Derbyshire Catering Service Autumn/Winter 2026/2027 Menu per 100g Report Week 1 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.

Monday	Per 100g	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Katsu Sauce		75.9	5.3	0.5	2	5.5	1
Lentil & Vegetable Ragu		83.6	1.5	0.7	5.4	13.9	3.6
Quorn dippers (no sauce)		188	10	0.7	1.5	9.1	12
Broccoli		43	0.6	0	1.9	3.1	4.3
Mixed Rice (cooked weight)		157	2	0	Tr	30.5	3.6
Sweetcorn		78	1.9	0	4.8	11	3
Chocolate Cracknel		429.5	17.1	0.7	37.2	62.9	5.4
EasiYo Strawberry Yoghurt		77	2.8	0.1	9.2	9.2	3.7
Tuesday	Per 100g	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Chicken Pie		160.3	7.9	0.7	2	12.6	9.6
Puff Pastry Swirl		219.9	13.6	0.6	3.4	17.1	7.2
Boiled Potatoes		93	2.8	0.1	1	15.9	1.8
Carrots		28	0.1	0.1	2.5	4.2	0.8
Peas		59	0.9	0	2.9	5.4	5
Cookie		474.9	24.1	1.7	23.9	59.6	4
EasiYo Strawberry Yoghurt		77	2.8	0.1	9.2	9.2	3.7
Mini fruit portion		50.9	0.3	Tr	11.5	12.2	0.7

Wednesday	Per 100g	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
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
Roast Pork		130	3.5	0.7	0.5	0.5	24.6
Shepherdless Pie		148.5	8.3	0.7	2.6	10.7	6.2
Sliced Gammon		111	2.6	1.9	0.5	0.5	19
Cabbage		27	0.2	0	4.1	4.1	2.4
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
EasiYo Strawberry Yoghurt		77	2.8	0.1	9.2	9.2	3.7
Lemon Drizzle Muffin		424.9	21.8	0.4	31.3	53.1	5.1
Thursday	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
EasiYo Strawberry Yoghurt		77	2.8	0.1	9.2	9.2	3.7
Jelly		48.6	0.1	0	12.5	13	0.1
Mini fruit portion		50.9	0.3	Tr	11.5	12.2	0.7
Friday	Per 100g	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Fish fingers		213	8.3	0.7	1	21.3	12.3
Macaroni Cheese		221.3	10.6	0.4	3.4	23.1	8.1
Chips		273	13.5	0.1	0.7	36	4.1
Peas		59	0.9	0	2.9	5.4	5
Sweetcorn		78	1.9	0	4.8	11	3
Custard		62.3	0.9	0.1	7.8	12.8	0.7
EasiYo Strawberry Yoghurt		77	2.8	0.1	9.2	9.2	3.7
Strawberry Swirl Sponge		377	21.5	0.6	22.8	42.1	4.8