



AUSTRALIA NUTRITION INFORMATION
South Australia OTR School Lunch Program
December 2025

AVG QTY Per Serve	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Subway 6-Inch® Subs Values include wheat bread, lettuce, tomato, cucumber, carrot										
BBQ Chicken	231	1330	318	22.5	4.0	0.9	45.9	11.9	4.1	731
Chicken & Mayo	225	1360	326	22.4	8.6	1.7	38.2	4.8	3.9	587
Turkey (with Honey Mustard)	219	1210	289	17.3	3.5	0.7	44.9	9.7	3.9	674
Veggie Delite® with Avocado	181	1120	267	9.3	7.5	0.9	40.7	4.5	5.8	280
Wraps Values include multigrain wrap, lettuce, tomato, cucumber, carrot										
BBQ Chicken	237	1400	335	22.3	6.6	2.6	44.1	10.9	5.0	876
Chicken & Mayo	231	1430	343	22.2	11.1	3.3	36.4	3.7	4.9	732
Turkey (with Honey Mustard)	225	1280	306	17.1	6.1	2.4	43.1	8.7	4.8	819
Veggie Delite® with Avocado	187	1190	284	9.1	10.0	2.6	39.0	3.5	6.7	425
Salads Values include lettuce, tomato, cucumber, carrot										
Chicken	220	412	98	15.5	2.0	0.6	3.9	3.7	2.2	258
Veggie Delite® with Avocado	191	350	83.5	2.5	5.5	0.6	7.1	3.4	4.0	16.9
Breads Subway 6-Inch Sub										
Wheat Bread	69.0	814	195	7.5	2.1	0.3	35.0	2.6	2.7	271
Wrap, Multigrain	75.0	923	221	6.6	3.8	1.9	37.7	1.1	3.5	413
Meat & Poultry Amount on Subway 6-Inch® Sub, regular wrap or regular salad										
Chicken Strips	64.0	306	73.1	14.1	1.8	0.6	0.3	0.3	0.3	241
Turkey, Sliced	52.0	211	50.5	8.8	1.0	0.3	1.2	0.8	0.3	300
Sauces & Dressings Amount on Subway 6-Inch® Sub, regular wrap or regular salad										
Honey Mustard	21.0	124	29.6	0.3	0.3	0.0	6.5	4.4	0.0	94.5
Mayonnaise	15.0	184	43.9	0.1	4.6	0.7	0.6	0.0	0.0	65.8
Smoky BBQ Sauce	21.0	149	35.7	0.3	0.0	0.0	8.4	7.2	0.1	210
Vegetables Amount on Subway 6-Inch® Sub, regular wrap or regular salad										
Avocado	35.0	244	58.3	1.2	5.3	0.6	3.5	0.0	0.0	0.0
Carrot	7.0	12.0	2.9	0.1	0.0	0.0	0.5	0.3	0.2	4.8
Cucumber	14.0	8.8	2.1	0.1	0.0	0.0	0.4	0.2	0.1	0.3
Lettuce	21.0	12.3	2.9	0.2	0.0	0.0	0.4	0.4	0.3	2.1
Tomato	35.0	26.4	6.3	0.3	0.1	0.0	0.9	0.9	0.4	1.8
Beverage & Sides (per vendor branded label)										
Mt Frankin Water	600	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.0

Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories and the USDA National Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.



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AVG QTY Per 100g										
Subway® Subs Values include wheat bread, lettuce, tomato, cucumber, carrot										
BBQ Chicken	100	576	138	9.7	1.7	0.4	19.9	5.2	1.8	316
Chicken & Mayo	100	604	145	10.0	3.8	0.7	17.0	2.1	1.8	261
Turkey (with Honey Mustard)	100	553	132	7.9	1.6	0.3	20.5	4.4	1.8	308
Veggie Delite® with Avocado	100	619	148	5.2	4.1	0.5	22.5	2.5	3.2	155
Wraps Values include multigrain wrap, lettuce, tomato, cucumber, carrot										
BBQ Chicken	100	591	141	9.4	2.8	1.1	18.6	4.6	2.1	370
Chicken & Mayo	100	619	148	9.6	4.8	1.4	15.8	1.6	2.1	317
Turkey (with Honey Mustard)	100	569	136	7.6	2.7	1.1	19.2	3.9	2.1	364
Veggie Delite® with Avocado	100	636	152	4.9	5.4	1.4	20.8	1.9	3.6	227
Salads Values include lettuce, tomato, cucumber, carrot										
Chicken Salad	100	280	66.1	8.1	2.9	1.5	1.7	1.6	0.9	153
Veggie Delite® with Avo	100	180	43.7	1.3	2.9	0.3	3.7	1.8	1.0	8.8
Breads										
Wheat Bread	100	1180	282	10.9	3.0	0.5	50.7	3.8	3.9	393
Wrap, Multigrain	100	1230	294	8.8	5.1	2.5	50.2	1.5	4.7	550
Meat & Poultry										
Chicken Strips	100	478	114	22.0	2.8	0.9	0.5	0.4	0.5	376
Turkey, Sliced	100	406	97.0	17.0	2.0	0.6	2.3	1.6	0.5	576
Sauces & Dressings										
Honey Mustard	100	590	141.0	1.3	1.3	0.1	30.8	20.9	0.0	450
Mayonnaise	100	1220	293	0.9	30.5	4.9	4.3	0.0	0.0	439
Smoky BBQ Sauce	100	711	170	1.2	0.1	0.0	39.8	34.1	0.7	1000
Vegetables										
Avocado	100	697	167	3.3	15.0	1.7	10.0	0.0	0.0	0.0
Carrot	100	172	41.0	0.9	0.2	0.0	6.8	4.7	2.8	69.0
Cucumbers	100	62.8	15.0	0.7	0.1	0.0	3.1	1.7	0.5	2.0
Lettuce	100	58.6	14.0	0.9	0.1	0.0	1.8	2.0	1.2	10.0
Tomatoes	100	75.3	18.0	0.9	0.2	0.0	2.7	2.6	1.2	5.0
Beverage & Sides (per vendor branded label)										
Mt Frankin Water	100	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8

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