

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
93036755	BEEF BURGER	PRODUCT CHANGE- BURGER BUN	3
93419699	BEANY VEGETABLE BURGER	PRODUCT CHANGE - CHEESE	4
93036834	CHEESE AND TOMATO PIZZA	PRODUCT CHANGE - CHEESE	4
93227207	TOMATO PASTA	PRODUCT CHANGE - CHEESE	4
93035127	ROAST POTATOES	UPDATE TO PORTION SIZE	6
93035026	RICE 1/2 WHOLEGRAIN	PRODUCT CHANGE - RICE	6

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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)	Sugars (g)	Sodium (mg)
CHICKEN AND TURKEY									
93146436	JAMAICAN JERK CHICKEN	44	82	345	4	11	1	0	219
		100	186	779	8	25	2	0	495
93035093	ROASTED CHICKEN BREAST	41	61	255	1	13	0	0	104
		100	148	620	2	32	0	0	252
93504134	TANDOORI CHICKEN	83	82	342	2	14	2	2	116
		100	99	414	3	17	3	2	140
93175179	CHICKEN KATSU	88	126	527	5	18	3	2	202
		100	143	598	5	20	3	2	229

RECIPE CODE	MEAT MAINS	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
BEEF									
93036755	BEEF BURGER	98	191	800	6	9	25	5	179
		100	195	816	7	10	26	5	182

RECIPE CODE	MEAT MAINS	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
PORK									
93040586	PASTA CARBONARA	222	343	1,436	14	17	39	3	496
		100	155	647	6	8	18	1	223
93180317	SAUSAGE ROLL	74	246	1,029	18	8	14	1	325
		100	332	1,391	24	11	19	2	440

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RECIPE CODE	MEAT MAINS	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
FISH									
93036883	FISH FINGERS	65	146	609	6	9	14	1	207
		100	223	933	9	14	22	2	317

RECIPE CODE	VEGETABLE MAINS	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
9349612 1	BBQ QUORN ROAST	52	45	190	1	8	1	0	154
		100	88	368	1	15	2	0	299
9303718 4	BBQ VEGETABLE WRAP	164	232	971	6	8	38	3	184
		100	142	594	3	5	23	2	112
9350288 0	BEAN AND CHEESE PASTRY TURNOVER	91	243	1,017	16	8	16	1	262
		100	267	1,116	17	9	18	2	287
9341969 9	BEANY VEGETABLE BURGER	149	227	952	7	9	31	6	430
		100	153	641	5	6	21	4	290
9312224 6	SPANISH OMELETTE	126	170	712	11	12	5	1	120
		100	135	564	9	10	4	1	95
9315794 3	SWEET POTATO, CHICKPEA AND HERB ROAST	89	112	470	3	4	19	2	186
		100	126	529	3	4	21	3	209
9314072 2	TEX MEX VEGETABLE FAJITA	170	287	1,199	10	10	39	5	271
		100	169	707	6	6	23	3	160
9322720 7	TOMATO PASTA V2	205	263	1,100	10	11	33	4	178
		100	128	536	5	5	16	2	87
9316849 2	VEGETABLE AND BEAN CHILLI PITTA	154	226	943	2	9	43	4	412
		100	146	612	1	6	28	3	267
9317522 6	VEGGIE FINGERS	57	41	173	1	8	1	0	170
		100	73	305	1	14	1	0	300
9303683 4	CHEESE AND TOMATO PIZZA	70	181	757	6	8	24	2	268
		100	260	1,089	9	11	34	3	386
9316134 9	QUORN DIPPERS	60	110	462	6	7	6	0	184
		100	184	770	10	12	10	0	307
9321817 1	VEGAN MEATBALL BAGUETTE	151	316	1,321	9	15	42	6	580
		100	209	873	6	10	27	4	383
	VEGETABLE LASAGNE FFL V2	340	299	1,250	13	12	33	9	265

