

Chartwells Primary Menu Nutrient Counts – Autumn/Winter 2019

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Code	Meat Mains	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Sodium (mg)	Carbohydrate (g)
CHICKEN & TURKEY							
93041006, 93165815	CHICKEN AND SWEETCORN PIE	187	352	18	16	174	29
		100	189	10	8	93	16
93099883	CHICKEN KORMA	108	120	7	9	82	3
		100	111	6	8	76	3
93155303	CHICKEN MAYO BUN	155	323	13	25	300	25
		100	208	8	16	194	16
93045982	CHICKEN SAUSAGES	62	97	3	13	673	4
		100	156	5	21	1080	7
93132730	CHICKEN TIKKA MASALA	99	96	4	9	91	3
		100	97	4	9	92	3
93164642	CHINESE CHICKEN	83	99	4	10	234	2
		100	120	5	12	282	3
93099725	CHINESE CHICKEN WITH NOODLES	100	123	4	10	195	9
		100	123	4	10	194	9
93152414	LEMON ROASTED CHICKEN THIGH BAP	135	286	9	25	223	24
		100	211	7	19	164	17
93135492	LEMON ROASTED CHICKEN THIGH	85	150	7	21	33	0
		100	176	9	24	38	0
93152411	ROAST TURKEY BAP	94	203	3	20	212	23
		100	216	3	21	225	25
93035114	ROAST TURKEY	44	68	1	15	22	0
		100	153	2	34	50	0
HALAL CHICKEN (where nutrition differs from standard)							
93162271	BBQ CHICKEN MEATBALLS HALAL	138	159	8	9	302	12
		100	115	6	7	219	8
93041660	CHICKEN SAUSAGES HALAL	46	105	8	6	131	3
		100	230	17	13	288	6

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Code	Meat Mains (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Sodium (mg)	Carbohydrate (g)
BEEF							
93162248, 93162218	BBQ BEEF MEATBALLS	138	183	11	10	148	9
		100	133	8	8	107	6
93102798, 93034427	BEEF BOLOGNAISE	118	102	4	10	153	4
		100	86	4	8	130	4
93089275	BEEF BURGER	67	136	9	12	47	1
		100	203	14	17	71	1
93164640, 93165575	BEEF TORTILLA PIE	141	155	7	11	270	12
		100	110	5	7	192	9
93036755	BURGER IN BUN	107	291	13	14	418	29
		100	272	12	13	391	27
93084516	COTTAGE PIE	254	320	8	13	430	38
		100	126	3	5	169	15
93132772	MILD BEEF CHILLI WRAP	245	302	10	16	401	35
		100	123	4	6	164	14
93160307	ROAST BEEF BAP	109	238	5	24	229	23
		100	219	5	22	210	21
93035118, 93041611, 93104204	ROAST BEEF	42	75	3	13	31	0
		100	177	6	31	74	0
93065801, 93090397, 93065800	BEEF LASAGNE	177	228	9	15	182	23
		100	129	5	9	102	13
HALAL BEEF (Where nutrition differs from standard)							
93100459	BURGER IN BUN HALAL	107	293	15	14	338	24
		100	274	14	13	316	23
93086066	COTTAGE PIE HALAL	254	307	8	9	518	40
		100	121	3	3	204	15
93132773	MILD BEEF CHILLI WRAP HALAL	220	200	8	8	443	22
		100	91	4	4	201	10
93041777	ROAST BEEF HALAL	59	137	7	18	31	0
		100	233	13	30	53	0
93065802	BEEF LASAGNE HALAL	167	204	7	10	439	25
		100	122	4	6	264	15
FOOD FOR LIFE BEEF (Where nutrition differs from standard)							
93134739	MILD BEEF CHILLI WRAP ORGANIC	189	232	11	12	203	19
		100	123	6	6	107	10
93156700	ROAST BEEF BAP FFL	92	210	5	18	221	23
		100	228	5	19	240	25
93149383	TRADITIONAL BEEF LASAGNE ORGANIC GOLD	185	264	13	15	197	23
		100	143	7	8	107	12

