

Main Menu Nutrition Report_April 26

Last Edited: 3/16

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)
1016665	Bang Bang Eat Curious with Soy, 50/50 Rice & Garlic Green Beans					
	Eat Curious with Veg & Sauce	200	200.6	1.3	31.8	12.3
	50/50 Rice	115	197.6	0.9	42.3	4.2
	Garlic Green Beans	62	36.9	2	2	1.3
1017227	Crispy Chickpea & Vegetable Pakora Burger, Mango Slaw, Chips & Peas					
	Burger	196	295.6	6.1	46.1	10.7
	Mango Slaw	21	15.2	0	3.3	0.2
	Chips	119	154.4	3.6	26.1	2.9
	Peas	80	76.8	1.2	8.8	5.5
1016795	Hot Maple and Cajun Quorn Fillet with Spicy Rice & Broccoli					
	Quorn Fillet	83	103.2	3.4	6.1	10
	Spicy Rice	113	202.3	1	42.9	4.4
	Broccoli	79	30.1	0.7	1.4	3.5
5087	Asian Vegetable, Soya & Bean Noodle Stir Fry					
	Stir Fry	389	419.7	8.6	72.9	14
1016053	Vegetable Squashage Roll with Roast Potatoes, House Gravy & Seasonal Veg					
	Vegetable Squashage Roll	208	418.7	24.2	32.5	14.8
	Roast Potatoes	130	123.5	2.2	22.2	2.6
	Gravy	63	19.4	0.1	4	0.3
	Cabbage, Carrots & Peas	70	58.1	2.5	5.3	2.2
1016779	Cauliflower, Courgette & Chickpea Rosti with Braised Rice, Kachumber Salad & Minted Yoghurt Dressing					
	Cauliflower, Courgette & Chickpea Rosti	130	204.2	11.7	17.2	5.9
	Braised Rice	137	223.7	3	43.7	4.5
	Kachumber Salad	48	12.2	0.1	2	1.4
	Minted Yoghurt Dressing	10	51	5.4	0.4	0.1
1005742	Chipotle Quorn Dippers Salt n Pepper Wedges, Peas & Asian Slaw					
	Chipotle Quorn Dippers	89	190	11.5	8.6	10.2
	Salt n Pepper Wedges	120	99.2	0.3	20.8	2.4
	Peas	80	76.8	1.2	8.8	5.5
	Asian Slaw	95	68.8	3.9	6.2	1.1
1000169	Vegan Chickpea & Coriander Burger with Chips & Coleslaw					
	Chickpea & Coriander Burger	185	264.2	3.2	41.2	11.5
	Peas	80	76.8	1.2	8.8	5.5
	Chips	119	154.4	3.6	26.1	2.9
	Coleslaw	44	42.3	2.9	2.9	0.6
1002563	Smokey Plant Based Chilli Rice with Nachos, 50/50 Rice & Corn					
	Smokey Plant Based Chilli Rice	214	82.5	0.4	13.8	4.2
	50/50 Rice	115	197.6	0.9	42.3	4.2
	Sweetcorn	80	52	1.4	6.5	2.7
	Nachos	10	46.8	2.1	6.2	0.6
1016557	Vegan BBQ Boston Bean & Sausage Casserole with Mashed Potato, Peas & Carrots					
	BBQ Boston Bean & Sausage Casserole	277	270	12.9	21.9	15
	Peas & Carrots	82	52.1	0.5	8.2	2.2
	Mashed Potatoes	195	188.1	3.9	32.9	3.8
1017112	Lentil & Chickpea Dahl & Roasted Tikka Cauliflower with 50/50 Rice					
	Dahl	295	276.2	8.5	31.1	15.8
	50/50 Rice	115	197.6	0.9	42.3	4.2
1017745	Cheese & Potato Pie, Roast Potatoes, Seasonal Vegetables & House Gravy					
	Cheese & Potato Pie	232	347.3	22.7	21.5	13
	Roast Potatoes	130	123.5	2.2	22.2	2.6
	Gravy	63	19.4	0.1	4	0.3
	Broccoli, Cauliflower & Peas	75	48.2	0.9	4.7	4
4955	Margherita Pizza with Chips & Peas					
	Margherita Pizza	97	227.2	7.4	30.2	9.2
	Chips	119	154.4	3.6	26.1	2.9
	Peas	80	76.8	1.2	8.8	5.5
7955	Margherita Pizza with Chips (Homemade) & Peas					
	Margherita Pizza	111	259.7	7.9	36.5	10.1
	Chips	119	154.4	3.6	26.1	2.9
	Peas	80	76.8	1.2	8.8	5.5
1000084	No Waste Cauliflower Cheese Pasta Bake with Peas					
	No Waste Cauliflower Cheese Pasta Bake	325	463.3	12.8	63.8	20.9
	Peas	80	76.8	1.2	8.8	5.5
1016583	Crunchy French Onion & Leek Macaroni Cheese with Mixed Salad					
	French Onion & Leek Macaroni Cheese	319	519.6	23	58	18.4
	Mixed Salad	75	22.1	0.2	3.9	1.8
1017803	Vegan Moroccan Spiced Butternut Squash Pasty with Chips & Peas					
	Moroccan Spiced Butternut Squash Pasty	170	258.7	13.3	28.7	4.7
	Chips	119	154.4	3.6	26.1	2.9
	Peas	80	76.8	1.2	8.8	5.5
4997	Plant Based Bolognese with Penne Pasta & Mixed Salad					
	Plant Based Bolognese	187	138.1	1.3	17.7	11.6
	Penne Pasta	111	196.2	0.7	39.9	6.7
	Mixed Salad	75	22.1	0.2	3.9	1.8
1000302	Smokey Bean & Vegetable Pasta Bake					
	Smokey Bean & Vegetable Pasta Bake	355	441.6	6.4	71.6	19.3
1016765	Roasted Vegetable & Chickpea Pastry Roll with Crisp Roasties, Seasonal Vegetables with House Gravy					
	Roasted Vegetable & Chickpea Pastry Roll	147	192.1	8.2	22.7	4.9
	Roast Potatoes	130	123.5	2.2	22.2	2.6

	Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
	5018	Gravy	63	19.4	0.1	4	0.3
		Cabbage, Carrots & Peas	70	58.1	2.5	5.3	2.2
		Vegan Sausage with Mash, Peas & Carrots & Onion Gravy					
		2 Vegan Sausages	97	191.1	12.6	7.1	9.7
		Vegan Mashed Potatoes	195	188.1	3.9	32.9	3.8
		Peas & Carrots	82	52.1	0.5	8.2	2.2
		Onion Gravy	62	18.2	0.1	3.8	0.3
Meat Main Meals	1016261	Cajun Chicken, Tomato & Sweetcorn Wholewheat Pasta Bake with House Salad					
		Cajun Chicken, Tomato & Sweetcorn Wholewheat Pasta Bake	319	281.6	8.3	29.2	20.5
		Mixed Salad	75	22.1	0.2	3.9	1.8
	1017739	Halal Cajun Chicken, Tomato & Sweetcorn Wholewheat Pasta Bake with House Salad					
		Halal Cajun Chicken, Tomato & Sweetcorn Wholewheat Pasta Bake	319	303.9	11.2	29.2	19.3
		Mixed Salad	75	22.1	0.2	3.9	1.8
	1016309	Bang Bang Chicken with Soy, 50/50 Rice & Garlic Green Beans					
		Bang Bang Chicken with Soy	237	235.8	3	29.3	21.1
		50/50 Rice	115	197.6	0.9	42.3	4.2
		Garlic Green Beans	62	36.9	2	2	1.3
	1018063	Halal Bang Bang Chicken with Soy, 50/50 Rice & Garlic Green Beans					
		Halal Bang Bang Chicken with Soy	237	269	7.4	29.3	19.4
		50/50 Rice	115	197.6	0.9	42.3	4.2
		Garlic Green Beans	62	36.9	2	2	1.3
	5177	Hand Battered Fish & Chips with Peas & Tartare Sauce					
		Hand Battered Fish	134	245.5	0.8	39.9	17.8
		Chips	119	154.4	3.6	26.1	2.9
		Peas	80	76.8	1.2	8.8	5.5
		Tartare Sauce	10	24.5	2.2	1.2	0.1
	4867	Battered Fish & Chips with Peas or Mixed Salad & Tartare Sauce					
		Battered Fish	123	238.9	12.3	19.6	11.4
		Chips	119	154.4	3.6	26.1	2.9
		Peas	80	76.8	1.2	8.8	5.5
		Mixed Salad	75	22.1	0.2	3.9	1.8
		Tartare Sauce	10	24.5	2.2	1.2	0.1
	1005751	BBQ Chicken with Salt n Pepper Wedges, Peas & Asian Slaw					
		BBQ Chicken	275	553.5	37.5	6.2	45.2
		Salt n Pepper Wedges	120	99.2	0.3	20.8	2.4
		Peas	80	76.8	1.2	8.8	5.5
		Asian Slaw	95	68.8	3.9	6.2	1.1
	1005755	Halal BBQ Chicken with Salt n Pepper Wedges, Peas & Asian Slaw					
		Halal BBQ Chicken	270	314.8	5.7	6.1	59.6
		Salt n Pepper Wedges	120	99.2	0.3	20.8	2.4
		Peas	80	76.8	1.2	8.8	5.5
		Asian Slaw	95	68.8	3.9	6.2	1.1
	4871	Beef & Lentil Bolognese with Penne Pasta & Mixed Salad					
		Beef Bolognese	211	203.8	6.4	17.2	17.7
		Penne Pasta	111	196.2	0.7	39.9	6.7
		Mixed Salad	75	22.1	0.2	3.9	1.8
	4876	Halal Beef & Lentil Bolognese with Penne Pasta & Mixed Salad					
		Halal Beef Bolognese	211	234.1	10.2	17.2	16.9
		Penne Pasta	111	196.2	0.7	39.9	6.7
		Mixed Salad	75	22.1	0.2	3.9	1.8
	1018283	Lamb & Lentil Bolognese, Penne Pasta & House Salad					
		Lamb & Lentil Bolognese	211	249.2	12	17.7	16.5
		Penne Pasta	111	196.2	0.7	39.9	6.7
		Mixed Salad	75	22.1	0.2	3.9	1.8
	1018264	Halal Lamb & Lentil Bolognese, Penne Pasta & House Salad					
		Halal Lamb & Lentil Bolognese	211	250.4	11.9	18	16.7
		Penne Pasta	111	196.2	0.7	39.9	6.7
		Mixed Salad	75	22.1	0.2	3.9	1.8
	1001822	Chicken Tikka Masala, Braised Rice, Minted Yoghurt Dressing & Kachumber Salad					
		Chicken Tikka Masala	175	155.1	5.1	9.2	16.3
		Kachumber Salad	48	12.2	0.1	2	1.4
		Minted Yoghurt Dressing	10	51	5.4	0.4	0.1
		Braised Rice	137	223.7	3	43.7	4.5
	1001823	Halal Chicken Tikka Masala, Braised Rice, Minted Yoghurt Dressing & Kachumber Salad					
		Halal Chicken Tikka Masala	175	180.1	8.4	9.2	15.1
		Kachumber Salad	48	12.2	0.1	2	1.4
		Minted Yoghurt Dressing	10	51	5.4	0.4	0.1
		Braised Rice	137	223.7	3	43.7	4.5
	1016800	Fragrant Lemon & Herb Chicken with Spicy Rice					
		Lemon & Herb Chicken	218	210.9	5	18.5	21.5
		Spicy Rice	113	202.3	1	42.9	4.4
		Broccoli	79	30.1	0.7	1.4	3.5
	1017748	Halal Fragrant Lemon and Herb Chicken with Spicy Rice					
		Halal Lemon & Herb Chicken	218	238.2	8.6	18.5	20.1
		Spicy Rice	113	202.3	1	42.9	4.4
		Broccoli	79	30.1	0.7	1.4	3.5
	1008458	Smokey Lamb Chilli, Rice, Nachos & Corn					
		Lamb Chilli	210	202.3	10.8	11.8	13.5
		Plain Rice	80	135.4	0	30.2	3
		Sweetcorn	80	52	1.4	6.5	2.7
		Nachos	10	46.8	2.1	6.2	0.6
	5048	Halal Smokey Lamb Chilli Rice Nachos and Corn					
		Lamb Chilli	210	203.4	10.7	12.1	13.7
		Plain Rice	80	135.4	0	30.2	3
		Sweetcorn	80	52	1.4	6.5	2.7
		Nachos	10	46.8	2.1	6.2	0.6
	5027	Pork & Beef Sausage with Mash, Peas & Carrots & Onion Gravy					
		2 Pork & Beef Sausages	111	272	19.5	12.3	12.5
		Mashed Potatoes	204	227.3	8	33.6	3.9
		Peas & Carrots	82	52.1	0.5	8.2	2.2

Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
	Onion Gravy	62	18.2	0.1	3.8	0.3
4989	Halal Chicken & Beef Sausage with Mash, Peas & Carrots & Onion Gravy					
	2 Halal Chicken & Beef Sausages	95	173.9	8.8	15.7	7.8
	Mash Potatoes	204	227.3	8	33.6	3.9
	Peas & Carrots	82	52.1	0.5	8.2	2.2
	Onion Gravy	62	18.2	0.1	3.8	0.3
1018230	Non Halal Chicken & Beef Sausage & Mash and Onion Gravy					
	2 Chicken & Beef Sausages	108	191.7	8.4	18.4	9.4
	Mash Potatoes	204	227.3	8	33.6	3.9
	Peas & Carrots	82	52.1	0.5	8.2	2.2
	Onion Gravy	62	18.2	0.1	3.8	0.3
1016750	Mexican Beef Nacho Pasta Bake with Mixed Salad					
	Mexican Beef Nacho Pasta Bake	318	463.6	11.8	60.4	25.9
	Mixed Salad	75	22.1	0.2	3.9	1.8
1017573	Halal Mexican Beef Nacho Pasta Bake with Mixed Salad					
	Halal Mexican Beef Nacho Pasta Bake	318	502.5	15.7	60.4	25.7
	Mixed Salad	75	22.1	0.2	3.9	1.8
4974	Sausage & Chips					
	1 Jumbo Sausage	112	315	22.4	14.5	11.2
	Chips	119	154.4	3.6	26.1	2.9
	Peas	80	76.8	1.2	8.8	5.5
4972	Halal Chicken & Beef Sausage & Chips					
	2 Halal Sausages	95	173.9	8.8	15.7	7.8
	Chips	119	154.4	3.6	26.1	2.9
	Peas	80	76.8	1.2	8.8	5.5
1001851	Sweet and Sour Chicken with Fried Rice					
	Sweet and Sour Chicken	293	201.8	5.6	18.3	18.3
	Carrot Rice	140	222.4	1	47.4	5
1001854	Halal Sweet and Sour Chicken with Fried Rice					
	Halal Sweet and Sour Chicken	293	232.2	9.6	18.3	16.7
	Carrot Rice	140	222.4	1	47.4	5
4924, 1001068, 4948, 1000237, 4985, 4977, 4980, 4983	Roast Dinners (See Options Below)					
	Glazed Gammon	92	120.6	2.5	9.8	14.7
	Lemon & Thyme Roast Chicken	240	460.3	30.9	0.3	42.8
	Halal Lemon & Thyme Roast Chicken	193	202.8	2.1	0.2	45.6
	Salt & Pepper Roast Chicken	239	459.4	30.9	0.2	42.8
	Halal Salt & Pepper Roast Chicken	191	202.5	2.1	0.2	45.6
	Roast Turkey	81	119.5	3	0.4	23.2
	Halal Roast Turkey	81	119.5	3	0.4	23.2
	Roast Pork	81	172	12.3	0	15.3
	Roast Potatoes	130	123.5	2.2	22.2	2.6
	Roast Root Veg with Cabbage	66	50.8	2.4	5.3	1
	Homemade Yorkshire Pudding	52	124.8	6.6	12.2	4.1
	Brakes Yorkshire Pudding	27	69.4	2.4	10.4	1.5
	Stuffing	32	30.2	0.4	5.6	0.8
	Gravy	63	19.4	0.1	4	0.3
1008452	Classic Lamb Lasagne, Homemade Garlic Bread, Mixed Salad & Garden Peas					
	Lamb Lasagne	245	385.4	18.4	32.2	21.9
	Garlic Bread	55	113.2	0.4	22.9	4.1
	Peas	80	76.8	1.2	8.8	5.5
	Mixed Salad	75	22.1	0.2	3.9	1.8
5032	Halal Classic Lamb Lasagne, Homemade Garlic Bread, Mixed Salad & Garden Peas					
	Halal Lamb Lasagne	245	386.7	18.2	32.5	22.1
	Garlic Bread	55	113.2	0.4	22.9	4.1
	Peas	80	76.8	1.2	8.8	5.5
	Mixed Salad	75	22.1	0.2	3.9	1.8
4969	Salmon Fishcake, Chips, Mixed Salad or Peas					
	Salmon Fishcake	112	169.8	3.8	23.5	9.6
	Chips	119	154.4	3.6	26.1	2.9
	Peas	80	76.8	1.2	8.8	5.5
	Mixed Salad	75	22.1	0.2	3.9	1.8

