

Description: lan

⚠ Medium Level 🍴🍷 Per Portion

i Percentages shown are the average RDA for an adult.

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
Fish Fingers KS1 44g per portion	🥗	252kcal	🥗 10.1g	🥗 00.7g	🥗 01.1g	🥗 00.78g	🥗 02.8g	🥗 11.7g	🥗 27.0g
	🍷	110kcal (05%)	🍷 04.4g (06%)⚠️	🍷 00.3g (01%)❤️	🍷 00.5g (00%)❤️	🍷 00.34g (05%)⚠️	🍷 01.2g	🍷 05.1g	🍷 11.8g
Fish Fingers KS2 65g per portion	🥗	252kcal	🥗 10.1g	🥗 00.7g	🥗 01.1g	🥗 00.78g	🥗 02.8g	🥗 11.7g	🥗 27.0g
	🍷	164kcal (08%)	🍷 06.6g (09%)⚠️	🍷 00.4g (02%)❤️	🍷 00.7g (00%)❤️	🍷 00.51g (08%)⚠️	🍷 01.8g	🍷 07.7g	🍷 17.6g
Macaroni Cheese Topped with Crispy Bacon 107g per portion	🥗	183kcal	🥗 08.5g	🥗 04.4g	🥗 02.5g	🥗 00.52g	🥗 01.0g	🥗 07.6g	🥗 19.9g
	🍷	196kcal (09%)	🍷 09.1g (13%)⚠️	🍷 04.7g (23%)⚠️	🍷 02.7g (02%)❤️	🍷 00.56g (09%)⚠️	🍷 01.0g	🍷 08.1g	🍷 21.3g

Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
Beef Cottage Pie (GF/DF) 205g per portion		099kcal	04.7g	01.8g	01.6g	00.69g	01.2g	06.4g	07.8g
		202kcal (10%)	09.7g (13%)⚠️	03.7g (18%)⚠️	03.4g (03%)💚	01.42g (23%)⚠️	02.5g	13.2g	16.0g
Pepperoni Pizza 75g per portion		283kcal	14.0g	07.7g	01.8g	01.16g	01.7g	10.8g	28.9g
		213kcal (10%)	10.5g (15%)⚠️	05.8g (29%)❗	01.3g (01%)💚	00.88g (14%)⚠️	01.3g	08.1g	21.7g
Pepperoni Pizza - Rectangle 69g per portion		302kcal	15.3g	08.5g	01.8g	01.47g	02.1g	14.2g	26.1g
		208kcal (10%)	10.5g (14%)⚠️	05.9g (29%)❗	01.2g (01%)💚	01.01g (16%)⚠️	01.4g	09.7g	17.9g
Chicken Korma Curry - Allergy Free 140g per portion		117kcal	04.5g	03.3g	07.8g	00.51g	00.4g	08.9g	10.2g
		164kcal (08%)	06.2g (08%)⚠️	04.6g (22%)⚠️	10.9g (12%)⚠️	00.72g (11%)⚠️	00.5g	12.4g	14.3g

Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
Vegetarian Cottage Pie / Shepherds Pie (VG/GF) 203g per portion		184kcal	05.3g	01.7g	04.2g	02.70g	02.9g	05.9g	26.7g
		374kcal (18%)	10.8g (15%)⚠️	03.5g (17%)⚠️	08.5g (09%)💚	05.50g (91%)❗	06.0g	12.0g	54.3g

