



# ASHDALE CATERING

The School Lunch People

Date of analysis: 17/06/2021

## Nutrition Information Per Serving

Snacks	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale Catering (Cheese portions) - Laughing Cow Mini Cheese Triangles (06/21)	43	3.3	2.3	1.2	1.2	0.0	2.0	0.3	Source of Protein,High in Calcium
Ashdale Catering (Cheese portions) - Vepo Cheddar Cheese (06/21)	82	6.9	4.3	0.0	0.0		5.0	0.3	Sugar Free,High in Protein
Ashdale Catering (Cheese portions) - Le Petit Moulé Soft Cheese (06/21)	39	3.7	2.6	0.5	0.5	0.0	1.0	0.2	Low Sugar
Ashdale Catering (Snacks) - Jacob's Cream Crackers (2) with Butter (06/21)	108	6.8	2.9	10.0	0.0	0.5	1.4	0.3	Low Sugar
Ashdale Catering (Snacks) - Plain Mini Muffin (06/21)	97	3.9	1.0	14.0	6.1	0.0	1.3	0.4	
Ashdale Catering (Snacks) - Kelkin Gluten-Free Mini Chocolate Rice Cakes (06/21)	70	3.4	2.0	8.8	4.2	0.5	1.0	0.0	Very Low Salt
Ashdale Catering (Snacks) - Jacob's Cream Crackers 2 pk (06/21)	67	2.2	1.2	10.0	0.0	0.5	1.4	0.2	Low Sugar
Ashdale Catering (Snacks) - Oat Cookie (06/21)	73	3.8	2.4	8.7	3.9	0.5	0.9	0.0	No Salt
Ashdale Catering (Snacks) - Breadsticks (06/21)	49	0.9	0.4	8.6	0.5		1.6	0.2	Low Sugar,Source of Protein
Ashdale Catering (Snacks) - Plain Digestive Biscuits 3pk (06/21)	197	8.4	4.0	27.0	7.6	1.2	2.5	0.6	Source of Fibre
Ashdale Catering (Snacks) - Yoplait Yogurt Frube (06/21)	32	1.0	0.7	4.5	4.0	0.0	1.4	0.1	Low Fat,Low Salt,Source of Protein,High in Vitamin D,Source of Calcium

Ashdale Catering (Snacks) - Banana (06/21)	64	0.0	0.0	14.0	13.0	1.0	0.8	0.0	Fat Free,No Saturated Fat,No Salt,Source of Fibre
Ashdale Catering (Snacks) - Red Apple sliced (06/21)	27	0.0	0.0	6.2	6.2	0.9	0.0	0.0	Fat Free,No Saturated Fat,No Salt,High in Fibre
Ashdale Catering (Snacks) - Red Apple whole (06/21)	87	0.7	0.1	18.0	18.0	2.7	0.7	0.0	Low Fat,Low Saturated Fat,No Salt,High in Fibre
<b>Sandwiches, Wraps, Rolls &amp; Slimsters</b>	<b>Energy (Kcals)</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Authorised EU Nutrition Claims</b>
Ashdale Catering (White & Wholemeal Squares) - Slimster with Chicken Tikka No butter (06/21)	149	1.4	0.4	16	1.9	3	17	0.8	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein,Low Fat
Ashdale Catering (White & Wholemeal Squares) - Slimster with Chicken Tikka & Butter (06/21)	166	3.3	1	16	2	3	17	0.85	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Chicken Stuffing Mayo No butter (06/21)	249	12	1.6	17	2	2.7	17	0.95	
Ashdale Catering (White & Wholemeal Squares) - Slimster with Chicken Stuffing Mayo Butter (06/21)	249	12	1.6	17	2	2.7	17	0.95	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Ham & Cheese No butter (06/21)	201	8.1	4.8	16	1.8	2.6	15	1.2	Low Sugar,Source of Fibre,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Ham Cheese & Butter (06/21)	218	10	5.3	16	1.9	2.6	15	1.3	Low Sugar,Source of Fibre,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Turkey Slice No butter (06/21)	152	1.9	0.4	16	1.6	3.5	16	0.74	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Turkey Slice & Butter (06/21)	169	3.8	1	16	1.6	3.5	16	0.79	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Chicken Breast No butter (06/21)	144	1.1	0.4	15	1.8	2.6	17	0.72	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein