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Code	Meat Mains (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Sodium (mg)	Carbohydrate (g)
PORK							
93035034	PORK SAUSAGES	63	150	10	8	276	5
		100	239	16	12	440	8
93152418	POT ROASTED HONEY GLAZED HAM BAP	100	225	7	13	611	28
		100	224	6	13	609	27
93091556	POT ROASTED HONEY GLAZED HAM	50	90	4	8	421	4
		100	178	9	17	835	8
93104202	ROAST PORK	38	71	2	13	28	0
		100	185	5	35	74	0
93152419	ROAST PORK BAP	94	250	9	17	224	23
		100	265	10	18	238	25
93037201	ROAST PORK WITH GLAZED APPLE RING	63	123	7	12	35	2
		100	196	12	19	55	3
FOOD FOOR LIFE PORK (Where nutrition differs from standard)							
93158397	ORGANIC PORK SAUSAGES	87	255	19	13	936	8
		100	294	22	14	1,080	9
LAMB							
93165630, 93034857	LAMB BOLOGNESE FFL	114	111	7	7	140	4
		100	97	6	6	122	4
93163922, 93165622	LAMB KEEMA	126	129	7	10	165	5
		100	103	6	8	131	4
93165556, 93165620	LAMB TORTILLA PIE	146	170	9	10	272	12
		100	116	6	7	186	8
93152421	ROAST LAMB BAP	91	233	7	17	224	26
		100	255	8	19	245	25
93035102	ROAST LAMB	41	97	5	12	34	0
		100	236	13	30	82	0
93041244, 93165589	SHEPHERDS PIE	262	341	10	13	433	38
		100	130	4	5	165	14
93163661	TRADITIONAL LAMB LASAGNE	174	238	10	14	354	24
		100	137	6	8	203	14
HALAL LAMB (Where nutrition differs from standard)							
93041665	LAMB BOLOGNESE HALAL	84	41	1	2	128	4
		100	49	2	2	152	5
FOOD FOR LIFE LAMB (Where nutrition differs from standard)							
93165621	TRADITIONAL LAMB LASAGNE FFL	173	238	11	12	168	23
		100	137	6	7	97	13

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Code	Meat Mains (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Sodium (mg)	Carbohydrate (g)
FISH							
93076160	BAKED FISH WITH HERB AND LEMON CRUST	15	24	1	0	9	2
		100	156	9	3	59	17
93085622	BATTERED POLLACK FILLET	75	155	9	7	353	11
		100	207	12	10	470	15
93132733	CAJUN SALMON WRAP	116	209	10	14	257	15
		100	181	9	12	223	13
93036883	COD FISH FINGERS MINCED MSC	70	139	6	8	105	12
		100	199	9	12	150	18
93145779	CRISPY SALMON FILLET	57	72	1	8	137	6
		100	126	2	15	240	12
93036951	FISHERMAN'S PIE	114	170	4	9	416	8
		100	148	4	8	364	7
93041321	SALMON FISH FINGER MSC	70	138	6	10	112	11
		100	198	8	14	160	16
FOOD FOR LIFE FISH (Where nutrition differs from standard)							
93041628, 93157181	FISHERMAN'S PIE FFL	258	317	7	15	121	25
		100	123	3	6	47	10

