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The School Lunch People






































Ashdale Catering - Allergen information for Branded Ingredients (17.06.2021)












Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Amoy Rich & Creamy Coconut Milk, 400ml tin, Label data May 2021 - Per pack		689 Kcal			 GLUTEN FREE
Antalya Tortilla Wraps 1100g (Pack of 18), Manufacturers Spec, June 2021 - 1 x 25cm wrap		189 Kcal	 OATS, WHEAT		 HALAL
Arrabawn Fresh Cream 2 Litre Pack, Label data May 2021 - Per pack		1815 Kcal	 MILK		
Arrabawn Fresh Whole Milk, 2 Litre (Label Data, May 2021) - Per 250ml serving		159 Kcal	 MILK		
Birchwood Smoked Rindless Back Bacon Rashers (10pk - 300g), Label data, May 2021 - 100g		Kcal			
Blenders Pasta Sauce 2.33Kg pack (2.2L), Label data May 2021 - 100g		Kcal	 CELERY		 VEGETARIAN  GLUTEN FREE
Blenders Real Mayonnaise (920ml bottle, 870g), Label data May 2021 - Per 15g Portion		109 Kcal	 MUSTARD  EGGS		 GLUTEN FREE
Blenders Tikka Mayonnaise 2.25L jar (Label data, May 2021) - Per 15g Portion		76 Kcal	 EGGS		 VEGETARIAN
Blenders Tomato Ketchup (1040g bottle), Label data May 2021 - Per 15g Portion		17 Kcal	 BARLEY		
Caterers Pride Tuna in Brine, 1000g Pouch (Label data, May 2021) - Per pack (drained weight)		1004 Kcal	 FISH		
Cooked Prime Turkey Breast Sliced, 1kg (Pallas Foods), Label data May 2021 - 100g		Kcal	 MILK		
Cream Of Vegetable Soup 5kg drum (Newgrange Fine Foods), Label Data May 2021 - 100g		Kcal	 CELERY  MILK		
Dairygold Butter Mini Packs 6.2g (label data, May 2021) - 1 mini pack		42 Kcal	 MILK		
Dairymaid Premium Blended Spread 1.8kg (Label data, May 2021) - Per pack		10242 Kcal	 MILK		 VEGETARIAN

East End Garam Masala (Ground Mixed Spices), 5kg bag, Label data May 2021 - 100g	Kcal		 WHEAT  CELERY  SESAME  TREE NUTS  MUSTARD  SOYA  PEANUTS  MILK  SULPHITES	
East End Ground Coriander (Dhania), 5kg bag, Label data May 2021 - 100g	Kcal		 WHEAT  MUSTARD  SOYA  TREE NUTS  MILK  SESAME	
East End Royal Basmati Rice 20kg (manufacturers data, May 2021) - Per pack	71400 Kcal		 TREE NUTS	 VEGETARIAN
Fresh Basil Pesto (MSC Ventures Ltd Cork), Label data May 2021 - 100g	Kcal	 CASHEWS  MILK	 WHEAT	 VEGETARIAN
Freshly Squeezed Orange Juice, 2 Litre bottle (Richardsons Food), Label data May 2021 - 1 serving	66 Kcal			 VEGETARIAN  VEGAN
Handmade Crunchy Oat Cookie (Régale Biscuit Company Cork), Manufacturer's Spec. June 2021 - 1 cookie	73 Kcal	 OATS, WHEAT  MILK	 TREE NUTS  SOYA  EGGS  SESAME	
Hodgins Traditional Pork Sausages 454g, Raw, Manufacturer's Spec. May 2021 - 1 Pack	1418 Kcal	 WHEAT  SULPHITES		
Irish Pride Sandwich Pan 800g, Label data May 2021 - per 38g slice	89 Kcal	 WHEAT  SOYA	 SESAME	 VEGETARIAN
Irish Pride Slimsters, High Fibre White & Wholemeal Squares (41g each), Label data May 2021 - Per 41g Square	98 Kcal	 WHEAT  SOYA	 SESAME	 VEGETARIAN
Irish Pride Wholemeal Sandwich 800g, Label data May 2021 - per 38g slice	83 Kcal	 WHEAT  SOYA	 SESAME	 VEGETARIAN
Irish Pride Wholemeal Sandwich 800g, Label data May 2021 - Per pack	1757 Kcal	 WHEAT  SOYA	 SESAME	 VEGETARIAN

