









































# ASHDALE CATERING




























The School Lunch People

## Ashdale Catering - School Lunch Menu - Allergens updated 25th August 2023


Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>Ashdale Catering - Snacks</b>					
Ashdale Catering (Cheese portions) - Laughing Cow Mini Cheese Triangles (06/23) - 1 Serving		42Kcal	 MILK		
Ashdale Catering (Cheese portions) - Le Petit Moulé Soft Cheese (06/23) - 1 Serving		38Kcal	 MILK	 TREE NUTS	
Ashdale Catering (Cheese portions) - Vepo Cheddar Cheese (06/23) - 1 Serving		82Kcal	 MILK		
Ashdale Catering (Cheese portions) - Vepo Edam Cheese slice (06/23) - 1 Serving		62Kcal	 MILK		
Ashdale Catering (Snacks) - Banana (06/23) - 1 Serving		64Kcal			 VEGETARIAN  VEGAN
Ashdale Catering (Snacks) - Breadsticks (06/23) - 1 Serving		49Kcal	 WHEAT	 SESAME  SOYA	
Ashdale Catering (Snacks) - Flahavan's 20g Mini Original Flapjack (06/23) - 1 Serving		104Kcal	 OATS	 TREE NUTS  SESAME  SOYA	
Ashdale Catering (Snacks) - Jacob's Cream Crackers (2) with Butter (06/23) - 1 Serving		108Kcal	 WHEAT  MILK	 TREE NUTS  EGGS  SESAME	
Ashdale Catering (Snacks) - Jacob's Cream Crackers, 2 pk (06/23) - 1 Serving		66Kcal	 WHEAT	 TREE NUTS  EGGS  MILK  SESAME	
Ashdale Catering (Snacks) - Jacobs Plain Digestive Biscuits, 3pk (06/23) - 1 Serving		197Kcal	 WHEAT  MILK	 OATS, BARLEY  SOYA	 VEGETARIAN
Ashdale Catering (Snacks) - Kelkin Gluten-Free Mini Chocolate Rice Cakes (06/23) - 1 Serving		70Kcal	 MILK  SOYA	 TREE NUTS  SESAME	 GLUTEN FREE
Ashdale Catering (Snacks) - Plain Mini Muffin (06/23) - 1 Serving		96Kcal	 WHEAT  MILK	 EGGS  SOYA	
































Ashdale Catering (Snacks) - Red Apple, sliced (06/23) - 1 Serving	27Kcal				 VEGETARIAN  VEGAN
Ashdale Catering (Snacks) - Red Apple, whole (06/23) - 1 Serving	87Kcal				 VEGETARIAN  VEGAN
Ashdale Catering (Snacks) - Sun Maid Raisins 14g mini box (06/23) - 1 Serving	47Kcal				 VEGETARIAN  VEGAN  KOSHER
Ashdale Catering (Snacks) - Yoplait Yogurt Frube (06/23) - 1 Serving	32Kcal	 MILK			

### Ashdale Catering - Breads, Wraps & Rolls
























































Ashdale Catering (Breads) - 73g White Crusty Roll (06/23) - 1 Serving	201Kcal	 WHEAT	 MILK	 EGGS	 SESAME		
Ashdale Catering (Breads) - Kelkin Gluten-Free White Bread, per slice (06/23) - 1 Serving	72Kcal			 EGGS	 MILK	 SOYA	 SULPHITES  VEGETARIAN  GLUTEN FREE
Ashdale Catering (Breads) - Slimster Squares, each (06/23) - 1 Serving	98Kcal	 WHEAT	 SOYA		 SESAME		
Ashdale Catering (Breads) - Irish Pride Soft White Bunster Bread Rolls (mini sub), 70g each (08/23) - 1 Serving	191Kcal	 WHEAT	 SOYA		 SESAME	 VEGETARIAN	
Ashdale Catering (Breads) - White Sandwich Pan, per slice (06/23) - 1 Serving	89Kcal	 WHEAT	 SOYA		 SESAME		
Ashdale Catering (Breads) - White Tortilla Wrap, each (06/23) - 1 Serving	189Kcal	 OATS, WHEAT				 HALAL	
Ashdale Catering (Breads) - Wholemeal Sandwich Pan, per slice (06/23) - 1 Serving	83Kcal	 WHEAT	 SOYA		 SESAME		
McCambridge Irish Stone-Ground Whole-wheat Bread, per slice (06/23) - 1 Serving	80Kcal	 WHEAT	 MILK				































































