

## **Nutrient Counts Guidance for Autumn/Winter 2023 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**. 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
- 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
- 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

**HUB RECIPES ONLY:** These figures have been calculated using Saffron Nutrition and are accurate at the date of print. Deviations from the Chartwells standard recipes will result in this. Unless specified as a 'HUB' recipe, this dish is provided direct from the Cuisine Centre or Kirtons and the nutrition is provided from their technical team.

PRODUCT	VMC Code	PORTION SIZE (g)	PER 100G							PER PORTION							
			ENERGY	ENERGY	PROTEIN	FAT	CARBOHYDRATE	SUGARS	SODIUM	Portion (g)	ENERGY	ENERGY	PROTEIN	FAT	CARBOHYDRATE	SUGARS	SODIUM
			kcal	kJ	g	g	g	g	mg		kcal	kJ	g	g	g	g	mg
<b>MAINS</b>																	
BBQ Chicken Melt	184981 184982	86	126	530	17	4	6	4	154	86	108	455	14	3	5	4	133
Chicken Tikka Masala	188417 188418	110	150	628	15	7	7	3	203	110	166	691	16	8	7	1	223
Chicken Tikka Masala with Rice	187876	205	148	625	9	4	20	1	112	205	304	1281	19	9	40	3	229
Chicken Only			154	641	34	3	0	0	388		91	383	19	2	0	0	213
Tikka Sauce Only			144	595	2	11	10	5	100		94	387	1	7	7	0	65
Chinese Chicken & Vegetable Rice	187879 187867	232	140	589	7	6	17	2	212	232	325	1367	15	13	39	4	492
Italian Chicken (SELECTOR)	184962 184963	105	168	699	22	8	2	2	315	105	176	734	23	8	2	2	331
Chicken Fillet / Roast Chicken (SELECTOR)	184989 184991	49	121	514	26	2	0	0	140	49	59	252	13	1	0	0	69
Roast Chicken & Gravy (RECOVERY LINE)	188428 188429	95	97	410	15	3	4	1	225	95	86	365	13	2	3	1	200
Roast Chicken, Gravy & Roast Potatoes (RECOVERY LINE)	188427	165	109	459	10	2	11	1	133	165	173	729	15	4	18	1	221
Gravy Only			68	284	1	3	8	2	328		31	128	0	2	4	1	148
Beef Pasta Bolognese	123739 123740	250	133	558	7	4	16	2	75	250	332	1396	17	11	40	5	188
Beef Burgers	115755 115754	57	296	1225	19	23	3	2	400	57	169	698	11	13	2	1	228
Beef Burger in a Bun	93036755	107	226	945	12	7	28	4	367	107	243	1015	13	8	30	5	394
Ham in Gravy	188420 188421	65	79	331	12	2	3	1	595	65	55	231	8	2	2	0	417
Ham in Gravy with Roast Potatoes	188419	135	102	429	7	2	12	0	295	135	142	600	10	3	17	1	413