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9318087 3		100	88	368	4	4	10	3	78
9304160 8	MACARONI CHEESE FFL	223	342	1,430	15	13	41	5	270
		100	153	640	7	6	18	2	121
9339878 4	CHINESE STYLE NOODLES	229	270	1,131	4	13	47	8	819
		100	118	494	2	6	20	4	358

CODE	JACKET POTATOES	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93037031	JACKET POTATO WITH CHEESY COLESLAW	208	244	1021	8	9	35	4	194
		100	117	490	4	4	17	2	93
93270456	JACKET POTATO VEGETARIAN BOLOGNESE	309	254	1,061	5	8	45	7	80
		100	82	343	1	3	15	2	26
93135258	JACKET POTATO BEAN AND VEGETABLE CHILLI	235	209	874	2	7	41	4	174
		100	89	372	1	3	18	2	74
93217510	JACKET POTATO BBQ BEANS	197	172	718	0	6	37	3	144
		100	87	364	0	3	19	2	73
TOPPINGS									
VMC 125755	JACKET POTATO-BAKED, NO OIL	100	97	406	0	3	23		
VMC 120893	BAKED BEANS	83	52	218	0	3	7		
		100	63	264	0	4	9		
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		
VMC 5027422	CHEESE	30	99	416	8	8	0		
		100	331	1385	25	25	0		

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RECIPE CODE	CARBOHYDRATE SIDES	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93264084	BBQ POTATO WEDGES 1/2 PORTIONS	54	51	213	0	1	12	1	13
		100	95	398	0	3	22	1	24
93270449	HALF CHOTA NAAN BREAD	20	60	250	1	2	11	0	70
		100	299	1,251	6	8	53	0	350
93156646	POTATO WEDGES 1/2 PORTION	45	44	183	0	1	10	1	1
		100	97	406	0	3	23	1	2
93040525	CHIPS	75	104	433	3	2	16	0	0
		100	138	577	4	3	22	0	0
93034756	GARLIC BREAD WEDGE	55	113	474	1	4	24	1	80
		100	205	859	1	8	44	2	146
93108780	PASTA WHOLEMEAL	45	60	252	1	2	12	0	5
		100	134	561	1	5	27	0	5
93035026	RICE 1/2 WHOLEGRAIN	92	118	493	1	3	26	0	5
		100	128	537	1	3	29	0	5
93035127	ROAST POTATOES	63	114	478	5	2	17	1	1
		100	181	759	8	3	27	1	1

RECIPE CODE	VEGETABLE SIDES	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93150135	CRUNCHY COLESLAW HOME MADE	51	43	178	3	1	4	2	71
		100	84	353	5	1	7	4	141
93036011	BAKED BEANS	56	35	147	0	2	5	1	134
		100	63	264	0	4	9	2	240
93034467	CABBAGE	40	7	28	0	1	1	1	2
		100	17	71	0	2	2	2	5
93034510	CARROTS	40	12	49	0	0	2	2	12
		100	29	121	0	0	6	5	29
93034783	GREEN BEANS	36	11	44	0	1	1	1	0
		100	29	121	0	2	3	2	0
93035013	PEAS	40	27	114	0	2	4	2	2
		100	68	285	1	5	11	6	4
93146568	SALAD BEETROOT	32	12	48	0	1	2	2	21
		100	36	151	0	2	8	7	66
93146567	SALAD CARROT	54	16	66	0	0	3	3	16
		100	29	121	1	1	6	5	29
93146563	SALAD CUCUMBER	39	5	23	0	0	0	0	2

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		100	14	59	1	1	1	1	4
93146569	SALAD LETTUCE	33	4	15	0	0	0	0	3
		100	11	46	0	1	1	1	9
93146565	SALAD SWEETCORN	40	32	134	1	1	4	1	0
		100	80	335	2	4	9	3	0
93146564	SALAD TOMATO	40	6	23	0	0	1	1	1
		100	14	59	0	1	3	3	2
93035221	SWEETCORN	40	32	134	1	1	4	1	0
		100	80	335	2	4	9	3	0

