

Secondary Main Menu 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 Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (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	3.6
	50/50 Rice	115	197.6	0.9	42.3	4.2	0.2
	Garlic Green Beans	62	36.9	2	2	1.3	0
5007	Mixed Bean Chilli Nacho Crumbs, Mixed Rice & Sweetcorn						
	Mixed Bean Chilli	306	172.7	2.1	25.6	9.8	0.9
	Sweetcorn	80	52	1.4	6.5	2.7	0
	Nachos	10	46.8	2.1	6.2	0.6	0.1
	50/50 Rice	115	197.6	0.9	42.3	4.2	0.2
1027379	Smashed Veggie Burger with Iceberg & Perinnaise						
	Smashed Veggie Burger	215	334.2	12.9	42.7	10	0.8
	Chips	119	154.4	3.6	26.1	2.9	0.1
	Peas	80	76.8	1.2	8.8	5.5	0
5087	Asian Vegetable, Soya & Bean Noodle Stir Fry						
	Stir Fry	389	419.7	8.6	72.9	14	4.3
1016053	Vegetable Squashage Roll with Roast Potatoes, House Gravy & Seasonal Veg						
	Vegetable Squashage Roll	208	418.7	24.2	32.5	14.8	0.9
	Roast Potatoes	130	123.5	2.2	22.2	2.6	0.5
	Gravy	63	19.4	0.1	4	0.3	0.4
	Cabbage, Carrots & Peas	70	58.1	2.5	5.3	2.2	0.3
1028742	Cauliflower & Chickpea Korma with Carrot Rice and Spiced Roast Cauliflower						
	Cauliflower & Chickpea Korma	151	149.5	6.7	13.9	5.5	0.3
	Carrot Rice	140	225.6	0.8	49.3	4.6	0.2
	Roast Spiced Cauliflower	68	49.3	3.4	2.5	1.3	0.3
1029475	Chipotle Quorn Dippers Salt n Pepper Wedges & Spicy Slaw						
	Chipotle Quorn Dippers	89	190	11.5	8.6	10.2	1.2
	Salt n Pepper Wedges	120	99.2	0.3	20.8	2.4	0.7
	Asian Slaw	94	55	2.1	6.9	1.1	0.2
1028689	BBQ Plant Based Pieces with Spicy Rice & Toasted Corn Salsa						
	BBQ Plant Based Pieces in Spicy Rice	319	408.4	6.5	61	23.3	1.8
	Mixed Salad	75	22.1	0.2	3.9	1.8	0
	Toasted Corn Salsa	10	22.1	2	0.7	0.2	0.1
1027183	Korean BBQ Bean Burger with Peas & Chips						
	Korean BBQ Bean Burger	188	333	8.2	50	11.2	1.3
	Chips	119	154.4	3.6	26.1	2.9	0.1
	Peas	80	76.8	1.2	8.8	5.5	0
1016557	Vegan BBQ Boston Bean & Sausage Casserole with Mashed Potato, Peas & Carrots						
	BBQ Boston Bean & Sausage Casserole	277	270	12.9	21.9	15	2
	Peas & Carrots	82	52.1	0.5	8.2	2.2	0
	Mashed Potatoes	195	188.1	3.9	32.9	3.8	0.2
1027673	Arrabbiata "Veggieball" Bake with House Salad						
	Arrabbiata "Veggieball" Bake	265	319.9	8.7	41.9	18.9	1.3
	Mixed Salad	75	22.1	0.2	3.9	1.8	0
1028420	Greek Style Quorn Fillet with Lemon & Herb Roasted Potatoes & Seasonal Vegetables or Salad						
	Greek Style Quorn Fillet	75	92.5	3.3	3.7	9.8	1.1
	Broccoli, Cabbage & Carrots	83	38.7	0.4	5.7	1.8	0
	Lemon & Herb Roasted Potatoes	134	130.8	3.3	21.7	2.6	0.5
	Mixed Salad	75	22.1	0.2	3.9	1.8	0
	Spicy House Gravy	63	20	0.1	4.1	0.3	0.4
4955	Margherita Pizza with Chips & Peas						
	Margherita Pizza	97	227.2	7.4	30.2	9.2	0.9
	Chips	119	154.4	3.6	26.1	2.9	0.1
	Peas	80	76.8	1.2	8.8	5.5	0
7955	Margherita Pizza with Chips (Homemade) & Peas						
	Margherita Pizza	111	259.7	7.9	36.5	10.1	0.9
	Chips	119	154.4	3.6	26.1	2.9	0.1
	Peas	80	76.8	1.2	8.8	5.5	0
1016583	Crunchy French Onion & Leek Macaroni Cheese with Mixed Salad						
	French Onion & Leek Macaroni Cheese	319	519.6	23	58	18.4	1.2
	Mixed Salad	75	22.1	0.2	3.9	1.8	0
1017803	Vegan Moroccan Spiced Butternut Squash Pasty with Chips & Peas						
	Moroccan Spiced Butternut Squash Pasty	170	258.7	13.3	28.7	4.7	0.8
	Chips	119	154.4	3.6	26.1	2.9	0.1
	Peas	80	76.8	1.2	8.8	5.5	0
4997	Plant Based Bolognese with Penne Pasta & Mixed Salad						
	Plant Based Bolognese	187	138.1	1.3	17.7	11.6	0.8
	Penne Pasta	111	196.2	0.7	39.9	6.7	0
	Mixed Salad	75	22.1	0.2	3.9	1.8	0
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	0.5
	Roast Potatoes	130	123.5	2.2	22.2	2.6	0.5
	Gravy	63	19.4	0.1	4	0.3	0.4
	Cabbage, Carrots & Peas	70	58.1	2.5	5.3	2.2	0.2
5018	Vegan Sausage with Mash, Peas & Carrots & Onion Gravy						
	2 Vegan Sausages	97	191.1	12.6	7.1	9.7	1.3
	Vegan Mashed Potatoes	195	188.1	3.9	32.9	3.8	0.2
	Peas & Carrots	82	52.1	0.5	8.2	2.2	0
	Onion Gravy	62	18.2	0.1	3.8	0.3	0.4