Sliced Ham	188432 188433	40	111	468	19	3	1	1	800	40	44	187	8	1	0	0	320
Ham Only			111	468	19	3	1	1	800		44.4	187.2	8	1	0	0	320
Gravy Only			27	111	0	0	6	1	268		8.1	33.3	0	0	2	0	80
Sausages Pork Cooked 8s	184386	76	289	1204	15	21	11	1	640	76	220	915	11	16	8	1	486
Pork Sausages (SELECTOR)	184987 184988	90	246	1029	12	14	18	2	492	90	221	926	11	13	16	2	443
Pork Sausages with Gravy (RECOVERY LINE)	188422 188423	115	147	612	7	9	10	1	441	115	176	735	8	11	12	1	529
Sausage Only			257	1072	13	17	13	2	600		154	643	8	10	8	1	360
Gravy Only			27	111	0	0	6	1	280		16.2	67	0	0	4	0	168
Sausage Pasta	188430 188431	252	154	642	6	6	19	2	148	252	388	1618	15	15	47	6	373
Breaded Fish Fingers	187316 187317	75	213	893	12	10	19	1	208	75	160	670	9	7	14	1	156
Breaded Fish Fingers & Chips (Split Tray)	187318	145	176	740	7	7	20	1	112	145	256	1074	11	10	29	1	163
Cauliflower Macaroni Cheese	187878 187866	239	166	696	6	9	16	2	165	239	396	1662	13	20	39	6	395
Cheese & Tomato Pizza	93036834	62	218	912	11	8	23	3	480	62	134	562	7	5	14	2	296
Cheese & Tomato Pasta (RECOVERY LINE)	110458 110459	220	169	709	6	7	19	2	137	220	373	1559	14	16	41	5	301
Cheese & Tomato Pizza (RECOVERY LINE)	110434 110435	125	268	1128	11	9	37	2	192	125	335	1410	14	11	47	2	240
Cheese and Vegetable Bake	187877 187865	168	158	661	6	10	10	2	215	168	265	1110	9	17	17	3	362
Chinese Vegetable and Egg Rice	187884 187871	233	139	585	5	6	17	2	213	233	325	1363	11	15	39	4	497
Macaroni Cheese (RECOVERY LINE)	110420 110421	205	192	807	6	10	19	2	195	205	395	1654	13	21	39	5	399
Quorn Pattie	113957 113956	42	127	533	13	5	6	1	440	42	53	224	5	2	2	0	185
Quorn Pattie & Chips (Split Tray)	115760	112	133	560	7	4	16	1	171	112	149	628	7	5	18	1	192
Chickpea and Vegetable Tikka Masala with Brown Rice	187873	217	130	550	4	4	21	1	32	217	283	1194	8	9	45	3	69
Quorn Sausage in Gravy	188424 188425	95	85	357	8	2	7	0	353	95	85	357	8	2	7	0	353
Quorn Sausage in Gravy with Roast Potatoes (Split Tray)	188426	165	98	414	6	2	13	0	218	165	167	703	10	4	21	1	370
Quorn Sausage Only			138	578	15	5	8	0	430		69	289	7	2	4	0	215
Gravy Only			27	111	0	0	6	1	280		13.5	55.5	0	0	3	0	140
Mild Bean Chilli & Wholegrain Rice (Split Tray)	186091 186092	225	94	401	4	1	17	2	120	225	213	902	9	3	39	4	270
Mild Bean Chilli Only			69	294	4	1	9	3	198		94	397	5	2	12	4	267
Wholegrain Rice Only			132	562	4	1	29	0	4		119	506	3	1	26	0	4

Sweet and Sour Quorn	188434 188435	123	96	407	6	1	13	11	180	123	119	501	7	2	17	13	222
Quorn Vegan Nuggets (Brakes)	135198 93161349	60	184	770	12	10	10	0	307	60	110	462	7	6	6	0	184
Vegan Nuggets	188004 188005	60	215	898	14	12	12	1	340	60	129	539	8	7	7	1	204
Vegan Quorn Fillets (Selector)	184979 184980	69	98	413	14	1	5	0	400	69	68	285	10	1	3	0	276
Vegetarian Balls in Tomato Sauce	187882 187869	134	109	449	6	7	7	4	10	134	146	602	8	9	9	5	13
Vegetarian Balls in Tomato Sauce with Rice	187882 187869	229	124	520	5	4	18	2	8	229	284	1192	11	9	42	5	19
Vegetarian Bolognese Sauce	187881	163	95	390	7	4	6	4	91	163	155	636	11	6	11	7	148
Vegetarian Pasta Bolognese	187880 187868	263	128	535	7	3	17	3	73	263	337	1407	18	8	44	7	191
Veggie Sausage	93037125	75	138	577	15	5	8	0	440	75	104	433	11	3	6	0	330
Vegan Sausage & Bean Casserole	187371 187372	120	97	403	8	3	8	2	233	120	116	484	9	4	10	2	280
<b>STARCHES AND VEGETABLES</b>																	
Rice	110466 110467	95	149	633	3	0	33	0	1	95	142	601	3	0	32	0	1
Bread Sq Wholemeal Thick Slc	102445	80	218	923	10	1	38	2	339	80	174	738	8	1	30	2	271
Bun Burger Unseeded 4in	5222	50	261	1103	9	3	50	4	335	50	131	552	5	2	25	2	168
Roast Potatoes	110468 110469	70	123	520	3	2	21	0	16	70	86	364	2	2	15	0	11
Mashed Potato (RECOVERY LINE)	110470 110471	115	99	416	2	2	17	1	180	115	114	478	2	3	19	1	207
Chips (RECOVERY LINE)	110474 110475	70	137	577	3	4	22	0	10	70	96	404	2	3	15	0	7
Jacket Potatoes (RECOVERY LINE)	110476 110477	200	98	413	2	1	20	2	56	200	196	826	4	1	39	4	112

