

Cold Deli Nutrition Report_April 26

Last Edited: 2/23

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.

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)	Carbohydrate (g)	Protein (g)
1017278	BBQ Chicken & Sweetcorn Wrap	135	175.4	5.5	13.7	17.3
1017672	BBQ Chicken Baguette Malted	238	442.0	2.6	71.2	30.9
1017700	Cajun Roasted Vegetable & Houmous Baguette Malted	268	493.8	13.7	72.8	16.0
1017716	Cajun Tuna & Red Pepper Pasta Pot	286	479.8	9.9	71.8	23.9
6639	Caprese Croissant	160	458.3	31.5	28.9	16.2
1017276	Cheese & Spring Onion Mayo Wrap	135	347.5	26.2	10.3	17.0
6685	Cheese & Tomato Deli Sub	171	414.9	16.1	48.6	19.1
6488	Cheese Salad Pot	175	226.1	17.3	3.5	15.9
6735	Cheese, Mayo & Spring Onion Deli Sub	150	431.5	18.9	48.1	15.5
6688	No Spread Chicken & Sweetcorn Deli Sub	145	331.3	6.9	48.1	17.4
1017711	Chicken & Sweetcorn Pasta Pot	274	519.0	14.7	71.5	23.4
1017734	Chicken Caesar Salad	262	345.5	23.0	11.2	22.8
6489	Chicken Salad Pot	165	73.9	0.9	3.0	15.4
5764	Chicken Tikka Baguette	252	483.5	8.7	68.3	30.4
10961	Chicken Tikka Bloomer Malted	196	396.0	17.1	42.4	16.7
6465	Small Cheese Roll	69	218.3	8.7	25.7	8.2
6466	Small Chicken Roll	84	204.2	5.3	26.3	11.9
6470	Small Egg Mayo Roll	74	189.1	6.2	26.1	6.3
6474	Small Ham Roll	73	178.0	4.2	25.7	8.4
6659	Small Tuna Mayo Roll	92	210.3	5.8	26.4	12.0
1017660	Chipotle Roasted Squash & Chickpea Salad	357	284.2	6.7	38.8	10.2
1017655	Halal BBQ Chicken & Sweetcorn Wrap	135	175.4	5.5	13.7	17.3
1017678	Halal BBQ Chicken Baguette Malted	238	442.0	2.6	71.2	30.9
1017714	Halal Chicken & Sweetcorn Pasta Pot	283	532.0	14.9	71.6	26.3
1017737	Halal Chicken Caesar Salad	262	345.5	23.0	11.2	22.8
6491	Halal Chicken Salad Pot	165	73.9	0.9	3.0	15.4
5900	Chicken Tikka Baguette Halal	252	483.5	8.7	68.3	30.4
10962	Halal Chicken Tikka Bloomer Malted	216	423.4	17.4	42.5	22.7
6468	Halal Small Chicken Roll	84	204.2	5.3	26.3	11.9
1017682	Halal Half BBQ Chicken Baguette Malted	119	221.0	1.3	35.6	15.4
6219	Half Chicken Tikka Baguette Halal	126	241.8	4.4	34.2	15.2
6437	Half South Fried Chicken Chilli Mayo Baguette Halal	128	294.2	8.8	39.9	12.7
5934	South Fried Chicken Chilli Mayo Baguette Halal	254	582.5	17.5	79.0	25.2

Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)
1017675	Half BBQ Chicken Baguette Malted	119	221.0	1.3	35.6	15.4
1017706	Half Cajun Roasted Vegetable and Houmous Baguette Malted	134	246.9	6.8	36.4	8.0
6289	Cheese Baguette Half	104	306.2	12.8	33.1	13.5
6232	Half Chicken Tikka Baguette	126	241.8	4.4	34.2	15.2
6237	Ham & Cheese Baguette Malted	109	269.8	8.5	32.3	14.8
7663	Half Ham Baguette	93	204.7	3.4	32.6	10.0
6398	Half Piri Piri Chicken Baguette	126	242.4	4.4	34.4	15.2
6435	Half South Fried Chicken Chilli Mayo Baguette	128	294.2	8.8	39.9	12.7
6445	Half Tuna & Cucumber Baguette	116	236.9	5.1	33.1	13.5
6439	Half Tuna & Cucumber Baguette Malted	114	236.3	5.1	32.6	13.8
7358	Half Vegan BBQ Sausage Baguette	130	287.5	9.1	38.1	10.9
1017658	Ham & Cheese Bagel	176	451.2	16.5	50.0	24.2
2891	Ham & Cheese Baguette Malted	220	545.6	17.5	64.8	29.9
6737	Ham & Cheese Deli Sub	167	400.6	12.8	47.3	22.4
6492	Hard Boiled Egg Salad Pot	212	133.1	8.2	2.7	14.7
1017324	Houmous & Roasted Vegetable Bloomer Malted	185	344.3	12.5	45.4	9.9
5491	Just Cheese Baguette	208	612.4	25.6	66.2	26.9
5914	Just Ham Baguette	186	409.4	6.7	65.1	20.0
1017339	Korean Glazed Eat Curious pieces Crunchy Veg & Noodle Salad	341	378.8	7.9	57.8	19.2
5917	Piri Piri Chicken Baguette	252	484.8	8.8	68.7	30.3
10967	Roasted Vegetable Salad	211	108.7	5.7	10.0	2.6
5932	Southern Fried Chicken Chilli Mayo Baguette	185	417.8	16.7	46.7	19.3
1017725	Spicy Vegetable & Noodle Salad	255	310.6	7.5	50.3	11.7
7509	Sushi with Japanese Slaw	216	319.4	5.8	56.7	6.1
1005334	Tuna & Cucumber Deli Sub	153	328.0	7.4	47.1	16.5
1003295	Tuna Crunch Bagel	205	337.6	4.8	52.6	19.5
6494	Tuna Mayo Salad Pot	206	140.3	6.5	4.0	18.5
5992	Tuna Mayonnaise & Cucumber Baguette Malted	218	461.8	10.0	65.3	25.2
7337	Vegan BBQ Sausage Baguette	260	575.0	18.1	76.2	21.9
7490	Vegan Korean Noodles Salad	343	499.0	12.6	84.6	15.5
6743	Vegan Onion Bhaji Wrap	155	211.1	7.6	30.5	4.2
1016001	Vegan Roasted Cauliflower Salad	310	426.3	11.8	55.6	20.0
1000000	Vegan Tomato & Basil Pasta Salad	265	341.4	2.3	66.8	11.4
7494	Vegetable Sticks with Houmous	177	161.3	9.1	13.2	4.2