Meat Main Meals	1027684	Creamy Chicken, Spinach & Pesto Bake with Mixed Salad					
		Creamy Chicken, Spinach & Pesto Bake	258	365	11.4	38.3	26.1
		Mixed Salad	75	22.1	0.2	3.9	1.8
	1027690	Halal Creamy Chicken, Spinach and Pesto Bake					
		Halal Creamy Chicken, Spinach & Pesto Bake	258	396.5	15.6	38.3	24.5
		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
	1029479	BBQ Chicken with Salt n Pepper Wedges & Spicy 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
		Asian Slaw	94	55	2.1	6.9	1.1
	1029482	Halal BBQ Chicken with Salt n Pepper Wedges & Spicy 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
		Asian Slaw	94	55	2.1	6.9	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
	1028750	Halal Beef & Lentil Bolognese with Penne Pasta & Mixed Salad					
		Halal Beef Bolognese	211	230.7	10	17.2	16.6
		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
	1028735	Halal Beef Chilli Con Carne, Nacho Crumbs, Mixed rice & Sweetcorn					
		Halal Beef Chilli Con Carne	213	196.3	9.1	13.2	13.9
		Sweetcorn	80	52	1.4	6.5	2.7
		Nachos	10	46.8	2.1	6.2	0.6
		50/50 Rice	115	197.6	0.9	42.3	4.2
	4992	Beef Chilli Con Carne, Nacho Crumbs, Mixed Rice & Sweetcorn					
		Beef Chilli Con Carne	213	169.7	5.7	13.2	14.5
		Sweetcorn	80	52	1.4	6.5	2.7
		Nachos	10	46.8	2.1	6.2	0.6
		50/50 Rice	115	197.6	0.9	42.3	4.2
	5022	Classic Beef Lasagna, Homemade Garlic Bread, Mixed Salad & Garden Peas					
		Beef Lasagna	246	342.9	12.6	32.5	23.4
		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
	5025	Halal Beef Lasagna, Homemade Garlic Bread, Mixed Salad & Garden Peas					
		Halal Beef Lasagna	246	374.4	16.5	32.5	22.6
		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
	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
		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					

Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)

