Nutrient Counts Guidance for Autumn/Winter 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 – Autumn/Winter 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

Chartwells Primary Menu Nutrient Counts – Autumn/Winter 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)
93570251	HUNTERS CHICKEN	80	140	585	4	22	4	3	372
		100	175	731	5	27	5	4	464
93035093	ROASTED CHICKEN BREAST	41	61	255	1	13	0	0	104
		100	148	620	2	32	0	0	252
93036755	BEEF BURGER	98	191	800	6	9	25	5	179
		100	195	816	7	10	26	5	183
93170702	DURHAM BEEF BOLOGNESE	104	107	447	6	10	3	3	126
		100	103	430	6	9	3	3	121
93180906	TRADITIONAL BEEF LASAGNE FFL	228	304	1,271	14	17	29	6	164
		100	134	559	6	7	13	3	72
		100	141	589	6	6	17	3	115
93103825	PORK SAUSAGES	76	211	881	13	10	7	2	350
		100	277	1,159	17	14	9	3	460
93180317	SAUSAGE ROLL	74	246	1,029	18	8	14	1	325
		100	332	1,391	24	11	19	2	440
93036883	FISH FINGERS	65	146	609	6	9	14	1	207
		100	223	933	9	14	22	2	317
50024481	IND COD & SALMON FISH FINGER	50	120	502	6	6	10	1	58
		100	239	1,000	12	11	20	2	116

Recipe Code	Vegetable Mains	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93570250	BEANY PASTA BAKE	252	294	1,230	6	12	48	7	403

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		100	117	488	3	5	19	3	160
93398806	CHEESE AND ONION PIE	119	264	1,103	13	8	28	2	187
		100	221	924	11	7	24	2	156
93306879	CHINESE VEGETABLE NOODLES	186	257	1,076	6	13	38	3	318
		100	138	579	3	7	20	2	171
93525858	CREAMY GARLIC PASTA	152	216	905	6	6	37	3	236
		100	143	596	4	4	24	2	155
93162251	NUT FREE PESTO PASTA	62	99	412	1	3	20	0	46
		100	159	665	2	5	32	1	74
93525859	RED PEPPER NUT FREE PESTO SPAGHETTI	182	251	1,051	10	10	33	2	411
		100	138	576	5	5	18	1	225
93325318	SPICY TOMATO PASTA BAKE	203	277	1,158	9	11	40	4	194
		100	136	570	5	5	20	2	96
93355061	SWEET POTATO AND LENTIL CURRY	213	176	735	6	7	26	6	152
		100	83	346	3	3	12	3	72
93227207	TOMATO PASTA V2	208	281	1,174	10	11	40	5	178
		100	135	566	5	5	19	2	86
93036834	CHEESE AND TOMATO PIZZA	79	173	722	7	10	18	1	191
		100	218	912	9	12	22	2	241
93161349	QUORN DIPPERS	60	110	462	6	7	6	0	184
		100	184	770	10	12	10	0	307
93073812	QUORN ROAST	50	45	189	1	8	1	0	140
		100	90	377	1	15	2	0	280
93248110	STIR FRIED VEGETABLE RICE	184	249	1,042	6	10	38	6	597
		100	136	568	3	6	21	3	325
93218171	VEGAN MEATBALL BAGUETTE	161	343	1,434	12	17	39	3	620
		100	213	890	8	10	24	2	385
93041608	MACARONI CHEESE FFL	223	341	1,428	15	13	42	5	275
		100	153	639	7	6	19	2	123

	Jacket Potatoes	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
VMC 125755	JACKET POTATO-BAKED, NO OIL	100	97	406	0.2	3	23	0	1
		100	97	406	0.2	3	23	0	1
TOPPINGS									
VMC 120893	BAKED BEANS	83	52	218	0	3	7	89	1
		100	63	264	0	4	9	160	2

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VMC 12089/ 188774	BBQ BAKED BEANS	83	52	218	0	3	7	89	1
		100	63	264	0	4	9	160	2
93177842	CHEDDAR CHEESE	20	83	346	7	5	0	0	149
		100	414	1,732	34	25	2	0	747
93037031	CHEESY COLESLAW	208	261	1,092	10	9	35	4	223
		100	125	523	4	4	17	2	107