Code	Key Stage 2 (KS2) Options	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Sodium (mg)	Carbohydrate (g)
93164836	CHICKEN & MELTED CHEESE ROLL	108	265	11	17	266	23
		100	246	10	16	248	22
93155309	CHICKEN NOODLE POT	131	149	4	11	390	14
		100	113	3	8	297	10
93164832, 93165576	CHILLI NACHO POT	209	313	12	15	306	35
		100	150	6	7	147	17
93164834	CHINESE RICE POT	172	146	4	8	507	21
		100	85	2	4	294	12
93164652	LEMON CHICKEN RICE POT	136	170	5	11	234	18
		100	125	4	8	173	13
93152300	MAC N CHEESE POT BBQ BEANS	291	371	18	14	293	40
		100	128	6	5	101	14
93164835	MILD CHILLI CHEESE BURRITO	221	348	11	13	468	48
		100	157	5	6	212	22
HALAL KS2 OPTIONS (Where nutrition differs from standard)							
93165345	CHICKEN MELTED CHEESE ROLL HALAL	98	241	9	15	263	23
		100	245	9	15	267	24
93155320	CHICKEN NOODLE POT HALAL	135	144	5	11	373	14
		100	107	4	9	277	10
93164833	CHILLI NACHO POT HALAL	209	289	10	11	396	36
		100	139	5	5	190	17
93164653	LEMON CHICKEN RICE POT HALAL	136	164	5	11	217	18
		100	121	4	8	160	13

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Code	Vegetarian Mains	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Sodium (mg)	Carbohydrate (g)
93159392	BAKED BEAN AND CHEESE WRAP	73	167	7	8	205	16
		100	228	10	10	281	22
93133235	BAKED BEAN OMELETTE	89	102	6	8	223	4
		100	115	7	9	251	4
93162253	BBQ QUORN BURGER	123	210	4	11	440	30
		100	170	4	9	357	24
93037184	BBQ VEGETABLE WRAP	225	331	8	14	159	45
		100	147	4	6	71	20
93164646	BUTTERNUT SQUASH AND TOMATO BAKE	203	138	3	7	298	21
		100	68	2	3	147	10
93164649	CAMELISED RED ONION & MOZZARELLA TART	116	309	19	8	183	29
		100	266	16	7	157	25
93164651	CHEESE & SWEETCORN OMELETTE	84	161	13	10	286	2
		100	191	15	12	339	2
93146451	CHEESE AND POTATO BAKE	247	323	9	10	356	40
		100	131	4	4	144	16
93036834	CHEESE AND TOMATO PIZZA	96	248	8	10	92	34
		100	258	8	11	96	36
93162241	CHEESY BUBBLE & SQUEAK CAKE	156	290	9	9	179	32
		100	185	6	6	114	21
93135245	CHINESE VEGGIE NOODLES	71	53	2	1	168	9
		100	75	2	2	236	13
93129154	COUNTRY VEGETABLE PIE	228	403	22	10	256	45
		100	177	9	5	113	20
93152424	CREAMY TOMATO & BASIL PASTA	243	329	9	15	430	47
		100	136	4	6	177	19
93037069	MACARONI CHEESE	211	227	8	11	492	28
		100	107	4	5	233	13
93157279	MATAR PANEER	156	200	14	12	226	7
		100	128	9	8	144	4
93065706	MEXICAN BEAN AND POTATO WRAP	168	322	9	11	229	44
		100	192	5	6	136	26
93164644	MILD SWEET POTATO CURRY	167	136	3	5	319	19
		100	81	2	3	191	11
93037125	OVEN BAKED QUORN SAUSAGES	100	129	4	12	400	10
		100	129	4	12	400	10
93159398	QUORN BALL SUB ROLL	162	203	4	11	360	29
		100	125	2	7	222	18
93102888	QUORN BOLOGNESE	88	67	2	6	196	5
		100	76	2	7	223	5
93161349	QUORN DIPPERS	84	171	9	10	336	10
		100	203	11	12	400	12
93073812	QUORN ROAST	50	53	1	8	251	2
		100	106	2	15	500	4
93065804	QUORN SPANISH RICE	221	204	4	8	219	35
		100	92	2	4	99	16
93146443	QUORNBALLS IN TOMATO SAUCE	164	80	2	7	374	8
		100	49	1	4	229	5