### Ashdale Catering - Sandwich Fillings































































Ashdale Catering (Cheese portions) - Vepo Edam Cheese slice (06/23) - 1 Serving	62Kcal	 MILK				
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Ashdale Catering (Sandwich fillings) - Cheddar Cheese Slice (06/23) - 1 Serving	82Kcal	 MILK		
Ashdale Catering (Sandwich fillings) - Chicken Breast (06/23) - 1 Serving	46Kcal			
Ashdale Catering (Sandwich fillings) - Chicken Tikka (06/23) - 1 Serving	51Kcal		 WHEAT  TREE NUTS  PEANUTS  MILK  CELERY  MUSTARD  SESAME  SOYA  SULPHITES	
Ashdale Catering (Sandwich fillings) - Egg Mayonnaise (06/23) - 1 Serving	104Kcal	 EGGS	 MUSTARD	
Ashdale Catering (Sandwich fillings) - Ham (06/23) - 1 Serving	26Kcal		 WHEAT  SOYA	
Ashdale Catering (Sandwich fillings) - Kerrymaid Dairy Spread (06/23) - 1 Serving	15Kcal	 MILK		 VEGETARIAN
Ashdale Catering (Sandwich fillings) - Mixed Fruit Jam, Seedless (06/23) - 1 Serving	43Kcal			
Ashdale Catering (Sandwich fillings) - Sage & Herb Stuffing (06/23) - 1 Serving	17Kcal	 WHEAT	 CELERY	 MILK
Ashdale Catering (Sandwich fillings) - Tuna & Mayo (06/23) - 1 Serving	84Kcal	 EGGS	 FISH	
Ashdale Catering (Sandwich fillings) - Tuna (06/23) - 1 Serving	40Kcal	 FISH		
Ashdale Catering (Sandwich fillings) - Turkey Slice (06/23) - 1 Serving	21Kcal	 MILK		
Ashdale Catering (Sauces) - Mayonnaise, 15ml portion (06/23) - 1 Serving	109Kcal	 EGGS	 MUSTARD	
Ashdale Catering (Sauces) - Tikka Mayonnaise, 15ml portion (06/23) - 1 Serving	76Kcal	 EGGS	 MUSTARD	 VEGETARIAN
Ashdale Catering (Spreads) - Dairygold Butter Mini Pack 6.2g (06/21) - 1 Serving	42Kcal	 MILK		
Ashdale Catering (Spreads) - Kerrymaid Original Dairy Spread (06/23) - 1 Serving	15Kcal	 MILK		 VEGETARIAN













































