

# SIDE DISHES PORTION CHARTS

| SIDE DISH                                | PORTION AMOUNT<br>(WEIGHT)      | HOW TO PORTION  |
|--|---------------------------------|---|
| Fries                                    | 150g portion                    | 1.5 yellow/light green spoons or 1 Black fries cup                                |
| Wedges                                   | 200g portion                    | 1.5 yellow/light green spoons or 1 Black Fries cup                                |
| Sweet Potato Fries                       | 150g portion                    | 1.5 yellow/light green spoons or 1 Black fries cup                                |
| Garlic Bread                             | 4 slices per portion            | 4 slices per portion  |
| Hash Brown Bites<br>Hash Brown Triangles | 156g                            | 12 pieces per portion<br>3 per portion  |
| Chicken Dippers                          | 5 goujons per portion           | 5 goujons per portion   |
| Mozzarella Sticks                        | 8 sticks per portion            | 8 sticks per portion  |
| Poppin Chicken                           | 150g portion                    | 10 pieces per portion   |
| Hot and Spicy Wings                      | 6 per portion                   | 6 per portion   |
| Mac n cheese bites                       | 6 bites per portion             | 6 bites per portion   |
| Quorn Nuggets                            | 5 bites per portion             | 5 bites per portion   |
| Quorn Bites                              | 5 bites per portion             | 5 bites per portion   |
| Combo box - Wedges & Dippers             | 3 chicken dippers + 100g wedges | 3/4 yellow/light green spoons or 1/2 black fries cup of wedges + 3 x dippers      |
| Combo box - Poppin' chicken & Wedges     | 6 poppin chicken + 100g wedges  | 3/4 yellow/light green spoons or 1/2 black fries cup of wedges + 6 poppin chicken |