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Code	Vegetarian Mains (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Sodium (mg)	Carbohydrate (g)
93037252	SHEPHERDESS PIE	230	271	4	8	249	39
		100	118	2	4	108	17
93164647	SPAGHETTI BAKE	281	241	6	11	308	37
		100	86	2	4	110	13
93132800	SPICED RED LENTIL DHAL	138	185	12	6	234	15
		100	134	8	4	169	10
93157943	SWEET POTATO & CHICKPEA ROAST	85	114	2	5	348	20
		100	134	2	6	410	24
93162243	SWEET POTATO BURGER	159	289	6	10	394	47
		100	182	4	6	248	30
93162250	SWEETCORN TORTILLA PIE	121	159	8	7	336	14
		100	132	7	6	278	12
93146316	TOMATO AND BASIL PASTA	287	291	3	14	55	54
		100	101	1	5	19	19
93164650	TOMATO AND QUORN WRAP	186	248	7	11	295	33
		100	134	4	6	159	18
93135256	VEGETABLE & BEAN CRUMBLE	105	115	5	5	73	12
		100	110	5	4	70	11
93146072	VEGETABLE & CHICKPEA WRAP	128	259	9	9	221	36
		100	202	7	7	172	28
93140542	VEGETABLE BAKE	157	99	2	5	205	12
		100	63	1	4	131	8
93037321	VEGETABLE LASAGNE	158	217	9	9	302	24
		100	138	6	6	191	15
93164645	VEGETABLE PASTRY SLICE	170	259	12	7	405	29
		100	153	7	4	239	17
93136267	VEGETABLE SUPREME PIZZA	154	270	8	11	96	38
		100	176	5	7	62	24
93132757	VEGGIE KORMA	172	127	7	5	119	12
		100	74	4	3	69	7
93164831	VEGGIE PIZZA HOT DOG	141	281	13	14	446	25
		100	200	9	10	317	18
FOOD FOR LIFE VEGETARIAN MAINS (Where nutrition differs from standard)							
93146450, 93152471	CHEESE AND POTATO BAKE FFL	257	332	10	12	213	39
		100	129	4	5	83	15
93128004	CHEESE AND TOMATO PIZZA FFL	121	223	5	11	337	33
		100	185	4	9	278	27
93160942	COUNTRY VEGETABLE PIE ORGANIC	192	263	13	9	197	31
		100	137	7	5	103	16
93152423, 93157129	CREAMY TOMATO & BASIL PASTA FFL	255	413	16	17	366	52
		100	162	6	7	144	20
93041608, 93149288	MACARONI CHEESE FFL	230	311	16	13	362	31
		100	135	7	6	157	13
93046792 & 93149340	VEGETABLE LASAGNE FFL	170	232	11	10	214	24
		100	137	6	6	126	14
93136409	VEGETABLE SUPREME PIZZA FFL	139	206	6	11	353	27
		100	149	4	8	255	19

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Source Code	Carbohydrate Sides	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Sodium (mg)	Carbohydrate (g)
93107817	CHAPATTI	36	99	2	3	144	17
		100	274	5	8	400	48
93040525	CHIPPED POTATOES	75	205	10	3	22	27
		100	273	14	4	29	36
93046790, 93149289	CREAMED POTATOES	138	210	3	4	38	33
		100	153	2	3	28	24
93034756	GARLIC AND HERB BREAD WEDGE	53	112	1	5	184	23
		100	211	2	9	348	43
93037002	HOMEMADE BREAD (BEST OF BOTH)	65	136	1	6	229	28
		100	211	2	9	354	43
93108780	PASTA (WHOLEMEAL)	127	202	2	8	20	40
		100	159	1	7	16	32
93035039	POTATO SALAD	60	89	3	1	72	11
		100	149	4	2	120	19
93156646	POTATO WEDGES (CAJUN)	45	61	0	2	23	14
		100	136	0	4	52	31
93035026	RICE (50% WHOLEGRAIN)	109	153	1	3	1	34
		100	140	1	3	1	31
93035127	ROAST POTATOES	73	134	3	2	6	18
		100	183	5	3	9	24
93040908	SAVOURY RICE SALAD	145	183	2	4	2	41
		100	126	1	2	1	28

