Nutrient Counts Guidance for Autumn/Winter 2026 Primary Menu – Packed Lunch

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

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Chartwells Primary Packed Lunch Menu Nutrient Counts – Autumn/Winter 2026

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Recipe Code	Baguettes, Rolls, Sandwiches & Wraps	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
CHICKEN									
93167993	ROAST CHICKEN PITTA	85	158	661	2	20	17	1	259
		100	186	777	2	24	19	1	304
93151049	CHICKEN MAYO BAGUETTE WHITE	237	506	2,116	12	30	67	5	688
		100	213	892	5	13	28	2	290
Recipe Code	**Baguettes, Rolls, Sandwiches & Wraps**	**Portion Size**	**Calories (Kc)**	**Energy (kJ)**	**Total Fat (g)**	**Protein (g)**	**Total Carbs (g)**	**Sugars (g)**	**Sodium (mg)**
CHICKEN - HALAL									
93175976	CHICKEN AND SWEETCORN ROLL HALAL	122	237	991	9	16	22	3	332
		100	194	812	8	14	18	3	272
93158593	CHICKEN AND SWEETCORN WRAP HALAL	138	312	1,306	12	18	33	3	338
		100	226	947	9	13	24	2	245
93176003	CHICKEN AND SWEETCOR SANDWICH 5050 HALAL	162	310	1,296	9	21	33	3	460
		100	191	800	5	13	21	2	284
93389693	ROAST CHICKEN PITTA HALAL	95	193	809	7	17	17	1	206
		100	203	848	7	18	17	1	216
Recipe Code	**Baguettes, Rolls, Sandwiches & Wraps**	**Portion Size**	**Calories (Kc)**	**Energy (kJ)**	**Total Fat (g)**	**Protein (g)**	**Total Carbs (g)**	**Sugars (g)**	**Sodium (mg)**
CHICKEN - FFL									
93528150	ROAST CHICKEN PITTA FFL	94	222	929	11	15	17	1	196
		100	236	986	12	16	18	1	208

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PORK									
93175992	HAM ROLL	95	173	726	5	11	20	3	712
		100	183	764	6	12	21	3	749
93116134	HAM SANDWICH 50 50 BREAD MARY	144	268	1,123	6	16	35	3	873
		100	186	777	4	11	24	2	605
93150964	HAM SANDWICH ON BROWN	154	278	1,162	6	18	35	3	981
		100	180	753	4	11	23	2	635
93150962	HAM SANDWICH ON WHITE	174	318	1,331	6	19	44	4	1,091
		100	182	763	4	11	25	2	625
93175990	HAM WRAP	121	264	1,105	9	12	32	3	792
		100	218	914	8	10	26	2	655
93410730	ROAST PORK PITTA	81	200	838	9	16	17	1	203
		100	248	1,037	11	19	20	1	251
93152418	ROASTED HONEY GLAZED GAMMON PIITA	77	149	623	4	10	20	4	598
		100	194	812	5	14	26	6	779
93116135	HAM BAGUETTE	125	240	1,003	5	14	34	3	817
		100	192	803	4	11	27	2	654
Recipe Code	**Baguettes, Rolls, Sandwiches & Wraps**	**Portion Size**	**Calories (Kc)**	**Energy (kJ)**	**Total Fat (g)**	**Protein (g)**	**Total Carbs (g)**	**Sugars (g)**	**Sodium (mg)**
PORK - FFL									
93171072	HAM BAGUETTE FFL	125	270	1,131	7	17	33	2	657
		100	216	905	6	13	26	2	526
93175993	HAM ROLL FFL	95	204	853	8	14	19	2	552
		100	215	898	8	15	20	2	581
93122029	HAM SANDWICH FFL 50 50 BREAD	135	277	1,158	8	18	30	2	680
		100	205	858	6	14	23	1	504
93175994	HAM WRAP FFL	121	295	1,233	12	16	31	2	632
		100	244	1,019	10	13	26	2	522
93607020	IOW HAM BAGUETTE	125	260	1,087	5	19	33	3	561
		100	208	870	4	15	27	2	449
93607021	IOW HAM SANDWICH FFL 50 50 BREAD	135	266	1,114	6	20	31	2	584
		100	197	825	4	15	23	2	433

