

PORTION SIZE SCHEDULE

Caterlink Portion Size Guidance

Caterlink's recipes are created in accordance with the School Food Standards or Voluntary Food and Drink Guidelines for Early Years Settings in England. All kitchen staff receive training and resources to help them to manage portion control and serve accurate portion sizes. Portion size charts are provided to kitchen staff to give them a visual reference of how dishes should be cut and served. Mandatory pre-service briefings are held before every service, during which the cook manager will go over how much to serve, and the appropriate utensil for service.

		Nursery		Primary		Secondary / College
			KS1	KS2	KS3	KS4 + 16-18
Carbohydrates	Potatoes (raw)	80-100g	120g	170g	200g	250g
	Rice (dried)	30- 35g	35g	55g	55g	65g
	Pasta (dried)	35- 40g	45g	65g	65g	80g
	Bread	20-30g	50g	70g	80g	100g
	Other grains (dried)	40g	40g	60g	60g	70g
Fruit & Vegetables	Fresh Fruit (e.g. apples, pears, bananas)	40g	75g	100g	100g	150g
	Dried Fruit	15-30g	15g	25g	25g	30g
	Vegetables (cooked)	40g	40g	60g	80g	80g
	Baked Beans	40g	50g	70g	90g	100g
Protein	Red Meat (raw) in dishes	30-40g	50g	75g	75g	90g
	Poultry (raw) in dishes	30-40g	50g	75g	75g	90g
	White Fish (raw)	30-40g	60g	90g	90g	125g
	Oily fish (raw)	30-40g	55g	80g	80g	100g
	Eggs (cooked)	1 egg	1 egg	1 egg	2 eggs	2 eggs
	Pulses (e.g. lentils, chickpeas, beans) (raw)	30-35g	20g	25g	40g	45g
	Meat alternatives (e.g. Quorn/ Soya) (cooked)	30-50g	50g	70g	70g	100g
Dairy	Yoghurt	50-75g	80g	120g	120g	150g
	Cheese	15-20g	20g	30g	30g	40g
	Custard made with milk	50-75g	80g	100g	100g	120g
Desserts	Fruit Pies, Sponge Puddings and Crumbles	60g	80g	100g	100g	120g
	Biscuits and Flapjack	15-20g	25g	30g	30g	40g
	Ice-Cream	40g	60g	80g	100g	100g