

How much per person

What to plan per person, measured raw and uncooked. The children's column applies roughly from school age.

TellerPlan

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Sides

FOOD	ADULTS	CHILDREN	NOTE
Pasta	100–125 g	60–80 g	As a main course, 125 g
Rice	60–80 g	40–50 g	Triples once cooked
Potatoes	200–250 g	120–150 g	For mash, closer to 250 g
Polenta	60–80 g	40–50 g	
Bread on the side	50–70 g	30–40 g	About two slices

Main component

FOOD	ADULTS	CHILDREN	NOTE
Meat, boneless	150–180 g	80–100 g	Chicken, beef, pork
Meat, on the bone	200–250 g	120–150 g	Legs, chops
Fish, filleted	150–180 g	80–100 g	
Minced meat	120–150 g	70–90 g	Less is fine for a sauce
Cheese for raclette	200–250 g	120–150 g	Better a little more
Cheese for fondue	200 g	120 g	Plus 1 dl wine per 200 g
Dried lentils, beans	60–80 g	40–50 g	Doubles once soaked
Eggs as a main	2–3	1–2	

Vegetables, salad & soup

FOOD	ADULTS	CHILDREN	NOTE
Vegetables as a side	200–250 g	100–150 g	Weighed raw
Vegetables as a main	300–400 g	180–220 g	
Leafy salad	40–60 g	20–30 g	A good handful
Soup	3–4 dl	2 dl	As a starter, 2 dl
Sauce	1 dl	0.5 dl	

Cooking for guests?

For guests add about a quarter more per person, but only to the main component. You do not need to scale up sides and salad — that is what gets left over.