

LACA SCHOOL CHEF OF THE YEAR 2025 STANDARD INGREDIENT COSTING SHEET

NB: All prices given are for 100g/ml unless stated otherwise

Please refer to this sheet when compiling your recipe and costings.

If you are using any ingredient that appears on this list, the cost below must be used to calculate your recipe total

PASTA/RICE	
Basmati Rice	0.29p per100g
Brown/Long Grain Rice	0.19p per 100g
Orzo	0.15p per 100g
Quinoa	0.36p per 100g
Cous Cous	0.37p per 100g
Lasagne sheets	0.35p per 100g
Lentils Red/Green	0.28p per 100g
Noodles	0.50p per 100g
Pasta Dried-Variou	0.23p per 100g
Pudding Rice	0.31p per 100g
BAKING SUNDRIES	
Strong flour	0.14p per 100g
Gluten free flour	0.60p per 100g
Polenta flour	0.27p per 100g
Baking Powder	0.55p per100g
Bicarbonate of Soda	0.42p per 100g
Cornflour	0.27p per 100g
Dates	0.35p per 100g
Desiccated Coconut	0.55p per 100g
Dried Fruit (other)	0.30p per 100g
Dried Yeast	0.60p per 100g
Food Colourings	0.20p per100ml
Lemon Juice	0.04p per 10ml
Rolled Oats	0.20p per 100g
SUGAR	
Black Treacle	0.22p per 100g
Golden Syrup	0.29p per100g
Sugar - all types	0.22p per100g
PRESERVES	
Clear Honey	0.56p per100g
Fruit Jam/Mincemeat	0.44p per 100g
Lemon Curd	0.44p per100g
Marmalade	0.37p per100g
BEVERAGES	
Coffee	2.90 per 100g
MARGARINE/COOKING OILS & FATS	
Butter	1.05p per100g
Margarine/white fat	0.37p per100g
Vegetable Oil	0.42p per100ml
DAIRY & PLANT BASED ALTERNATIVES	
Cheddar cheese	0.68p per100g
Mozzarella	0.77p per 10g
Cream Cheese	0.63p per100g
Parmesan Cheese	1.80p per 100g
Halloumi	1.20p per 100g
Plant based cheese	0.65p per 100g
Crème Fraiche- Low Fat	0.45p per 100g
Natural Yoghurt	0.37p per 100g
Eggs*	0.30p per 100g
* give quantity as 100g on costing sheet to generate the correct price for eggs	
Mayonnaise	0.22p per100g
Semi Skimmed milk	0.11p per100ml
Sour Cream	0.35p per 100g
Soya Milk	0.16p per100ml
Vegan mayonnaise	0.48p per100g

FRESH FRUIT	
Apples – cooking	0.22p per 100g
Apples – eating	0.29p per 100g
Banana (flesh only)	0.21p per 100g
Blueberries	1.90 per 100g
Grapes – red or green	0.50p per 100g
Honeydew melon	0.10p per 100g
Kiwi fruit	0.30p per 100g
Mango – fresh	0.50p per 100g
Pears	0.20p per 100g
Pineapple	0.12p per 100g
Strawberries	0.50p per 100g
Watermelon	0.11p per 100g
Whole Lemon*	0.31p each
Whole Lime*	0.32p each
Whole Orange*	0.35p each

(* give quantity as 100g on costing sheet to generate the correct price for whole fruit

HERBS & SPICES	
Balsamic Vinegar	0.50p per100ml
Chilli Cayenne	0.10p per 10g
Cinnamon	0.12p per 10g
Cooking Salt	0.02p per 10g
Fresh Basil/coriander	0.25p per 10g
Fresh Garlic	0.21p per10g
Fresh Parsley	0.15p per 100g
Fresh chives	0.17p per 10g
Grnd Black Pepper	0.11p per 10g
Grnd White Pepper	0.11p per 10g
Ground Ginger	0.09p per 10g
Ground Mixed Spice	0.14p per10g
Ground Paprika	0.18p per10g
Ground turmeric	0.06p per 10g
Madras Curry Powder	0.24p per 10g
Mint Sauce	0.30p per 100g
Dried Mixed Herbs	0.37p per10g
Mustard Powder	0.22p per 10g
Nutmeg	0.20p per 10g
Sweet Pickle	0.36p per 100g
Vinegar	0.04p per 100ml
Soy sauce	0.04p per 10ml
Worcestershire Sauce	0.09p per 10ml
Cajun seasoning	0.12p per 10g
Tandoori seasoning	0.08p per 10g
Jerk seasoning	0.12p per 10g
Piri Piri seasoning	0.12p per 10g

CANNED PRODUCE	
Coconut milk	0.21p per 100g
Baked beans	0.19p per100g
Tinned tomatoes – chopped	0.19p per100g
Tinned tomatoes – whole	0.10p per 100g
Tomato puree	0.32p per 100g
Tomato coulis	0.20p per 100g
Mango pulp	0.21p per 100g
Tinned produce - average	0.20p per 100g

A minimum of one Bisto ingredient from the list must be used in your main course, plus a minimum of one ingredient from the list must be used in your dessert.

SALAD & VEGETABLE ITEMS	
Aubergine	0.38p per 100g
Tomatoes	0.23p per 100g
Beetroot	0.20p per 100g
Broccoli	0.34p per 100g
Carrots	0.10p per 100g
Cherry tomato	0.40p per 100g
Courgettes	0.25p per100g
Cucumber	0.20p per 100g
iceberg/mixed leaves	0.18p per100g
Kale	0.50 per 100g
Leeks	0.21p per100g
Butternut Squash	0.14p per 100g
Parsnips	0.20p per 100g
Sugar Snaps	0.66p per 100g
Lettuce	0.26p per 100g
Mushrooms	0.30p per 100g
Onions	0.09p per 100g
Peppers	0.35p per100g
Potatoes	0.14p per100g
Spinach	0.50p per100g
Sweet Potato	0.20p per100g

BAKERY	
Brown/white sliced bread	0.23p per 100g
Wrap/chapati - 10"	0.15p each
Wrap/chapati - 12"	0.19p each
Pitta bread	0.12p each

FRESH MEAT AND FISH	
Diced beef	0.82p per100g
Beef mince	0.82p per100g
Chicken drumstick	0.23p per 100g
Chicken breast fillet	0.78p per100g
Diced chicken	0.60p per 100g
Chicken thigh (boneless)	0.70p per 100g
Chicken mince	0.92p per 100g
Diced lamb	1.08 per 100g
Lamb mince	0.75p per 100g
Turkey fillet	0.71p per 100g
Diced turkey	0.65p per 100g
Turkey mince	0.87p per 100g
Diced pork	0.71p per 100g
Pork mince	0.52p per 100g
Salmon	1.80p per 100g
Pollock	0.95p per100g

PLANT BASED PROTEIN ALTERNATIVES	
Chicken style fillet	0.75p per 100g
Meat free mince	0.71p per 100g
Meat free pieces	0.80p per 100g
Jackfruit	0.32p per 100g
Chickpeas	0.23p per 100g
Butterbeans	0.20p per 100g
Kidney beans	0.26p per 100g
Tofu	0.50p per 100g

PAPER AND SUNDRY ITEMS	
Cake cases	0.05p each
Muffin tulips	0.05p each
Greaseproof paper	0.02p per sheet

Premier Foods Products

Please use the separate ingredient and pricing list for Premier Foods products