Ashdale Catering - Sandwiches, Wraps, Baps, Squares & Rolls

<p>Ashdale Catering (Sandwiches) - White with Ham &amp; Butter (06/23) - 1 Serving</p>	<p>212Kcal</p>	 WHEAT  MILK  SOYA	 SESAME	
<p>Ashdale Catering (White &amp; Wholemeal Squares) - Slimster with Cheddar Cheese &amp; Butter (06/23) - 1 Serving</p>	<p>195Kcal</p>	 WHEAT  MILK  SOYA	 SESAME	
<p>Ashdale Catering (White &amp; Wholemeal Squares) - Slimster with Cheddar Cheese, No butter (06/23) - 1 Serving</p>	<p>181Kcal</p>	 WHEAT  MILK  SOYA	 SESAME	
<p>Ashdale Catering (White &amp; Wholemeal Squares) - Slimster with Chicken Breast &amp; Butter (06/23) - 1 Serving</p>	<p>159Kcal</p>	 WHEAT  MILK  SOYA	 SESAME	
<p>Ashdale Catering (White &amp; Wholemeal Squares) - Slimster with Chicken Breast, No butter (06/23) - 1 Serving</p>	<p>144Kcal</p>	 WHEAT  SOYA	 SESAME	
<p>Ashdale Catering (White &amp; Wholemeal Squares) - Slimster with Chicken Stuffing Mayo No butter (06/23) - 1 Serving</p>	<p>249Kcal</p>	 WHEAT  EGGS  MILK  CELERY  MUSTARD  SOYA	 SESAME	
<p>Ashdale Catering (White &amp; Wholemeal Squares) - Slimster with Chicken Tikka &amp; Butter (06/23) - 1 Serving</p>	<p>165Kcal</p>	 WHEAT  MILK  SOYA	 TREE NUTS  PEANUTS  CELERY  MUSTARD  SESAME  SULPHITES	
<p>Ashdale Catering (White &amp; Wholemeal Squares) - Slimster with Chicken Tikka, No butter (06/23) - 1 Serving</p>	<p>150Kcal</p>	 WHEAT  SOYA	 TREE NUTS  PEANUTS  CELERY  MUSTARD  MILK  SESAME  SULPHITES	
<p>Ashdale Catering (White &amp; Wholemeal Squares) - Slimster with Chicken, Stuffing, Mayo, Butter (06/23) - 1 Serving</p>	<p>249Kcal</p>	 WHEAT  EGGS  MILK  CELERY  MUSTARD  SOYA	 SESAME	
<p>Ashdale Catering (White &amp; Wholemeal Squares) - Slimster with Ham &amp; Butter (06/23) - 1 Serving</p>	<p>134Kcal</p>	 WHEAT  MILK  SOYA	 SESAME	

<p>Ashdale Catering (White &amp; Wholemeal Squares) - Slimster with Ham &amp; Cheese, No butter (06/23) - 1 Serving</p>	<p>201Kcal</p>	 WHEAT  MILK  SOYA	 SESAME	
<p>Ashdale Catering (White &amp; Wholemeal Squares) - Slimster with Ham, Cheese &amp; Butter (06/23) - 1 Serving</p>	<p>216Kcal</p>	 WHEAT  MILK  SOYA	 SESAME	
<p>Ashdale Catering (White &amp; Wholemeal Squares) - Slimster with Ham, No butter (06/23) - 1 Serving</p>	<p>119Kcal</p>	 WHEAT  SOYA	 SESAME	
<p>Ashdale Catering (White &amp; Wholemeal Squares) - Slimster with Turkey Slice &amp; Butter (06/23) - 1 Serving</p>	<p>155Kcal</p>	 WHEAT  MILK  SOYA	 SESAME	
<p>Ashdale Catering (White &amp; Wholemeal Squares) - Slimster with Turkey Slice, No butter (06/23) - 1 Serving</p>	<p>140Kcal</p>	 WHEAT  MILK  SOYA	 SESAME	
<p>Ashdale Catering - Crusty Roll with Butter, no filling (06/23) - 100g</p>	<p>0Kcal</p>	 WHEAT  MILK	 EGGS  SESAME	
<p>Ashdale Catering - Crusty Roll with Chicken Breast &amp; Butter (06/23) - 100g</p>	<p>0Kcal</p>	 WHEAT  MILK	 EGGS  SESAME	
<p>Ashdale Catering - Crusty Roll with Chicken Breast, No butter (06/23) - 1 Serving</p>	<p>253Kcal</p>	 WHEAT  MILK	 EGGS  SESAME	
<p>Ashdale Catering - Crusty Roll with Chicken Tikka (06/23) - 1 Serving</p>	<p>258Kcal</p>	 WHEAT  MILK	 TREE NUTS  PEANUTS  EGGS  CELERY  MUSTARD  SESAME  SOYA  SULPHITES	
<p>Ashdale Catering - Crusty Roll with Chicken, Stuffing &amp; Mayo (06/23) - 1 Serving</p>	<p>342Kcal</p>	 WHEAT  EGGS  MILK  CELERY  MUSTARD	 SESAME	
<p>Ashdale Catering - Crusty Roll with Ham &amp; Butter (06/23) - 1 Serving</p>	<p>247Kcal</p>	 WHEAT  MILK	 EGGS  SESAME  SOYA	
<p>Ashdale Catering - Crusty Roll with Ham, Cheddar Cheese &amp; Butter (06/23) - 1 Serving</p>	<p>324Kcal</p>	 WHEAT  MILK	 EGGS  SESAME  SOYA	
<p>Ashdale Catering - Crusty Roll with Ham, Cheddar Cheese, No butter (06/23) - 1 Serving</p>	<p>310Kcal</p>	 WHEAT  MILK	 EGGS  SESAME  SOYA	

