

Standard Ingredient Costing Sheet SCOTY 2017

PASTA	
Brown/Long Grain Rice	0.13p per 100g
Basmati Rice	0.20p per 100g
Lentils Red/Green	0.20p per 100g
Noodles	0.28p per 100g
Cous Cous	0.16p per 100g
Chick Peas	0.12p per 100g
Lasagne sheets	0.27p per 100g
Pasta Dried-Variou	0.15 p per 100g
BAKING SUNDRIES	
Puff Pastry Mix	0.26p per 100g
Soft Bap Mix	0.20p per 100g
All types of Flour	0.09p per 100g
Baking Powder	0.31p per 100g
Bicarbonate of Soda	0.16p per 100g
Dried Yeast	0.52p per 100g
Dates	0.16p per 100g
Dried Fruit	0.23p per 100g
Dried Apricots	0.52p per 100g
Desiccated Coconut	0.22p per 100g
Food Flavourings	0.03p per 10ml
Lemon Juice	0.01p per 10ml
Glacé Cherries	0.55p per 100g
Vegetable Suet	0.46p per 100g
Pudding Rice	0.11p per 100g
Rolled Oats	0.08p per 100g
Cornflour	0.10p per 100g
Custard Powder	0.20p per 100g
Jelly Crystals	0.29p per 100g
SUGAR	
Light Golden Soft Sugar	0.15p per 100g
Granulated Sugar	0.12p per 100g
Icing Sugar	0.14p per 100g
Caster Sugar	0.13p per 100g
Demerara Sugar	0.15p per 100g
Golden Syrup	0.15p per 100g
Black Treacle	0.18p per 100g
PRESERVES	
Fruit Jam/Mincemeat	0.15p per 100g
Lemon Curd/Marmalade	0.15p per 100g
Marmalade	0.15p per 100g
Clear Honey	0.47p per 100g
FRESH FRUIT	
Apples - eating	0.20p per 100g
- cooking	0.13p per 100g
Blueberries	1.33p per 100g
Watermelon	0.11p per 100g
Honeydew melon	0.11p per 100g
Pears	0.20p per 100g
Pineapple	0.12p per 100g
Kiwi	0.30p per 100g
Strawberries	0.32p per 100g

FRESH FRUIT	
Whole Lemon	0.40p per 100g
Whole Lime	0.90p per 100g
Whole Orange	0.20p per 100g
Whole grapefruit	0per 100g
Banana (flesh only)	0.19p per 100g
Cooking apples	0.16p per 100g
Red grapes	0. per 100g
Green Grapes	0.26p per 100g
HERBS & SPICES	
Mustard Powder	0.03p per 10g
Nutmeg	0.03p per 10g
Cooking Salt	0.02p per 10g
Grnd White Pepper	0.11p per 10g
Cinnamon	0.08p per 10g
Ground Ginger	0.09p per 10g
Ground Paprika	0.07p per 10g
Chilli Cayenne	0.08p per 10g
Ground Mixed Spice	0.09p per 10g
Mixed Herbs	0.50p per 10g
Fresh Parsley	0.75p per 100g
Fresh Garlic	0.12p per 10g
Fresh Basil	1.26p per 10g
Madras Curry Powder	0.18p per 10g
Balsamic Vinegar	48p per 100ml
Vinegar	0.04p per 100ml
Mint Sauce	0.30p per 100ml
Sweet Pickle	0.19p per 100g
CANNED PRODUCE (fruit to be in natural juice or water, not syrup)	
Salmon Red	0.66p per 100g
Pilchards	0.20p per 100g
Sardines	0.44p per 100g
Tuna	0.34p per 100g
Apples	0.12p per 100g
Mandarins	0.20 per 100g
Peaches	0.13p per 100g
Pineapple	0.09p per 100g
Pears	0.16p per 100g
Plums	0.14p per 100g
Rhubarb	0.13p per 100g
DAIRY	
Milk Powder	0.30p per 100g
Eggs*	0.14p each
(* give quantity as 100g on costing sheet to generate the correct price for eggs)	
Natural Yoghurt	0.79p per 500ml
Cheddar - Low fat	0.59p per 100g
Crème Fraiche- Low Fat	0.33p per 100ml
Parmesan Cheese	1.70p per 100g
Skimmed milk	0.05p per 100ml
BEVERAGES	
Cocoa Powder	0.39p per 100g
Coffee	0.99p per 100g

SALAD & VEGETABLE ITEMS	
Cos lettuce	0.37p per 100g
Iceberg lettuce	0.16p per 100g
Cucumber	0.19p per 100g
Beef tomato	0.14p per 100g
Cherry tomato	0.47p per 100g
Onions	0.07 p per 100g
Carrots	0.06p per 100g
Courgettes	0.19p per 100g
Broccoli	0.15p per 100g
MARGARINE/COOKING OILS & FATS	
Margarine/white fat	0.13p per 100g
Vegetable Oil	0.10p per 100ml
Rapeseed Oil	0.25p per 100ml
Butter	0.52p per 100g
MEAT AND POULTRY	
Beef Silverside	0.77p per 100g
Beef chuck steak (diced)	0.57p per 100g
Beef Topside (joint)	0.77p per 100g
Beef mince (lean)	0.39p per 100g
Lamb leg (boneless weight)	0.98p per 100g
Lamb leg (diced)	0.77p per 100g
Lamb mince	0.50p per 100g
Pork Loin (boneless, rindless)	0.49p per 100g
Pork Leg (boneless)	0.41p per 100g
Pork (diced)	0.39p per 100g
Pork mince	0.36p per 100g
Chicken breast (whole fillet)	0.50p per 100g
Chicken breast (diced)	0.55p per 100g
Chicken 50/50 breast/thigh	0.49p per 100g
Chicken thigh (diced)	0.53p per 100g
Chicken mince	0.46p per 100g
Turkey thigh (diced)	0.49p per 100g
Turkey joint (boneless weight)	0.54p per 100g
Turkey mince	0.58p per 100g
Venison	1.30p per 100g
Rabbit	1.50p per 100g
Back bacon	0.80p per 100g
Streaky bacon	0.76p per 100g
FISH	
Salmon	1.80p per 100g
Pollock	0.84p per 100g
Smoked Haddock	1.30p per 100g
QUORN	
Mince/diced	0.79p per 100g
Fillet or strips	0.67p per 100g
BAKERY	
Brown/white sliced bread	0.13p per 100g
Wrap/Chapati	0.15p each
Pitta bread	0.19p each