Diced Potatoes	110472 110473	90	66	278	1	0	13	0	14	90	73	309	2	0	14	0	16
Garden Peas (RECOVERY LINE)	110480 110481 93065563	50	93	392	7	2	10	2	0	50	47	196	4	1	6	1	0
Rainbow Veg / Spring Vegetable Mix	110482 110483	50	72	312	4	1	13	4	9	50	36	156	2	0	7	2	4
Baked Beans	74337 73041	65	63	267	4	0	9	2	160	65	41	174	3	0	6	1	104
Carrot & Cabbage	123741 123742	50	32	135	1	1	7	7	24	50	16	6.8	0	0	4	3	12
Golden Sweetcorn	110478 110479 93001369	50	88	398	3	1	21	2	0	50	44	199	2	0	10	1	0
Green Beans	127838 123839 111275	50	24	101	3	0	3	2	0	50	12	50	2	0	2	1	0
Mixed Salad	93037104	52	24	101	1	0	4	3	4	52	13	53	0	0	2	2	2
Carrots Diced	111280	50	29	123	1	1	6	6	29	50	15	62	1	1	3	3	15
Veg Cabbage Savoy	118933	50	17	70	2	0	2	2	5	50	9	35	1	0	1	1	3
Pasta (SELECTOR)	184968 184969	90	169	714	7	2	31	1	16	90	152	643	6	1	28	1	14
Wholegrain Rice Only	N/A	90	132	562	4	1	29	0	4		119	506	3	1	26	0	4
<b>BRAKES ITEM</b>																	
Cheese & Onion Pasty	20755/3903	85	265	1110	5	17	23	1	300	85	225	943	4	14	20	1	255
Chicken Breast (cooked)	117211	55	145	612	29	3	1	0	252	55	80	337	16	2	1	0	139
Drinking Milk	76395	151	46	192	4	2	5	5	60	151	70	291	5	3	7	8	91
Fries	184181	70	273	1145	4	14	36	1	29	70	191	801	3	10	25	1	20
Omelette	93113671 (32747)	100	173	724	10	14	2	2	200	100	173	724	10	14	2	2	200
Vegan Quorn Fillets	135196	69	98	413	14	1	5	0	400	69	68	285	10	1	3	0	276
Southern Fried Chicken	179256	52	277	1160	19	14	20	1	500	52	145	605	10	7	10	1	261
<b>KIRTONS</b>																	
Chocolate & Blackcurrant	KIR340	50	318	1333	4	15	44	19	160	50	159	667	2	8	22	10	80
Raspberry Slice	KIR250b	50	275	1152	4	14	35	16	200	50	138	576	2	7	18	8	100
Apricot Flapjack	KIR040	35	440	1840	6	22	52	26	196	35	154	644	2	8	18	9	69
Berry Muffin	KIR383	55	345	1445	6	16	44	22	216	55	172	722	3	9	24	12	119
Mandarin & Lemon Drizzle Cake	KIR406	40	343	1438	5	17	42	23	236	40	137	575	2	7	17	9	94
Fruit	93040542	46	47	197	1	0	10	10	3	46	21	90	0	0	5	5	1
Ice cream (Vanilla)	93162694	80	135	565	3	5	18	18	70	80	108	452	3	4	15	15	56
Chocolate Cookie	KIR047	35	430	1804	7	18	57	25	312	35	151	631	2	6	20	9	109
Banana Marble Cake	KIR001A	40	360	1506	4	18	44	24	184	40	144	602	2	7	18	10	74
Cranberry & Orange Shortbread	NPD23004	30	522	2184	5	29	60	24	268	30	157	655	2	9	18	7	80
Jammy Flapjack	KIR414	30	436	1823	6	22	53	26	200	30	131	547	2	7	16	8	60
Lemon Muffin	KIR019	55	374	1566	6	18	46	23	236	55	206	861	3	10	25	13	130
Chocolate & Pear Cake	KIR339	50	291	1216	3	15	38	15	120	50	146	608	2	8	19	8	60
Oatie Cookie	KIR045a	30	422	1776	7	14	66	25	312	30	127	533	2	4	20	8	94
Apricot Shortbread	KIR249 06	30	477	1999	8	21	64	14	200	30	143	600	2	6	19	4	60
Chocolate Milkshake	93209972	200	47	197	4	2	5	5	52	200	94	393	7	3	10	10	104
Yoghurt Mixed Healthy Balance	15626	110	80	339	5	2	11	10	72	110	88	373	6	2	12	11	79
Strawberry Yoghurt	93035307	120	83	347	4	1	15	14	50	120	100	417	4	1	18	17	60