Ashdale Catering (White & Wholemeal Squares) - Slimster with Chicken Breast & Butter (06/21)	161	3	0.9	15	1.8	2.6	17	0.77	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Cheddar Cheese No butter (06/21)	181	7.5	4.5	15	1.6	2.6	12	0.68	Low Sugar,Source of Fibre,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Cheddar Cheese & Butter (06/21)	198	9.4	5.1	15	1.6	2.6	12	0.73	Low Sugar,Source of Fibre,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Ham No butter (06/21)	119	1.2	0.4	16	1.8	2.6	9.9	0.88	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Ham & Butter (06/21)	136	3.1	1	16	1.8	2.6	9.9	0.93	Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - White Wrap with Turkey Slice No butter (06/21)	229	5.7	1.9	32	1.3	0.7	12	1.5	Low Sugar,High in Protein
Ashdale Catering - White Wrap with Turkey Slice & Butter (06/21)	246	7.6	2.5	32	1.3	0.7	12	1.6	Low Sugar,High in Protein
Ashdale Catering - White Wrap with Chicken Breast No butter (06/21)	234	5.3	1.9	31	1.5		15	1.6	Low Sugar,High in Protein
Ashdale Catering - White Wrap with Chicken Breast & Butter (06/21)	251	7.2	2.4	31	1.5	0	15	1.7	Low Sugar
Ashdale Catering - White Wrap with Cheddar Cheese No butter (06/21)	271	12	6	31	1.3		10	1.6	Low Sugar,Source of Protein
Ashdale Catering - White Wrap with Cheddar Cheese & Butter (06/21)	288	14	6.6	31	1.3	0	10	1.6	Low Sugar,Source of Protein
Ashdale Catering - White Wrap with Ham No butter (06/21)	209	5.4	1.9	32	1.5	0	8.3	1.8	Low Sugar,Source of Protein
Ashdale Catering - White Wrap with Ham & Butter (06/21)	226	7.2	2.5	32	1.6	0	8.3	1.8	Low Sugar,Source of Protein
Ashdale Catering - Gluten-free Bread with Turkey Slice No butter (06/21)	184	4.7	0.7	27	1.6	1.4	7.6	0.47	Low Saturated Fat,Low Sugar,Source of Protein

Ashdale Catering - Gluten-free Bread with Turkey Slice & Butter (06/21)	201	6.6	1.2	27	1.7	1.4	7.6	0.52	Low Saturated Fat,Low Sugar,Source of Protein
Ashdale Catering - Gluten-free Bread with Chicken Breast No butter (06/21)	190	4.3	0.6	27	1.9	0.7	11	0.55	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - Gluten-free Bread with Chicken Breast & Butter (06/21)	207	6.2	1.2	27	1.9	0.7	11	0.6	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - Gluten-free Bread with Cheddar Cheese No butter (06/21)	226	11	4.8	27	1.7	0.7	5.6	0.51	Low Sugar
Ashdale Catering - Gluten-free Bread with Cheddar Cheese & Butter (06/21)	243	13	5.4	27	1.7	0.7	5.6	0.56	Low Sugar
Ashdale Catering - Gluten-free Bread with Ham No butter (06/21)	164	4.4	0.7	27	1.9	0.7	3.6	0.71	Low Saturated Fat,Low Sugar
Ashdale Catering - Gluten-free Bread with Ham & Butter (06/21)	182	6.3	1.3	27	1.9	0.7	3.6	0.76	Low Sugar
Ashdale Catering - Farmhouse Brown with Turkey Slice No butter (06/21)	201	1.8	0.4	31	1.3	5.3	13	1.2	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - Farmhouse Brown with Turkey Slice & Butter (06/21)	218	3.6	1	31	1.3	5.3	13	1.3	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - Farmhouse Brown with Chicken Breast No butter (06/21)	206	1.3	0.4	30	1.5	4.7	16	1.3	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - Farmhouse Brown with Chicken Breast & Butter (06/21)	224	3.2	0.9	30	1.5	4.7	16	1.4	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - Farmhouse Brown with Cheddar Cheese No butter (06/21)	243	7.7	4.5	30	1.3	4.7	11	1.3	Low Sugar,Source of Fibre,Source of Protein
Ashdale Catering - Farmhouse Brown with Cheddar Cheese & Butter (06/21)	260	9.6	5.1	30	1.3	4.7	11	1.3	Low Sugar,Source of Fibre,Source of Protein
Ashdale Catering - Farmhouse Brown with Ham No butter (06/21)	181	1.4	0.5	31	1.5	4.7	8.8	1.5	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein

