6
93195626	BEEF MEATBALLS IN TOMATO SAUCE	139	181	758	12	10	8
		100	131	547	9	7	6

Recipe Code	MEAT MAINS (CONTINUED)	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
CHICKEN							
93278107	BBQ CHICKEN	48	87	363	4	11	2
		100	182	762	9	23	4
93041006	CHICKEN AND VEGETABLE PIE	195	395	1653	21	16	34
		100	203	849	11	8	17
93270452	CHICKEN SWEETCORN PASTA BAKE	283	305	1278	8	20	40
		100	108	451	3	7	14
93035093	ROASTED CHICKEN BREAST	68	101	426	2	22	1
		100	148	626	3	32	1

Recipe Code	MEAT MAINS (CONTINUED)	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
PORK							
93023440	PORK SAUSAGE BITES	11	30	126	2	2	1
		100	265	1109	20	14	9
93355641	SIMPLICITY ROAST GAMMON	60	78	326	3	12	0
		100	130	544	5	21	0

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Recipe Code	FISH MAINS	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
FISH							
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

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
93037184	BBQ VEGETABLE WRAP	164	232	971	6	8	38
		100	142	594	3	5	23
93321174	MEATLESS FEAST CHEESY PIZZA	104	213	891	5	11	32
		100	205	858	5	11	31
93227207	TOMATO PASTA V2	202	263	1102	10	11	33
		100	130	545	5	6	16
93283682	MEATLESS BALL IN TOMATO SAUCE V.2	146	144	603	7	10	10
		100	99	414	5	7	7
93037069	MACARONI CHEESE	181	258	1079	8	10	38
		100	142	595	5	6	21
93164835	VEGGIE BURRITO	224	381	1,596	10	13	61
		100	170	713	4	6	27
93175226	VEGGIE FINGERS	57	111	466	9	2	13
		100	196	820	16	3	23
93216240	WEST AFRICAN VEGETABLE RICE	267	236	986	4	10	41
		100	88	370	2	4	15
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
93128003	CHEESE AND TOMATO PIZZA WMEAL FFL RAW SAUCE	113	214	896	6	11	32
		100	189	793	5	10	28
93037147	POTATO AND LENTIL CURRY	193	147	614	2	7	26
		100	76	318	1	3	14
93295646	BEANY VEGGIE SHEPHERD'S PIE	151	52	218	1	3	8
		100	35	146	0	2	5

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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
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

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
93156646	POTATO WEDGES 1/2 PORTION	45	44	183	0	1	10
		100	97	406	0	3	23
93035127	ROAST POTATOES	66	106	442	4	2	17
		100	160	669	6	3	26
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
93306877	CREATIONS MASHED POTATO	90	11	46	0	0	2
		100	12	50	0	0	2

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
93126571	CARROT BATON	40	14	57	0	0	3
		100	34	142	0	1	8
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
93146567	SALAD CARROT	54	16	66	0	0	3
		100	29	121	0	0	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

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		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
93126572	CHERRY TOMATOES	40	9	36	0	0	1
		100	22	92	1	1	4

Recipe Code	OTHER ADDITIONAL ITEMS	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
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

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
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 FB	65	179	750	10	3	21
		100	277	1159	15	4	33
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

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		100	226	946	9	6	31
93304314	CHOCOLATE BEET BROWNIE	47	130	543	7	2	16
		100	276	1154	14	5	34
93207637	CHOCOLATE MARBLE CAKE FB	80	232	971	13	4	28
		100	290	1214	16	5	35
93034685	CUSTARD TRADITIONAL MILK POWDER	83	82	345	1	2	16
		100	119	499	2	2	24
93162802	ICE CREAM BOX STRAWBERRY	83	115	482	5	3	16
		100	139	582	6	3	19
93303597	ORANGE GLAZED STICKY SPONGE PUDDING	56	135	565	4	3	23
		100	239	1001	7	5	41
93218655	ORANGE WEDGES	46	20	82	0	1	4
		100	43	180	0	1	9
93290175	WIBBLE JELLY STRAWBERRY	78	10	40	0	0	6
		100	12	52	0	0	8
93352432	HOMEMADE OAT COOKIE	32	137	572	6	2	19
		100	434	1817	20	5	61
93293872	LEMON COOKIES	33	123	514	4	1	21
		100	374	1567	13	4	64
93361665	CARAMEL 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
93035307	YOGHURT	80	66	278	1	3	12
		100	83	347	1	4	15
93352431	BERRY BLONDIE	45	166	693	9	2	20
		100	366	1530	20	4	45
93303592	FLAPJACK V.2	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	SHORTBREAD BISCUIT	33	150	626	7	2	20
		100	458	1918	22	5	60
93041625	BANANA PACKED LUNCH	120	97	407	0	1	24
		100	81	339	0	1	20
93041624	APPLE PACKED LUNCH	104	43	182	0	0	11
		100	42	176	0	0	11
93065473	MANDARIN PACKED LUNCH	36	13	53	0	0	3
		100	36	151	0	1	8

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