Ashdale Catering - Crusty Roll with Ham, No butter (06/23) - 1 Serving	233Kcal	 WHEAT	 MILK	 EGGS	 SESAME	 SOYA	
Ashdale Catering - Farmhouse Brown with Cheddar Cheese & Butter (06/23) - 1 Serving	258Kcal	 WHEAT	 MILK				
Ashdale Catering - Farmhouse Brown with Cheddar Cheese, No butter (06/23) - 1 Serving	243Kcal	 WHEAT	 MILK				
Ashdale Catering - Farmhouse Brown with Chicken Breast & Butter (06/23) - 1 Serving	221Kcal	 WHEAT	 MILK				
Ashdale Catering - Farmhouse Brown with Chicken Breast, No butter (06/23) - 1 Serving	206Kcal	 WHEAT	 MILK				
Ashdale Catering - Farmhouse Brown with Ham & Butter (06/23) - 1 Serving	196Kcal	 WHEAT	 MILK		 SOYA		
Ashdale Catering - Farmhouse Brown with Ham, No butter (06/23) - 1 Serving	181Kcal	 WHEAT	 MILK		 SOYA		
Ashdale Catering - Farmhouse Brown with Turkey Slice & Butter (06/23) - 1 Serving	207Kcal	 WHEAT	 MILK				
Ashdale Catering - Farmhouse Brown with Turkey Slice, No butter (06/23) - 1 Serving	192Kcal	 WHEAT	 MILK				
Ashdale Catering - Gluten-free Bread with Cheddar Cheese & Butter (06/23) - 1 Serving	241Kcal		 MILK	 EGGS	 SOYA	 SULPHITES	 GLUTEN FREE
Ashdale Catering - Gluten-free Bread with Cheddar Cheese, No butter (06/23) - 1 Serving	226Kcal		 MILK	 EGGS	 SOYA	 SULPHITES	 GLUTEN FREE
Ashdale Catering - Gluten-free Bread with Chicken Breast & Butter (06/23) - 1 Serving	204Kcal		 MILK	 EGGS	 SOYA	 SULPHITES	 GLUTEN FREE
Ashdale Catering - Gluten-free Bread with Chicken Breast, No butter (06/23) - 1 Serving	190Kcal		 MILK	 EGGS	 SOYA	 SULPHITES	 GLUTEN FREE
Ashdale Catering - Gluten-free Bread with Ham & Butter (06/23) - 1 Serving	179Kcal		 MILK	 EGGS	 WHEAT	 SOYA	 SULPHITES
Ashdale Catering - Gluten-free Bread with Ham, No butter (06/23) - 1 Serving	164Kcal			 EGGS	 WHEAT	 MILK	 SOYA
Ashdale Catering - Gluten-free Bread with Turkey Slice & Butter (06/23) - 1 Serving	190Kcal		 MILK	 EGGS	 SULPHITES	 SOYA	 SULPHITES
Ashdale Catering - Gluten-free Bread with Turkey Slice, No butter (06/23) - 1 Serving	175Kcal		 MILK	 EGGS	 SULPHITES	 SOYA	 SULPHITES
















































