

Hot 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)
7173	8oz Cheese Sauce Pasta Pot - Power Bites	196	338.1	13.1	40.4	13.8
1000008	8oz Pasta Arrabiatta - Power Bites	202	247.2	3.8	44.8	6.8
7177	8oz Sesame Vegetable Noodles - Power Bites	160	202.7	5.9	31.7	6.5
1016620	8oz Soy, Garlic & Ginger Noodles - Power Bites	166	190.1	3.2	35.2	6.1
7532	8oz Tomato & Basil Pasta - Power Bites	159	193.8	1.8	36.9	6.3
7000	BBQ Chicken Panini	250	538.1	10.4	73.5	35.3
7556	BBQ Chicken Pizza	111	245.0	7.5	31.6	12.1
7548	BBQ Chicken Pizza Homemade	130	283.8	8.0	39.1	13.1
7461	BBQ Chicken Wings	183	306.4	19.6	6.1	27.9
1021729	Southern Style Chicken Wings, Rice & Ranch Slaw	322	487.1	19.5	46.0	32.0
1000013	BBQ Crispy Chicken Open Wrap	236	421.4	16.0	47.9	18.9
1000009	BBQ French Bread Pizza - Power Bites	109	254.0	6.0	39.4	9.5
1005356	Cajun Popcorn	38	227.7	20.6	7.6	1.4
1016744	Cajun Tuna Melt Panini	234	525.5	14.8	68.3	27.4
1016849	Cajun Vegetable Quesadilla	102	162.0	11.0	8.7	6.4
1005346	Cheese & Spring Onion Quesadilla	57	126.7	8.4	6.6	6.0
1016908	Cheese & Tomato Muffin	76	195.2	10.1	19.3	6.2
6997	Cheese & Tomato Nacho Melt	57	132.2	4.1	18.6	4.6
7018	Cheese Panini	168	425.6	9.4	66.1	17.0
1016625	Cheese Straws	74	270.5	17.3	20.0	8.2
1003436	Cheesy Bean Panini	250	503.5	9.5	78.8	20.8
1016623	Cheesy Garlic French Bread - Power Bites	108	280.8	11.1	33.8	10.4
7020	Chicken Tikka Panini	242	498.5	11.6	65.1	31.2
1016893	Crispy Katsu Chicken Open Wrap	233	473.6	15.1	63.4	19.6
1017135	Crispy Korean BBQ Chicken Burger	180	364.2	12.6	43.6	19.2
7127	French Bread Pizza	114	255.7	7.4	35.6	10.6
1000079	Garlic & Chilli Noodles	332	539.1	20.9	77.6	12.2
7142	Garlic Bread	82	202.6	4.6	32.9	6.2
1005358	Gingerbread Popcorn	43	244.9	20.6	11.9	1.4
1000082	Halal Piri Piri Chicken Pizza Slice	110	245.0	7.8	30.8	12.2
7001	Halal BBQ Chicken Panini	250	538.1	10.4	73.5	35.3
7563	Halal BBQ Chicken Pizza	111	245.0	7.5	31.6	12.1
7553	Halal BBQ Chicken Pizza Homemade	131	286.1	8.0	39.6	13.2
7469	Halal BBQ Chicken Wings	183	306.4	19.6	6.1	27.9
1021732	Halal BBQ Chicken Wings, Rice and Lime & Coriander Slaw	322	487.1	19.5	46.0	32.0

Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)
1000014	Halal BBQ Crispy Chicken Ranch Open Wrap	236	421.4	16.0	47.9	18.9
7412	Halal BBQ Pepperoni Bagel Stack	158	421.2	14.5	53.9	17.5
7021	Halal Chicken Tikka Panini	242	525.5	15.2	65.1	29.8
1018213	Halal Crispy Katsu Chicken Open Wrap	233	473.6	15.1	63.4	19.6
1018228	Halal Crispy Korean BBQ Chicken Burger	178	359.9	12.6	42.7	19.2
7638	Halal Half BBQ Chicken Panini	125	269.1	5.2	36.7	17.7
7644	Halal Half Chicken Tikka Panini	121	262.7	7.6	32.5	14.9
1003383	Halal Half Turkey Ham & Cheese Panini	105	235.3	5.4	33.7	11.4
7646	Halal Half Turkey Ham & Cheese Panini	104	227.9	5.1	34.5	9.8
7026	Halal Pepperoni Panini	212	542.8	18.8	69.9	21.6
1002754	Halal Pepperoni Panini	212	542.8	18.8	69.9	21.6
7567	Halal Pepperoni Pizza	105	253.7	9.8	30.1	10.7
1002756	Halal Pepperoni Pizza Homemade TUGO	120	300.6	11.6	36.8	11.7
7626	Halal Southern Fried Chicken Burger Lettuce Tomato Mayo	190	381.0	16.6	39.0	19.2
7496	Halal Southern Style Chicken Wings	192	386.4	21.6	19.2	29.5
1021727	Halal Southern Style Chicken Wings, Rice and Ranch Slaw	365	754.3	41.0	61.3	34.2
1000019	Halal Sweet Chilli Chicken Open Wrap	173	222.3	8.4	21.9	13.3
1000267	Halal Turkey Cheese Tomato Pizza	127	284.7	8.3	39.5	12.0
7024	Halal Turkey Ham & Cheese Panini	210	470.7	10.8	67.4	22.8
7576	Halal Turkey, Cheese And Tomato Pizza	106	235.1	7.7	30.1	10.5
7636	Half BBQ Chicken Panini	125	269.1	5.2	36.7	17.7
7642	Half Cheese Panini	84	212.8	4.7	33.1	8.5
1003437	Half Cheesy Bean Panini	125	251.8	4.7	39.4	10.4
7643	Half Chicken Tikka Panini	121	249.3	5.8	32.5	15.6
7661	Half Halal Pepperoni Panini	106	271.4	9.4	34.9	10.8
7645	Half Ham & Cheese Panini	113	240.2	5.4	34.2	12.7
7660	Half Pepperoni Panini	106	267.0	8.9	34.6	11.2
7707	Pizza Melt Panini	95	220.9	4.8	34.5	8.8
7023	Ham & Cheese Panini	206	468.5	10.7	66.1	24.9
7564	Ham Cheese & Tomato Pizza	106	236.2	7.7	29.9	11.2
7755	Ham Cheese & Tomato Pizza Homemade	120	268.7	8.2	36.0	12.1
1018474	Hot Pesto Pasta with Roasted Tomatoes	303	496.6	20.2	64.0	13.5
7376	Hot Wrap - Margherita	85	187.2	11.9	11.1	8.4
1016856	Korean BBQ Quorn Open Wrap	199	265.4	12.8	23.2	10.7
1017983	Lentil & Chickpea Dahl with Crispy Bombay Potatoes	327	224.2	6.2	28.6	10.3
1016906	Maple & Chilli Cauliflower Wings with Cajun Wedges	336	388.9	4.1	77.3	8.1
7572	Margherita Pizza	96	225.0	7.3	29.9	9.1
7757	Margherita Pizza Homemade	111	259.7	7.9	36.5	10.1
1005348	Mexican Salsa Quesadilla	66	107.0	6.2	7.7	4.8
6696	Onion Bhaji Skewer with Bombay Potato	524	562.8	24.5	70.4	11.1
7025	Pepperoni Panini	212	534.0	17.7	69.3	22.4
7566	Pepperoni Pizza	105	262.3	10.6	30.1	11.0
7760	Pepperoni Pizza Homemade	120	297.0	11.1	36.6	12.0
1000080	Piri Piri Chicken Pizza Slice	110	245.0	7.8	30.8	12.2
7027	Pizza Melt Panini	190	441.9	9.7	69.0	17.6

Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)
1021650	Plain Popcorn	18	91.9	5.5	7.5	1.4
1017619	Roasted Butternut, Sweetcorn & Chipotle Pasta	473	359.2	6.0	61.3	11.7
1003376	Singapore Fried Rice	272	420.3	15.9	57.6	8.6
7627	Southern Fried Chicken Burger Lettuce Tomato Mayo	190	381.0	16.6	39.0	19.2
1016823	Southern Fried Ranch Quorn Open Wrap	198	259.9	13.1	20.7	11.1
7493	Southern Style Chicken Wings	208	524.2	36.5	19.8	29.8
1021724	Southern Style Chicken Wings, Rice & Ranch Slaw	365	754.3	41.0	61.3	34.2
1017941	Spicy Special Fried Rice	169	210.2	3.1	37.5	5.8
1021736	Spicy Vegetable Noodles - Power Bites	185	223.0	2.7	43.6	6.4
1000017	Sweet Chilli Chicken Open Wrap	159	156.1	4.1	15.3	13.3
7628	The Big Plant Burger	186	407.9	18.5	35.2	22.5
5306	Vegan Singapore Noodles	239	322.6	2.2	67.5	12.1