

Cold Deli Nutrition Report_Oct 26

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 Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
BBQ Chicken & Sweetcorn Wrap	135	179.1	5.5	14.6	17.4	0.9
BBQ Chicken Baguette Malted	238	449.4	2.6	73.0	30.9	2.1
Cajun Roasted Vegetable and Houmous Baguette Malted	268	493.8	13.7	72.8	16.0	2.0
Cajun Tuna & Red Pepper Pasta Pot	286	479.8	9.9	71.8	23.9	2.5
Cheese & Spring Onion Mayo Wrap	135	347.5	26.2	10.3	17.0	1.5
Cheese Salad Deli Sub	176	414.9	16.4	48.0	18.3	1.4
Cheese Salad Malted Baguette	245	584.5	23.0	66.0	25.9	2.2
Cheese Salad Pot	175	226.1	17.3	3.5	15.9	1.0
Cheese Salad White Baguette	250	585.7	23.1	67.0	25.2	2.3
Cheese, Mayo & Spring Onion Deli Sub	150	426.1	18.3	48.1	15.5	1.5
No Spread Chicken & Sweetcorn Deli Sub	145	331.3	6.9	48.1	17.4	1.1
Chicken & Sweetcorn Pasta Pot	274	519.0	14.7	71.5	23.4	1.1
Chicken Caesar Salad	262	345.5	23.0	11.2	22.8	1.1
Chicken Salad Pot	165	73.9	0.9	3.0	15.4	0.3
Chicken Tikka Bloomer Malted	196	395.9	17.1	42.4	16.7	1.5
Chicken Tikka Mayonnaise Baguette	252	483.2	8.7	68.3	30.4	2.1
Small Cheese Roll	69	218.3	8.7	25.7	8.2	0.8
Small Chicken Roll	84	204.2	5.3	26.3	11.9	0.7
Small Egg Mayo Roll	66	165.9	5.9	21.8	5.6	0.7
Small Ham Roll	73	178.0	4.2	25.7	8.4	0.9
Small Tuna Mayo Roll	85	198.8	5.1	26.4	10.8	0.9
Chipotle Roasted Squash & Chickpea Salad	357	284.2	6.7	38.8	10.2	1.5
Halal BBQ Chicken & Sweetcorn Wrap	135	179.1	5.5	14.6	17.4	0.9
Halal BBQ Chicken Baguette Malted	238	449.4	2.6	73.0	30.9	2.1
No Spread Chicken & Sweetcorn Deli Sub Halal	148	335.3	7.0	48.1	18.3	1.1
Halal Chicken & Sweetcorn Pasta Pot	283	532.0	14.9	71.6	26.3	1.2

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Halal Chicken Caesar Salad	262	345.5	23.0	11.2	22.8	1.1
Halal Chicken Salad Pot	165	73.9	0.9	3.0	15.4	0.3
Halal Chicken Tikka Bloomer Malted	216	423.3	17.4	42.5	22.7	1.6
Halal Chicken Tikka Mayonnaise Baguette	252	483.2	8.7	68.3	30.4	2.1
Halal Small Chicken Roll	84	204.2	5.3	26.3	11.9	0.7
Halal Half BBQ Chicken Baguette Malted	119	224.7	1.3	36.5	15.5	1.1
Halal Half Chicken Tikka Mayonnaise Baguette	126	241.6	4.3	34.2	15.2	1.0
Halal Half South Fried Chicken Mayo Baguette Malted	126	289.3	8.8	38.7	12.7	1.3
Halal Southern Fried Chicken Chilli Mayo Baguette Malted	252	587.3	17.6	78.8	26.1	2.7
Halal Southern Fried Chicken Mayo Baguette	249	572.8	17.5	76.6	25.2	2.6
Half Cheese Salad Malted Baguette	123	292.2	11.5	33.0	12.9	1.1
Half BBQ Chicken Baguette Malted	119	224.7	1.3	36.5	15.5	1.1
Half Cajun Roasted Vegetable and Houmous Baguette Malted	134	246.9	6.8	36.4	8.0	1.0
Half Cheese Salad White Baguette	125	292.9	11.5	33.5	12.6	1.2
Half Chicken Tikka Mayonnaise Baguette	126	241.6	4.3	34.2	15.2	1.0
Ham & Cheese Baguette Malted	109	270.1	8.6	32.1	14.8	1.4
Half Ham Salad Baguette Malted	117	209.9	3.4	33.0	10.6	1.0
Half Ham Salad Baguette White	119	210.5	3.5	33.5	10.2	1.1
Half Piri Piri Chicken Baguette	126	242.4	4.4	34.4	15.2	1.2
Half South Fried Chicken Mayo Baguette	126	289.3	8.8	38.7	12.7	1.3
Half South Fried Chicken Mayo Baguette Malted	123	288.7	8.8	38.2	13.1	1.3
Half Tuna & Cucumber Baguette Malted	114	236.3	5.1	32.6	13.8	0.9
Half Vegan BBQ Sausage Baguette	130	293.6	9.1	38.4	12.4	1.5
Ham & Cheese Bagel	176	451.8	16.8	49.5	24.4	2.1
Ham & Cheese Baguette Malted	220	545.6	17.5	64.8	29.9	2.7
Ham & Cheese Deli Sub	172	421.7	14.7	47.0	23.8	2.1
Ham Salad Baguette Malted	233	419.8	6.8	65.9	21.1	2.0
Ham Salad Baguette White	238	421.0	6.9	66.9	20.5	2.1
Hard Boiled Egg Salad Pot	212	133.1	8.2	2.7	14.7	0.4
Houmous & Roasted Vegetable Bloomer Malted	185	344.3	12.5	45.4	9.9	1.0
Korean Glazed Eat Curious pieces Crunchy Veg & Noodle Sala	341	378.8	7.9	57.8	19.2	4.1
Mozzarella, Tomato & Basil Croissant	160	458.3	31.5	28.9	16.2	0.8
Piri Piri Chicken Baguette	252	484.8	8.8	68.7	30.3	2.4
Roasted Vegetable Salad	211	108.7	5.7	10.0	2.6	0.5
Southern Fried Chicken Mayo Baguette	180	408.2	16.7	44.4	19.3	2.0

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Southern Fried Chicken Mayo Baguette Malted	251	587.2	17.6	78.8	26.1	2.7
Spicy Vegetable & Noodle Salad	255	310.6	7.5	50.3	11.7	3.8
Tuna & Cucumber Deli Sub	153	328.0	7.4	47.1	16.5	1.1
Tuna Crunch Bagel	205	337.6	4.8	52.6	19.5	1.1
Tuna Mayo Salad Pot	206	140.3	6.5	4.0	18.5	1.2
Tuna Mayonnaise & Cucumber Baguette Malted	218	461.8	10.0	65.3	25.2	1.8
Vegan BBQ Sausage Baguette	260	587.3	18.1	76.8	24.9	3.0
Vegan Korean Noodles Salad	343	499.0	12.6	84.6	15.5	2.7
Vegan Onion Bhaji Wrap	155	211.1	7.6	30.5	4.2	1.2
Vegan Roasted Cauliflower Salad	310	424.0	11.3	56.4	20.0	0.4
Vegan Tomato & Basil Pasta Salad	265	341.4	2.3	66.8	11.4	0.3
Vegetable Sticks with Houmous	177	161.3	9.1	13.2	4.2	0.5
Vegetable Sushi with Japanese Slaw	215	311.3	5.0	56.7	6.1	1.0