<p>Ashdale Catering - Soft White Roll with Butter, no filling (06/23) - 1 Serving</p>	<p><b>151</b>Kcal</p>	 WHEAT  MILK  SOYA	 SESAME	
<p>Ashdale Catering - Soft White Roll with Cheese &amp; Butter (06/23) - 1 Serving</p>	<p><b>233</b>Kcal</p>	 WHEAT  MILK  SOYA	 SESAME	
<p>Ashdale Catering - Soft White Roll with Cheese, No Butter (06/23) - 1 Serving</p>	<p><b>219</b>Kcal</p>	 WHEAT  MILK  SOYA	 SESAME	
<p>Ashdale Catering - Soft White Roll with Chicken Breast &amp; Butter (06/23) - 1 Serving</p>	<p><b>197</b>Kcal</p>	 WHEAT  MILK  SOYA	 SESAME	
<p>Ashdale Catering - Soft White Roll with Chicken Breast, No butter (06/23) - 1 Serving</p>	<p><b>182</b>Kcal</p>	 WHEAT  SOYA	 SESAME	
<p>Ashdale Catering - Soft White Roll with Chicken Tikka (06/23) - 1 Serving</p>	<p><b>188</b>Kcal</p>	 WHEAT  SOYA	 TREE NUTS  PEANUTS  MILK  CELERY  MUSTARD  SESAME  SULPHITES	
<p>Ashdale Catering - Soft White Roll with Chicken, Stuffing &amp; Mayo (06/23) - 1 Serving</p>	<p><b>272</b>Kcal</p>	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	 MILK  SESAME	
<p>Ashdale Catering - Soft White Roll with Egg Mayo &amp; Butter (06/23) - 1 Serving</p>	<p><b>255</b>Kcal</p>	 WHEAT  EGGS  MILK  MUSTARD  SOYA	 SESAME	
<p>Ashdale Catering - Soft White Roll with Egg Mayo, No butter (06/23) - 1 Serving</p>	<p><b>240</b>Kcal</p>	 WHEAT  EGGS  MUSTARD  SOYA	 SESAME	
<p>Ashdale Catering - Soft White Roll with Ham, No butter (06/23) - 1 Serving</p>	<p><b>147</b>Kcal</p>	 WHEAT  SOYA	 SESAME	

<p>Ashdale Catering - Soft White Roll with Jam &amp; Butter (06/23) - 1 Serving</p>	<p>194Kcal</p>	 WHEAT  SOYA	 MILK  SESAME	
<p>Ashdale Catering - Soft White Roll with Jam, No butter (06/23) - 1 Serving</p>	<p>179Kcal</p>	 WHEAT  SOYA	 SESAME	
<p>Ashdale Catering - Soft White Roll with Tuna Mayo &amp; Butter (06/23) - 1 Serving</p>	<p>235Kcal</p>	 WHEAT  MILK  MUSTARD  SOYA	 EGGS  FISH  SESAME	
<p>Ashdale Catering - Soft White Roll with Tuna Mayo, No butter (06/23) - 1 Serving</p>	<p>235Kcal</p>	 WHEAT  MILK  MUSTARD  SOYA	 EGGS  FISH  SESAME	
<p>Ashdale Catering - Soft White Roll with Turkey Slice &amp; Butter (06/23) - 1 Serving</p>	<p>172Kcal</p>	 WHEAT  SOYA	 MILK  SESAME	
<p>Ashdale Catering - Soft White Roll with Turkey Slice, No butter (06/23) - 1 Serving</p>	<p>157Kcal</p>	 WHEAT  SOYA	 MILK  SESAME	
<p>Ashdale Catering - Soft White Roll, No butter or filling (06/23) - 1 Serving</p>	<p>136Kcal</p>	 WHEAT  SOYA	 SESAME	 VEGETARIAN
<p>Ashdale Catering - White Bread (2 slices), No butter or filling (06/23) - 1 Serving</p>	<p>167Kcal</p>	 WHEAT  SOYA	 SESAME	
<p>Ashdale Catering - White Sandwich with Butter, No filling (06/23) - 1 Serving</p>	<p>193Kcal</p>	 WHEAT  SOYA	 MILK  SESAME	
<p>Ashdale Catering - White Sandwich with Cheddar Cheese &amp; Butter (06/23) - 1 Serving</p>	<p>275Kcal</p>	 WHEAT  SOYA	 MILK  SESAME	
<p>Ashdale Catering - White Sandwich with Cheddar Cheese, No butter (06/23) - 1 Serving</p>	<p>260Kcal</p>	 WHEAT  SOYA	 MILK  SESAME	



