

Concepts Nutrition Report_April 26

Last Edited: 10/28



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)
Caribbean Kitchen	1003212	Caribbean Kitchen - Jerk Wedges	198	222.8	7.6	33.2	3.9
	1003214	Caribbean Kitchen - Pineapple Slaw	52	38.1	2.0	3.8	0.5
	1003211	Caribbean Kitchen - Rice n Peas	202	322.4	1.4	69.0	8.7
	1003619	Sauce - Spicy Roots Combo Sauce	31	82.0	5.4	7.9	0.3
	1003231	Sauce - Sticky Mango Sauce	32	43.3	0.0	10.5	0.2
	1003232	Sauce - Sweet Chilli	30	48.3	0.0	11.9	0.2
	1003233	Sauce - Yogurt & Mint Sauce	30	154.5	16.3	1.3	0.4
	1003225	Topping - Halal Jamaican Chicken Stew	149	180.8	9.7	10.8	11.7
	1003216	Topping - Halal Reggae Reggae Chicken	254	385.8	17.0	0.6	57.2
	1003217	Topping - Jerk Pork Spicy Roots	131	163.6	10.3	4.0	13.2
	1003215	Topping - Reggae Reggae Chicken	254	592.4	45.3	0.6	43.0
1003228	Vegan Topping Jerk Cauliflower Bites Spicy Roots	112	117.2	1.2	19.9	5.4	

	Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
Kebab Shack	1003234	Kebab Shack - Flat Bread	15	48.8	1.5	7.3	1.3
	1003235	Kebab Shack - Harissa Spiced Rice	149	223.4	1.3	45.3	5.9
	1003237	Kebab Shack - Sumac Slaw	51	46.7	3.1	3.3	0.7
	1003231	Sauce - Sticky Mango Sauce	32	43.3	0.0	10.5	0.2
	1003232	Sauce - Sweet Chilli	30	48.3	0.0	11.9	0.2
	1003233	Sauce - Yogurt & Mint Sauce	30	154.5	16.3	1.3	0.4
	1003239	Topping - Chicken Shawarma	148	135.4	5.9	6.6	13.2
	1003250	Topping - Chickpea & Coriander Falafel	100	136.0	2.2	21.0	5.9
	1003241	Topping - Halal Chicken Shawarma	148	157.9	8.9	6.6	12.1
	1003246	Topping - Halal Lemon & Garlic Chicken	151	156.2	8.7	6.8	12.0
	1003244	Topping - Lemon & Garlic Chicken	151	133.7	5.7	6.8	13.2

1003248	Topping - Vegetarian Harissa Spiced Grilled Cheese Veg	135	217.1	15.9	5.1	12.8
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Mac My Day	Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
	1003280	Mac My Day - Crunchy Topped Macaroni Cheese	230	443.1	20.5	47.2	16.4
	1003281	Mac My Day - Vegan Macaroni Cheese	215	364.2	9.2	58.1	10.6
	1003286	Sauce - BBQ Sauce	30	39.0	0.0	9.3	0.3
	1003288	Sauce - Peri Peri	30	49.8	0.1	11.5	0.2
	1003287	Sauce - Pesto	30	220.8	23.6	1.4	0.2
	1003282	Topping - BBQ Chicken	127	85.3	1.5	6.9	10.8
	1003283	Topping - Halal BBQ Chicken	127	104.3	4.0	6.9	9.8
	1003285	Topping - Halal Spicy Pepperoni & Roasted Peppers	120	124.9	8.9	5.9	4.6
	1003284	Topping - Spicy Pepperoni & Roasted Peppers	120	143.7	10.8	5.7	5.3
1003151	Topping - Vegan Chilli non-Carne	128	84.2	0.7	8.8	8.8	

Peri Good	Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
	1009730	Nandos Concept - Garlic Yoghurt	8	41.3	4.3	0.4	0.1
	1009916	Nandos Concept - Hot Peri Peri Chicken	258	537.1	37.7	1.4	45.3
	1009965	Nandos Concept - Hot Peri Peri Chicken Halal	258	319.6	7.9	1.4	60.3
	1009918	Nandos Concept - Lemon & Herb Chicken	101	121.2	5.8	4.8	11.8
	1009969	Nandos Concept - Lemon & Herb Chikcen Halal	101	140.4	8.3	4.8	10.8
	1009758	Nandos Concept - Macho Rice N Peas	167	284.6	6.0	50.5	7.0
	1009735	Nandos Concept - Piri Piri Quorn Strips	122	71.5	1.0	6.6	7.2
	1009725	Nandos Concept - Smoked Paprika & Garlic Wedges	199	223.6	7.6	33.3	4.0
	1009733	Nandos Concept - Vegan Perinaise	30	164.7	17.4	1.6	0.0
	1009727	Nandos Concept Vegan Perinaise Slaw	37	39.3	2.9	2.3	0.5
	1003288	Sauce - Peri Peri	30	49.8	0.1	11.5	0.2

	Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
Ramen Club	1009956	Extras - Ramen Garnish Combo	6	14.9	1.1	0.9	0.3
	1009937	Ramen Club - Katsu Broth	118	78.7	3.5	9.0	1.8
	1009939	Ramen Club - Ramen Broth	117	17.6	0.4	2.4	0.8
	1009935	Ramen Club Noodles & Vegetables	191	265.9	7.4	40.4	7.6
	1009961	Ramen Club Topping - Nut Free Halal Chicken Satay	110	213.4	14.7	3.8	15.8
	1009943	Ramen Club Topping - Seaweed Roasted Tofu	107	226.7	15.7	8.2	12.6
	1009941	Ramen Club Topping - Spicy Veg	50	96.2	4.7	10.6	2.3
	1009952	Ramen concept Topping - Nut Free Chicken Satay	106	178.5	10.3	3.7	17.1

	Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
Spice Ranch	1003278	Sauce - Creole Mayo Deep South	33	87.3	8.5	2.4	0.3
	1003279	Sauce - Deep South Combo	32	81.0	7.6	2.5	0.5
	1003277	Sauce - Ranch Dressing Deep South	30	140.4	14.3	2.0	0.7
	1003276	Sauce - Salsa Deep South	33	15.2	0.0	3.1	0.4
	1003257	Spice Ranch - Louisiana Dirty Rice	222	323.0	4.8	61.4	6.5
	1003323	Spice Ranch - Squashed Spiced Jacket Potato	304	292.3	5.7	51.8	6.1
	1003269	Spice Ranch - Vegan Coleslaw	52	50.8	3.5	3.5	0.7
	1003275	Topping - Cajun Quorn Dippers	69	150.5	9.5	6.2	7.8
	1003272	Topping - Chipotle Pulled Beef	131	104.9	2.5	7.7	12.3
	1003270	Topping - Corn Fried Chicken	138	211.9	8.1	15.0	19.1
	1003273	Topping - Halal Chipotle Pulled Beef	131	113.8	3.6	7.7	12.4
	1003271	Topping - Halal Corn Fried Chicken	138	211.9	8.1	15.0	19.1

	Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
Spud King	1003152	Extras - Cheese	30	93.9	7.8	1.0	5.0
	1003153	Extras - Crushed Nachos	30	143.4	6.3	18.9	1.9
	1003156	Extras - Jalapenos	30	6.0	0.0	1.1	0.0
	1003157	Extras - Melted Garlic Butter	30	172.7	18.8	0.7	0.2
	1003158	Extras - Spud King Topping Combo	30	81.1	4.7	7.0	2.3
	1003144	Spud King - Baked Potato	303	264.0	2.6	51.9	6.0

Spt	1003145	Spud King - Sweet Potato	303	312.0	2.9	63.9	3.6
	1003146	Topping - Chicken Curry	163	144.4	5.2	9.4	13.3
	1003147	Topping - Halal Chicken Curry	163	163.5	7.8	9.4	12.3
	1003149	Topping - Halal Sausage & BBQ Bean	154	189.8	4.4	25.8	8.3
	1003148	Topping - Sausage & BBQ Bean	154	219.7	8.4	23.2	9.7
	1003151	Topping - Vegan Chilli non-Carne	128	84.2	0.7	8.8	8.8

	Recipe Code	Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
Wok Pot	1003245	Extras - Chilli & Coriander Garnish	13	4.2	0.1	0.3	0.3
	1003243	Extras - Crispy Fried Onions	10	60.6	4.6	4.0	0.6
	1003247	Extras - Spring Onion Garnish	7	2.0	0.0	0.2	0.2
	1003249	Extras - Wok Pot Garnish Combo	10	22.3	1.6	1.5	0.4
	1003135	Topping - Sweet Chilli Chicken	133	114.7	1.8	11.6	12.7
	1003136	Topping - Terriyaki Style Beef	211	259.8	7.6	29.9	16.5
	1003139	Topping - Vegan Char Sui Tofu	144	158.6	5.7	13.4	12.7
	1003134	Wok Pot - Egg Fried Rice	202	356.3	5.0	69.8	9.0
	1003133	Wok Pot - Vegetable Noodles	203	191.2	1.2	39.5	6.8
	1003236	Wok Pot Halal Sweet Chilli Chicken	335	413.1	8.2	66.0	19.4
	1003238	Wok Pot Halal Terriyaki Style Beef	417	563.9	14.2	85.0	23.9