	2 Chicken & Beef Sausages	108	191.7	8.4	18.4	9.4	1.8
	Mash Potatoes	204	227.3	8	33.6	3.9	0.2
	Peas & Carrots	82	52.1	0.5	8.2	2.2	0
	Onion Gravy	62	18.2	0.1	3.8	0.3	0.4
	1027697 Sweet Chilli Chicken Kofta with Lemon & Herb Roasted Potatoes, Seasonal Vegetables or Salad						
	Sweet Chilli Chicken Kofta	144	144	4.2	9.3	16	0.8
	Broccoli, Cabbage & Carrots	83	38.7	0.4	5.7	1.8	0
	Lemon & Herb Roasted Potatoes	134	130.8	3.3	21.7	2.6	0.5
	Mixed Salad	75	22.1	0.2	3.9	1.8	0
	Spicy House Gravy	63	20	0.1	4.1	0.3	0.4
	1028673 Halal Sweet Chilli Chicken Kofta with Lemon & Herb Roasted Potatoes, Seasonal Vegetables or Salad						
	Halal Sweet Chilli Chicken Kofta	144	144	4.2	9.6	16	0.8
	Broccoli, Cabbage & Carrots	83	38.7	0.4	5.7	1.8	0
	Lemon & Herb Roasted Potatoes	134	130.8	3.3	21.7	2.6	0.5
	Mixed Salad	75	22.1	0.2	3.9	1.8	0
	Spicy House Gravy	63	20	0.1	4.1	0.3	0.4
	4974 Sausage & Chips						
	1 Jumbo Sausage	112	315	22.4	14.5	11.2	1.1
	Chips	119	154.4	3.6	26.1	2.9	0.1
	Peas	80	76.8	1.2	8.8	5.5	0
	4972 Halal Chicken & Beef Sausage & Chips						
	2 Halal Sausages	95	173.9	8.8	15.7	7.8	1.6
	Chips	119	154.4	3.6	26.1	2.9	0.1
	Peas	80	76.8	1.2	8.8	5.5	0
	1028785 Halal Chicken, Leek & Sweetcorn Pie With Mashed Potatoes						
	Halal Chicken, Leek & Sweetcorn Pie	234	285.4	14.3	19.7	18.8	0.4
	Peas & Carrots	82	52.1	0.5	8.2	2.2	0
	Mash Potatoes	204	227.3	8	33.6	3.9	0.2
	1028768 Chicken & Chickpea Korma with Carrot Rice & Spiced Roast Cauliflower						
	Chicken & Chickpea Korma	231	224.7	8.8	15.8	18.3	0.5
	Carrot Rice	140	225.6	0.8	49.3	4.6	0.2
	Roast Spiced Cauliflower	68	49.3	3.4	2.5	1.3	0.3
	1028769 Halal Chicken & Chickpea Korma with Carrot Rice & Spiced Roast Cauliflower						
	Chicken & Chickpea Korma	231	242	10.3	15.8	19.1	0.5
	Carrot Rice	140	225.6	0.8	49.3	4.6	0.2
	Roast Spiced Cauliflower	68	49.3	3.4	2.5	1.3	0.3
	1028423 Chipotle Chicken with Spicy Rice & Toasted Corn Salsa & Mixed Salad						
	Chipotle Chicken Spicy Rice	293	355.8	5.3	52.4	23.2	1.9
	Mixed Salad	75	22.1	0.2	3.9	1.8	0
	Toasted Corn Salsa	10	22.1	2	0.7	0.2	0.1
	1028684 Halal Chipotle Chicken with Spicy Rice & Toasted Corn Salsa & Mixed Salad						
	Chipotle Chicken Spicy Rice	293	388.3	9.7	52.4	21.5	1.9
	Mixed Salad	75	22.1	0.2	3.9	1.8	0
	Toasted Corn Salsa	10	22.1	2	0.7	0.2	0.1
	4924, 1001068, 4948, 1000237, 4985, 4977, 4980, 4983 Roast Dinners (See Options Below)						
	Glazed Gammon	92	120.6	2.5	9.8	14.7	1.9
	Lemon & Thyme Roast Chicken	240	460.3	30.9	0.3	42.8	0.9
	Halal Lemon & Thyme Roast Chicken	193	202.8	2.1	0.2	45.6	0.9
	Salt & Pepper Roast Chicken	239	459.4	30.9	0.2	42.8	1.4
	Halal Salt & Pepper Roast Chicken	191	202.5	2.1	0.2	45.6	1.4
	Roast Turkey	81	119.5	3	0.4	23.2	0
	Halal Roast Turkey	81	119.5	3	0.4	23.2	0
	Roast Pork	81	172	12.3	0	15.3	0.1
	Roast Potatoes	130	123.5	2.2	22.2	2.6	0.5
	Roast Root Veg with Cabbage	66	50.8	2.4	5.3	1	0
	Homemade Yorkshire Pudding	52	124.8	6.6	12.2	4.1	0.4
	Brakes Yorkshire Pudding	27	69.4	2.4	10.4	1.5	0.3
	Stuffing	32	30.2	0.4	5.6	0.8	0.3
	Gravy	63	19.4	0.1	4	0.3	0.4
	1008452 Classic Lamb Lasagne, Homemade Garlic Bread, Mixed Salad & Garden Peas						
	Lamb Lasagne	245	385.4	18.4	32.2	21.9	0.7
	Garlic Bread	55	113.2	0.4	22.9	4.1	0.4
	Peas	80	76.8	1.2	8.8	5.5	0
	Mixed Salad	75	22.1	0.2	3.9	1.8	0
	5032 Halal Classic Lamb Lasagne, Homemade Garlic Bread, Mixed Salad & Garden Peas						
	Halal Lamb Lasagne	245	386.7	18.2	32.5	22.1	0.7
	Garlic Bread	55	113.2	0.4	22.9	4.1	0.4
	Peas	80	76.8	1.2	8.8	5.5	0
	Mixed Salad	75	22.1	0.2	3.9	1.8	0
	4969 Salmon Fishcake, Chips, Mixed Salad or Peas						
	Salmon Fishcake	112	169.8	3.8	23.5	9.6	0.9
	Chips	119	154.4	3.6	26.1	2.9	0.1
	Peas	80	76.8	1.2	8.8	5.5	0
	Mixed Salad	75	22.1	0.2	3.9	1.8	0