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
Homemade Bread 23g per portion	🥗🥗	209kcal	🥗🥗 01.7g	🥗🥗 00.1g	🥗🥗 02.0g	🥗🥗 00.50g	🥗🥗 00.0g	🥗🥗 07.5g	🥗🥗 43.0g
	🥗🥗	048kcal (02%)	🥗🥗 00.4g (00%)🟢	🥗🥗 00.0g (00%)🟢	🥗🥗 00.5g (00%)🟢	🥗🥗 00.12g (01%)🟡	🥗🥗 00.0g	🥗🥗 01.7g	🥗🥗 10.0g
Herby Diced Potatoes 80g per portion	🥗🥗	196kcal	🥗🥗 05.0g	🥗🥗 02.5g	🥗🥗 03.3g	🥗🥗 01.00g	🥗🥗 03.3g	🥗🥗 03.3g	🥗🥗 32.5g
	🥗🥗	157kcal (07%)	🥗🥗 04.0g (05%)🟡	🥗🥗 02.0g (10%)🟡	🥗🥗 02.6g (02%)🟢	🥗🥗 00.80g (13%)🟡	🥗🥗 02.6g	🥗🥗 02.6g	🥗🥗 26.0g
Garlic Bread / Garlic Slice / Garlic Flatbread 26g per portion	🥗🥗	422kcal	🥗🥗 18.5g	🥗🥗 05.2g	🥗🥗 04.2g	🥗🥗 00.96g	🥗🥗 04.0g	🥗🥗 09.8g	🥗🥗 52.2g
	🥗🥗	109kcal (05%)	🥗🥗 04.8g (06%)🔴	🥗🥗 01.3g (06%)🔴	🥗🥗 01.1g (01%)🟢	🥗🥗 00.25g (04%)🟡	🥗🥗 01.0g	🥗🥗 02.5g	🥗🥗 13.4g
Skin On Spicy Potato Wedges (VG) 83g per portion	🥗🥗	152kcal	🥗🥗 03.9g	🥗🥗 00.5g	🥗🥗 00.7g	🥗🥗 00.11g	🥗🥗 02.9g	🥗🥗 03.3g	🥗🥗 24.3g
	🥗🥗	126kcal (06%)	🥗🥗 03.2g (04%)🟡	🥗🥗 00.4g (02%)🟢	🥗🥗 00.6g (00%)🟢	🥗🥗 00.09g (01%)🟢	🥗🥗 02.4g	🥗🥗 02.7g	🥗🥗 20.1g
Carrots (half portion) (VG/GF) 22g per portion	🥗🥗	039kcal	🥗🥗 00.5g	🥗🥗 00.1g	🥗🥗 08.3g	🥗🥗 00.08g	🥗🥗 02.8g	🥗🥗 00.6g	🥗🥗 08.9g
	🥗🥗	008kcal (00%)	🥗🥗 00.1g (00%)🟢	🥗🥗 00.0g (00%)🟢	🥗🥗 01.8g (02%)🟡	🥗🥗 00.02g (00%)🟢	🥗🥗 00.6g	🥗🥗 00.1g	🥗🥗 01.9g

