

Nutrient Counts Guidance for Autumn/Winter 2024 Primary Menu

Primary Allergy Aware AW24 V1 10.10.24

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.
- 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.

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.

RECIPE CODE	RECIPE NAME	REASON FOR CHANGE	PAGE NUMBER

Code	Breakfast	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93107308	HALAL CHICKEN SAUSAGE	57	85	355	4	9	3
		100	149	623	7	16	6
93171876	SD GLUTEN FREE TOAST	90	265	1108	11	2	37
		100	294	1231	13	2	41
93171879	SD GLUTEN FREE FRUITY PORRIDGE	101	147	613	2	5	28
		100	145	607	2	5	28
93171877	SD BEANS ON GLUTEN FREE TOAST	140	170	712	3	5	28
		100	122	509	2	4	20
93171970	SD GF RICE CRISPIES WITH OAT MILK	185	186	777	1	8	37
		100	100	420	0	4	20
Code	Meat Mains	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93323025	SD BBQ BEEF MEATBALLS	128	132	551	7	6	11
		100	103	431	6	5	9
93315910	SD BBQ CHICKEN PIZZA	154	296	1236	11	10	42
		100	192	804	7	6	27
93282240	SD CHICKEN AND BROCCOLI PASTA BAKE	261	361	1509	12	20	45
		100	138	578	5	8	17
93278107	STICKY BBQ CHICKEN THIGH	49	88	368	4	11	2
		100	178	745	9	22	4
93248300	CHICKEN AND VEG TIKKA MASALA	183	160	668	4	13	19
		100	87	366	2	7	10

93238786	SD MEXICAN BEEF TORTILLA PIE	136	137	573	7	8	12
		100	101	422	5	6	9
93238789	SD BUTTER CHICKEN	122	107	447	5	12	5
		100	88	367	4	10	4
93234086	CHICKEN KORMA	115	138	577	7	11	8
		100	120	501	6	10	7
93227334	BEEF KEEMA	182	142	592	4	12	15
		100	78	326	2	7	8
93227270	BEEF BOLOGNESE SAUCE	167	117	488	4	11	11
		100	70	292	2	7	6
93227278	COTTAGE PIE	215	191	797	6	10	24
		100	89	371	3	5	11
93219715	SD CHICKEN & VEGETABLE PIE	215	196	821	6	14	24
		100	91	382	3	7	11
93207795	WEST AFRICAN CHICKEN RICE	279	454	1898	6	19	88
		100	163	681	2	7	32
93196443	SD CHICKEN SWEET & SOUR	132	143	600	7	10	10
		100	109	454	5	8	8
93180835	LAMB BOLOGNESE	149	151	632	8	10	11
		100	101	423	5	7	7
93172601	SD GF PORK SAUSAGES	87	146	613	8	13	8
		100	169	707	10	15	10
93173431	ROAST PORK LOIN	39	71	297	3	12	0
		100	182	761	7	30	0
93173553	ROASTED HONEY GLAZED HAM FFL	47	101	421	5	10	3
		100	215	900	11	21	7
93170396	SD CHICKEN BURGER	117	237	992	6	15	30
		100	203	850	5	13	26
93170473	SD INCREDIBLE BURGER	141	305	1275	10	12	38
		100	216	903	7	9	27
93165210	SD SHEPHERDESS PIE	264	199	831	4	7	36
		100	75	315	1	3	14
93166795	SD FISH FILLET	60	140	586	6	6	15
		100	233	977	10	9	25
93158448	ROASTED CHICKEN THIGH FFL	63	131	548	8	15	0
		100	209	874	12	25	0
93146436	JAMAICAN JERK CHICKEN	44	82	345	4	11	1
		100	186	779	8	25	2
93035093	LEMON ROASTED CHICKEN BREAST	68	81	338	2	15	1
		100	119	498	3	22	1
93035118	ROAST BEEF	42	49	204	2	8	0
		100	117	490	5	18	0
Code	Halal Meat Mains	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93041665	LAMB BOLOGNESE HALAL	139	128	535	5	11	12
		100	92	386	3	8	9
93041772	BEEF BOLOGNESE HALAL	110	109	455	6	9	6
		100	99	415	5	8	5
93041777	ROAST BEEF HALAL	38	73	304	2	13	0
		100	193	808	6	34	0
93146437	JAMAICAN JERK CHICKEN THIGH HALAL	47	85	356	4	12	0
		100	182	763	9	25	1
93136248	LEMON ROASTED CHICKEN THIGH HALAL	66	116	485	6	16	0
		100	175	731	9	24	1
93207796	WEST AFRICAN CHICKEN RICE HALAL	156	417	1743	2	19	85
		100	266	1115	1	12	55
93208018	SD CHICKEN BURGER HALAL	117	251	1048	8	12	30
		100	215	898	7	11	26
93234515	CHICKEN KORMA HALAL	114	128	534	6	11	8
		100	112	468	5	10	7
93240964	SD MEXICAN BEEF TORTILLA PIE HALAL	136	155	647	9	7	12
		100	114	477	7	5	9
93240965	SD BUTTER CHICKEN HALAL	122	96	403	4	11	5
		100	79	331	3	9	4
93289312	SD CHICKEN AND BROCCOLI PASTA BAKE HALAL	264	349	1461	10	22	45
		100	132	553	4	8	17
93261787	CHICKEN AND VEG TIKKA MASALA HALAL	247	202	844	6	17	22
		100	82	341	2	7	9
93289573	STICKY BBQ CHICKEN THIGH HALAL	49	88	368	4	11	2
		100	178	745	9	22	4
93173148	LEMON ROASTED CHICKEN BREAST HALAL	60	72	303	1	15	1
		100	120	502	2	24	1
93227279	COTTAGE PIE HALAL	230	223	934	9	10	27
		100	97	406	4	4	12
93290444	BEEF KEEMA HALAL	182	162	679	7	11	15
		100	89	374	4	6	8
93315911	SD BBQ CHICKEN PIZZA HALAL	154	284	1187	9	10	42
		100	185	772	6	7	27
93315914	SD CHICKEN & VEGETABLE PIE HALAL	215	100	417	3	13	6
		100	46	194	1	6	3
Code	Vegetarian Mains	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93315917	SD VEGETABLE FAJITA	139	155	646	5	4	24
		100	111	466	4	3	17
93315919	SD WINTER VEGETABLE HOTPOT	217	233	977	11	5	29
		100	107	450	5	2	13

