

Bakery Nutrition Report

Last Edited: 3/30

To support the dietary needs of our students, we provide detailed nutritional information for all meals on the school menu. This data has been calculated using our nutritional analysis system and reflects the ingredients and portion sizes at the time the menu was issued. Please note that data may be subject to change due to product or dish modifications.

There are menu variations across our schools - please use this data alongside your school menu to determine the values of each dish.

If you have any questions or need further assistance, please reach out to our nutrition team at Nutrition@Impactfood.co.uk.

Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
7104	Blueberry Muffin	114	304.9	8.9	51.2	4.9
7105	Carrot Cake Muffin	133	401.4	16.2	59.2	4.9
1020677	Carrot Cake Orange Glaze	111	250.4	6.0	45.4	3.5
5276	Chocolate Brownie	72	234.3	7.1	39.0	3.8
5265	Chocolate Crispie Cake	78	342.5	15.7	46.1	3.5
1020686	Chocolate Fudge Cake	112	279.9	9.4	42.3	5.5
7291	Chocolate Muffin	103	292.4	8.9	48.7	4.7
5261	Double Chocolate Chip Cookie	58	246.9	10.2	35.5	2.7
7275	Fruit Salad Pot 4oz	69	31.5	0.1	7.1	0.3
7276	Grape Pot 4oz	64	42.4	0.1	9.9	0.3
10952	Hob Nob	83	368.7	16.0	51.0	4.3
7277	Pineapple Pot 4oz	60	27.6	0.1	6.1	0.2
1022627	Plain Strawberry Yogurt	90	13.0	0.4	1.5	0.7
1022615	Plain Vanilla Yogurt	90	12.9	0.4	1.5	0.7
1020651	Raspberry Ripple Cake	86	232.9	5.9	42.0	3.2
5270	Shortbread	107	496.2	27.5	55.9	5.4
1022222	Sticky lemon muffin	134	433.4	16.9	65.8	4.9
1022614	Strawberry Yogurt with Strawberry Sauce	90	39.5	0.4	8.2	0.6
5263	Vanilla Cookie	49	195.3	6.9	30.5	2.3
1022621	Vanilla Yogurt with Strawberry Sauce	90	39.4	0.4	8.2	0.6
7113	Victoria Sponge Muffin	134	433.3	16.3	67.2	4.8
7279	Watermelon Pot 4oz	62	16.1	0.1	3.5	0.3

Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
8163	Wibble Jelly Forest Fruits 4oz	121	1.5	0.1	0.9	0.1
2894	Wibble Jelly Orange 4oz	121	1.5	0.1	0.9	0.1
7321	Wibble Jelly Raspberry 4oz	121	1.5	0.1	0.9	0.1
7320	Wibble Jelly Strawberry 4oz	121	1.5	0.1	0.9	0.1

Sites not using cake mixes...

Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
1016782	Carrot Cake with Orange Glaze	113	358.9	17.3	47.2	3.6
1014325	Chocolate Brownie	72	292.6	15.1	33.6	4.2
5265	Chocolate Crispie Cake	78	342.5	15.7	46.1	3.5
1016858	Chocolate Fudge Cake	116	332.4	16.2	36.2	7.8
1016785	Raspberry Ripple Cake	91	350.1	18.5	41.1	4.6