Derbyshire Catering Service Autumn/Winter 2026/2027 Menu per 100g Theme Days v1

These figures have been calculated using Cypad Nutritional Analysis and McCance & Widdowson and are accurate at the date of print. **Pasta and rice portions are shown as cooked portion weight.**

We strongly recommend that portion sizes are weighed for accuracy of the nutritional information, however, nutrient information is also provided per 100g to allow for nutrient calculations in the instance that the portion sizes differ from that stated.

Menus and recipes may be subject to change at short notice, deviations from the recipes will result in this information being inaccurate. The information provided has not been verified by a qualified dietician and therefore is not considered as nutritional advice.

Bonfire Night Thursday 5th November

Menu Item	Per 100g	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Hot Dog Roll		308	6.6	1	2.1	53.5	8.7
Pork Hot Dog		151	8.4	1	1.5	4.8	14.4
Vegetarian Sausage		146	5.1	0.8	0.1	5.7	17
Baked Beans		84	0.4	0.7	4.2	13.5	4.7
Peas		59	0.9	0	2.9	5.4	5
Potato Puffs		156	7.1	0.5	0.5	20	1.9
Belgian Style Waffle		431	29	1	4.7	43.3	8
Chocolate Sauce		444.3	22.4	0.8	48.1	55.2	4.5

Christmas Party Date to be Arranged with School

Menu Item	Per 100g	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Cheese Sandwich		294.7	11.9	1.1	2.9	35	10.9
Ham Sandwich		217	5.4	1	2.3	27.1	13.6
Pizza Finger		248	7.6	0.7	2.3	33.5	10.5
Tuna Sandwich		208.4	5.1	0.9	2.3	26.3	13.5
Vegan Sausage Roll Slice		206	8.1	0.7	0.7	26	6.4
Chocolate Ice Cream		163	7.2	0.2	20.2	20.8	3.9
Christmas Pudding		324	4.1	0.2	48.6	72.2	3
Cocoa Biscuit Cake		527	36.7	0.9	16	41	5.6
Decorated Cookie		461.8	21.5	1.5	30.8	62.7	3.6

Christmas Dinner Date to be Arranged with School

Menu Item	Per 100g	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Chipolata Sausage		175	10.6	0.6		5.6	13.9
Gravy		22.3	0.3	1.3	0.4	4.6	0.3
Quorn Fillet		111	2.9	0.6	0.1	0.3	17
Roast Chicken		97	0.9	0.7	0.5	1.5	20.8
Stuffing		109.1	1.6	1	2	19.7	3.2
Broccoli		43	0.6	0	1.9	3.1	4.3
Brussel Sprouts		50	1.4	0	3.1	4	3.5
Carrots		28	0.1	0.1	2.5	4.2	0.8
Mashed Potatoes		96.5	3.2	0.1	1	15.8	1.8
Roast Potatoes		100.2	3.7	0.1	1	15.8	1.8
Chocolate Ice Cream		163	7.2	0.2	20.2	20.8	3.9
Christmas Pudding		324	4.1	0.2	48.6	72.2	3
Cocoa Biscuit Cake		527	36.7	0.9	16	41	5.6
Decorated Cookie		461.8	21.5	1.5	30.8	62.7	3.6

January Census Day Thursday 21st January

Menu Item	Per 100g	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Omelette		166	13	0.4	1.6	1.7	10
Pork Sausages		175	10.6	0.6		5.6	13.9
Vegetarian Sausage		146	5.1	0.8	0.1	5.7	17
Baked Beans		84	0.4	0.7	4.2	13.5	4.7
Hash Browns		157	7.6	0.4	1.1	19	1.8
Tomatoes		19	0.1	0	3.8	3.8	1.1
Belgian Style Waffle		431	29	1	4.7	43.3	8
Fruit Coulis		105.3	0.4	0	23.4	23.4	0.5

Chinese New Year Date to be Arranged with School

Menu Item	Per 100g	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Chicken Goujons		222	12.7	0.9	3.1	13.1	13.4
Quorn dippers (no sauce)		188	10	0.7	1.5	9.1	12
Sweet & Sour Sauce		92.9	0.1	1.2	21.3	22.1	1.1
Peas		59	0.9	0	2.9	5.4	5
Sweetcorn		78	1.9	0	4.8	11	3
Vegetable Noodles		187.2	1.8	2.1	1.9	32.9	7.9
Mandarin Sponge		350.6	19.8	0.6	21.8	39.7	4.5

World Book Day Thursday 4th March

Menu Item	Per 100g	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Pork Meatballs		186	10.3	1.1	1	9.8	16.3
Tomato Sauce		44.3	1.3	0.9	5.8	6.9	1.2
Vegan Meatballs		138	3.7	0.8	0.7	14	15
Peas		59	0.9	0	2.9	5.4	5
Spaghetti (cooked weight)		141	0.6	0	1	31.5	4.4
Sweetcorn		78	1.9	0	4.8	11	3
Decorated Cookie		461.8	21.5	1.5	30.8	62.7	3.6

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