Derbyshire Catering Service Autumn/Winter 2026/2027 Menu per 100g Report Week 2 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)
Cheesy Bean Enchilada		108.9	3	1	5.5	15.9	3.7
Chicken Curry		85.8	2.4	0.6	2.7	4.5	11.3
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 Orange Cookie		464.1	23.3	1.6	22.4	56.5	5.2
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)
Beef Burger (no bun)		201	12.5	0.5	0.5	5.8	12.5
Burger bun		260	2.1	0.9	3.6	50.4	8.7
Crispy chicken burger (no bun)		219	13.4	1.1	0.9	12.1	11.5
Southern style Quorn burger (no bun)		200	8.6	0.9	1.3	16	12
Carrots		28	0.1	0.1	2.5	4.2	0.8
Peas		59	0.9	0	2.9	5.4	5
Potato Wedges		97.7	3.4	0.1	1	15.8	1.8
Crunchy Caramel & Banana Layer Pot		149.8	8	0.5	8.7	17.5	1.6
EasiYo Strawberry Yoghurt		77	2.8	0.1	9.2	9.2	3.7

Wednesday	Per 100g	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Creamy cauliflower bake		141.5	8.6	0.4	3.5	10	6.1
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
Sliced Gammon		111	2.6	1.9	0.5	0.5	19
Broccoli		43	0.6	0	1.9	3.1	4.3
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
Sprinkle Cake		390	21.5	0.6	26	45.5	4.7
Thursday	Per 100g	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Pizza Margherita		248	7.6	0.7	2.3	33.5	10.5
Veggie Sausage & Bean Hotpot		70.2	1.5	0.8	3.7	9.5	4.2
Green Beans		32	0.5	0	2.3	3.1	1.9
Pasta (cooked weight)		146	0.4	0	0.6	32.9	4.8
Sweetcorn		78	1.9	0	4.8	11	3
Bitesize Chocolate Crunch		464.9	25.1	0.4	20	52.7	5.4
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
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
Baked Beans		84	0.4	0.7	4.2	13.5	4.7
Chips		273	13.5	0.1	0.7	36	4.1
Peas		59	0.9	0	2.9	5.4	5
Cornflake Tart		464.2	23.8	0.5	20.7	57.1	4.1
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

CONTROLLED