## Derbyshire Catering Service Autumn/Winter 2026/2027 Menu per Portion 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 | Portion Weight (g) | Energy (kcal) | Fat (g) | Salt (g) | Total Sugar (g) | Carbohydrate (g) | Protein (g) |
|---|---|---|---|---|---|---|---|
| Katsu Sauce | 174 | 132.4 | 9.2 | 0.8 | 3.5 | 9.5 | 1.8 |
| Lentil & Vegetable Ragu | 186 | 155.8 | 2.8 | 1.4 | 10 | 25.8 | 6.7 |
| Quorn dippers (no sauce) | 60 | 112.8 | 6 | 0.4 | 0.9 | 5.5 | 7.2 |
| Broccoli | 40 | 17.2 | 0.2 | 0 | 0.8 | 1.2 | 1.7 |
| Mixed Rice (cooked weight) | 95 | 149.8 | 1.9 | 0 | Tr | 29.1 | 3.4 |
| Sweetcorn | 40 | 31.2 | 0.8 | 0 | 1.9 | 4.4 | 1.2 |
| Chocolate Cracknel | 42 | 179.3 | 7.2 | 0.3 | 15.6 | 26.3 | 2.2 |
| EasiYo Strawberry Yoghurt | 79 | 60.9 | 2.2 | 0.1 | 7.3 | 7.3 | 2.9 |
| | | | | | | | |
| Tuesday | Portion Weight (g) | Energy (kcal) | Fat (g) | Salt (g) | Total Sugar (g) | Carbohydrate (g) | Protein (g) |
| Chicken Pie | 139 | 222.9 | 11 | 1 | 2.8 | 17.5 | 13.3 |
| Puff Pastry Swirl | 219 | 480.4 | 29.7 | 1.4 | 7.5 | 37.3 | 15.8 |
| Boiled Potatoes | 143 | 132.9 | 4 | 0.1 | 1.4 | 22.7 | 2.6 |
| Carrots | 40 | 11.2 | 0 | 0.1 | 1 | 1.7 | 0.3 |
| Peas | 40 | 23.6 | 0.4 | 0 | 1.2 | 2.2 | 2 |
| Cookie | 25 | 118.7 | 6 | 0.4 | 6 | 14.9 | 1 |
| EasiYo Strawberry Yoghurt | 79 | 60.9 | 2.2 | 0.1 | 7.3 | 7.3 | 2.9 |
| Mini fruit portion | 34 | 17.1 | 0.1 | Tr | 3.8 | 4.1 | 0.2 |
| | | | | | | | |

| Wednesday | Portion Weight (g) | Energy (kcal) | Fat (g) | Salt (g) | Total Sugar (g) | Carbohydrate (g) | Protein (g) |
|---|---|---|---|---|---|---|---|
| Gravy | 33 | 7.3 | 0.1 | 0.4 | 0.1 | 1.5 | 0.1 |
| Quorn Fillet | 59 | 65.3 | 1.7 | 0.3 | 0.1 | 0.2 | 10 |
| Roast Chicken | 50 | 48.5 | 0.5 | 0.4 | 0.3 | 0.8 | 10.4 |
| Roast Pork | 50 | 65 | 1.8 | 0.3 | 0.3 | 0.3 | 12.3 |
| Shepherdless Pie | 163 | 242.1 | 13.6 | 1.1 | 4.2 | 17.4 | 10.1 |
| Sliced Gammon | 50 | 55.5 | 1.3 | 1 | 0.3 | 0.3 | 9.5 |
| Cabbage | 40 | 10.8 | 0.1 | 0 | 1.6 | 1.6 | 1 |
| Carrots | 40 | 11.2 | 0 | 0.1 | 1 | 1.7 | 0.3 |
| Mashed Potatoes | 144 | 138.6 | 4.6 | 0.1 | 1.4 | 22.7 | 2.6 |
| EasiYo Strawberry Yoghurt | 79 | 60.9 | 2.2 | 0.1 | 7.3 | 7.3 | 2.9 |
| Lemon Drizzle Muffin | 60 | 253.8 | 13 | 0.3 | 18.7 | 31.7 | 3 |
| | | | | | | | |
| Thursday | Portion Weight (g) | Energy (kcal) | Fat (g) | Salt (g) | Total Sugar (g) | Carbohydrate (g) | Protein (g) |
| Omelette | 30 | 49.8 | 3.9 | 0.1 | 0.5 | 0.5 | 3 |
| Pork Sausages | 74 | 129.5 | 7.8 | 0.4 | | 4.1 | 10.3 |
| Vegetarian Sausage | 60 | 87.6 | 3.1 | 0.5 | 0.1 | 3.4 | 10.2 |
| Baked Beans | 40 | 33.6 | 0.2 | 0.3 | 1.7 | 5.4 | 1.9 |
| Hash Browns | 100 | 157 | 7.6 | 0.4 | 1.1 | 19 | 1.8 |
| Tomatoes | 40 | 7.6 | 0 | 0 | 1.5 | 1.5 | 0.4 |
| Jelly | 150 | 72.9 | 0.1 | 0.1 | 18.7 | 19.5 | 0.1 |
| Mini fruit portion | 34 | 17.1 | 0.1 | Tr | 3.8 | 4.1 | 0.2 |
| | | | | | | | |
| Friday | Portion Weight (g) | Energy (kcal) | Fat (g) | Salt (g) | Total Sugar (g) | Carbohydrate (g) | Protein (g) |
| Fish fingers | 50 | 106.5 | 4.2 | 0.4 | 0.5 | 10.7 | 6.2 |
| Macaroni Cheese | 216 | 478.3 | 22.9 | 0.8 | 7.4 | 49.8 | 17.6 |
| Chips | 100 | 273 | 13.5 | 0.1 | 0.7 | 36 | 4.1 |
| Peas | 40 | 23.6 | 0.4 | 0 | 1.2 | 2.2 | 2 |
| Sweetcorn | 40 | 31.2 | 0.8 | 0 | 1.9 | 4.4 | 1.2 |
| Custard | 62 | 38.4 | 0.6 | 0.1 | 4.8 | 7.9 | 0.4 |
| EasiYo Strawberry Yoghurt | 79 | 60.9 | 2.2 | 0.1 | 7.3 | 7.3 | 2.9 |
| Strawberry Swirl Sponge | 87 | 327.9 | 18.7 | 0.6 | 19.8 | 36.6 | 4.1 |