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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
Fish Stars 53g per portion	🥗	240kcal	🥗 09.8g	🥗 00.9g	🥗 01.8g	🥗 00.77g	🥗 01.8g	🥗 07.7g	🥗 29.3g
	🍷	127kcal (06%)	🍷 05.2g (07%)⚠️	🍷 00.5g (02%)❤️	🍷 01.0g (01%)❤️	🍷 00.41g (06%)⚠️	🍷 01.0g	🍷 04.1g	🍷 15.5g
Roast Gammon 39g per portion	🥗	220kcal	🥗 09.7g	🥗 03.8g	🥗 01.5g	🥗 03.85g	🥗 00.0g	🥗 31.5g	🥗 00.0g
	🍷	086kcal (04%)	🍷 03.8g (05%)⚠️	🍷 01.5g (07%)⚠️	🍷 00.6g (00%)❤️	🍷 01.50g (25%)💩	🍷 00.0g	🍷 12.3g	🍷 00.0g
Ham & Cheese Pizza 87g per portion	🥗	227kcal	🥗 08.4g	🥗 05.2g	🥗 01.6g	🥗 00.90g	🥗 01.6g	🥗 13.3g	🥗 25.0g
	🍷	198kcal (09%)	🍷 07.3g (10%)⚠️	🍷 04.6g (22%)💩	🍷 01.4g (01%)❤️	🍷 00.78g (13%)⚠️	🍷 01.4g	🍷 11.6g	🍷 21.8g

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
Beef Bolognese 112g per portion		🥗 066kcal	🥗 01.9g	🥗 00.7g	🥗 01.4g	🥗 00.83g	🥗 00.8g	🥗 10.6g	🥗 01.5g
		🥗 074kcal (03%)	🥗 02.2g (03%)🟢	🥗 00.8g (03%)🟢	🥗 01.5g (01%)🟢	🥗 00.92g (15%)🟡	🥗 00.9g	🥗 11.8g	🥗 01.6g
Breaded Chicken with Katsu Sauce 107g per portion		🥗 207kcal	🥗 08.4g	🥗 03.5g	🥗 04.0g	🥗 01.01g	🥗 00.5g	🥗 13.1g	🥗 20.0g
		🥗 221kcal (11%)	🥗 09.0g (12%)🟡	🥗 03.8g (18%)🟡	🥗 04.2g (04%)🟢	🥗 01.08g (17%)🟡	🥗 00.5g	🥗 14.0g	🥗 21.3g

Vegetarian Meals

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
Cheese & Caramelised Red Onion Chutney Puff 68g per portion	🥗	428kcal	🥗 27.6g	🥗 15.3g	🥗 05.4g	🥗 00.94g	🥗 01.1g	🥗 09.7g	🥗 34.7g
	🍷	290kcal (14%)	🍷 18.7g (26%)🔴	🍷 10.4g (51%)🔴	🍷 03.6g (04%)🟡	🍷 00.64g (10%)🟡	🍷 00.8g	🍷 06.5g	🍷 23.5g
Cheese & Tomato Pizza 67g per portion	🥗	255kcal	🥗 09.8g	🥗 06.4g	🥗 01.9g	🥗 00.74g	🥗 01.9g	🥗 09.8g	🥗 32.2g
	🍷	171kcal (08%)	🍷 06.6g (09%)🟡	🍷 04.3g (21%)🔴	🍷 01.3g (01%)🟢	🍷 00.50g (08%)🟡	🍷 01.3g	🍷 06.6g	🍷 21.7g
Vegetarian Chilli Con Carne (VG) 180g per portion	🥗	080kcal	🥗 01.6g	🥗 00.3g	🥗 02.1g	🥗 00.39g	🥗 03.6g	🥗 07.2g	🥗 06.6g
	🍷	144kcal (07%)	🍷 03.0g (04%)🟢	🍷 00.5g (02%)🟢	🍷 03.7g (04%)🟢	🍷 00.70g (11%)🟡	🍷 06.5g	🍷 13.0g	🍷 11.9g
Roast Quorn Fillets (VG) 44g per portion	🥗	140kcal	🥗 01.7g	🥗 00.6g	🥗 00.7g	🥗 01.43g	🥗 09.0g	🥗 20.0g	🥗 07.0g
	🍷	061kcal (03%)	🍷 00.7g (01%)🟢	🍷 00.2g (01%)🟢	🍷 00.3g (00%)🟢	🍷 00.63g (10%)🟡	🍷 03.9g	🍷 08.8g	🍷 03.1g
Cheese & Tomato Pizza - Rectangle 68g per portion	🥗	252kcal	🥗 10.1g	🥗 06.4g	🥗 02.5g	🥗 01.12g	🥗 02.3g	🥗 10.2g	🥗 30.3g
	🍷	171kcal (08%)	🍷 06.8g (09%)🟡	🍷 04.4g (21%)🔴	🍷 01.7g (01%)🟢	🍷 00.76g (12%)🟡	🍷 01.6g	🍷 06.9g	🍷 20.6g

Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
Lentil & Vegetable Bolognese 128g per portion		043kcal	00.7g	00.1g	02.3g	00.14g	02.5g	02.8g	06.4g
		055kcal (02%)	01.0g (01%)	00.2g (00%)	03.0g (03%)	00.18g (03%)	03.2g	03.6g	08.2g

Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
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
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
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
Diced Potatoes (VG) 80g per portion		160kcal	03.8g	00.5g	00.5g	00.13g	03.1g	02.5g	27.5g
		128kcal (06%)	03.0g (04%)	00.4g (02%)	00.4g (00%)	00.10g (01%)	02.5g	02.0g	22.0g
Farmhouse Mixed Vegetables (VG) 49g per portion		027kcal	00.1g	00.0g	02.9g	00.05g	00.0g	01.5g	03.5g
		013kcal (00%)	00.0g (00%)	00.0g (00%)	01.4g (01%)	00.03g (00%)	00.0g	00.8g	01.7g

Third Option									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
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
Custard 88g per portion		062kcal	01.4g	01.1g	05.5g	00.12g	00.0g	03.4g	08.9g
		054kcal (02%)	01.3g (01%)	00.9g (04%)	04.8g (05%)	00.11g (01%)	00.0g	03.0g	07.8g
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 - 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 - 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