

LACA SCHOOL CHEF OF THE YEAR 2022

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

STANDARD INGREDIENT COSTING SHEET

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		FRESH FRUIT		SALAD & VEGETABLE ITEMS	
Basmati Rice	0.20p per 100g	Apples - cooking	0.09p per 100g	Aubergine	0.30p per 100g
Brown/Long Grain Rice	0.15p per 100g	Apples - eating	0.20p per 100g	Beef tomato	0.18p per 100g
Orzo	0.15p per 100g	Banana (flesh only)	0.19p per 100g	Tomatoes	0.16p per 100g
Quinoa	0.36p per 100g	Blueberries	£1.72 per 100g	Beetroot	0.15g per 100g
Cous Cous	0.16p per 100g	Grapes - red or green	0.40p per 100g	Broccoli	0.22p per 100g
Lasagne sheets	0.23p per 100g	Honeydew melon	0.11p per 100g	Carrots	0.07p per 100g
Lentils Red/Green	0.20p per 100g	Kiwi fruit	0.30p per 100g	Cherry tomato	0.38p per 100g
Noodles	0.50p per 100g	Mango - fresh	0.50p per 100g	Courgettes	0.23p per 100g
Pasta Dried-Variou	0.15 p per 100g	Pears	0.20p per 100g	Cucumber	0.20p per 100g
Pudding Rice	0.11p per 100g	Pineapple	0.12p per 100g	Iceberg lettuce	0.16p per 100g
BAKING SUNDRIES		Strawberries	0.45p per 100g	Kale	0.26g per 100g
Flour (plain/self raising)	0.06p per 100g	Watermelon	0.11p per 100g	Leeks	0.19p per 100g
Strong flour	0.08p per 100g	Whole Lemon*	24p each	Butternut Squash	0.14p per 100g
Gluten free flour	0.60p per 100g	Whole Lime*	35p each	Parsnips	0.20p per 100g
Polenta flour	0.17p per 100g	Whole Orange*	20p each	Sugar Snaps	0.66p per 100g
Bread roll/bap mix	0.20p per 100g	(* give quantity as 100g on costing sheet to generate the correct price for whole fruit)		Lettuce	0.26p per 100g
Baking Powder	0.35p per 100g	HERBS & SPICES		Mushrooms	0.26p per 100g
Bicarbonate of Soda	0.24p per 100g	Balsamic Vinegar	0.48p per 100ml	Onions	0.09p per 100g
Cornflour	0.10p per 100g	Chilli Cayenne	0.08p per 10g	Peppers	0.23p per 100g
Dates	0.20p per 100g	Cinnamon	0.08p per 10g	Potatoes	0.11p per 100g
Desiccated Coconut	0.55p per 100g	Cooking Salt	0.02p per 10g	Spinach	0.50p per 100g
Dried Apricots	0.40p per 100g	Fresh Basil/coriander	0.30p per 10g	Sweet Potato	0.12p per 100g
Dried Fruit (other)	0.30p per 100g	Fresh Garlic	0.12p per 10g	QUORN PRODUCTS	
Dried Yeast	0.52p per 100g	Fresh Parsley	0.15p per 100g	Quorn Fillet	0.75p per 100g
Food Colouings	0.03p per 10ml	Grnd Black Pepper	0.11p per 10g	Quorn Mince	0.71p per 100g
Glacé Cherries	0.44p per 100g	Grnd White Pepper	0.11p per 10g	Quorn Pieces	0.80p per 100g
Lemon Juice	0.02p per 10ml	Ground Ginger	0.09p per 10g	Quorn Vegan Sausage	0.92p per 100g
Rolled Oats	0.10p per 100g	Ground Mixed Spice	0.09p per 10g	Quorn Beef Pieces	0.80p per 100g
Vegetable Suet	0.46p per 100g	Ground Paprika	0.07p per 10g	Quorn Vegan Chicken Free	1.50p per 100g
