Hot 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)
8oz Cheese Sauce Pasta Pot - Power Bites	196	340.0	13.1	40.8	13.8	0.8
8oz Sesame Vegetable Noodles - Power Bites	160	202.7	5.9	31.7	6.5	2.4
8oz Soy, Garlic & Ginger Noodles - Power Bites	166	190.1	3.2	35.2	6.1	1.9
8oz Tomato & Basil Pasta - Power Bites	159	193.8	1.8	36.9	6.3	0.3
BBQ Chicken Panini	250	545.5	10.4	75.3	35.4	2.7
BBQ Chicken Pizza	111	246.8	7.5	32.0	12.1	1.1
BBQ Chicken Pizza Homemade	130	287.6	8.0	40.0	13.1	1.2
BBQ Chicken Wings	183	240.2	13.4	7.8	21.5	1.2
BBQ Chicken Wings, Rice and Lime & Coriander Slaw	328	432.0	14.0	50.0	25.3	1.3
BBQ Crispy Chicken Open Wrap	236	423.1	16.0	48.3	18.9	2.0
BBQ French Bread Pizza - Power Bites	109	261.4	6.0	41.1	9.6	1.5
Cajun Tuna Melt Panini	234	525.5	14.8	68.3	27.4	2.8
Cajun Vegetable Quesadilla	102	162.0	11.0	8.7	6.4	1.0
Carrot & Coriander Soup	399	198.8	5.8	29.7	3.3	0.4
Cheese & Spring Onion Quesadilla	57	128.5	8.4	7.0	6.0	0.7
Cheese & Tomato Muffin	76	195.2	10.1	19.3	6.2	0.9
Cheese & Tomato Nacho Melt	57	132.5	4.1	18.7	4.5	0.6
Cheese Panini	168	425.6	9.4	66.1	17.0	1.7
Cheese Straws	74	270.5	17.3	20.0	8.2	0.6
Cheesy Garlic French Bread - Power Bites	108	280.8	11.1	33.8	10.4	1.1
Chicken & Wedges Pot	204	350.6	15.1	35.8	16.2	1.4
Chicken Tikka & Mayo Panini	242	488.4	12.1	66.0	26.6	1.9
Chicken Tikka Burrito	215	331.6	5.1	51.3	18.8	1.9
Chinese Style Fried Rice	272	431.0	16.6	60.0	8.2	1.1

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Crispy Katsu Chicken Open Wrap	293	459.5	13	66.1	18.9	2.2
Crispy Korean BBQ Chicken Burger	180	364.2	12.6	43.6	19.2	1.8
French Bread Pizza	109	240.2	6.2	35.4	9.8	1.1
Garlic & Chilli Noodles	332	539.1	20.9	77.6	12.2	3.9
Garlic Bread	82	202.6	4.6	32.9	6.2	0.7
Gingerbread Popcorn	43	244.9	20.6	11.9	1.4	0.3
Halal BBQ Chicken Panini	250	545.5	10.4	75.3	35.4	2.7
Halal BBQ Chicken Pizza	111	246.8	7.5	32.0	12.1	1.1
Halal BBQ Chicken Pizza Homemade	131	289.9	8.0	40.5	13.2	1.2
Halal BBQ Chicken Wings	183	240.2	13.4	7.8	21.5	1.2
Halal BBQ Chicken Wings, Rice and Lime & Coriander Slaw	328	432.0	14.0	50.0	25.3	1.3
Halal BBQ Crispy Chicken Ranch Open Wrap	236	423.1	16.0	48.3	18.9	2.0
Halal Chicken and Wedges Pot	204	350.6	15.1	35.8	16.2	1.4
Halal Chicken Tikka & Mayo Panini	242	515.4	15.7	66.0	25.2	1.9
Halal Chicken Tikka Burrito	215	355.7	8.3	51.3	17.6	1.9
Halal Crispy Katsu Chicken Open Wrap	293	459.5	13	66.1	18.9	2.2
Halal Crispy Korean BBQ Chicken Burger	178	359.9	12.6	42.7	19.2	1.8
Halal Half BBQ Chicken Panini	125	272.8	5.2	37.6	17.7	1.4
Halal Louisiana Chicken and Wedges	228	373.2	15.2	40.7	16.6	1.7
Halal Pepperoni Panini	212	512.9	15.6	69.4	21.6	2.7
Halal Pepperoni Pizza	105	253.7	9.8	30.1	10.7	1.2
Halal Pepperoni Pizza Homemade TUGO	120	288.6	10.3	36.7	11.7	1.2
Halal Philly Hot Dog	268	588.4	16.1	86.0	22.2	3.8
Halal Piri Piri Chicken Pizza Slice	110	245.0	7.8	30.8	12.2	1.1
Halal Southern Fried BBQ Chicken Twister	108	261.1	12.3	22.9	14.7	1.7
Halal Southern Fried Chicken Burger Lettuce & Mayo	171	376.9	16.5	38.4	17.8	1.8
Halal Southern Style Chicken Wings	208	451.2	30.3	19.8	23.4	1.5
Halal Southern Style Chicken Wings, Rice and Ranch Slaw	365	689.9	35.3	63.3	27.4	1.6
Halal Sweet Chilli Chicken Open Wrap	184	225.6	8.4	22.4	13.4	1.2
Half BBQ Chicken Panini	125	272.8	5.2	37.6	17.7	1.4
Half Cheese Panini	84	212.8	4.7	33.1	8.5	0.9
Half Chicken Tikka & Mayo Panini	121	244.2	6.1	33.0	13.3	1.0
Half Halal Chicken Tikka & Mayo Panini	121	257.7	7.9	33.0	12.6	0.9
Half Halal Pepperoni Panini	106	256.5	7.8	34.7	10.8	1.3