Recipe Code	Carbohydrate Sides	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93172138	GARLIC DOUGH BALLS	22	59	248	3	1	7	0	40
		100	271	1,133	14	6	32	1	183
93426646	HERBY DICED POTATOES	90	88	368	0	2	20	1	2
		100	97	408	0	3	23	1	2
93156646	POTATO WEDGES 1/2 PORTION	45	44	183	0	1	10	1	1
		100	97	406	0	3	23	1	2
93237808	SAGE STUFFING	32	35	148	0	1	7	0	144
		100	111	466	2	3	21	1	452
93040525	CHIPS	75	104	433	3	2	16	0	0
		100	138	577	4	3	22	0	0
93034992	DURHAM NEW POTATOES	72	70	292	0	2	16	1	1
		100	97	406	0	2	23	1	2
93037002	HOMEMADE BREAD BEST OF BOTH	55	119	498	1	5	25	1	86
		100	215	898	1	8	46	1	155
93108780	PASTA WHOLEMEAL	107	156	654	0	5	35	1	5
		100	146	611	0	5	33	1	5
93035026	RICE 1/2 WHOLEGRAIN	89	128	536	1	3	30	0	5
		100	144	603	1	3	33	0	6
93035127	ROAST POTATOES	66	82	342	3	1	12	1	1
		100	123	515	5	2	19	1	1
93165152	SIMP MASHED POTATOES	74	73	305	2	1	12	0	126
		100	99	414	2	2	17	1	172
93037352	YORKSHIRE PUDDING	20	58	244	2	2	7	1	10
		100	291	1,218	12	8	37	3	52
93035025	PLAIN WHITE RICE	102	133	557	0	3	32	0	11
		100	131	548	0	3	31	0	11
93170804	PENNE PASTA WHITE	91	154	646	1	5	34	1	1
		100	169	707	1	5	37	1	1

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Recipe Code	Vegetable Sides	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93034462	BROCCOLI	40	14	57	0	1	1	1	3
		100	34	142	1	3	3	2	8
93150135	CRUNCHY COLESLAW	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
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	40	14	60	0	1	3	3	26
		100	36	151	0	2	8	7	66
93146567	SALAD CARROT	43	13	53	0	0	3	2	13
		100	29	121	1	1	6	5	29
93146563	SALAD CUCUMBER	39	5	23	0	0	0	0	2
		100	14	59	1	1	1	1	4
93146569	SALAD LETTUCE	33	4	18	0	0	0	0	3
		100	13	54	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	2	1	1
		100	14	59	0	1	5	3	2
93035221	SWEETCORN	40	32	134	1	1	4	1	0
		100	80	335	2	4	9	3	0
93081263	VEG CORN ON THE COB	76	92	387	6	2	6	2	56
		100	121	507	8	3	8	2	73

Recipe Code	Additional Items	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93034775	GRAVY	45	10	44	0	0	2	0	125
		100	23	97	0	0	6	0	279
93297394	KETCHUP	10	6	25	0	0	1	3	36
		100	64	268	0	1	12	28	360

