

Name: Robert Le Kyng Primary - Week 2 **Reference:** September 2026 **Exported:** 21/07/2026 17:11

Description: lan

 Low Level
 Per 100g
 Dish Modifier

⚠ Medium Level 🍴🍷 Per Portion

 High Level  Dish Modifier

i Percentages shown are the average RDA for an adult.

Main Meals

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
Battered Fish Fillet (battered pollock) 44g per portion	🥗	231kcal	🥗 11.5g	🥗 01.0g	🥗 01.0g	🥗 01.22g	🥗 00.7g	🥗 10.5g	🥗 19.8g
	🍷	102kcal (05%)	🍷 05.1g (07%)⚠️	🍷 00.4g (02%)❤️	🍷 00.4g (00%)❤️	🍷 00.53g (08%)⚠️	🍷 00.3g	🍷 04.6g	🍷 08.7g
Beef Lasagne 242g per portion	🥗	113kcal	🥗 03.3g	🥗 01.5g	🥗 01.9g	🥗 00.46g	🥗 00.9g	🥗 07.8g	🥗 12.9g
	🍷	274kcal (13%)	🍷 08.0g (11%)⚠️	🍷 03.5g (17%)❤️	🍷 04.6g (05%)❤️	🍷 01.12g (18%)⚠️	🍷 02.1g	🍷 18.9g	🍷 31.2g
Chicken Pie 246g per portion	🥗	184kcal	🥗 12.9g	🥗 06.2g	🥗 01.1g	🥗 00.43g	🥗 00.7g	🥗 06.2g	🥗 11.5g
	🍷	453kcal (22%)	🍷 31.7g (45%)❗	🍷 15.3g (76%)❗	🍷 02.6g (02%)❤️	🍷 01.06g (17%)⚠️	🍷 01.7g	🍷 15.3g	🍷 28.2g

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
Chicken Tikka Masala Curry - Allergy Free 140g per portion		082kcal	02.7g	00.5g	02.4g	00.82g	00.4g	09.0g	05.4g
		115kcal (05%)	03.7g (05%)	00.7g (03%)	03.4g (03%)	01.15g (19%)	00.5g	12.6g	07.5g
Pork Meatballs in Tomato Sauce 158g per portion		085kcal	03.6g	01.3g	03.5g	01.10g	01.8g	06.3g	06.4g
		134kcal (06%)	05.7g (08%)	02.0g (09%)	05.5g (06%)	01.74g (28%)	02.9g	10.0g	10.1g

Vegetarian Meals									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
Vegetarian Lasagne 244g per portion	🥗	118kcal	🥗 03.3g	🥗 01.3g	🥗 02.5g	🥗 00.28g	🥗 01.9g	🥗 06.7g	🥗 14.3g
	🍽️	288kcal (14%)	🍽️ 08.0g (11%)⚠️	🍽️ 03.1g (15%)❤️	🍽️ 06.0g (06%)❤️	🍽️ 00.67g (11%)❤️	🍽️ 04.7g	🍽️ 16.4g	🍽️ 34.8g
Cauliflower Cheese Bake 271g per portion	🥗	111kcal	🥗 07.2g	🥗 03.8g	🥗 02.6g	🥗 00.32g	🥗 01.2g	🥗 05.3g	🥗 05.9g
	🍽️	302kcal (15%)	🍽️ 19.6g (28%)⚠️	🍽️ 10.3g (51%)❗	🍽️ 07.1g (07%)❤️	🍽️ 00.87g (14%)⚠️	🍽️ 03.3g	🍽️ 14.4g	🍽️ 16.1g
Cheese & Broccoli Quiche / Flan 59g per portion	🥗	271kcal	🥗 17.6g	🥗 08.7g	🥗 01.6g	🥗 00.66g	🥗 01.4g	🥗 10.4g	🥗 18.8g
	🍽️	161kcal (08%)	🍽️ 10.4g (14%)❗	🍽️ 05.2g (25%)❗	🍽️ 00.9g (01%)❤️	🍽️ 00.39g (06%)⚠️	🍽️ 00.8g	🍽️ 06.2g	🍽️ 11.2g
Quorn Tikka Masala Curry - Allergy Free Sauce 136g per portion	🥗	083kcal	🥗 03.0g	🥗 00.5g	🥗 02.6g	🥗 00.67g	🥗 02.3g	🥗 06.8g	🥗 06.4g
	🍽️	113kcal (05%)	🍽️ 04.1g (05%)⚠️	🍽️ 00.7g (03%)❤️	🍽️ 03.5g (03%)❤️	🍽️ 00.91g (15%)⚠️	🍽️ 03.0g	🍽️ 09.2g	🍽️ 08.7g
Vegetarian Meatballs in Tomato Sauce (VG) - KEEP 169g per portion	🥗	077kcal	🥗 02.6g	🥗 00.4g	🥗 03.8g	🥗 00.55g	🥗 02.9g	🥗 05.5g	🥗 05.8g
	🍽️	130kcal (06%)	🍽️ 04.4g (06%)❤️	🍽️ 00.6g (02%)❤️	🍽️ 06.4g (07%)❤️	🍽️ 00.93g (15%)⚠️	🍽️ 04.8g	🍽️ 09.2g	🍽️ 09.7g

Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
Green Beans (VG) 47g per portion		035kcal	00.1g	00.1g	01.1g	00.03g	04.7g	02.2g	04.0g
		016kcal (00%)	00.0g (00%)	00.0g (00%)	00.5g (00%)	00.02g (00%)	02.2g	01.0g	01.9g
Spaghetti (VG) 87g per portion		144kcal	00.6g	00.1g	00.9g	00.00g	01.4g	05.8g	28.7g
		125kcal (06%)	00.5g (00%)	00.1g (00%)	00.8g (00%)	00.00g (00%)	01.2g	05.1g	24.9g
Sweetcorn (VG) 49g per portion		076kcal	01.4g	00.4g	08.3g	00.00g	02.6g	02.6g	11.8g
		037kcal (01%)	00.7g (01%)	00.2g (01%)	04.0g (04%)	00.00g (00%)	01.3g	01.3g	05.8g

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
Orange Jelly (VG) 112g per portion		⚖️ 010kcal	⚖️ 00.1g	⚖️ 00.0g	⚖️ 02.3g	⚖️ 00.01g	⚖️ 00.1g	⚖️ 00.1g	⚖️ 02.6g
	🗑️	012kcal (00%)	🗑️ 00.1g (00%)🟢	🗑️ 00.0g (00%)🟢	🗑️ 02.6g (02%)🟢	🗑️ 00.01g (00%)🟢	🗑️ 00.1g	🗑️ 00.1g	🗑️ 02.9g
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

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
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