93316040	SD TOMATO AND SWEETCORN PASTA	225	269	1126	7	7	48
		100	120	500	3	3	21
93316202	SD ROASTED VEGETABLE & CRANBERRY SLICE	117	96	402	2	3	17
		100	82	344	2	3	14
93315912	SD MEATLESS FEAST CHEESY PIZZA	129	254	1063	10	4	39
		100	197	825	8	3	30
93265590	SD VEGETABLE SWEET & SOUR	124	103	429	4	3	13
		100	83	346	4	2	11
93266539	SD CARIBBEAN CHICKPEA COCONUT CURRY	107	139	580	9	4	10
		100	129	540	9	3	10
93238790	SD MEXICAN VEGGIE TORTILLA PIE	203	176	737	6	7	25
		100	87	363	3	4	12
93281952	SD BEAN BURRITO	217	334	1398	2	9	73
		100	154	643	1	4	34
93235470	VEGGIE KORMA	152	141	591	8	5	13
		100	93	389	5	3	9
93216240	WEST AFRICAN VEGETABLE RICE	307	462	1932	4	15	95
		100	151	630	1	5	31
93200114	SD VEGAN SAUSAGES	112	228	956	15	14	11
		100	204	854	13	13	10
93219821	SD VEGETABLE COTTAGE PIE	309	253	1058	5	10	44
		100	82	342	2	3	14
93174975	SD GF VEGAN CHEESE & TOMATO PIZZA	113	226	945	9	1	38
		100	199	834	8	1	33
93175226	VEGGIE FINGERS	57	111	466	9	2	13
		100	196	820	16	3	23
93180465	SD MACARONI CHEESE FFL	224	347	1450	13	9	51
		100	155	648	6	4	23
93169670	SD VEGGIE BOLOGNESE	218	128	536	3	6	20
		100	59	247	2	3	9
93195251	SD CHINESE VEGGIE NOODLES	261	271	1134	6	12	42
		100	104	435	2	5	16
93194979	SD SPICED RED LENTIL DHAL	138	184	771	12	6	15
		100	134	561	8	4	11
93170474	SD VEGETABLE PIE	213	163	682	3	5	30
		100	77	321	1	3	14
93171286	SD TOMATO PASTA	170	191	799	3	6	39
		100	112	470	2	3	23
93161349	QUORN DIPPERS	60	110	462	6	7	6
		100	184	770	10	12	10
93164644	MILD SWEET POTATO CURRY	162	115	482	3	5	18
		100	71	297	2	3	11
93165205	SD VEGETABLE SUPREME PIZZA	163	235	983	8	2	40
		100	144	603	5	1	25
93165209	SD VALENCIAN VEGETABLE PAELLA	249	489	2047	2	13	109
		100	197	823	1	5	44
93065804	SPANISH VEGETABLE RICE	256	268	1123	4	13	45
		100	105	439	2	5	18
93034839	JACKET POTATO WITH BAKED BEANS	197	172	718	0	6	37
		100	87	365	0	3	19
93289314	CAULIFLOWER & SWEET POTATO KORMA	210	145	606	5	6	22
		100	69	289	2	3	10
93041021	JACKET POTATO WITH CHEESE	171	261	1090	11	11	32
		100	153	639	6	6	19
93227189	JACKET POTATO WITH VEGAN CHEESE	161	199	833	5	4	36
		100	124	518	3	2	23
Code	Sandwiches and Wraps	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93174783	SD HAM SANDWICH	140	329	1378	15	9	38
		100	235	984	10	7	27
93178586	SD GF HAM LETTUCE TOMATO SANDWICH	143	297	1241	11	10	38
		100	207	866	8	7	26
93178597	SD VEGAN CHEESE TOMATO SANDWICH	147	338	1415	16	2	38
		100	231	965	11	1	26
93179076	SD CHICKEN SALAD WRAP HALAL	79	105	441	1	12	12
		100	133	556	2	15	15
93194977	SD HOT CHICKEN WRAP	79	116	485	3	12	12
		100	146	611	3	15	15
Code	Carbohydrates, Accompaniments and Vegetable sides	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 FRESH	40	12	49	0	0	2
		100	29	121	1	1	6
93034775	GRAVY	31	10	44	0	0	2
		100	34	142	0	0	8
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
93035026	RICE 1/2 WHOLEGRAIN	149	233	974	1	6	55
		100	156	654	0	4	37
93035127	ROAST POTATOES	73	82	345	3	1	12
		100	113	471	5	2	16

