



AMARA Subway Releases Quick Guide for Planning Group Sandwich Orders

August 17, 2026

August 17, 2026 -

AMARA Subway has published a new catering guide, "How Many Sandwiches Do You Need for a Group? (Quick Catering Calculator)," to help event planners estimate sandwich quantities for groups. The guide covers box lunches, six-inch subs, footlong subs, and sandwich platters. It also includes examples for groups ranging from 10 to 100 people.

The guide addresses a common challenge when planning meals for office meetings, school lunches, parties, team events, and other gatherings. It explains that box lunches can be ordered at one per person. Standard Subway catering platters contain 15 portions made from five footlong sandwiches cut into thirds.

"An accurate headcount can make group meal planning much easier, but different events may require different serving amounts," said Alex Laldin, marketing director at AMARA Subway. "The guide gives event planners a practical starting point based on group size, meal format, and expected appetites."

According to the guide, one standard catering platter can serve about five to nine people when each guest receives two to three sandwich portions. Groups with larger appetites may need more food. Events that include other dishes may require fewer sandwich portions.

The resource also provides sample quantities for several group sizes. For a group of 20 people, the guide suggests 20 box lunches or three to four platters. For 50 people, the estimate increases to 50 box lunches or six to 10 platters. A group of 100 may require 100 box lunches or 12 to 20 platters, depending on serving needs.

The guide also explains the differences between individual box lunches and shared platters. Box lunches provide one meal for each attendee and can make dietary labeling easier. The company identifies office meetings, school lunches, and corporate events as common settings for individual meals.

Platters provide shared portions and may work well for parties, team celebrations, and other informal gatherings. Guests can serve themselves, which can make platters practical for events where individual meal distribution is not needed.

AMARA Subway also advises planners to account for possible changes in attendance. For events without a firm headcount, the guide suggests adding 10 to 15 percent to the confirmed number. For example, a gathering with 30 confirmed attendees may require 33 to 35 box lunches.

Expected appetite is another factor. Groups with larger appetites may need more platter portions than a basic headcount estimate suggests. Events with several other food options may require fewer sandwich portions per person.

Meal format can also affect the final quantity. If sandwiches are the main meal, planners may need to allow more food per guest. If sandwiches are served with several other dishes, a smaller amount may be enough.

Individual box lunches can also make changes in attendance easier to manage. Since each meal is packaged separately, organizers can distribute meals based on the final number of guests. This format can also help when specific meals need to be identified for individual attendees.

Ordering time is another part of the planning process covered in the guide. AMARA Subway states that its standard catering lead time is 24 hours. For orders of more than 50 box lunches, the company asks for 48 hours of notice when possible.

The minimum order for box lunches is 10. A single platter can be ordered without a larger platter minimum. These details give planners a clearer starting point when deciding between individual meals and shared

sandwich portions.

According to the published resource, each AMARA Subway box lunch includes a sub, chips, and a cookie. Dietary changes can be requested during ordering. The guide notes that individual meals may be useful for events where specific meal choices need to be identified and distributed.

The new guide gives event planners a simple reference for estimating catering quantities before placing an order. It separates serving estimates by meal type, group size, and expected appetite. This approach allows planners to choose quantities based on the needs of each event rather than using the same serving estimate for every gathering.

AMARA Subway operates six Subway locations across Cobb County, with stores in Acworth, Kennesaw, Marietta, and Powder Springs. The company provides catering for office lunches, events, and parties through its area locations, including box lunches and sandwich platters.

###

For more information about AMARA Subway, contact the company here: AMARA Subway Alex Laldin 678-355-6035 Office@AMARASubway.com

AMARA Subway

AMARA Subway is dedicated to serving fresh, delicious meals with friendly service while creating a welcoming experience for every guest.

Website: <http://amarasubway.com/>

Email: Office@AMARASubway.com

Phone: 678-355-6035