Source Code	Jacket Potatoes	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Sodium (mg)	Carbohydrate (g)
93034839	JACKET POTATO WITH BAKED BEANS	224	244	0	9	150	52
		100	109	0	4	67	23
93065728	JACKET POTATO WITH CHEESE AND BEANS	193	275	5	11	186	48
		100	143	3	6	96	25
93041021	JACKET POTATO WITH CHEESE	171	315	11	13	241	45
		100	185	6	8	141	26
93034985	JACKET POTATO WITH MARGARINE	146	224	4	6	44	44
		100	154	3	4	31	30
93101995	JACKET POTATO WITH SALMON AND TUNA	190	281	6	15	145	45
		100	148	3	8	76	23
93040562	JACKET POTATO WITH TUNA	190	254	3	15	204	45
		100	134	1	8	108	23
93092539	VEGETABLE CHILLI TOPPING	153	87	1	6	147	14
		100	57	0	4	96	9

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Code	Vegetable Sides & Salads	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Sodium (mg)	Carbohydrate (g)
93132759	APPLE SLAW	65	30	1	1	31	4
		100	47	1	2	49	7
93132897	ASIAN SLAW	33	35	3	0	136	2
		100	105	8	1	408	7
93036011	BAKED BEANS	70	44	0	3	112	6
		100	63	0	4	160	9
93162837	BROCCOLI AND CAULIFLOWER MEDLEY	54	14	0	2	5	1
		100	26	1	3	9	1
93034462	BROCCOLI	58	14	0	2	8	0
		100	24	1	3	13	1
93034467	CABBAGE	43	12	0	1	2	1
		100	27	1	2	5	4
93157839	CARROT AND SWEDE MASH	46	8	0	0	13	1
		100	16	0	0	29	3
93034510	CARROTS	40	10	0	0	20	2
		100	24	0	1	50	5
93040766	CAULIFLOWER	48	13	0	1	2	1
		100	28	1	3	4	2
93034783	GREEN BEANS	51	13	0	1	4	2
		100	25	0	2	8	4
93100374	MEDITERRANEAN VEGETABLES	56	34	3	1	1	1
		100	61	5	2	2	2
93035013	PEAS	56	44	1	4	0	5
		100	79	2	7	0	10
93158449	ROASTED PARSNIPS	68	65	3	1	3	8
		100	97	5	2	4	12
93076162	ROASTED SWEETCORN AND PEPPERS	62	83	4	2	1	9
		100	134	6	4	1	15
93142668	SALAD BAR	45	19	0	1	6	3
		100	42	1	2	14	7
93035221	SWEETCORN	56	65	1	2	0	10
		100	116	2	4	0	18

Code	Other Additional Items	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Sodium (mg)	Carbohydrate (g)
93034775	GRAVY	38	8	0	0	138	1
		100	20	0	1	365	4
93034930	MILK DRINK	151	62	2	5	67	7
		100	41	1	4	44	5
93107491	MILK DRINK ORGANIC	200	92	3	7	120	9
		100	46	2	4	60	4

