

Breakfast Nutrition Report_April 26

Last Edited: 1/2

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)
7770	3 Piece Breakfast	296	387.2	12.3	46.9	15.3
7775	4 Piece Breakfast	340	469.3	18.4	46.9	22.7
1000690	5 Piece Breakfast	310	470.4	24.3	34.0	26.3
7855	Bacon Baguette	225	495.1	14.0	64.5	26.9
7787	Bacon Bap 4"	90	214.3	7.6	24.7	11.5
7781	Bacon Rasher	45	84.6	6.3	0.0	7.7
7782	Baked Beans	98	90.2	0.0	14.7	4.4
7861	Blue Dot Spinach & Hash Brown Egg Bite	110	146.6	7.6	12.3	6.4
1000472	Breakfast Mushrooms	140	71.3	6.3	0.5	2.3
1011785	Breakfast Pancake With Maple Syrup	100	252.8	2.3	54.8	4.0
1000446	Breakfast Wrap - Meat	176	402.2	25.4	24.0	19.5
1000455	Breakfast Wrap - Veggie	162	324.9	17.2	26.0	13.3
10387	Butter Portion	1	7.6	0.8	0.0	0.0
1000450	Cereal - Cornflakes	150	156.0	2.3	27.2	6.2
1000449	Cereal - Rice Crispies	150	156.2	2.3	27.5	6.2
7853	Cheese & Bacon Bagel	218	541.9	24.0	50.0	31.5
7854	Cheese & Tomato Bagel	178	384.8	11.7	51.5	19.8
7862	Croissant	60	235.8	11.4	27.0	5.4
1005511	Dropped Pancake With Fruit Toppings	139	284.9	7.5	44.4	9.0
1000363	Flora Portion	10	53.1	5.9	0.0	0.0
1004244	Free Porridge	281	200.0	4.7	28.4	9.6
1000471	Fried Egg	63	120.9	10.2	0.0	7.5
7763	Halal 3 Piece Breakfast	303	369.1	8.9	50.6	14.3
7778	Halal 4 Piece Breakfast	325	416.9	13.3	47.3	19.4
1000691	Halal 5 Piece Breakfast	290	411.9	18.9	34.4	22.2
1000454	Halal Breakfast Wrap - Meat	133	291.9	15.5	26.5	10.8
1000465	Halal Half Chicken Sausage Baguette	127	277.1	7.2	41.3	10.3
2892	Halal Sausage Cheese & Hash Brown Muffin	193	408.1	15.7	49.3	16.2
7783	Hash Brown	50	83.0	3.5	11.5	1.0
1000451	Milk for Cereal	125	60.0	2.0	6.3	4.3
7856	Mini Bacon Baguette	113	247.5	7.0	32.2	13.5
7858	Mini Sausage Baguette	116	282.3	9.4	37.3	11.4

7863	Pain Au Chocolate	74	301.5	15.6	32.7	6.2
7876	Plain Porridge	281	200.0	4.7	28.4	9.6
7784	Pork Sausage	48	116.9	8.4	5.3	5.4
7786	Pork Sausage Bap 4"	95	250.8	9.9	30.0	9.6
7857	Sausage Baguette	233	564.5	18.7	74.6	22.8
7874	Sausage Cheese & Hash Brown Muffin	186	426.4	19.1	45.5	17.1
1000304	Toast Malted Bloomer	50	112.5	0.6	22.0	4.1
7878	Toast White	50	121.0	0.7	24.0	4.1
7879	Toasted Buttered Bagel	110	288.2	5.2	50.0	9.0
1010216	Toasted Crumpets	60	126.7	4.1	18.7	3.0
1000349	Topping - Cinnamon Sugar	21	82.9	0.0	20.3	0.0
1000348	Topping - Dried Fruit	20	54.9	0.1	12.4	0.6
1000352	Topping - Easiyo Mixed Berry	20	32.8	0.0	7.8	0.0
1000351	Topping - Easiyo Strawberry	20	29.4	0.0	7.0	0.0
1000353	Topping - Golden Syrup	20	63.4	0.0	15.8	0.0
1000350	Topping - Honey	20	61.4	0.0	15.2	0.0
1000358	Topping - Mixed Fruit Jam	15	39.5	0.1	10.2	0.1
1000355	Topping - Pumpkin Seeds	20	116.0	9.4	1.1	6.2
1000357	Topping - Raspberry Jam	15	42.0	0.0	10.2	0.0
1000354	Topping - Sunflower Seeds	20	118.6	9.6	3.8	4.0
7785	Vegan Sausage	48	93.6	6.2	3.5	4.8
7881	Waffle Plain	90	387.0	19.8	45.0	6.1