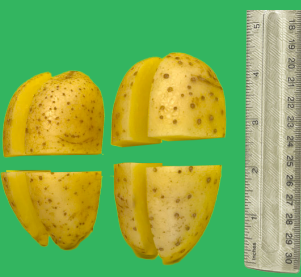
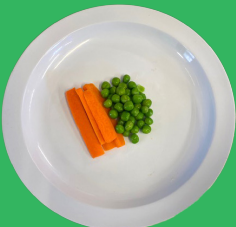
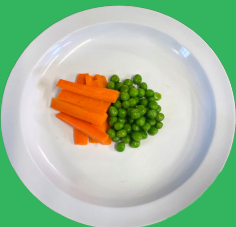


PORTION SIZES

Below is a guide to Primary School portion sizes.



Product	Reception to Year 5		Year 6	
Fish Fingers	3 x Fingers		3 x Fingers	
Vegetable Fingers	3 x Fingers		3 x Fingers	
Sausages	2 x Sausages 1 x Halal Sausage		2 x Sausages 1 x Halal Sausage	
Potatoes	Small Potato		Medium Potato	
Potato Wedges (Food Standards 120g - 170g dry roast)	4 Wedges 120g raw (half a medium potato) Small potato 6 wedges		6 Wedges 150g raw (3/4 of a medium potato) Small potato 8 wedges	
Roast Potatoes (Food Standards 70g - 100g cooked in oil)	3 Pieces (70g) (1/3 of a medium potato) or small potato 4 pieces		4 Pieces (100g) (3/4 of a medium potato) or small potato 5 pieces	
Roast Potatoes Preparation	Step 1 1/2 the medium potato		Step 2 1/4 each half	
Chips (Food standards 70g - 100g raw)	70g raw 8 chips (served with tongs)		100g raw 12 chips (served with tongs)	
Rice (Food standards 35 - 55g raw)	95g Cooked Rice Black Spoodle		140g Cooked Rice Blue Spoodle	
Pasta (Food standards 45g - 65g raw)	90g Cooked Pasta Blue Spoodle		110g Cooked Pasta Blue Spoodle heaped	
Mashed Potatoes (Food standards 120g - 170g raw weight)	X 2 Scoops		X 3 Scoops	
Fresh Vegetables (Food standards 40 - 60g cooked, 1 - 2 tablespoons)	40g if 1 vegetable or 20g + 20g if 2 If 1 vegetable: 2 tablespoon If 2 vegetables: 1 tablespoon of each		60g if 1 vegetable or 30g + 30g if 2 If 1 vegetable: 3 tablespoon If 2 vegetables: 1.5 tablespoon of each	
Baked Beans (Food standards 50g - 70g, 1 - 2 tablespoons)	58g Red Spoodle		70g Cream Spoodle	