

SCHOOL PORTION SIZE

Item	Nursery	Primary	Secondary
Red Meat & Pork Roast inc Vegetarian Equivalent	50-80g	50-80g	80-95g
Sausages RAW	50g one	50-70g two	75-90g three
Burgers	55-80g	55-80g	80-100g
Poultry chicken & turkey RAW	60-85g	60-85g	85-125g
Meat Casseroles etc RAW	50-75g	50-75g	75-90g
Fish Fingers (Birds eye)	56g two	56g Two	84g three
White fish Portion	60-90g	60-90g	90-125g
Oily Fish Portion	55-80g	55-80g	80-110g
Cheese (for salads)	20-30g	20-30g	30-40g
Eggs for Salad	1	1	1-2
Pulses Dried	15-20g	15-20g	30g
Potatoes RAW Creamed, Boiled, Wedges, Chips, Roast RAW Jacket (60s)	120-170g 70-100g Half	120-170g 70-100g Half	200-250g 120-150g Whole
Pasta, Noodles & Cous Cous RAW	45-65g	45-65g	65-80g
Rice	35-55g	35-55g	55-65g
Breads all	50-70g	50-70g	80-100g
Baked Beans	50-70g	50-70g	90-100g
Vegetables All non leafy (ie peas sweetcorn carrots) & All Leafy (ie cabbage greens spinach)	40-60g 1-2 tablespoons	40-60g 1-2 tablespoons	80g 2-3 tablespoons
Salad Vegetable Items	40-60g	40-60g	80g
Fruit Large Apple pear banana orange RAW Medium satsumas tangerines RAW Small - strawberries raspberries grapes RAW Dried Fruit- Raisens, sultanas, Tinned-	75-100g 50-100g 45-60g 15-30g 65-100g	75-100g 50-100g 45-60g 15-30g 65-100g	100-150g 80-100g 80g 25-30g 130g
Yoghurt	80g	80g	120g
Desserts Tray Bakes Sponge cake Fruit Pies crumble etc	40-50g 80-100g 80-100g	40-50g 80-100g 80-100g	50-60g 100-120g 100-120g
Custard/Sweet sauces	150ml	200ml	200ml
Jelly	80-100g	80-100g	100-120g