

Annex C - Portion Size Standard

Eggs, large	2 each
Ham/Back Bacon	45 11:(raw)
Bacon	3 slices (40/48 slices per kg raw)
Sausages	2 each (12/500 lt: raw)
Hot cakes	2 X 90 ml ladles of batter
French toast	2 slices
Cereal w/milk - hot	175 ml (cooked) plus 125 ml of milk
- cold	Ind pkg: or 250 ml plus 125 ml of milk
Cheese	30 g
Muffin	1 each (130 g)
Bagel	1 each (110 g)
Croissants	1 each (60 g)
Toast/bread	2 slices (each 35 g)
Soup	250 ml
Steaks and chops (bone in)	250 g (raw)
Chicken pieces (bone-in)	275 g (raw)
Steak (boneless)	225 g (raw)
Boneless meat/poultry	150 g cooked (180 g raw)
Fish (steaks, fillet)	150 g (raw)
Fish (battered)	150 g (cooked)
Stews	300 g (cooked) (250 ml ladle)
Casserole dishes	300 g (cooked) (250 ml ladle)
Pasta w/ sauce (main entree)	150 g of pasta, 175 ml of sauce
Three decker sandwich	1 each (90 g of meat total)
Hamburger	1 each (167 2 raw)
Hot dog	80 g (2 ea (QJ 40 g or 1 ea (QJ 80 g)
Pizza	1 each (1/6 of a 40 cm diameter pizza or slice) 240 g
Tacos	2 each
Burritos	1 each (150 g)
Submarine (15 cm long)	1 each (90 g sliced meat or 110 g mixed filling)
Sandwich	1 each
Sandwich fillin2 - salad	110 g
Sandwich filling - sliced meat	90 g
Sliced meat - for cold plate	90g
Starch Item - potatoes, rice , pasta	125 g (cooked) (2 ea 125 ml spoon, 2 ea #16 scoop)
Vegetables	200 ml Spoon
Salad Items	6" bowl or 8" plate
Canned fruit	175 ml
Fresh fruit (individual)	1 each
Fresh grapes/berries/sliced fruits	125 ml or 90 g
Pudding	125 ml
Gelatin dessert	125 ml
Ice cream	125 ml
Fruit yogurt	100iz
Cake	1 piece (5 cm X 5 cm X 7 cm)
Pie	1 piece (1/8 of a 22 cm diameter pie)
Squares	1 piece (5 cm X 5 cm X 2.5 cm)
Cookies (7 .5 cm diam.)	2 each
Cookies 0 2.5 cm diam.)	1 each
Doughnuts / Sweet Buns	1 each
Bread	1 slice (35 g)
Dinner Roll	1 each
Juice	250 ml
Milk (2%; 1% skim choc, non-dairy)	250 ml
Fruit Drinks	250 ml
Pop	250 ml
Hot Beveras	250 ml