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
Side Salad (VG/GF/DF) 54g per portion	🌱🌱	014kcal	🌱🌱 00.4g	🌱🌱 00.0g	🌱🌱 02.0g	🌱🌱 00.01g	🌱🌱 00.8g	🌱🌱 00.8g	🌱🌱 02.0g
	🌱🌱	008kcal (00%)	🌱🌱 00.2g (00%)🟢	🌱🌱 00.0g (00%)🟢	🌱🌱 01.1g (01%)🟢	🌱🌱 00.00g (00%)🟢	🌱🌱 00.4g	🌱🌱 00.4g	🌱🌱 01.1g
Baked Beans (VG/GF) 50g per portion	🌱🌱	084kcal	🌱🌱 00.4g	🌱🌱 00.2g	🌱🌱 04.2g	🌱🌱 00.70g	🌱🌱 03.8g	🌱🌱 04.7g	🌱🌱 13.5g
	🌱🌱	042kcal (02%)	🌱🌱 00.2g (00%)🟢	🌱🌱 00.1g (00%)🟢	🌱🌱 02.1g (02%)🟢	🌱🌱 00.35g (05%)🟡	🌱🌱 01.9g	🌱🌱 02.4g	🌱🌱 06.8g
Broccoli (half portion) (VG/GF) 26g per portion	🌱🌱	033kcal	🌱🌱 00.6g	🌱🌱 00.1g	🌱🌱 01.8g	🌱🌱 00.02g	🌱🌱 03.8g	🌱🌱 04.1g	🌱🌱 03.1g
	🌱🌱	008kcal (00%)	🌱🌱 00.2g (00%)🟢	🌱🌱 00.0g (00%)🟢	🌱🌱 00.5g (00%)🟢	🌱🌱 00.01g (00%)🟢	🌱🌱 01.0g	🌱🌱 01.1g	🌱🌱 00.8g
Knorr Gravy (VG) 38g per portion	🌱🌱	044kcal	🌱🌱 00.3g	🌱🌱 00.1g	🌱🌱 01.0g	🌱🌱 01.32g	🌱🌱 00.2g	🌱🌱 00.3g	🌱🌱 09.8g
	🌱🌱	017kcal (00%)	🌱🌱 00.1g (00%)🟢	🌱🌱 00.0g (00%)🟢	🌱🌱 00.4g (00%)🟢	🌱🌱 00.51g (08%)🟡	🌱🌱 00.1g	🌱🌱 00.1g	🌱🌱 03.7g
Rice - Primary (VG) 102g per portion	🌱🌱	137kcal	🌱🌱 00.4g	🌱🌱 00.1g	🌱🌱 00.0g	🌱🌱 00.04g	🌱🌱 00.0g	🌱🌱 02.8g	🌱🌱 32.3g
	🌱🌱	139kcal (06%)	🌱🌱 00.4g (00%)🟢	🌱🌱 00.1g (00%)🟢	🌱🌱 00.0g (00%)🟢	🌱🌱 00.04g (00%)🟢	🌱🌱 00.0g	🌱🌱 02.8g	🌱🌱 32.8g

Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
Naan Bread (VG) 24g per portion		311kcal	06.3g	00.7g	00.5g	00.92g	02.4g	07.9g	54.7g
		074kcal (03%)	01.5g (02%)⚠️	00.2g (00%)❤️	00.1g (00%)❤️	00.22g (03%)⚠️	00.6g	01.9g	13.1g
Peas (VG) 46g per portion		076kcal	00.3g	00.1g	03.4g	00.09g	05.1g	05.7g	09.9g
		034kcal (01%)	00.2g (00%)❤️	00.1g (00%)❤️	01.6g (01%)❤️	00.04g (00%)❤️	02.3g	02.6g	04.5g

Third Option									
Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
Jacket Potato (VG/GF/DF) 188g per portion	 	129kcal	 00.3g	 00.1g	 01.9g	 00.01g	 03.5g	 03.3g	 30.1g
	 	242kcal (12%)	 00.5g (00%) 	 00.2g (01%) 	 03.5g (03%) 	 00.01g (00%) 	 06.5g	 06.2g	 56.5g
Jacket Potato Baked Beans Topping (VG/GF/DF) 50g per portion	 	084kcal	 00.4g	 00.2g	 04.2g	 00.70g	 03.8g	 04.7g	 13.5g
	 	042kcal (02%)	 00.2g (00%) 	 00.1g (00%) 	 02.1g (02%) 	 00.35g (05%) 	 01.9g	 02.4g	 06.8g
Jacket Potato Grated Cheese Topping 50g per portion	 	415kcal	 34.2g	 21.3g	 00.5g	 01.90g	 00.5g	 24.9g	 01.8g
	 	208kcal (10%)	 17.1g (24%) 	 10.7g (53%) 	 00.3g (00%) 	 00.95g (15%) 	 00.3g	 12.5g	 00.9g
Jacket Potato Grated Vegan Cheese Topping (VG/GF/DF) 50g per portion	 	296kcal	 23.0g	 21.0g	 00.0g	 02.20g	 00.5g	 00.1g	 22.0g
	 	148kcal (07%)	 11.5g (16%) 	 10.5g (52%) 	 00.0g (00%) 	 01.10g (18%) 	 00.3g	 00.1g	 11.0g
Jacket Potato Tuna Mayo Topping 60g per portion	 	138kcal	 05.4g	 00.6g	 00.6g	 00.86g	 00.2g	 20.9g	 01.3g
	 	083kcal (04%)	 03.2g (04%) 	 00.3g (01%) 	 00.3g (00%) 	 00.51g (08%) 	 00.1g	 12.5g	 00.8g

Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
Side Salad (VG/GF/DF) 54g per portion		014kcal	00.4g	00.0g	02.0g	00.01g	00.8g	00.8g	02.0g
		008kcal (00%)	00.2g (00%)	00.0g (00%)	01.1g (01%)	00.00g (00%)	00.4g	00.4g	01.1g

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
Fruit - Apple (VG) 100g per portion	🥗	051kcal	🥗 00.5g	🥗 00.1g	🥗 11.2g	🥗 00.00g	🥗 01.2g	🥗 00.6g	🥗 11.6g
	🥗	051kcal (02%)	🥗 00.5g (00%)🟢	🥗 00.1g (00%)🟢	🥗 11.2g (12%)🟡	🥗 00.00g (00%)🟢	🥗 01.2g	🥗 00.6g	🥗 11.6g
Fruit - Small Orange (VG) 100g per portion	🥗	036kcal	🥗 00.1g	🥗 00.0g	🥗 08.5g	🥗 00.00g	🥗 01.3g	🥗 00.9g	🥗 08.5g
	🥗	036kcal (01%)	🥗 00.1g (00%)🟢	🥗 00.0g (00%)🟢	🥗 08.5g (09%)🟡	🥗 00.00g (00%)🟢	🥗 01.3g	🥗 00.9g	🥗 08.5g
Fruit - Grapes (VG) 50g per portion	🥗	062kcal	🥗 00.2g	🥗 00.1g	🥗 15.2g	🥗 00.00g	🥗 01.2g	🥗 00.7g	🥗 15.2g
	🥗	031kcal (01%)	🥗 00.1g (00%)🟢	🥗 00.0g (00%)🟢	🥗 07.6g (08%)🟡	🥗 00.00g (00%)🟢	🥗 00.6g	🥗 00.4g	🥗 07.6g
Fruit - Banana (VG) 100g per portion	🥗	081kcal	🥗 00.1g	🥗 00.0g	🥗 18.1g	🥗 00.00g	🥗 01.4g	🥗 01.2g	🥗 20.3g
	🥗	081kcal (04%)	🥗 00.1g (00%)🟢	🥗 00.0g (00%)🟢	🥗 18.1g (20%)🟡	🥗 00.00g (00%)🟢	🥗 01.4g	🥗 01.2g	🥗 20.3g
Fruit - Orange (VG) 150g per portion	🥗	036kcal	🥗 00.2g	🥗 00.1g	🥗 08.2g	🥗 00.00g	🥗 01.2g	🥗 00.8g	🥗 08.2g
	🥗	054kcal (02%)	🥗 00.3g (00%)🟢	🥗 00.1g (00%)🟢	🥗 12.3g (13%)🟡	🥗 00.00g (00%)🟢	🥗 01.8g	🥗 01.2g	🥗 12.3g
Yogurt (Mullerlight) 110g per portion	🥗	085kcal	🥗 01.6g	🥗 01.0g	🥗 11.3g	🥗 00.17g	🥗 00.0g	🥗 04.7g	🥗 12.3g
	🥗	094kcal (04%)	🥗 01.8g (02%)🟢	🥗 01.1g (05%)🟢	🥗 12.4g (13%)🟡	🥗 00.19g (03%)🟢	🥗 00.0g	🥗 05.2g	🥗 13.5g