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
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
93065662	RICE AND PEAS PRIMARY	155	382	1598	3	9	86
		100	247	1035	2	6	55
93126571	CARROT BATON	40	14	57	0	0	3
		100	34	142	0	1	8
93156646	POTATO WEDGES 1/2 PORTION	45	44	183	0	1	10
		100	97	406	0	3	23
93157751	HERBY WEDGES 1/2 PORTION	45	44	184	0	1	10
		100	97	407	0	3	23
93163235	SD PASTA	91	154	646	1	5	34
		100	170	710	1	6	37
93166884	SD BREAD ROLL	65	174	729	5	2	30
		100	268	1121	7	2	46
93276731	RAINBOW RICE	149	166	694	1	4	37
		100	111	466	1	3	25
	SALAD CUCUMBER	39	5	23	0	0	0
		100	14	59	1	1	1
93146563	SD HOUMOUS WITH BAKED GF NACHOS	28	77	321	5	2	6
		100	274	1148	17	7	22
	CRUDITE POT PACKED LUNCH	59	12	51	0	0	2
		100	21	87	0	1	4
93232012	SD CRUNCHY COLESLAW	53	94	393	9	0	3
		100	176	738	17	1	5
93238792	CHARTWELLS MIXED SALAD	56	7	31	0	0	1
		100	13	55	0	1	2
93315913	SD PLAIN PASTA HALF PORTION	51	86	359	0	3	19
		100	169	708	1	6	37
93194973	SD CREAMED POTATOES	115	112	469	4	2	18
		100	98	408	3	2	15
93147600	CRUDITE WITH HOUMOUS	62	68	282	5	2	4
		100	109	455	8	3	6
Code	Desserts	Portion Size	Calories (Kc)	Kj	Total Fat (g)	Protein (g)	Total Carbs (g)
	ORANGE, SULTANA & CARROT SLICE	54	158	662	6	2	24
		100	293	1228	11	3	45
93168190	FRESH FRUIT SLICES(ACCOMPANIMENT)	46	21	90	0	0	5
		100	47	197	0	1	10
93040542	BANANA PACKED LUNCH	120	97	407	0	1	24
		100	81	339	0	1	20
93041625	MANDARIN PACKED LUNCH	50	19	77	0	1	4
		100	37	155	0	1	9
93065473	BEAR NIBBLES STRAWN YO YO 20G	20	56	234	0	0	13
		100	280	1172	1	2	63
93084322	SD CARROT CAKE	53	164	685	9	1	21
		100	308	1289	16	2	40
93265941	PEAR PACKED LUNCH PRI	102	45	188	0	0	12
		100	44	184	0	0	11
93158312	SD APPLE & BERRY CRUMBLE FB PRI	84	179	750	8	2	25
		100	213	891	10	3	30
93165203	SD GLUTEN FREE FLAPJACK	31	139	581	7	2	18
		100	450	1885	23	5	58
93165520	SD CUSTARD PRI	96	64	266	0	3	13
		100	66	277	0	3	14
93166606	SD ORANGE & MANGO SMOOTHIE	58	48	201	0	0	11
		100	83	347	0	0	20
93166797	SD STRAWBERRY SMOOTHIE	80	70	295	0	1	15
		100	88	368	0	2	19
93166798	SD CHOCOLATE SAUCE	90	70	294	1	3	13
		100	78	326	1	4	15
93176566	SD CHOCOLATE BROWNIE	50	159	667	6	2	23
		100	317	1328	13	3	47
93196787	SD BANANA MUFFIN	47	154	646	8	1	21
		100	326	1365	17	2	44
93196788	SD APPLE OAT BITE FB	54	115	481	3	2	21
		100	214	897	6	4	38
93196789	SD BANANA & CARROT MUFFIN	49	153	641	8	1	20
		100	312	1304	16	2	41
93197073	SD ORANGE DRIZZLE SPONGE	67	193	808	8	1	31
		100	287	1200	11	1	45
93197074	SD PLAIN AMERICAN PANCAKES	53	112	467	1	2	23
		100	209	874	2	4	43
93199457	SD COCONUT YOGHURT	120	150	628	12	1	8
		100	125	523	10	1	7
93200113	SD APPLE CRUMBLE FB PRI	97	187	784	8	2	27
		100	194	811	9	2	28
93219577	SD JAM SPONGE	48	167	700	7	1	26
		100	347	1453	14	2	54
93219620	SD CHOCOLATE CRUNCHY BISCUIT	33	120	503	6	1	15