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Code	Desserts	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Sodium (mg)	Carbohydrate (g)
93159402	APPLE & BERRY CRUMBLE	74	187	8	3	58	26
		100	252	11	4	78	35
93065666	APPLE AND PEAR STRUDEL	83	187	10	3	64	21
		100	224	12	3	77	25
93164658, 93165578	BAKED ORANGE & VANILLA RICE PUDDING	109	107	1	4	40	19
		100	98	1	4	36	18
93164655, 93165577	BANANA AND BERRY COBBLER	93	162	4	3	99	29
		100	173	4	3	106	32
93164592	BANANA AND CINNAMON CAKE	60	131	6	2	51	19
		100	219	9	3	86	31
93036722	BANANA LOAF	45	139	6	2	77	20
		100	305	13	5	169	44
93106373	BERRY FLAPJACK	31	124	7	1	44	14
		100	399	21	4	142	47
93090621, 93166617	BREAD AND BUTTER PUDDING	52	77	2	3	62	12
		100	149	4	6	120	23
93152230	CARROT AND PINEAPPLE SLICE	63	176	9	2	60	21
		100	280	15	4	95	33
93036824	CHEESE AND CRACKERS	37	126	7	5	207	11
		100	340	19	14	559	29
93164657	CHOCOLATE AND RASPBERRY SWIRL CAKE	53	181	10	3	113	20
		100	342	20	5	214	38
93089163	CHOCOLATE CRUNCHY BISCUIT	31	138	7	2	80	16
		100	444	23	6	256	45
93164591	CHOCOLATE SLICE	69	138	7	3	78	17
		100	200	10	4	113	25
93162693	CHOCOLATE SPONGE CAKE	51	198	12	3	150	19
		100	386	24	6	292	38
93133322	CRACKERS AND SOFT CHEESE	40	107	5	3	221	12
		100	266	14	9	551	29
93093829	CUSTARD (FRESH MILK)	108	90	1	3	42	17
		100	83	1	3	39	16
93034685	CUSTARD (MILK POWDER)	83	82	1	2	36	16
		100	98	1	2	43	19
93157752	FLAPJACK	36	160	8	2	51	19
		100	443	22	6	140	54
93040542	FRESH FRUIT SLICES	53	21	0	0	2	5
		100	39	0	1	4	9
93157220	FROZEN BLUEBERRY YOGHURT	80	90	1	3	49	17
		100	113	1	4	61	22
93133103	FROZEN MANGO YOGHURT	80	90	1	3	49	17
		100	113	1	4	61	22
93146424	FROZEN STRAWBERRY YOGHURT	80	90	1	3	48	17
		100	113	1	4	60	22
93140303	FRUITY APRICOT BAR	60	126	4	3	7	19
		100	211	7	4	11	32
93133238	FRUITY PICNIC BAR	60	125	4	3	7	19
		100	210	7	4	11	32

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Code	Desserts (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Sodium (mg)	Carbohydrate (g)
93152369	MELON AND ORANGE WEDGES	53	17	0	0	8	4
		100	31	0	1	14	7
93034981	OAT COOKIE	31	138	6	2	105	19
		100	440	20	5	335	60
93146499	ORANGE DRIZZLE CAKE	47	150	8	2	95	19
		100	318	16	4	201	41
93163110	ORANGE SHORTBREAD	43	146	8	2	58	18
		100	343	19	4	136	43
93107982	PEACH AND CHOCOLATE SPONGE	50	154	7	3	140	21
		100	305	14	5	278	42
93035008	PEACH AND PINEAPPLE CRUMBLE	101	206	8	3	62	31
		100	203	8	3	61	30
93164837	PLUM AND APPLE SHORTCAKE CRUMBLE	79	198	9	2	65	28
		100	252	12	3	83	36
93164656, 93165579	RASPBERRY AND YOGHURT CAKE	48	137	6	2	69	20
		100	288	12	4	144	41
93122283	RASPBERRY RIPPLE CAKE	55	196	10	3	127	24
		100	354	19	5	229	43
93040617	SEASONAL FRUIT PLATTER	105	45	0	1	4	10
		100	43	0	1	4	10
93037254	SHORTBREAD BISCUIT	34	153	8	2	58	19
		100	448	24	5	171	57
93143368	STRAWBERRY YOGHURT (ORGANIC)	91	93	3	4	73	11
		100	102	4	5	80	12
93035307	YOGHURT	90	70	1	4	56	12
		100	78	1	4	62	13
FOOD FOR LIFE DESSERT (Where nutrition differs from standard)							
93132335	CUSTARD (ORGANIC MILK)	108	95	2	3	57	17
		100	87	2	3	53	17

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