Derbyshire Catering Service Autumn/Winter 2026/2027 Menu per 100g Report Week 3 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)
Gravy		22.3	0.3	1.3	0.4	4.6	0.3
Sweet Chilli Noodles		172.2	1.6	0.6	13.8	33.8	4.8
Veggie Sausage Roll		206	8.1	0.7	0.7	26	6.4
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
Toffee Apple Sponge		352	18.4	0.6	27.1	43.2	4.4
Tuesday	Per 100g	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Pizza Panini		207.7	7.8	0.8	4.6	24.9	9.1
Savoury Mince Loaded Potato Tots		153.1	8	0.7	1.6	13.2	6.2
Peas		59	0.9	0	2.9	5.4	5
Potato Puffs		156	7.1	0.5	0.5	20	1.9
Sweetcorn		78	1.9	0	4.8	11	3
Bitesize Shortbread Slice		490.4	27.1	0.4	16.8	56.6	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
Pork Sausages		175	10.6	0.6		5.6	13.9
Vegetarian Sausage		146	5.1	0.8	0.1	5.7	17
Yorkshire Pudding		297	13	0.6	1.4	39	5.4
Carrots		28	0.1	0.1	2.5	4.2	0.8
Cauliflower		31	0.9	0	1.8	2.1	2.9
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
Jam Slice		404.6	17.1	0.3	28.9	58.4	3.6
Thursday	Per 100g	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
BBQ Sauce		139.2	0.2	3.5	28.7	33	1.4
Chicken Goujons		222	12.7	0.9	3.1	13.1	13.4
Sweet & Sour Sauce		92.9	0.1	1.2	21.3	22.1	1.1
Tomato Sauce		44.3	1.3	0.9	5.8	6.9	1.2
Veggie Bolognaise		87.2	2.3	1.3	4.6	8.8	6.3
Garlic Dough Balls		283.3	11	0.6	1.2	39.2	6.9
Green Beans		32	0.5	0	2.3	3.1	1.9
Mixed Rice (cooked weight)		157	2	0	Tr	30.5	3.6
Pasta (cooked weight)		146	0.4	0	0.6	32.9	4.8
Sweetcorn		78	1.9	0	4.8	11	3
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
Oat Cookie		472	24.8	0.5	19.8	55.2	5.3
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
Chocolate Custard		66.8	1.1	0.1	7.7	12.8	1.1
Chocolate Sponge		404.5	23.1	0.7	23.8	44.6	5.5

EasiYo Strawberry Yoghurt		77	2.8	0.1	9.2	9.2	3.7

CONTROLLED