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Half Pepperoni Panini	106	278.0	10.2	34.5	10.9	1.5
Pizza Melt Panini	95	220.9	4.8	34.5	8.8	1.0
Ham Cheese & Tomato Pizza	106	236.2	7.7	29.9	11.2	1.1
Ham Cheese & Tomato Pizza Homemade	120	268.8	8.2	36.0	12.1	1.1
Hot Honey Popcorn	48	243.8	20.6	11.5	1.4	0.5
Hot Pesto Pasta with Roasted Tomatoes	368	518.2	20.4	67.9	15.7	1.2
Hot Wrap - Margherita	85	187.2	11.9	11.1	8.4	1.1
Korean BBQ Quorn Open Wrap	199	265.4	12.8	23.2	10.7	0.8
Lentil & Chickpea Dahl with Crispy Bombay Potatoes	327	222.7	5.9	28.6	10.4	1.1
Louisiana Chicken & Wedges	228	373.2	15.2	40.7	16.6	1.7
Maple & Chilli Cauliflower Wings with Cajun Wedges	336	388.9	4.1	77.3	8.1	2.6
Margherita Pizza	96	225.0	7.3	29.9	9.1	0.9
Margherita Pizza Homemade	111	259.9	7.9	36.5	10.1	0.9
Mexican Red Pepper & Tomato Soup	309	129.8	4.5	17.9	2.7	1.0
Mexican Salsa Quesadilla	66	107.4	6.2	7.8	4.7	0.5
Leek & Potato Soup	302	90.3	4.0	10.4	2.1	0.8
Onion Bhaji Skewer with Bombay Potato	524	562.8	24.5	70.4	11.1	1.4
Parsnip & Apple Soup	274	160.7	6.0	22.0	2.6	0.6
Pepperoni Panini	212	556.0	20.4	69.1	21.8	2.9
Pepperoni Pizza	105	271.2	11.7	30.0	10.8	1.3
Pepperoni Pizza Homemade	120	306.1	12.3	36.5	11.8	1.3
Philly Hot Dog	281	717.3	28.7	84.3	25.2	3.7
Philly Hot Dog Veggie	268	608.4	19.6	76.6	26.8	3.8
Piri Piri Chicken Pizza Slice	110	245.0	7.8	30.8	12.2	1.1
Pizza Melt Panini	190	441.9	9.7	69.0	17.6	1.9
Plain Popcorn	18	91.9	5.5	7.5	1.4	0.0
Quorn Tikka Burrito	215	321.8	4.3	53.0	14.5	1.8
Roasted Butternut, Sweetcorn & Chipotle Pasta	473	359.2	6.0	61.3	11.7	0.7
Roasted Squash & Ginger Soup	286	136.1	6.6	15.7	2.2	0.3
Roasted Tomato & Basil Soup	308	97.1	0.4	18.5	5.4	0.4
Smokey Chilli & Tomato Soup	307	100.8	0.6	18.6	5.5	0.4
Southern Fried BBQ Chicken Twister	108	261.1	12.3	22.9	14.7	1.7
Southern Fried Chicken Burger Lettuce & Mayo	171	376.9	16.5	38.4	17.8	1.8
Southern Fried Ranch Quorn Open Wrap	198	259.9	13.1	20.7	11.1	1.6

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Southern Style Chicken Wings	208	451.2	30.3	19.8	23.4	1.5
Southern Style Chicken Wings, Rice & Slaw	365	689.9	35.3	63.3	27.4	1.6
Spiced Vegetable Soup	261	146.9	5.0	20.8	2.5	0.5
Spicy tomato pasta	202	247.2	3.8	44.8	6.8	0.6
Spicy Vegetable Fried Rice	169	219.4	3.6	39.1	5.8	1.2
Spicy Vegetable Noodles - Power Bites	185	223.0	2.7	43.6	6.4	3.1
Sweet Chilli Chicken Open Wrap	170	159.4	4.1	15.8	13.4	1.1
Tex Mex Loaded Hash Browns	246	449.8	22.9	50.1	9.2	2.0
Thai Style Butternut Squash Soup	284	170.6	10.0	15.9	2.7	0.6
The Big Plant Burger	186	433.6	18.5	33.9	28.1	2.1
Tuscan Bean Soup	285	137.3	0.9	23.6	7.5	0.3
Vegan Singapore Noodles	248	326.3	2.3	68.2	12.2	1.9