	1029343	Vanilla Sponge & Custard 1029343					
	Vanilla Sponge	69	211.8	6.4	35.4	3.4	0
	Custard	59	38.8	0.4	8.5	0.3	0.1
	1027368	Chocolate & Orange Brownie with Chocolate Custard					
	Chocolate & Orange Brownie	106	260	7.6	43.7	4.3	0
	Chocolate Custard	60	43.9	0.7	8.6	0.7	0.1
	5230	Mixed Berry & Apple Crumble with Custard					
	Mixed Berry & Apple Crumble	77	168.1	6.5	24.3	1.7	0
	Custard	59	38.8	0.4	8.5	0.3	0.1
	1001795	Oaty Apple Crumble with Custard					
	Oaty Apple Crumble	92	220.5	7.6	33.8	2.4	0
	Custard	59	38.8	0.4	8.5	0.3	0.1
	1029355	Biscoff Swirl Sponge					
	Biscoff Swirl Sponge	77	290.7	12.8	40.5	3.7	0
	Custard	59	38.8	0.4	8.5	0.3	0.1

	Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Desserts	1028608	Fruity Fridge Cake (Approx Calculations - Depends Which Bakery Products Are Used)						
		Fruity Fridge Cake	133	321.8	18.2	33.7	4	0.3
	1029362	Waffle Berry Pudding with Custard						
		Waffle Berry Pudding	98	193.6	9.5	22.4	4.4	0.3
		Custard	59	38.8	0.4	8.5	0.3	0.1
	5238	Chocolate Sponge with Chocolate Custard						
		Chocolate Sponge	101	224.8	6.9	37.5	3.6	0
		Chocolate Custard	60	43.9	0.7	8.6	0.7	0.1
	1016116	Jam & Coconut Sponge with Custard						
		Jam & Coconut Sponge	67	274.6	15.5	29.8	3.5	0
		Custard	59	38.8	0.4	8.5	0.3	0.1
	1028745	Apple & Cinnamon Pie with Custard						
		Apple & Cinnamon Pie	91	171.5	6.6	24.9	2	0
		Custard	59	38.8	0.4	8.5	0.3	0.1
	5236	Baked Churros with Chocolate Sauce						
		Baked Churros	74	188.8	11.8	16.4	4	0.8
		Chocolate Sauce	31	56.1	2.1	8.1	1	0.1
	1029373	Brookie Bar						
		Brookie Bar	72	265	9.4	41.4	3.6	0
	1029346	Lemon Sponge with Custard						
		Lemon Sponge	70	211.3	6.4	35.2	3.4	0
		Custard	59	38.8	0.4	8.5	0.3	0.1
	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	0.4
		Custard	59	38.8	0.4	8.5	0.3	0.1

Pasta	7333	Creamy Pesto Pasta 12oz	224	394.4	13.9	54.9	11.4	0.7
	7332	Creamy Pesto Pasta 16oz	298	525.9	18.5	73.2	15.2	1
	7331	Pasta & Cheese Sauce 12oz	300	519.3	13.6	77.1	20.5	0.7
	7330	Pasta & Cheese Sauce 16oz	400	692.5	18.1	102.9	27.4	1
	7335	Tomato & Basil Pasta Pot 12oz	229	263.8	2.6	49.9	8.6	0.6
	7334	Tomato & Basil Pasta Pot 16oz	305	351.8	3.5	66.5	11.5	0.9

Jacket Potatoes	1003251, 5219, 5221, 5223	Plain Jacket Potato	162	264	2.6	51.9	6	0.5
		Topping: Beans	100	87.4	0	14.3	4.3	0.2
		Topping: Tuna Mayo	85	112.2	4.7	0.9	16.7	0.2
		Topping: Cheese	40	158.1	13.3	0	9.5	0.3