

## 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.

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 information being inaccurate. Recipes may be subject to change. A portion of the recipe should be weighed before consumption to ensure the correct nutrient information applies. Nutrient information is also provided per 100g to allow for nutrient calculations in the instance that the portion size differs from that stated. Please contact a member of the Chartwells Nutrition Team if you have any queries.

## Bearwood Primary and Nursery Nutrient Counts – Spring/Summer 2026

### WEEK ONE

Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
<b>MAINS</b>							
93307822	BATTERED FISH	53	133	557	8	5	10
		100	252	1,054	15	10	19
93502880	BEAN AND CHEESE PASTRY TURNOVER	76	181	757	11	4	16
		100	238	994	14	6	21
93300541	BEEF BOLOGNESE	159	97	404	3	8	8
		100	61	254	2	5	5
93398806	CHEESE AND ONION PIE	122	191	799	6	3	31
		100	157	656	5	3	25
93398784	CHINESE STYLE NOODLES	229	270	1,131	4	13	47
		100	118	494	2	6	20
93502882	PORK SAUSAGE BITES	46	121	506	9	6	4
		100	265	1,109	20	14	9
93035093	ROASTED CHICKEN BREAST	55	81	341	1	18	0
		100	148	619	2	32	0
93227274	VEGETARIAN BOLOGNESE	194	122	509	4	5	14
		100	63	262	2	2	7
93161349	QUORN DIPPERS	60	110	462	6	7	6
		100	184	770	10	12	10
93036834	CHEESE AND TOMATO PIZZA	70	177	739	6	8	24
		100	254	1,064	8	11	35
<b>CARBOHYDRATE SIDES</b>							
93174102	HERBY DICE POTATOES	63	86	361	3	1	13
		100	137	573	5	2	20
93035127	ROAST POTATOES	63	74	310	3	1	10
		100	118	493	5	2	17
93165152	MASHED POTATOES	74	73	305	2	1	12
		100	99	414	2	2	17

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JACKET POTATOES							
93217510	JACKET POTATO BBQ BEANS	197	172	718	0	6	37
		100	87	364	0	3	19
93217510	JACKET POTATO WITH BAKED BEANS	197	172	718	0	6	37
		100	87	365	0	3	19
93037031	JACKET POTATO WITH CHEESY COLESLAW	167	169	706	3	4	33
		100	101	422	2	2	20
93040562	JACKET POTATO WITH TUNA	179	188	786	3	11	32
		100	105	440	1	6	18
93140545	SWEETCORN SALSA & CHEESE JACKET	179	158	660	1	4	34
		100	88	370	1	2	19
DESSERT							
93272767	LEMON MUFFIN	55	211	881	11	3	26
		100	383	1,602	19	5	46
93291703	OAT COOKIE	25	103	432	4	2	16
		100	413	1,728	15	6	64
93243971	JAMMY JACK	25	108	451	5	1	14
		100	431	1,803	20	6	55
93416133	STRAWBERRY SHORTBREAD MOUSSE	102	133	558	5	3	21
		100	131	547	5	3	20
93168171	BUTTER BEAN BROWNIE	40	112	467	5	2	14
		100	276	1,154	13	6	35

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## WEEK TWO

Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
<b>MAINS</b>							
93496121	BBQ QUORN ROAST	52	45	190	1	8	1
		100	88	368	1	15	2
93419699	BEANY VEGETABLE BURGER	139	194	813	5	7	31
		100	140	587	3	5	22
93036755	BEEF BURGER	51	106	442	1	4	20
		100	208	871	3	7	39
93248310	CHICKEN AND VEGETABLE KORMA	136	136	569	7	9	8
		100	100	418	5	7	6
93173553	ROAST GAMMON	47	101	421	5	10	3
		100	215	900	11	21	7
93122246	SPANISH OMELETTE	118	115	481	6	9	7
		100	97	408	5	7	6
93140722	TEX MEX VEGETABLE FAJITA	170	287	1,199	10	10	39
		100	169	707	6	6	23
93175226	VEGGIE FINGERS	57	41	173	1	8	1
		100	73	305	1	14	1
93036834	CHEESE AND TOMATO PIZZA	70	177	739	6	8	24
		100	254	1,064	8	11	35
93036883	FISH FINGERS	65	146	609	6	9	14
		100	223	933	9	14	22
93041608	MACARONI CHEESE	223	342	1,430	15	13	41
		100	153	640	7	6	18
93161349	QUORN DIPPERS	60	110	462	6	7	6
		100	184	770	10	12	10
<b>CARBOHYDRATE SIDES</b>							
93040525	CHIPS	75	104	433	3	2	16
		100	138	577	4	3	22
93174102	HERBY DICE POTATOES	63	86	361	3	1	13
		100	137	573	5	2	20
93109633	RICE 1/2 WHOLEGRAIN	146	194	812	1	5	43
		100	133	558	1	4	29
93165152	MASHED POTATOES	74	73	305	2	1	12
		100	99	414	2	2	17