RECIPE CODE	ADDITIONAL ITEMS	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93037002	HOMEMADE BREAD BEST OF BOTH	58	119	498	1	5	25	1	86
		100	204	855	1	8	43	1	148
93034775	GRAVY	31	10	44	0	0	2	0	125
		100	34	142	0	0	8	0	409
93034930	MILK DRINK IN A CUP	151	70	291	3	5	7	7	65
		100	46	192	2	4	4	4	43
VMC 185485	TOMATO KETCHUP	10	6	25	0	0	1	36	1
		100	64	268	0	1	12	360	11

RECIPE CODE	DESSERT	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93303651	BANANA LOAF V.2	40	126	527	5	2	18	9	28
		100	311	1,303	13	5	46	21	68
93159399	BANANA & APRICOT FLAPJACK	36	122	510	6	2	14	5	42
		100	342	1431	17	6	39	14	116
93168171	CHOCOLATE FUDGE BROWNIE	40	112	467	5	2	14	8	54
		100	276	1,154	13	6	35	19	133
93361665	CARMEL MOUSSE	61	70	294	2	3	10	7	85
		100	116	485	3	5	17	11	140
93293871	CHOCOLATE COOKIES	34	139	583	5	1	22	13	86
		100	408	1,707	16	4	65	39	253
93394936	CHOCOLATE MOUSSE	49	56	234	2	2	8	6	70
		100	115	479	3	5	16	12	143
93504237	CHOCOLATE OATY BAR	41	175	731	10	3	18	6	63
		100	424	1,776	24	6	43	16	153

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93238834	CUSTARD SHORTBREAD	25	116	484	6	1	15	5	32
		100	457	1,913	22	5	60	20	126
93040542	FRUIT SLICES	27	11	45	0	0	3	3	1
		100	40	165	0	0	10	10	3
93330177	LEMON DRIZZLE CAKE V.2	44	166	694	10	2	18	8	96
		100	377	1,576	22	5	41	18	219
93352432	OAT COOKIE V.2	32	137	572	6	2	19	8	72
		100	434	1,817	20	5	61	25	230
93230722	SHORTBREAD BISCUIT	33	150	626	7	2	20	5	41
		100	458	1,918	22	5	60	17	124
93416133	STRAWBERRY SHORTBREAD MOUSSE	102	133	558	5	3	21	9	85
		100	131	547	5	3	20	9	84
93037303	VANILLA SLICE	45	188	787	9	2	26	12	111
		100	423	1,768	21	5	58	26	250
93289835	WATERMELON	53	14	58	0	0	3	3	17
		100	26	109	0	1	6	6	32
93290177	WIBBLE JELLY RASPBERRY	76	10	40	0	0	6	2	0
		100	13	53	0	0	8	3	0
93290175	WIBBLE JELLY STRAWBERRY	76	10	40	0	0	6	2	0
		100	13	53	0	0	8	3	0
93035307	YOGHURT	120	100	417	1	4	18	17	60
		100	83	347	1	4	15	14	50

RECIPE CODE	Baguettes, Rolls, Sandwiches and Wraps	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93368007	TUNA SWEETCORN PITTA POCKET	89	150	626	3	12	18	2	322
		100	168	701	4	13	21	2	361
93116135	HAM BAGUETTE	125	240	1,003	5	14	34	3	817
		100	192	803	4	11	27	2	654
93115178	EGG MAYO 50/50 SANDWICH	146	287	1,200	10	15	32	2	450
		100	197	823	7	10	22	2	309
93175999	CHEESE ROLL	73	242	1,014	14	11	19	2	374
		100	332	1,389	19	15	26	3	513
93167819	LAUGHING COW CHEESE & CUCUMBER WRAP	97	242	1,014	9	8	32	3	347
		100	250	1,048	9	8	33	4	359

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93187093	CARROT STICKS	32	9	39	0	0	2	2	9
		100	29	121	0	0	6	5	29
93187094	CUCUMBER STICKS	39	5	23	0	0	0	0	2
		100	14	59	1	1	1	1	4

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