Derbyshire Catering Service Autumn/Winter 2026/2027 Menu per Portion 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	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
Sweet Chilli Noodles	169	291.7	2.8	1	23.4	57.3	8.1
Veggie Sausage Roll	65	133.9	5.3	0.5	0.5	16.9	4.2
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
Toffee Apple Sponge	102	358.5	18.7	0.6	27.6	44	4.4
Tuesday	Portion Weight (g)	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
Pizza Panini	156	323.5	12.1	1.2	7.1	38.8	14.1
Savoury Mince Loaded Potato Tots	196	300.5	15.8	1.5	3.2	26	12.2
Peas	40	23.6	0.4	0	1.2	2.2	2
Potato Puffs	100	156	7.1	0.5	0.5	20	1.9
Sweetcorn	40	31.2	0.8	0	1.9	4.4	1.2
Bitesize Shortbread Slice	34	165.8	9.2	0.2	5.7	19.1	1.4
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
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
Yorkshire Pudding	15	44.6	2	0.1	0.2	5.9	0.8
Carrots	40	11.2	0	0.1	1	1.7	0.3
Cauliflower	40	12.4	0.4	0	0.7	0.8	1.2
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
Jam Slice	62	249.5	10.6	0.2	17.8	36	2.2
Thursday	Portion Weight (g)	Energy (kcal)	Fat (g)	Salt (g)	Total Sugar (g)	Carbohydrate (g)	Protein (g)
BBQ Sauce	29	40.1	0.1	1	8.3	9.5	0.4
Chicken Goujons	60	133.2	7.6	0.5	1.9	7.9	8
Sweet & Sour Sauce	42	39	0.1	0.5	8.9	9.3	0.5
Tomato Sauce	109	48.2	1.4	1	6.3	7.5	1.3
Veggie Bolognaise	170	148.2	3.8	2.1	7.9	14.9	10.7
Garlic Dough Balls	38	107.4	4.2	0.2	0.4	14.8	2.6
Green Beans	40	12.8	0.2	0	0.9	1.2	0.8
Mixed Rice (cooked weight)	95	149.8	1.9	0	Tr	29.1	3.4
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
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
Oat Cookie	33	156.3	8.2	0.2	6.6	18.3	1.8
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
Chocolate Custard	63	41.9	0.7	0.1	4.8	8	0.7
Chocolate Sponge	82	330.8	18.9	0.6	19.4	36.4	4.5
EasiYo Strawberry Yoghurt	79	60.9	2.2	0.1	7.3	7.3	2.9

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