Ashdale Catering - Farmhouse Brown with Ham & Butter (06/21)	199	3.3	1	31	1.5	4.7	8.9	1.5	Low Saturated Fat,Low Sugar,Source of Fibre,Source of Protein
Ashdale Catering - Soft White Roll with Chicken Tikka (06/21)	187	2.6	0.5	26	4.7	2.5	14	0.96	
Ashdale Catering - Soft White Roll with Chicken Stuffing & Mayo (06/21)	269	11	1.2	27	4.8	2.2	15	1.1	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - Crusty Roll with Ham Cheddar Cheese No butter (06/21)	298	8.3	4.8	41	1	1.7	14	1.9	Low Sugar,Source of Protein
Ashdale Catering - Crusty Roll with Ham Cheddar Cheese & Butter (06/21)	315	10	5.4	41	1	1.7	14	2	Low Sugar,Source of Protein
Ashdale Catering - Crusty Roll with Ham No butter (06/21)	221	1.6	0.5	41	1.1	1.7	9.8	1.7	Low Fat,Low Saturated Fat,Low Sugar,Source of Protein
Ashdale Catering - Crusty Roll with Ham & Butter (06/21)	238	3.5	1.1	41	1.1	1.7	9.8	1.8	Low Saturated Fat,Low Sugar,Source of Protein
Ashdale Catering - Crusty Roll with Butter no filling (06/21)	212	2.7	0.8	40	0.8	1.7	6.1	1.1	Low Saturated Fat,Low Sugar
Ashdale Catering - Crusty Roll with Chicken Breast No butter (06/21)	241	1.3	0.4	40	1	1.7	16	1.4	Low Fat,Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - Crusty Roll with Chicken Breast & Butter (06/21)	258	3.2	1	40	1	1.7	16	1.5	Low Fat,Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - Crusty Roll with Chicken Tikka (06/21)	246	1.6	0.4	41	1.1	2.1	16	1.5	Low Fat,Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - Crusty Roll with Chicken Stuffing & Mayo (06/21)	329	10	1.1	42	1.2	1.8	17	1.6	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - White Bread (2 slices) No butter or filling (06/21)	167	0.9	0.2	30	2.2	4.9	7.6	0.84	
Ashdale Catering - White Sandwich with Butter No filling (06/21)	195	3	0.9	34	2.8	2.1	7.1	0.89	Low Saturated Fat,Low Sugar,Source of Protein