Stuffing Mix	0.14p per 100g	Madras Curry Powder	0.24p per 10g	Quorn Vegan Smoky Ham	1.50p per 100g
Suet Mix	0.13p per 100g	Mint Sauce	0.30p per 100ml	BISTO PRODUCTS - dry product, not made up	
SUGAR		Mixed Herbs	0.12p per 10g	Bisto Gravy Granules	0.36p per 100g
Black Treacle	0.18p per 100g	Mustard Powder	0.22p per 10g	Bisto reduced salt gluten free gravy granules	0.38p per 100g
Golden Syrup	0.15p per 100g	Nutmeg	0.20p per 10g	Bisto vegetarian gravy granules	0.38p per 100g
Sugar all types	0.15p per 100g	Sweet Pickle	0.36p per 100g	Bisto gluten free gravy granules	£1.36 per 100g
PRESERVES		Vinegar	0.04p per 100ml	Bisto bouillon paste - vegetable	£0.02 per 100g
Clear Honey	0.44p per 100g	Soy sauce	0.04p per 10ml	PREMIER PRODUCTS - dry product, not made up	
Fruit Jam/Mincemeat	0.20p per 100g	Worcestershire Sauce	0.06p per 10ml	McDougalls reduced fat cocoa powder	0.57p per 100g
Lemon Curd	0.23p per 100g	Cajun seasoning	0.08p per 10g	McDougalls vegetarian jelly	0.28p per 100g
Marmalade	0.15p per 100g	Tandoori seasoning	0.08p per 10g	Angel Delight mousse mix - pack taken from a case of 6	0.82p per 100g
BEVERAGES		Jerk seasoning	0.12p per 10g	Angel Delight mousse mix - pack taken from a case of 12	0.54p per 100g
Coffee	£2.90 per 100g	Piri Piri seasoning	0.12p per 10g	Ambrosia original rice pudding	0.29p per 100g
MARGARINE/COOKING OILS & FATS		CANNED PRODUCE		Ambrosia custard - from a 1litre foodservice pack	0.16p per 100g
Butter	0.52p per 100g	Condensed milk	0.23p per 100ml	Birds custard powder	0.21p per 100g
Margarine/white fat	0.16p per 100g	Evaporated milk	0.37p per 100ml	PAPER AND SUNDRY ITEMS	
Rapeseed Oil	0.25p per 100ml	Coconut milk	0.20p per 100ml	Cake cases	0.15p each
Vegetable Oil	0.12p per 100ml	Baked beans	0.10p per 100g	Muffin tulips	0.27p each
DAIRY		Other tinned beans/pulses	0.09p per 100g	Greaseproof paper	0.02p per sheet
Cheddar cheese	0.59p per 100g	Tinned tomatoes - chopped	0.07p per 100g		
Mozzarella	0.42p per 100g	Tinned tomatoes - whole	0.10p per 100g		
Cream Cheese	0.40p per 100g	Tomato puree	0.17p per 100g		
Crème Fraiche- Low Fat	0.33p per 100ml	Tomato coulis	0.20p per 100g		
Eggs*	0.22p each	Tinned fruit - average (water or juice, no syrup)	0.20p per 100g		
* give quantity as 100g on costing sheet to generate the correct price for eggs		Mango - pulp	0.18p per 100g		
Halloumi	0.97p per 100g	BAKERY			
Mayonnaise	0.18p per 100g	Brown/white sliced bread	0.13p per 100g		
Natural Yoghurt	0.50p per 500ml	Wrap/chapati - 10"	0.08p per 100g		
Parmesan Cheese	1.70p per 100g	Wrap/chapati - 12"	0.13p per 100g		
Semi Skimmed milk	0.07p per 100ml	Pitta bread	0.19p per 100g		
Sour Cream	0.35p per 100g				
Soya Milk	0.14p per 100ml				
Vegan mayonnaise	0.17p per 100g				