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Recipe Code	Baguettes, Rolls, Sandwiches & Wraps	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
TUNA & SALMON									
93307554	HALF TUNA AND CHEESE MELT PANINI	83	172	719	3	14	23	2	371
		100	207	868	4	17	28	2	447
93218560	TUNA MAYO BAGUETTE BROWN	188	411	1,721	7	21	65	2	839
		100	219	918	4	11	34	1	447
93368007	TUNA SWEETCORN PITTA POCKET	89	150	626	3	12	18	2	322
		100	168	701	4	13	21	2	361
93037224	SALMON CUC SANDWICH WHOLEMEAL MARY	109	205	859	5	15	24	2	233
		100	189	791	4	13	22	1	215
93129865	TUNA AND CHEESE MELT PANINI	162	361	1,508	9	27	47	4	746
		100	223	933	5	17	29	2	461
93116139	TUNA MAYO BAGUETTE SMALL	117	231	968	4	15	34	2	451
		100	197	826	3	13	29	2	385
93175977	TUNA MAYO ROLL	87	165	690	4	12	20	2	346
		100	189	792	5	14	22	3	397
93151129	TUNA MAYONNAISE SANDWICH WHITE	162	336	1,405	11	19	40	3	562
		100	207	867	7	12	25	2	347
93116137	TUNA SANDWICH 50 50 MARY	136	257	1,076	4	17	35	2	504
		100	189	790	3	13	25	2	370
93168577	TUNA SWEETCORN BAGUETTE SMALL	129	241	1,008	4	15	35	3	451
		100	187	780	3	12	27	2	349
93176109	TUNA SWEETCORN ROLL	99	175	731	4	13	21	3	346
		100	176	736	5	13	21	3	349
93176108	TUNA SWEETCORN SANDWICH 50 50	139	247	1,035	4	17	32	3	474
		100	178	744	3	12	23	2	341
93158564	TUNA SWEETCORN WRAP	115	250	1,046	7	14	32	2	352
		100	217	908	6	12	27	2	306
Recipe Code	**Baguettes, Rolls, Sandwiches & Wraps**	**Portion Size**	**Calories (Kc)**	**Energy (kJ)**	**Total Fat (g)**	**Protein (g)**	**Total Carbs (g)**	**Sugars (g)**	**Sodium (mg)**
TUNA & SALMON - FFL									
93404420	IOA HALF TUNA AND CHEESE MELT PANINI	83	167	698	3	13	23	2	355
		100	201	842	4	16	28	2	429
93183367	IOW TUNA MAYO BAGUETTE SMALL	113	0	0	0	0	0	0	0
		100	0	0	0	0	0	0	0

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CHEESE									
93172211	CHEESE BAGUETTE	95	276	1,153	11	11	33	2	429
		100	290	1,213	11	12	35	2	452
93208230	CHEESE BAGUETTE BROWN	173	519	2,172	19	21	63	2	896
		100	301	1,259	11	12	37	1	519
93175962	CHEESE CARROT APPLE RAISIN BAGUETTE	130	303	1,266	11	12	39	7	473
		100	233	974	8	9	30	5	364
93368006	CREAM CHESE & CUCUMBER PITTA POCKET	64	104	434	2	5	18	2	178
		100	163	681	3	8	28	3	280
93176106	DOUBLE CHEESE AND APPLE BAGUETTE	124	255	1,066	7	11	36	6	399
		100	206	862	5	9	29	5	323
93307557	HALF CHEESE & BAKED BEAN PANINI	111	224	936	8	11	28	3	470
		100	202	843	7	10	25	2	424
93307555	HALF CHEESE AND TOMATO SAUCE PANINI	76	199	833	8	9	24	3	350
		100	262	1,096	10	12	32	3	461
93460221	CHEESE AND TOMATO HALF PANINI	81	195	816	8	9	24	2	351
		100	241	1,010	10	11	30	3	434
93307556	HALF CHEESE PANINI	61	192	804	8	9	23	2	350
		100	315	1,319	13	15	38	3	574
93177145	MARGHERITA PITTA PIZZA	98	223	934	5	11	35	3	350
		100	227	952	5	11	36	3	357
93114855	CHEESE & PICKLE 50/50 SANDWICH	131	345	1,446	14	16	37	5	620
		100	264	1,103	10	12	28	4	474
93114851	CHEESE AND PICKLE SMALL BAGUETTE	113	322	1,346	13	13	36	5	570
		100	285	1,191	12	12	32	4	505
93183307	CHEESE BAGUETTE WHITE	188	539	2,255	20	22	66	4	830
		100	287	1,203	11	12	35	2	442
93175963	CHEESE CARROT APPLE RAISIN ROLL	100	238	995	11	9	26	7	362
		100	239	999	11	9	26	7	364
93175961	CHEESE CARROT APPLE RAISIN WRAP	117	311	1,303	14	10	37	6	371
		100	266	1,114	12	9	31	5	317
93209161	CHEESE PANINI V2	112	343	1,436	12	15	47	3	626
		100	306	1,282	11	14	42	3	559