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JACKET POTATOES							
93140545	SWEETCORN SALSA & CHEESE JACKET	179	158	660	1	4	34
		100	88	370	1	2	19
93217510	JACKET POTATO BBQ BEANS	197	172	718	0	6	37
		100	87	364	0	3	19
93041021	JACKET POTATO WITH CHEESE	171	261	1,093	11	11	32
		100	153	641	6	7	19
93037031	JACKET POTATO WITH CHEESY COLESLAW	167	169	706	3	4	33
		100	101	422	2	2	20
93040562	JACKET POTATO WITH TUNA	179	188	786	3	11	32
		100	105	440	1	6	18
DESSERTS							
93168171	BUTTER BEAN BROWNIE	40	112	467	5	2	14
		100	276	1,154	13	6	35
93168173	BANANA OAT BITE	42	126	527	5	2	18
		100	301	1,259	11	6	43
93165027	BANANA MARBLE SPONGE	50	177	738	9	3	22
		100	353	1,477	17	5	44
93361665	CARMEL MOUSSE	61	70	294	2	3	10
		100	116	485	3	5	17
93325325	CHOCOLATE SLICE	51	219	915	12	2	28
		100	430	1,801	23	4	55
93162694	ICE CREAM BOX VANILLA	83	112	468	4	3	15
		100	135	565	5	3	18
93243971	JAMMY JACK	25	108	451	5	1	14
		100	431	1,803	20	6	55
93169044	CHOCOLATE BROWNIE	40	156	654	9	3	16
		100	391	1,636	21	7	40
93300347	LEMON OAT RAISIN COOKIE	44	176	735	7	2	27
		100	399	1,669	15	6	61

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## WEEK THREE

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<b>MAINS</b>							
93307822	BATTERED FISH	53	133	557	8	5	10
		100	252	1,054	15	10	19
93195626	BEEF MEATBALLS IN TOMATO SAUCE	142	181	758	12	10	8
		100	128	535	9	7	6
93375134	CHEESY BEAN BURRITO	203	314	1,315	6	10	54
		100	155	649	3	5	27
93035093	ROASTED CHICKEN BREAST	55	81	341	1	18	0
		100	148	619	2	32	0
93180906	TRADITIONAL BEEF LASAGNE	263	259	1,084	9	19	27
		100	99	413	3	7	10
93180873	VEGETABLE LASAGNE	330	292	1,223	10	11	41
		100	89	371	3	3	12
93228079	VEGETARIAN COTTAGE PIE	226	175	731	5	6	26
		100	77	323	2	3	12
93175226	VEGGIE FINGERS	57	41	173	1	8	1
		100	73	305	1	14	1
93382209	VEGGIE MEAT FEAST PIZZA	82	195	817	7	10	26
		100	240	1,002	8	12	31
93036834	CHEESE AND TOMATO PIZZA	70	177	739	6	8	24
		100	254	1,064	8	11	35
93216925	CHEESE AND TOMATO PIZZA ROUND	93	202	844	7	10	22
		100	218	912	8	11	23
<b>CARBOHYDRATE SIDES</b>							
93034756	GARLIC BREAD WEDGE	55	113	474	1	4	24
		100	205	859	1	8	44
93174102	HERBY DICE POTATOES	63	86	361	3	1	13
		100	137	573	5	2	20
93108780	PASTA WHOLEMEAL	104	139	580	1	5	28
		100	134	561	1	5	27
93109633	RICE 1/2 WHOLEGRAIN	146	194	812	1	5	43
		100	133	558	1	4	29
93035127	ROAST POTATOES	63	74	310	3	1	10
		100	118	493	5	2	17

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93040562	JACKET POTATO WITH TUNA	179	188	786	3	11	32
		100	105	440	1	6	18
DESSERT							
93178641	BLUEBERRY CRUMBLE MUFFIN	55	190	794	9	3	23
		100	345	1,443	17	5	42
93291702	CHOCOLATE COOKIE	25	100	419	4	1	14
		100	401	1,678	17	6	58
93394936	CHOCOLATE MOUSSE	61	68	285	2	3	10
		100	112	469	3	4	16
93504237	CHOCOLATE OATY BAR	41	175	731	10	3	18
		100	424	1,776	24	6	43
93238834	CUSTARD SHORTBREAD	25	116	484	6	1	15
		100	457	1,913	22	5	60
93162802	ICE CREAM BOX STRAWBERRY	83	115	482	5	3	16
		100	139	582	6	3	19
93292797	VANILLA SPONGE CAKE (SCHOOL CAKE)	50	188	787	10	3	23
		100	376	1,573	19	5	46
93290175	WIBBLE JELLY STRAWBERRY	76	10	40	0	0	6
		100	13	53	0	0	8

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