Derbyshire Catering Service Autumn/Winter 2026/2027 Menu per Portion 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	Portion Weight (g)	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Cheesy Bean Enchilada	197	215	5.9	2	10.8	31.3	7.4
Chicken Curry	97	83.5	2.4	0.6	2.6	4.4	11
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 Orange Cookie	27	123.9	6.2	0.4	6	15.1	1.4
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)
Beef Burger (no bun)	57	114.6	7.1	0.3	0.3	3.3	7.1
Burger bun	50	130	1.1	0.5	1.8	25.2	4.4
Crispy chicken burger (no bun)	60	131.4	8	0.7	0.5	7.3	6.9
Southern style Quorn burger (no bun)	75	150	6.5	0.7	1	12	9
Carrots	40	11.2	0	0.1	1	1.7	0.3
Peas	40	23.6	0.4	0	1.2	2.2	2
Potato Wedges	101	98.3	3.4	0.1	1	15.9	1.8
Crunchy Caramel & Banana Layer Pot	59	88.5	4.7	0.3	5.1	10.3	1
EasiYo Strawberry Yoghurt	79	60.9	2.2	0.1	7.3	7.3	2.9

Wednesday	Portion Weight (g)	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Creamy cauliflower bake	162	229.8	14	0.6	5.7	16.2	9.9
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
Sliced Gammon	50	55.5	1.3	1	0.3	0.3	9.5
Broccoli	40	17.2	0.2	0	0.8	1.2	1.7
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
Sprinkle Cake	87	339.1	18.7	0.5	22.6	39.6	4.1
Thursday	Portion Weight (g)	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Pizza Margherita	68	167.4	5.1	0.5	1.6	22.6	7.1
Veggie Sausage & Bean Hotpot	338	237.2	5	2.8	12.5	32	14.3
Green Beans	40	12.8	0.2	0	0.9	1.2	0.8
Pasta (cooked weight)	110	160.3	0.4	0	0.7	36.1	5.3
Sweetcorn	40	31.2	0.8	0	1.9	4.4	1.2
Bitesize Chocolate Crunch	28	131.9	7.1	0.1	5.7	15	1.5
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
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
Baked Beans	40	33.6	0.2	0.3	1.7	5.4	1.9
Chips	100	273	13.5	0.1	0.7	36	4.1
Peas	40	23.6	0.4	0	1.2	2.2	2
Cornflake Tart	77	358.1	18.4	0.4	15.9	44	3.2
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