Dear Parent/Carer,

Please find attached the Derbyshire Catering Service Primary Autumn/Winter 2026/27 Nutritional Reports, showing nutritional information per portion and per 100g.

The reports provide the standard portion size and nutritional content for each menu item. Where individual portion sizes differ, the per 100g information can be used to help calculate nutritional values. For support with portion sizes or carbohydrate counting, please speak with your school's Catering Supervisor and your child's dietitian.

Please note:

- Pasta and rice values are based on cooked weights.
- Some products have changed since previous reports, so nutritional values may differ.
- Schools may offer additional options such as pasta bowls, filled jacket potatoes or sandwiches. Nutritional information for these items, can be found on the Additional Items Sheet.
- Fresh fruit is offered daily, please use a guide such as ‘Carbs and Cals’ to carbohydrate count the fruit offered.
- Bread information is provided separately. Please check with your school which bread is available each day. Due to variations in homemade bread portion sizes, we do not recommend it is served to children with diabetes.
- Information for theme days is also included.

The nutritional information has been compiled using supplier specifications and McCance & Widdowson Composition of Foods Data. While every effort has been made to ensure accuracy, values may vary due to factors such as cooking methods, ingredient substitutions and manufacturing variations.

Please be aware that menus may occasionally change at short notice for operational reasons and we may not be able to notify parents of these changes in advance.

This information has not been reviewed by a registered dietitian and should not be regarded as nutritional or medical advice.

If you no longer wish to receive these reports, please reply to this email and we will remove you from our distribution list.

With regards,

Katie

FOOD CENTRAL

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