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Recipe Code	Packed Lunch & Deli	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93167993	ROAST CHICKEN PITTA	85	158	661	2	20	17	1	259
		100	186	777	2	24	19	1	304
93116135	HAM BAGUETTE	125	240	1,003	5	14	34	3	817
		100	192	803	4	11	27	2	654
93307554	HALF TUNA AND CHEESE MELT PANINI	83	172	719	3	14	23	2	371
		100	207	868	4	17	28	2	447
93368007	TUNA SWEETCORN PITTA POCKET	89	150	626	3	12	18	2	322
		100	168	701	4	13	21	2	361
93307556	HALF CHEESE PANINI	61	192	804	8	9	23	2	350
		100	315	1,319	13	15	38	3	574
93175953	HOUMOUS AND VEG ROLL	121	297	1,244	16	9	27	3	461
		100	246	1,028	14	7	22	3	381
93121871	CHEESE SANDWICH 50/50 MARY	113	315	1,316	13	15	31	2	509
		100	278	1,165	12	13	27	2	451
93116134	HAM SANDWICH 50 50 BREAD MARY	144	268	1,123	6	16	35	3	873
		100	186	777	4	11	24	2	605
93116137	TUNA SANDWICH 50 50 MARY	136	257	1,076	4	17	35	2	504
		100	189	790	3	13	25	2	370
93307555	HALF CHEESE AND TOMATO SAUCE PANINI	76	199	833	8	9	24	3	350
		100	262	1,096	10	12	32	3	461
93353908	CHEESE AND TOMATO TOASTIE	125	239	1,000	6	13	32	3	383
		100	192	803	4	10	26	2	307
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
93232012	CRUDITE POT PACKED LUNCH	54	9	39	0	0	2	2	5
		100	17	73	0	1	3	3	9
93041624	APPLES PACKED LUNCH	104	53	221	1	1	12	12	1
		100	51	213	1	1	12	12	1
93041625	BANANA PACKED LUNCH	76	39	161	0	1	10	9	0
		100	51	213	0	1	13	11	0
93065473	MANDARIN PACKED LUNCH	36	13	53	0	0	3	3	0
		100	36	151	0	1	8	8	1

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Recipe Code	Desserts	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93159402	APPLE & BERRY CRUMBLE	82	190	796	8	3	27	11	76
		100	232	973	9	3	33	13	93
93208015	APPLE CRUMBLE	80	191	798	8	3	27	11	80
		100	239	1,000	10	3	34	14	100
93135254	BANANA CAKE	51	202	846	11	2	26	10	127
		100	401	1,676	21	5	51	19	252
93304154	CHOCOLATE AND PEAR CAKE	58	170	711	10	2	19	10	99
		100	295	1,235	17	4	33	17	171
93293871	CHOCOLATE COOKIES	33	133	558	5	1	21	12	84
		100	411	1,718	16	4	64	36	259
93187867	CHOCOLATE CUSTARD	98	93	389	1	3	17	9	51
		100	95	399	2	3	17	9	52
93583990	CHOCOLATE FUDGE CAKE	78	232	970	10	4	32	14	139
		100	296	1,238	13	4	41	17	177
93306626	CHOCOLATE SPONGE	50	185	774	10	3	21	10	97
		100	373	1,559	21	6	43	20	196
93040542	FRUIT SLICES (ACCOMPANIMENT)	27	14	57	0	0	3	3	0
		100	50	208	0	1	11	11	2
93146572	HONEYDEW MELON PORTION	28	6	23	0	0	1	1	6
		100	20	84	0	0	4	4	20
93293872	LEMON COOKIES	31	117	489	4	1	19	9	81
		100	375	1,571	14	4	62	30	259
93326934	LEMON COURGETTE CAKE	49	167	700	10	2	19	8	96
		100	340	1,422	20	5	38	17	196
93156184	LEMON SLICE	50	188	786	7	3	31	12	115
		100	379	1,584	14	5	62	24	232
93090630	MARBLE CAKE	52	193	808	10	3	24	13	93
		100	373	1,559	20	6	46	26	180
93230722	SHORTBREAD BISCUIT	33	150	626	7	2	20	5	41
		100	458	1,918	22	5	60	17	124
93289835	WATERMELON	53	14	58	0	0	3	3	17
		100	26	109	0	1	6	6	32
93034685	CUSTARD TRADITIONAL MILK POWDER	94	82	345	1	2	16	9	36
		100	87	365	1	2	17	10	38
93286143	DURHAM OATIE COOKIE	30	128	536	6	1	18	7	68
		100	434	1,817	20	5	61	25	229

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93162803	ICE CREAM BOX CHOCOLATE	83	135	565	6	3	18	14	43
		100	163	682	7	3	22	17	52
93162802	ICE CREAM BOX STRAWBERRY	83	115	482	5	3	16	16	51
		100	139	582	6	3	19	19	61
93217623	ICE CREAM BOX VANILLA BRAKES	91	123	516	5	3	17	17	64
		100	135	565	5	3	18	18	70
93035307	YOGHURT	120	100	417	1	4	18	17	60
		100	83	347	1	4	15	14	50

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