Ashdale Catering - White Sandwich with Egg Mayo No butter (06/21)	282	10	1.6	34	2.8	2.1	12	1.1	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin D,Source of Vitamin B12
Ashdale Catering - White Sandwich with Egg Mayo & Butter (06/21)	299	12	2.2	34	2.9	2.1	12	1.1	Low Sugar,Source of Protein,Source of Vitamin D,Source of Vitamin B12
Ashdale Catering - White Sandwich with Jam No butter (06/21)	221	1.1	0.3	45	9.9	2.2	7.2	0.84	Low Fat,Low Saturated Fat,Source of Protein
Ashdale Catering - White Sandwich with Jam & Butter (06/21)	238	3	0.9	45	9.9	2.2	7.2	0.89	Low Saturated Fat,Source of Protein
Ashdale Catering - White Sandwich with Tuna Mayo No butter (06/21)	262	6.8	0.8	34	2.8	2.1	15	1.2	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - White Sandwich with Tuna Mayo & Butter (06/21)	279	8.7	1.4	34	2.8	2.1	15	1.3	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - White Sandwich with Turkey Slice No butter (06/21)	205	1.7	0.4	34	2.7	2.6	12	1	Low Fat,Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - White Sandwich with Turkey Slice & Butter (06/21)	222	3.6	1	34	2.8	2.6	12	1.1	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - White Sandwich with Chicken Breast No butter (06/21)	224	1.6	0.5	34	3	2.1	17	1.2	Low Fat,Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - White Sandwich with Chicken Breast & Butter (06/21)	241	3.5	1	34	3	2.1	17	1.3	Low Fat,Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - White Sandwich with Cheddar Cheese No butter (06/21)	260	8	4.6	34	2.8	2.1	12	1.2	Low Sugar,Source of Protein
Ashdale Catering - White Sandwich with Cheddar Cheese & Butter (06/21)	277	9.9	5.2	34	2.8	2.1	12	1.2	Low Sugar,Source of Protein
Ashdale Catering - White Sandwich with Ham No butter (06/21)	216	3.6	1.1	35	3	2.1	10	1.4	Low Saturated Fat,Low Sugar,Source of Protein

Ashdale Catering - White Sandwich with Ham & Butter (06/21)	216	3.6	1.1	35	3	2.1	10	1.4	Low Saturated Fat,Low Sugar,Source of Protein
Ashdale Catering - Wholemeal Bread (2 slices) No butter or filling (06/21)	167	0.9	0.2	30	2.2	4.9	7.6	0.84	Low Fat,Low Saturated Fat,Low Sugar,High in Fibre,Source of Protein
Ashdale Catering - Wholemeal Sandwich with Butter No filling (06/21)	184	2.8	0.8	30	2.2	4.9	7.6	0.89	Low Saturated Fat,Low Sugar,High in Fibre,Source of Protein
Ashdale Catering - Wholemeal Sandwich with Egg Mayo No butter (06/21)	288	12	2.1	30	2.3	4.9	12	1.1	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin D,Source of Vitamin B12
Ashdale Catering - Wholemeal Sandwich with Egg Mayo & Butter (06/21)	288	12	2.1	30	2.3	4.9	12	1.1	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin D,Source of Vitamin B12
Ashdale Catering - Wholemeal Sandwich with Jam No butter (06/21)	210	0.9	0.2	40	9.3	4.9	7.6	0.84	Low Fat,Low Saturated Fat,Source of Fibre,Source of Protein
Ashdale Catering - Wholemeal Sandwich with Jam & Butter (06/21)	227	2.8	0.8	40	9.4	4.9	7.6	0.89	Low Fat,Low Saturated Fat,Source of Fibre,Source of Protein
Ashdale Catering - Wholemeal Sandwich with Tuna Mayo No butter (06/21)	251	6.6	0.7	30	2.3	4.9	16	1.2	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - Wholemeal Sandwich with Tuna Mayo & Butter (06/21)	268	8.5	1.3	30	2.3	4.9	16	1.3	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - Wholemeal Sandwich with Turkey Slice No butter (06/21)	194	1.6	0.3	30	2.2	5.3	12	1	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - Wholemeal Sandwich with Turkey Slice & Butter (06/21)	211	3.4	0.9	30	2.2	5.3	12	1.1	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein

Ashdale Catering - Wholemeal Sandwich with Chicken Breast No butter (06/21)	213	1.4	0.4	30	2.4	4.9	18	1.2	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - Wholemeal Sandwich with Chicken Breast & Butter (06/21)	230	3.3	1	30	2.5	4.9	18	1.3	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - Wholemeal Sandwich with Cheddar Cheese No butter (06/21)	249	7.8	4.5	30	2.2	4.9	13	1.2	Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - Wholemeal Sandwich with Cheddar Cheese & Butter (06/21)	266	9.7	5.1	30	2.2	4.9	13	1.2	Low Sugar,Source of Fibre,Source of Protein
Ashdale Catering - Wholemeal Sandwich with Ham No butter (06/21)	187	1.5	0.5	30	2.5	4.9	11	1.4	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein,Low Fat
Ashdale Catering - Soft White Roll No butter or filling (06/21)	136	1.8	0.3	25	4.4	2.1	4.4	0.5	Low Saturated Fat,Source of Fibre,Source of Protein
Ashdale Catering - Soft White Roll with Butter no filling (06/21)	153	3.7	0.9	25	4.4	2.1	4.4	0.55	Source of Fibre
Ashdale Catering - Soft White Roll with Egg Mayo No butter (06/21)	240	11	1.6	25	4.5	2.1	9	0.74	Low Sugar,Source of Protein,Source of Vitamin D,Source of Vitamin B12,Source of Selenium
Ashdale Catering - Soft White Roll with Egg Mayo & Butter (06/21)	257	13	2.2	25	4.5	2.1	9	0.79	Low Sugar,Source of Protein,Source of Vitamin D,Source of Vitamin B12,Source of Selenium
Ashdale Catering - Soft White Roll with Jam No butter (06/21)	179	1.8	0.3	35	11	2.2	4.4	0.5	Low Fat,Low Saturated Fat,Source of Fibre
Ashdale Catering - Soft White Roll with Jam & Butter (06/21)	196	3.7	0.9	35	12	2.2	4.4	0.55	Low Saturated Fat,Source of Fibre
Ashdale Catering - Soft White Roll with Tuna Mayo No butter (06/21)	237	9.4	1.3	25	4.5	2.1	12	0.92	Low Saturated Fat,Low Sugar,High in Protein



Ashdale Catering - Soft White Roll with Tuna Mayo & Butter (06/21)	237	9.4	1.3	25	4.5	2.1	12	0.92	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - Soft White Roll with Turkey Slice No butter (06/21)	163	2.4	0.4	25	4.4	2.5	9	0.7	Low Saturated Fat,Source of Fibre,High in Protein
Ashdale Catering - Soft White Roll with Turkey Slice & Butter (06/21)	180	4.3	1	25	4.4	2.5	9	0.75	Low Saturated Fat,Source of Fibre,High in Protein
Ashdale Catering - Soft White Roll with Chicken Breast No butter (06/21)	182	2.3	0.5	25	4.6	2.1	14	0.88	Low Fat,Low Saturated Fat,High in Protein
Ashdale Catering - Soft White Roll with Chicken Breast & Butter (06/21)	199	4.2	1	25	4.6	2.1	14	0.93	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - Soft White Roll with Cheese No Butter (06/21)	218	8.7	4.6	25	4.4	2.1	9.4	0.84	Source of Protein
Ashdale Catering - Soft White Roll with Cheese & Butter (06/21)	235	11	5.2	25	4.4	2.1	9.4	0.89	Source of Protein
Ashdale Catering - Soft White Roll with Ham No butter (06/21)	146	2.1	0.4	25	4.5	2.1	5.9	0.77	Low Saturated Fat,Source of Fibre,Source of Protein
Ashdale Catering - Wholemeal Sandwich with Ham & Butter (06/21)	205	3.4	1	30	2.5	4.9	11	1.4	Source of Fibre,High in Protein,Low Saturated Fat,Low Sugar
Ashdale Catering (Sandwiches) - White with Ham & Butter (06/21)	216	4.7	1.4	30	2.5	4.9	11	1.5	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein