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93175999	CHEESE ROLL	73	242	1,012	14	10	19	2	381
		100	331	1,386	19	14	26	3	522
93121871	CHEESE SANDWICH 50/50 MARY	113	315	1,316	13	15	31	2	509
		100	278	1,165	12	13	27	2	451
93151103	CHEESE SANDWICH BROWN	125	365	1,528	18	18	30	2	604
		100	292	1,222	14	14	24	2	483
93151102	CHEESE SANDWICH WHITE	134	409	1,709	18	17	43	3	516
		100	304	1,271	14	13	32	2	384
93175997	CHEESE WRAP.	86	286	1,198	13	10	31	2	367
		100	333	1,393	16	11	36	2	427
93114859	LAUGH COW CHEESE & CUC 50/50 SANDWICH	121	240	1,004	6	11	32	4	469
		100	199	831	5	9	27	3	388
93175978	LAUGH COW CHEESE & CUC BAGUETTE	111	234	977	6	9	35	4	446
		100	211	882	5	8	31	4	403
93175979	LAUGH COW CHEESE & CUC ROLL	75	152	637	5	6	20	4	295
		100	204	855	7	8	27	5	396
93167819	LAUGHING COW CHEESE & CUC WRAP	97	242	1,014	9	8	32	3	347
		100	250	1,048	9	8	33	4	359
93176107	DOUBLE CHEESE AND APPLE ROLL	82	167	699	6	7	22	5	248
		100	204	855	7	9	27	6	304
Recipe Code	**Baguettes, Rolls, Sandwiches & Wraps**	**Portion Size**	**Calories (Kc)**	**Energy (kJ)**	**Total Fat (g)**	**Protein (g)**	**Total Carbs (g)**	**Sugars (g)**	**Sodium (mg)**
CHEESE									
93544120	MARGHERITA PITTA PIZZA FFL	118	229	960	6	10	36	4	351
		100	194	811	5	9	30	3	296
93600992	IOA MARGHERITA PITTA PIZZA FFL	118	249	1,041	8	10	35	4	382
		100	210	880	7	9	30	3	323
93403857	IOA CHEESE CARROT APPLE RAISIN ROLL	100	238	997	11	9	26	7	358
		100	239	1,001	11	9	26	7	359
93403855	IOA CHEESE CARROT APPLE RAISIN WRAP	117	312	1,304	14	10	36	6	366
		100	266	1,115	12	9	31	5	313
93314442	IOA CHEESE ROLL	73	242	1,014	14	11	19	2	374
		100	332	1,389	19	15	26	3	513
93314289	IOA CHEESE SANDWICH 50/50MARY	113	315	1,319	14	15	30	2	502
		100	279	1,167	12	13	27	2	445
93314441	IOA CHEESE WRAP	86	287	1,199	14	10	30	2	363

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		100	333	1,395	16	12	35	2	422
93403859	IOA DOUBLE CHEESE AND APPLE ROLL	82	167	700	6	7	22	5	246
		100	205	856	7	9	27	6	301
93404421	IOA HALF CHEESE AND TOMATO SAUCE PANINI	76	200	835	8	9	24	3	346
		100	263	1,099	10	12	32	3	455
93404422	IOA HALF CHEESE PANINI	61	193	806	8	9	23	2	346
		100	316	1,322	13	15	38	3	566

Recipe Code	Baguettes, Rolls, Sandwiches & Wraps	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
VEGETABLE									
93115178	EGG MAYO 50/50 SANDWICH MARY	146	287	1,200	10	15	32	2	450
		100	197	823	7	10	22	2	309
93175998	EGG MAYO ROLL	106	214	895	10	11	20	3	322
		100	202	847	10	10	19	2	305
93115190	EGG MAYONNAISE BAGUETTE	131	267	1,117	8	13	34	2	393
		100	204	855	6	10	26	2	301
93112661	HOUMOUS AND CARROT WRAP	122	329	1,375	16	9	36	2	395
		100	269	1,127	13	7	30	2	324
93168574	HOUMOUS AND VEG BAGUETTE	161	393	1,645	18	12	42	3	614
		100	244	1,022	11	8	26	2	381
93175953	HOUMOUS AND VEG ROLL	121	297	1,244	16	9	27	3	461
		100	246	1,028	14	7	22	3	381
93175952	HOUMOUS AND VEG SANDWICH	171	400	1,672	18	14	40	3	637
		100	234	978	11	8	23	2	372

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Recipe Code	FRUIT ITEMS & DESSERTS	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
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
93040617	FRUIT PLATTER.	86	44	185	0	1	10	10	2
		100	52	216	0	1	12	12	3
93172001	LOAF BANANA LUNCH BOX 30G	30	98	409	2	2	18	6	68
		100	326	1,364	5	8	60	19	228
93158257	YOGHURT FRUBE	40	41	171	1	2	5	5	25
		100	102	427	3	5	13	13	62

Recipe Code	VEGETABLE SIDES	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
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

Recipe Code	DRINKS	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93167871	APPLE JUICE 50/50 WATER	198	50	211	0	0	12	12	0
		100	25	106	0	0	6	6	0
93167870	ORANGE JUICE 50/50 WATER	198	45	188	0	1	10	10	0
		100	23	95	0	0	5	5	0

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