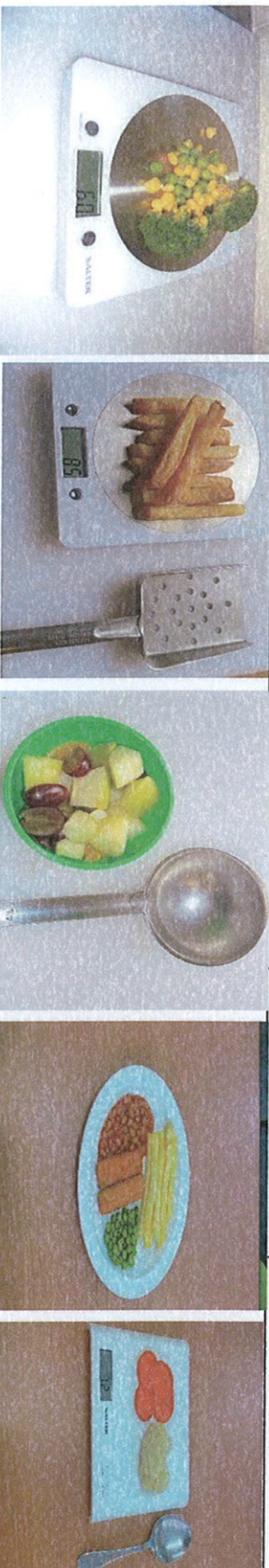


Dishes shown are examples, all similar dishes should be portioned to the same standard

Dish Name	Oven Baked Dishes		Recommendations for Portion Size KS1	Recommendations for Portion Size KS2
	All Year Groups			
Mains	KS1	KS2		
Pasta Bakes Dishes/ Lasagne	24	24		Grundy Tin Deep Full Size
Pizza	15	15		Grundy Flan Tin Full Size
Quiche	24	24		Grundy Flan Tin Full Size
Pies	24	24		Grundy Flan Tin Full Size
DESSERTS				
Crumble with Custard	30	30		Grundy Tin Deep Full Size
Sponge with Custard	30	30		Grundy Flan Tin Full Size
Fruit Pie with Custard	30	30		Grundy Flan Tin Full Size
Traybakes	24	24		Grundy Flan Tin Full Size
Short Bread	24	24		Grundy Flan Tin Full Size
Flapjack	24	24		Grundy Flan Tin Full Size
Tinned peaches	2 slices	2 slices		from an 822g 10 portions
Fresh Fruit	4 floz ladle	4 floz ladle		Small Pudding Bowls
Ice Cream	60g	60g		16 portions per 1 litre block/ 66 portions 4 litre tub
Yoghurt	4 floz Ladle	4floz Ladle		Small Pudding Bowls/ 40 portions to one bag (4.54 litre)
INDIVIDUAL ITEMS				
Item				
Battered Fish 85g Portion	1	1		1
Fish Fingers	2	3		1
Jumbo Fish Fingers	1	1		1
Sausages 8's	2	2		2
Veg Sausages 8's	2	2		2
Meatballs	2	3		Can cut in half to give 4/6 pieces
Sliced Bread	1 x 20g slice	1 x 20g slice		20gr/7 loaves from 3.5kg bag/ Grundy Tin Deep Coffin Size

Food Name	Food Based Standards	Serving Tool	Recommendations for Portion Size KS1	Recommendations for Portion Size KS2
Curry/Stew	50 - 75g of protein	4 floz Ladle	1	1
Chilli/Bolognaise	50 - 75g of protein	4 floz ladle	1	1
Sliced Meat for Roast, Gammon, Pork, Lamb	50 - 80g raw weight	Tongs	1 slice	2 slices
Sliced Meat for Roast, Turkey, Chicken	60 - 85g raw weight	Tongs	1 slice	2 slices
Mashed Potato	120 - 170g raw weight	2 floz Ice cream scoop	1	2
Rice	35 - 55g raw weight	Kitchen spoon	1	1 1/2
Roast Potatoes	70 - 100g raw weight	Kitchen spoon/Tongs	2	3
New Potatoes	70 - 100g raw weight	Kitchen spoon/Tongs	3	4
Jackets 60's	200 - 280g raw weight	Tongs	140g / half	280g / 1
Pasta as part of a dish	20g dried weight	N/A	N/A	N/A
Spaghetti / Pasta	45 - 65g dried weight	Tongs	1	1 1/2
Wedges (use half a jacket 60's)	70 - 100g raw weight	Chip scoop or tongs	3 wedges	5 wedges
Chips (20 portions per bag	70 - 100g raw weight	Chip scoop	1	1
All Vegetables	40 - 60g cooked weight	Kitchen spoon	1	1
Baked Beans	50 - 70g cooked weight	3 floz Ladle	1	1
Coleslaw	40 - 60g raw weight	Kitchen spoon	1	1
Cheese for Jackets/ Salads	30g raw weight	Small bowl	1	1
Tuna for Jackets/ Salads	30g raw weight	Small bowl	1	1
Custard	80 - 100g made with milk	4 floz Ladle	1	1
Rice Pudding	100 - 120g cooked	4 floz Ladle	1	1



Examples of portion sizes