<b>Soup</b>	<b>Energy (Kcals)</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Authorised EU Nutrition Claims</b>
Ashdale Catering (Soups) - Vegetable Soup (06/21)	112	5.3	3	14	9.5	4.9		3.2	Low Fat,High in Fibre
Ashdale Catering (Hot lunches) - Vegetable Soup & Crusty White Roll (06/21)	330	8.7	4	54	10	6.7	6.1	4.3	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre
Ashdale Catering (Hot lunches) - Vegetable Soup & Farmhouse Brown Bread (06/21)	210	7.6	3.7	29	10	7.3	2.9	3.7	Low Fat,Low Sugar,High in Fibre
<b>Hot Meals</b>	<b>Energy (Kcals)</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Authorised EU Nutrition Claims</b>
Ashdale Catering (Hot lunches) - Vegetable Curry with Rice (06/21)	514	4	0.6	105	3	3.5	13	0.28	Low Fat,Low Saturated Fat,Low Sugar,Low Salt
Ashdale Catering (Hot lunches) - Tomato Pasta (06/21)	146	1.1	0.2	29	3.6	1.1	4.9	0.31	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Protein
Ashdale Catering (Hot lunches) - Chicken Goujons with Pasta (06/21)	466	12	2.4	59	2.5	2.4	30	0.92	Low Saturated Fat,Low Sugar,Low Salt,High in Protein
Ashdale Catering (Hot lunches) - Chicken Goujons (06/21)	266	11	2.2	18	1.4	0.7	23	0.9	Low Sugar,High in Protein
Ashdale Catering (Hot lunches) - Chicken Goujon Wrap with Ketchup (06/21)	472	16	3.9	53	5.8	0.8	28	2.6	Low Sugar,High in Protein
Ashdale Catering (Hot lunches) - Chicken Goujon Wrap with Mayo (06/21)	563	28	4.8	49	2.8	0.7	28	2.3	Low Sugar,High in Protein
Ashdale Catering (Hot lunches) - Chicken Goujon Wrap plain (06/21)	455	16	3.9	49	2.6	0.7	28	2.1	Low Sugar,High in Protein
Ashdale Catering (Hot lunches) - Sausage Mashed Potato & Gravy (06/21)	230	6.4	2.6	33	1.1	4.3	7.5	1.4	Sugar Free,Source of Fibre,Source of Protein,Low Fat

Ashdale Catering (Hot lunches) - Bolognese with Penne Pasta (06/21)	329	4.9	1.9	46	3.6	1.8	25	0.36	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,High in Protein
Ashdale Catering (Hot lunches) - Mashed Potato with Gravy (06/21)	218	1	0.7	43	0.8	6.2	6.3	0.76	Fat Free,Low Saturated Fat,Sugar Free,Low Salt,High in Fibre,Source of Protein
Ashdale Catering (Hot lunches) - Chicken Korma with Rice (06/21)	554	5.3	1.7	103	2.9	2.7	22	0.65	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Protein
Ashdale Catering (Hot lunches) - Chicken Curry with Rice (06/21)	542	4.4	0.7	102	2.4	2.7	22	0.65	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Protein
Ashdale Catering (Hot lunches) - White Basmati Rice portion (06/21)	452	0.6	0.1	99	0	1.9	12	0	Fat Free,No Saturated Fat,Sugar Free,No Salt
Ashdale Catering (Hot lunches) - Chicken Pesto Pasta (06/21)	403	27	4	27	2.2	1.3	14	1.3	Low Sugar,Source of Protein
Ashdale Catering (Hot lunches) - Pesto Pasta (06/21)	409	29	4.2	29	2.3	1.4	7.5	1.1	Low Sugar
Ashdale Catering (Hot lunches) - Vegetable Fried Rice (06/21)	511	1.2	0.2	108	3.6	4.6	15	1.6	Fat Free,No Saturated Fat,Low Sugar
Ashdale Catering (Hot lunches) - Chicken Fried Rice (06/21)	539	1.6	0.4	105	1.9	3.4	24	2	Low Fat,Low Saturated Fat,Low Sugar,Source of Protein
Ashdale Catering (Hot lunches) - Chicken Tomato & Pasta (06/21)	328	2.3	0.6	45	3.4	1.8	31	1.1	Low Saturated Fat,Low Sugar,High in Protein,High in Chloride,Low Fat
Ashdale Catering (Hot lunches) - Mince Veg & Mashed Potato (06/21)	265	3.8	1.6	31	4	6	24	0.27	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Fibre,High in Protein,High in Vitamin B12