93219823		100	362	1515	19	4	44
	SD PEACH SLICE SPONGE	53	133	557	6	1	19
93219828		100	250	1046	11	2	37
	SD RASPBERRY YOGHURT CAKE	50	152	634	8	1	18
93220742		100	303	1266	17	2	37
	SD PINEAPPLE UPSIDE DOWN CAKE	53	132	553	5	1	21
93220747		100	250	1048	10	1	40
	SD SHORTBREAD	32	143	596	7	1	20
93221990		100	449	1877	22	2	62
	SD APPLE AND CINNAMON SPONGE	53	129	539	5	1	20
93289524		100	243	1018	10	1	38
	WIBBLE JELLY STRAWBERRY	54	0	2	0	0	0
93290175		100	1	3	0	0	0
	WIBBLE JELLY RASPBERRY	54	0	2	0	0	0
93290177		100	1	3	0	0	0
	FRUITS WITH FOREST FRUIT JELLY	67	4	18	0	0	1
93290904		100	7	27	0	0	2
	ORANGE WEDGES 1/2 WEDGES	21	6	23	0	0	1
93310775		100	27	113	0	1	6
	WIBBLE JELLY FORSET FRUITS	54	1	4	0	0	1
93312677		100	2	7	0	0	1
	SD VANILLA RICE PUDDING WITH JAM	115	146	610	0	4	34
93315915		100	127	533	0	3	29
	SD PLAIN VANILLA SPONGE	44	163	682	8	1	23
93197070		100	1552	6494	18	2	52
	SD ORANGE GLAZED STICKY SPONGE PUDDING	57	144	601	5	1	25
93316120		100	251	1051	8	2	44
Code	Drinks	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
	ORANGE JUICE 50/50 WATER	178	45	188	0	1	10
93167870		100	25	106	0	0	5
	APPLE JUICE 50/50 WATER	178	41	170	0	0	11
93167871		100	23	96	0	0	6
	MILK DRINK IN A CUP	151	70	291	3	5	7
93034930		100	46	192	2	4	4