Jacobs Plain Digestive Biscuits (3 pack / 40g), Label data June 2021 - 1 biscuit	66Kcal	 WHEAT  MILK	 OATS, BARLEY  SOYA	 VEGETARIAN
Jacobs Plain Digestive Biscuits (3 pack / 40g), Label data June 2021 - Catering pack (3 biscuits)	197Kcal	 WHEAT  MILK	 OATS, BARLEY  SOYA	 VEGETARIAN
Kelkin Gluten-free Milk Chocolate Mini Rice Cakes Snack Pack (14g), Label data June 2021 - Per pack	70Kcal	 MILK  SOYA	 TREE NUTS  SESAME	 GLUTEN FREE
Kelkin Gluten-Free White Sliced Bread 400g, Label data May 2021 - Per Slice:	72Kcal	 EGGS	 MILK  SOYA  SULPHITES	 VEGETARIAN  GLUTEN FREE
Kikkoman Naturally Brewed Soy Sauce 1 litre, Label data May 2021 - 100g	Kcal	 WHEAT  SOYA		
Knorr Gluten Free Beef Bouillon Paste (1760g makes 80L, Label data per 100mls as prepared, May 2021 - 100g	Kcal		 CELERY	 GLUTEN FREE
Knorr Gluten Free Roast Gravy (1.14Kg drum), Label Data per 100g dry mix, May 2021 - 100g	Kcal	 WHEAT  MILK  SOYA		 VEGETARIAN  GLUTEN FREE
Knorr Gluten Free Roast Gravy (1.14Kg drum), Label Data per 100mls as prepared, May 2021 - 100g	Kcal	 WHEAT  MILK  SOYA		 VEGETARIAN  GLUTEN FREE
Knorr Gluten-Free Chicken Paste Bouillon (1760g makes 80L), Label data/100mls as prepared, May 2021 - 100g	Kcal	 CELERY		 GLUTEN FREE
KTC Rich & Creamy Coconut Milk, 400ml tin, Label data May 2021 - Per pack	439Kcal			 VEGETARIAN
Laughing Cow Cheese Triangles, Original (8 pk/ 140g), label data May 2021 - 1 triangle	42Kcal	 MILK		 VEGETARIAN
Le Petit Moulé, Fromage Nature, Spreadable Cheese, plain (label data, May 2021) - 1 mini portion pack	38Kcal	 MILK	 TREE NUTS	

Margetts Seedless Mixed Fruit Jam (Valeo Foods) 12.5kg bucket, Manufacturer's Spec. May 2021 - 1 level teaspoon	21 Kcal				 VEGETARIAN  VEGAN  GLUTEN FREE  KOSHER
McCormick Irish Stone-Ground Wholewheat Bread 500g, Label data May 2021 - Per slice	80 Kcal	 WHEAT  MILK			
McCormick Irish Stone-Ground Wholewheat Bread 500g, Label data May 2021 - Per pack	1117 Kcal	 WHEAT  MILK			
Mooju Fresh Chocolate Milk 250ml (label data, May 2021) - Per pack	186 Kcal	 MILK  SOYA			
Musgrave Excellence Breaded Chicken Goujons 1kg bag (cooked, frozen), Label data May 2021 - 1 goujon	89 Kcal	 WHEAT	 OATS, BARLEY, RYE  SOYA		
Musgrave Excellence Ground Turmeric 500g drum, Label data May 2021 - 1 teaspoon	9 Kcal				 VEGETARIAN  VEGAN
Musgrave Excellence Ground Turmeric 500g drum, Label data May 2021 - 1 tablespoon	28 Kcal				 VEGETARIAN  VEGAN
Musgrave Excellence Seasoned Potato Wedges 2.5kg bag (pre-fried & frozen), Label data May 2021 - 1 portion	178 Kcal	 WHEAT			
Nutella Hazelnut and Chocolate Spread (200g jar), Label data May 2021 - Per Portion (15g)	80 Kcal	 HAZELNUTS  MILK  SOYA			 VEGETARIAN
Panelba Spaccatini Trafalati No. 3 Lenta Italian Breadsticks (4 per pack = 12g), Label data May 2021 - 1 pack (4 breadsticks)	49 Kcal	 WHEAT	 SESAME  SOYA		