Custard Pot Original Ambrosia	107536	120	96	406	3	3	15	11	44	120	115	487	4	4	18	13	53
Custard (prepared with water)	115077	103	75	317	1	2	14	6	32	103	75	317	1	2	14	6	32
Fresh Fruit Bowl	93109788	81	48	199	1	0	11	2	11	81	39	162	0	0	9	9	2
Fresh Fruit Platter	93232823	138	45	189	1	0	10	10	2	138	62	260	1	0	14	14	3
<b>Jacket Potato Toppings</b>																	
Tuna Mayo filling (8g mayo, 42g tuna)		50	184	778	20	12	0			50	93	389	10	6	0		
Salmon Mayo filling (8g mayo, 42g salmon)		50	209	878	20	18	0			50	106	439	10	9	0		
Cheese filling		50	414	1718	25	34	2			50	124	519	8	10	1		
Heinz no added sugar Baked Beans filling		65	63	267	4	0	9	2	160	65	41	174	3	0	6	1	104
<b>Additions</b>																	
Heinz Mayo	124963	10	644	2650	1	70	3	3	640	10	64	265	0	7	0	0	64
Gravy	93034775	41	42	175	1	0	10	0	636	41	17	71	0	0	4	0	258
Sauce Tomato Ketchup Heinz 5050	185485	10	64	271	1	0	12	11	360	10	6	27	0	0	1	1	36

PRODUCT		PER 100G					Portion (g)	PER PORTION				
		ENERGY	ENERGY	PROTEIN	FAT	CARBOHYDRATE		ENERGY	ENERGY	PROTEIN	FAT	CARBOHYDRATE
		kcal	kJ	g	g	g		kcal	kJ	g	g	g
<b>SPECIAL DIETS</b>												
(SD) Chicken & Sweetcorn Pasta	120104	137	575	9	3	19	260	355	1494	22	7	50
(SD) Chicken & Roast Potatoes (CCN)	117786	122	518	11	2	14	145	170	720	16	3	19
(SD) Gluten Free Breaded Fish & Chips	122363	184	780	6	2	26	160	295	1248	9	3	42
(SD) Gluten Free Cheese and Tomato Pasta	187887	169	707	5	7	22	221	372	1562	10	15	49
(SD) Herby Chicken & Potatoes	122204	102	428	10	2	9	195	198	835	19	5	18
(SD) Gluten Free Macaroni Cheese	187888	203	853	5	10	24	210	426	1790	10	20	50
(SD) Savoury Minced Beef with Potatoes	111335	100	413	5	4	9	230	230	951	12	10	21
(SD) Gluten Free Tomato and Lentil Pasta	187889	121	504	4	3	19	300	362	1512	11	8	58
(SD) Vegetable Paella	131619	100	421	3	2	18	285	286	1200	8	6	50
(SD) Vegetable Pie with Potato Top	187890	105	439	3	5	12	273	287	1199	7	13	32
<b>DESSERTS (HUB)</b>												
		<b>PER 100G</b>						<b>PER PORTION</b>				
Fruity Friday (Apple and orange)		46	193	1	0	14	65	30	126	1	0	9
Smooth Fruit Yoghurt (strawberry or cherry)		66	278	3	1	10	80	222	53	3	1	8
Custard (prepared with water)	115077	75	317	1	2	14	103	75	317	1	2	14
SD Coconut Yoghurt		125	523	1	10	7	120	150	628	1	12	8
SD Jelly Squeeze		61	259	0	1	15	95	58	246	0	1	14
SD GF Shortbread	101480	467	1954	3	24	59	50	234	977	1	12	30
SD Bear Mango Yoyo	127288	280	1170	2	0	63	20	56	234	0	0	13
SD Vanilla Pot	121525	87	369	3	2	14	125	109	461	4	2	14
<b>BRAKES</b>												
		<b>PER 100G</b>						<b>PER PORTION</b>				
SD Incredible Burger	93170473 VMC 130316	216	903	8	7	27	141	305	1277	12	10	38
Chips	93040525 VMC 130202	189	791	3	5	35	56	106	445	2	3	20
SD Vegan Sausage	93200114 VMC 184529	204	854	13	13	10	112	228	956	14	15	11