




















































































































## Ashdale Catering - Allergen Information for HOT MENU (17.06.2021)

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>Ashdale Catering - Soups</b>					
Ashdale Catering (Hot lunches) - Vegetable Soup & Crusty White Roll (06/21) - 1 Serving		330Kcal	 WHEAT  CELERY  MILK	 HAZELNUTS, ALMONDS, WALNUTS  EGGS  SESAME  SOYA  SULPHITES	
Ashdale Catering (Hot lunches) - Vegetable Soup & Farmhouse Brown Bread (06/21) - 1 Serving		210Kcal	 WHEAT  CELERY  MILK		
Ashdale Catering (Soups) - Vegetable Soup (06/21) - 1 Serving		112Kcal	 CELERY  MILK		 VEGETARIAN
<b>Ashdale Catering - Hot Meals Menu</b>					
Ashdale Catering (Hot lunches) - Bolognese with Penne Pasta (06/21) - 1 Serving		329Kcal	 WHEAT  CELERY	 EGGS	
Ashdale Catering (Hot lunches) - Chicken Curry with Rice (06/21) - 1 Serving		543Kcal	 WHEAT  CELERY  EGGS	 TREE NUTS  MILK  SULPHITES  PEANUTS  SESAME  MUSTARD  SOYA	
Ashdale Catering (Hot lunches) - Chicken Fried Rice (06/21) - 1 Serving		539Kcal	 WHEAT  SOYA	 TREE NUTS	
Ashdale Catering (Hot lunches) - Chicken Goujon Wrap with Ketchup (06/21) - 1 Serving		472Kcal	 OATS, WHEAT, BARLEY	 RYE  SOYA	
Ashdale Catering (Hot lunches) - Chicken Goujon Wrap with Mayo (06/21) - 1 Serving		563Kcal	 OATS, WHEAT  EGGS  MUSTARD	 BARLEY, RYE  SOYA	
Ashdale Catering (Hot lunches) - Chicken Goujon Wrap, plain (06/21) - 1 Serving		455Kcal	 OATS, WHEAT	 BARLEY, RYE  SOYA	
Ashdale Catering (Hot lunches) - Chicken Goujons (06/21) - 1 Serving		266Kcal	 WHEAT	 OATS, BARLEY, RYE  SOYA	
Ashdale Catering (Hot lunches) - Chicken Goujons with Pasta (06/21) - 1 Serving		466Kcal	 WHEAT	 OATS, BARLEY, RYE  EGGS  SOYA	

Ashdale Catering (Hot lunches) - Chicken Korma with Rice (06/21) - 1 Serving	554Kcal	 WHEAT  MILK	 TREE NUTS  MUSTARD  SULPHITES  PEANUTS  SESAME  CELERY  SOYA	
Ashdale Catering (Hot lunches) - Chicken Pesto Pasta (06/21) - 1 Serving	403Kcal	 WHEAT  MILK	 CASHEWS  EGGS	
Ashdale Catering (Hot lunches) - Chicken, Tomato & Pasta (06/21) - 1 Serving	328Kcal	 WHEAT  CELERY	 EGGS	
Ashdale Catering (Hot lunches) - Mashed Potato with Gravy (06/21) - 1 Serving	218Kcal	 WHEAT  SOYA  MILK  SULPHITES		 GLUTEN FREE
Ashdale Catering (Hot lunches) - Mince, Veg & Mashed Potato (06/21) - 1 Serving	265Kcal	 SULPHITES	 CELERY	
Ashdale Catering (Hot lunches) - Pesto Pasta (06/21) - 1 Serving	409Kcal	 WHEAT  MILK	 CASHEWS  EGGS	
Ashdale Catering (Hot lunches) - Sausage, Mashed Potato & Gravy (06/21) - 1 Serving	230Kcal	 WHEAT  MILK  SULPHITES  MUSTARD  SOYA		
Ashdale Catering (Hot lunches) - Tomato Pasta (06/21) - 1 Serving	146Kcal	 WHEAT  CELERY	 EGGS	
Ashdale Catering (Hot lunches) - Vegetable Curry with Rice (06/21) - 1 Serving	513Kcal	 WHEAT  EGGS  CELERY  SULPHITES	 TREE NUTS  MILK  PEANUTS  SESAME  MUSTARD  SOYA	
Ashdale Catering (Hot lunches) - Vegetable Fried Rice (06/21) - 1 Serving	511Kcal	 WHEAT  SOYA	 TREE NUTS  CELERY  SULPHITES	
Ashdale Catering (Hot lunches) - Vegetable Soup & Crusty White Roll (06/21) - 1 Serving	330Kcal	 WHEAT  MILK  CELERY	 HAZELNUTS, ALMONDS, WALNUTS  EGGS  SOYA  SULPHITES  SESAME	
Ashdale Catering (Hot lunches) - Vegetable Soup & Farmhouse Brown Bread (06/21) - 1 Serving	210Kcal	 WHEAT  MILK  CELERY		
Ashdale Catering (Hot lunches) - White Basmati Rice, portion (06/21) - 1 Serving	452Kcal		 TREE NUTS	
Ashdale Catering (Soups) - Vegetable Soup (06/21) - 1 Serving	112Kcal	 CELERY  MILK		 VEGETARIAN