<p>Plain Muffin / mini queen cake (Healy's Cakes Cork) 25g each, (Manufacturers Spec, May 2021) - 1 mini muffin</p>	<p>96Kcal</p>	 WHEAT  EGGS  MILK  SOYA			
<p>Premium Sliced Ham (Glen Áine Foods), Label data May 2021 - 100g</p>	<p>Kcal</p>		 WHEAT	 SOYA	
<p>Quigley Meats, 95% VL, Lean steak mince, 5% fat (2.5kg pack), May 2021 - 100g</p>	<p>Kcal</p>				
<p>Quigley Meats, Cooked Chicken Fillets, Sliced, 2.5kg (Label data, May 2021) - Per pack</p>	<p>2853Kcal</p>				
<p>Richardson's Carrot Batons, Raw, 2kg (Label data, May 2021) - Per pack</p>	<p>36Kcal</p>		 CELERY	 SULPHITES	 VEGETARIAN  VEGAN
<p>Richardson's Rooster Potatoes, Peeled, 5kg, preserved w/ Sodium Metabisulphite, label data May 2021 - 1 Pack</p>	<p>576Kcal</p>	 SULPHITES			 VEGETARIAN  VEGAN
<p>Richardson's White Onions, Whole, Peeled, 5kg (Label data, May 2021) - 1 slice or in sandwich/wrap</p>	<p>6Kcal</p>		 CELERY	 SULPHITES	 VEGETARIAN  VEGAN
<p>Sage & Herb Stuffing (Wonderfoods /Donnelly Foodservice) 2kg bag, Manufacturer's Spec. May 2021 - 1 Pack</p>	<p>5170Kcal</p>	 WHEAT	 TREE NUTS	 PEANUTS  SESAME	 VEGETARIAN  VEGAN
<p>Scotts Flavoured Crispy Onions Original, (Label data, June 2021) - Per pack</p>	<p>559Kcal</p>	 WHEAT			 VEGETARIAN  VEGAN
<p>Seara Premium Breaded Chicken Fillets 1kg bag (cooked, frozen), Label data May 2021 - 130g - 155g per fillet</p>	<p>256Kcal</p>	 WHEAT	 CELERY  SESAME	 EGGS  MILK  FISH  SOYA	
<p>Sliced Red Apples, 50g Snack Pack (Simply Fruit Ireland Ltd), Label data May 2021 - 1 Pack</p>	<p>27Kcal</p>				 VEGETARIAN  VEGAN  GLUTEN FREE  KOSHER

SuperValu Soft White Bread Rolls 10pk (50g each), Label data May 2021 - 1 roll	136Kcal	 WHEAT  SOYA	 SESAME	
Traditional Cheese Co. - Coloured Cheddar Cheese Slices (Pack of 50 x 20g), Label data May 2021 - 1 slice	82Kcal	 MILK		
Valeo Foods Penne Pasta, 12kg (4 x 3kg packs), uncooked, Manufacturer's Spec. May 2021 - 100g	Kcal	 WHEAT	 EGGS	 VEGETARIAN  VEGAN
Vepo Coloured Cheddar Cheese Portions (20g), label data, May 2021 - 1 mini portion pack	82Kcal	 MILK		 VEGETARIAN
Yoplait Frubes with Added Calcium & Vitamin D, Assorted flavours 9 x 37g (333g), Label data May 2021 - Per Frube (1 tube)	32Kcal	 MILK		