

Nutrient Counts Guidance for Autumn/Winter 2024 Secondary Menu Secondary Mid Morning Break 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 Secondary 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.

<u>RECIPE CODE</u>	<u>RECIPE NAME</u>	<u>REASON FOR CHANGE</u>	<u>PAGE NUMBER</u>

Code	Mid Morning Break	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93022039	TOAST 50 50	90	223	934	7	8	30
		100	248	1038	7	9	34
93041624	APPLES	104	43	182	0	0	11
		100	42	176	0	0	11
93041625	BANANA	120	97	407	0	1	24
		100	81	339	0	1	20
93065473	MANDARIN	50	19	77	0	1	4
		100	37	155	0	1	9
93080548	BBQ CHICKEN WINGS	141	265	1109	15	25	8
		100	189	789	11	18	6
93105980	CINNAMON PRETZEL	101	293	1226	4	10	53
		100	292	1220	4	9	53
93109959	TOASTED CRUMPETS	59	140	586	6	3	18
		100	238	994	10	6	31
93110853	SWEET WAFFLE	55	187	782	10	4	21
		100	340	1423	18	7	38
93114234	BACON SANDWICH WHITE	168	409	1713	20	20	38
		100	244	1022	12	12	23
93129753	BACON ROLL	134	296	1239	14	18	26
		100	222	928	10	14	19

93131377	LEMON, GARLIC CHICKEN WINGS	124	236	989	15	25	1
		100	191	800	12	20	0
93143942	SPICY PIRI PIRI CHICKEN WINGS	127	269	1127	18	25	2
		100	213	890	14	20	1
93172009	TUNA & SWEETCORN PASTA SALAD	213	248	1037	8	15	31
		100	117	488	4	7	15
93176746	PINEAPPLE POT	79	33	136	0	0	8
		100	41	172	0	0	10
93176747	WHITE GRAPE POT	100	62	259	0	1	15
		100	62	259	0	1	15
93178420	CARROT WITH HOUMOUS	125	129	540	9	3	9
		100	103	432	7	3	7
93178421	CUCUMBER WITH HOUMOUS	122	115	482	9	4	5
		100	94	394	7	3	4
93208233	HAM BAGUETTE BROWN	208	424	1775	7	22	65
		100	204	855	3	11	31
93209161	CHEESE PANINI	140	378	1581	11	17	54
		100	270	1129	8	12	38
93218560	TUNA MAYO BAGUETTE BROWN	199	435	1822	8	23	65
		100	219	917	4	12	33
93232011	SMOOTHIE VERY BERRY	156	125	521	2	5	22
		100	80	334	1	3	14
93233562	BAGEL CHEESE & TOMATO PIZZA	108	280	1172	11	13	30
		100	261	1090	10	12	28
93233535	BERRY, GRANOLA AND YOGHURT	150	213	890	9	6	26
		100	142	594	6	4	17
93233536	SPINACH & EGG ENGLISH MUFFIN	138	284	1188	10	14	33
		100	207	864	7	10	24
93234760	SMOOTHIE BANANA & CINNAMON	157	133	558	2	5	24
		100	85	355	1	3	15
93235947	CHEESE AND TOMATO BAGUETTE BROW	202	523	2190	19	21	64
		100	259	1083	10	10	32
93236714	ROASTED INDIAN CHICKPEA SALAD	179	145	605	6	7	17
		100	81	338	3	4	9
93239790	PANCAKE	40	77	323	1	2	15
		100	193	808	3	4	37
93240140	GREEN PEA PESTO PASTA	206	325	1360	16	14	30
		100	158	662	8	7	14
93291057	PORK SAUSAGE AND CHEESE MUFFIN M	141	369	1544	18	14	36
		100	262	1095	13	10	25
93292799	GREEK SALAD	131	110	459	8	6	4
		100	84	350	6	4	3
93314388	PINEAPPLE AND SPINACH SMOOTHIE	161	127	531	2	5	22
		100	79	330	1	3	14
Code	Mid Morning Break FFL	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93208235	HAM BAGUETTE BROWN FFL	213	478	2004	11	28	63
		100	225	943	5	13	30
Code	Mid Morning Break Halal	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93134632	LEMON, GARLIC CHICKEN WINGS HALAL	75	89	372	5	10	1
		100	120	502	7	13	1
93143943	SPICY PIRI PIRI CHICKEN WINGS HALAL	62	103	431	7	8	2
		100	168	703	12	12	3
93151492	BBQ CHICKEN BAGUETTE WHITE HALAL	247	496	2075	8	32	71
		100	201	841	3	13	29
93290667	BBQ CHICKEN WINGS HALAL	92	118	494	5	10	8
		100	129	540	6	10	9
93290669	CLT SANDWICH HALAL	203	316	1322	5	27	40
		100	156	653	2	13	20