Desserts	1017604	Sticky Ginger Cake					
		Sticky Ginger Cake	98	286.5	6.5	53.5	3.4
		Custard	59	38.8	0.4	8.5	0.3
	1012073	Spiced Pineapple Cake with Custard					
		Spiced Pineapple Cake	92	195.7	4.6	36.3	2.4
		Custard	59	38.8	0.4	8.5	0.3
	5230	Mixed Berry & Apple Crumble with Custard					
		Mixed Berry & Apple Crumble	77	168.1	6.5	24.3	1.7
		Custard	59	38.8	0.4	8.5	0.3
	1001795	Oaty Apple Crumble with Custard					
		Oaty Apple Crumble	92	220.5	7.6	33.8	2.4
		Custard	59	38.8	0.4	8.5	0.3
	1016137	Pear & Apple Orchard Crumble with Custard					
		Pear & Apple Orchard Crumble	92	227.6	7.7	36.1	2.4
		Custard	59	38.8	0.4	8.5	0.3
	1017113	Cocoa Bread & Butter Pudding with Custard					
		Cocoa Bread & Butter Pudding	99	198.5	9.5	23.1	4.7
		Custard	59	38.8	0.4	8.5	0.3
	1001794	Chocolate and Banana Brownie with Chocolate Custard					
		Chocolate and Banana Brownie	107	156.9	4.1	27.5	2.5
	Chocolate Custard	60	43.9	0.7	8.6	0.7	
5238	Chocolate Sponge with Chocolate Custard						
	Chocolate Sponge	101	224.8	6.9	37.5	3.6	
	Chocolate Custard	60	43.9	0.7	8.6	0.7	
1016116	Jam & Coconut Sponge with Custard						
	Jam & Coconut Sponge	67	274.6	15.5	29.8	3.5	
	Custard	59	38.8	0.4	8.5	0.3	
1016084	Apple Traybake (Approx Calculations - Depends Which Bakery Products Are Used)						

	Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
		Apple Traybake	103	308.5	8.9	49.7	5.8
	1016165	Chocolate & Whole Banana Puff Pastry Pinwheel					
		Chocolate & Banana Pinwheel	82	247.6	10.9	32	4.6
	1000089	Sticky Lemon Sponge with Custard					
		Sticky Lemon Sponge	62	237.8	6.8	41	3.5
		Custard	59	38.8	0.4	8.5	0.3
	1005762	Hot Chocolate Rocky Road with Custard (Approx Calculations - Depends Which Bakery Products Are Used)					
		Hot Chocolate Rocky Road	113	256.2	9.7	34.4	7.2
		Custard	59	38.8	0.4	8.5	0.3

Pasta	7333	Creamy Pesto Pasta 12oz	224	394.4	13.9	54.9	11.4
	7332	Creamy Pesto Pasta 16oz	298	525.9	18.5	73.2	15.2
	7331	Pasta & Cheese Sauce 12oz	300	519.3	13.6	77.1	20.5
	7330	Pasta & Cheese Sauce 16oz	400	692.5	18.1	102.9	27.4
	7335	Tomato & Basil Pasta Pot 12oz	229	263.8	2.6	49.9	8.6
	7334	Tomato & Basil Pasta Pot 16oz	305	351.8	3.5	66.5	11.5

Jacket Potatoes	1003251, 5219, 5221, 5223	Plain Jacket Potato	303	264	2.6	51.9	6
		Topping: Beans	100	87.4	0	14.3	4.3
		Topping: Tuna Mayo	85	112.2	4.7	0.9	16.7
		Topping: Cheese	40	158.1	13.3	0	9.5