



AUSTRALIA NUTRITION INFORMATION
School Lunch Program (NSW only)
December 2025

	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per Serve										
Subway 6-Inch® Subs Values include wheat bread, lettuce, tomato, cucumber, carrot										
Chicken & Salad (with Cheddar Cheese & BBQ Sauce)	245	1560	374	25.9	8.8	3.8	46.0	12.1	4.1	833
Chicken & Salad (with Cheddar Cheese & Mayonnaise)	239	1600	382	25.8	13.3	4.5	38.3	4.9	3.9	688
Chicken Teriyaki & Salad (with Cheddar Cheese)	245	1540	368	25.7	8.9	3.8	44.2	10.3	4.0	822
Ham & Salad (with Cheddar Cheese & Honey Mustard)	224	1430	342	18.3	9.0	3.8	45.2	10.2	3.6	911
Turkey & Salad (with Cheddar Cheese & Honey Mustard)	233	1440	345	20.7	8.3	3.5	45.0	9.9	3.9	776
Veggie Delite® with Avo	181	1120	267	9.3	7.5	0.9	40.7	4.5	3.6	280
Wraps Values include multigrain wrap, lettuce, tomato, cucumber, carrot										
Chicken & Salad (with Cheddar Cheese & BBQ Sauce)	251	1640	391	25.7	11.4	5.5	44.3	11.0	5.0	978
Chicken & Salad (with Cheddar Cheese & Mayonnaise)	245	1670	399	25.6	15.9	6.2	36.6	3.9	4.9	833
Chicken Teriyaki & Salad (with Cheddar Cheese)	251	1610	385	25.4	11.5	5.5	42.5	9.2	4.9	967
Ham & Salad (with Cheddar Cheese & Honey Mustard)	230	1500	359	18.1	11.5	5.5	43.4	9.1	4.5	1056
Turkey & Salad (with Cheddar Cheese & Honey Mustard)	239	1520	362	20.5	10.9	5.2	43.3	8.8	4.8	921
Veggie Delite® with Avo	187	1190	284	9.1	10.0	2.6	39.0	3.5	4.5	425
Salads Values include lettuce, tomato, cucumber, carrot										
Chicken Salad (with Cheddar Cheese)	234	648	155	18.9	6.8	3.5	4.1	3.8	2.2	359
Veggie Delite® with Avo	191	350	83.5	2.5	5.5	0.6	7.1	3.4	1.9	16.9
Breads Subway 6-Inch Sub										
Wheat Bread	69.0	810	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, wrap or salad										
Chicken Strips	64.0	306	73.1	14.1	1.8	0.6	0.3	0.3	0.3	241
Chicken Teriyaki	85.0	428	102.4	14.1	1.9	0.6	7.3	5.7	0.3	432
Ham	43.0	196	46.9	6.5	1.7	0.6	1.3	1.1	0.0	434
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 or wrap										
Honey Mustard	21.0	124	29.6	0.3	0.3	0.0	6.5	4.4	0.0	94.5
Marinara Sauce	21.0	59.9	14.3	0.3	0.5	0.1	1.8	1.4	0.5	70.4
Mayonnaise	15.0	184	43.9	0.1	4.6	0.7	0.6	0.0	0.0	66
Smoky BBQ Sauce	21.0	149	35.7	0.3	0.0	0.0	8.4	7.2	0.1	210
Tomato Sauce	21.0	102	24.3	0.3	0.0	0.0	5.4	5.1	0.0	187
Cheeses Amount on Subway 6-Inch® Sub, wrap or salad										
Natural Cheddar Cheese (slices)	14.3	236	56.4	3.4	4.8	2.9	0.1	0.1	0.0	102
Vegetables Amount on Subway 6-Inch® Sub, wrap or salad										
Avocado	35.0	244	58.3	1.2	5.3	0.6	3.5	0.0	0.0	0.0
Carrots	7.0	12.0	2.9	0.1	0.0	0.0	0.5	0.3	0.2	4.8
Cucumbers	14.0	8.8	2.1	0.1	0.0	0.0	0.4	0.2	0.1	0.28
Lettuce	21.0	12.3	2.9	0.2	0.0	0.0	0.4	0.4	0.3	2.1
Tomatoes	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 Franklin Water	600	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.0

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AVG QTY Per 100g										
Subway® Subs										
Values include wheat bread, lettuce, tomato, cucumber, carrot										
Chicken & Salad (with Cheddar Cheese & BBQ Sauce)	100	636	152	10.6	3.6	1.5	18.8	4.9	1.7	339
Chicken & Salad (with Cheddar Cheese & Mayonnaise)	100	669	160	10.8	5.6	1.9	16.0	2.1	1.7	288
Chicken Teriyaki & Salad (with Cheddar Cheese)	100	628	150	10.5	3.6	1.6	18.0	4.2	1.6	335
Ham & Salad (with Cheddar Cheese & Honey Mustard)	100	638	152	8.2	4.0	1.7	20.1	4.5	1.6	406
Turkey & Salad (with Cheddar Cheese & Honey Mustard)	100	617	148	8.9	3.5	1.5	19.3	4.2	1.7	333
Veggie Delite® with Avo	100	619	148	5.2	4.1	0.5	22.5	2.5	2.0	155
Wraps										
Values include multigrain wrap, lettuce, tomato, cucumber, carrot										
Chicken & Salad (with Cheddar Cheese & BBQ Sauce)	100	653	156	10.2	4.5	2.2	17.6	4.4	2.0	389
Chicken & Salad (with Cheddar Cheese & Mayonnaise)	100	681	163	10.4	6.5	2.5	14.9	1.6	2.0	340
Chicken Teriyaki & Salad (with Cheddar Cheese)	100	641	153	10.1	4.6	2.2	16.9	3.7	2.0	385
Ham & Salad (with Cheddar Cheese & Honey Mustard)	100	651	156	7.8	5.0	2.4	18.8	4.0	2.0	458
Turkey & Salad (with Cheddar Cheese & Honey Mustard)	100	635	151	8.5	4.5	2.2	18.1	3.7	2.0	385
Veggie Delite® with Avo	100	636	152	4.9	5.4	1.4	20.8	1.9	2.4	227
Salads										
Values include lettuce, tomato, cucumber, carrot										
Chicken Salad (with Cheddar Cheese)	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	1170	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
Chicken Teriyaki	100	504	120	16.6	2.3	0.7	8.6	6.7	0.4	508
Ham	100	456	109	15.0	4.0	1.3	3.1	2.6	0.0	1010
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	1.3	1.3	0.1	30.8	20.9	0.0	450
Marinara Sauce	100	285	68.1	1.6	2.5	0.3	8.4	6.9	2.3	335
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
Tomato Sauce	100	485	116	1.3	0.1	0.0	25.5	24.3	0.0	890
Cheeses										
Natural Cheddar Cheese (slices)	100	1650	394	23.8	33.3	20.0	1.0	1.0	0.0	712
Vegetables										
Avocado	100	697	167	3.3	15.0	1.7	10.0	0.0	0.0	0.0
Carrots	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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