<p>Ashdale Catering - White Sandwich with Chicken Breast &amp; Butter (06/23) - 1 Serving</p>	<p>238Kcal</p>	 WHEAT  SOYA	 MILK	 SESAME	
<p>Ashdale Catering - White Sandwich with Chicken Breast, No butter (06/23) - 1 Serving</p>	<p>224Kcal</p>	 WHEAT  SOYA	 SOYA	 SESAME	
<p>Ashdale Catering - White Sandwich with Egg Mayo &amp; Butter (06/23) - 1 Serving</p>	<p>296Kcal</p>	 WHEAT  MILK  SOYA	 EGGS  MUSTARD	 SESAME	
<p>Ashdale Catering - White Sandwich with Egg Mayo, No butter (06/23) - 1 Serving</p>	<p>282Kcal</p>	 WHEAT  MUSTARD	 EGGS  SOYA	 SESAME	
<p>Ashdale Catering - White Sandwich with Ham &amp; Butter (06/23) - 1 Serving</p>	<p>213Kcal</p>	 WHEAT  SOYA	 MILK	 SESAME	
<p>Ashdale Catering - White Sandwich with Ham, No butter (06/23) - 1 Serving</p>	<p>213Kcal</p>	 WHEAT  SOYA	 MILK	 SESAME	
<p>Ashdale Catering - White Sandwich with Jam &amp; Butter (06/23) - 1 Serving</p>	<p>236Kcal</p>	 WHEAT  SOYA	 MILK	 SESAME	
<p>Ashdale Catering - White Sandwich with Jam, No butter (06/23) - 1 Serving</p>	<p>221Kcal</p>	 WHEAT  SOYA	 SOYA	 SESAME	
<p>Ashdale Catering - White Sandwich with Tuna Mayo &amp; Butter (06/23) - 1 Serving</p>	<p>276Kcal</p>	 WHEAT  MILK  MUSTARD	 EGGS  FISH  SOYA	 SESAME	
<p>Ashdale Catering - White Sandwich with Tuna Mayo, No butter (06/23) - 1 Serving</p>	<p>262Kcal</p>	 WHEAT  FISH  SOYA	 EGGS  MUSTARD	 SESAME	

<p>Ashdale Catering - White Sandwich with Turkey Slice &amp; Butter (06/23) - 1 Serving</p>	<p>213Kcal</p>	 WHEAT  SOYA	 MILK	 SESAME	
<p>Ashdale Catering - White Sandwich with Turkey Slice, No butter (06/23) - 1 Serving</p>	<p>199Kcal</p>	 WHEAT  SOYA	 MILK	 SESAME	
<p>Ashdale Catering - White Wrap with Cheddar Cheese &amp; Butter (06/23) - 1 Serving</p>	<p>285Kcal</p>	 OATS, WHEAT	 MILK		
<p>Ashdale Catering - White Wrap with Cheddar Cheese, No butter (06/23) - 1 Serving</p>	<p>271Kcal</p>	 OATS, WHEAT	 MILK		
<p>Ashdale Catering - White Wrap with Chicken Breast &amp; Butter (06/23) - 1 Serving</p>	<p>249Kcal</p>	 OATS, WHEAT	 MILK		
<p>Ashdale Catering - White Wrap with Chicken Breast, No butter (06/23) - 1 Serving</p>	<p>234Kcal</p>	 OATS, WHEAT			
<p>Ashdale Catering - White Wrap with Ham &amp; Butter (06/23) - 1 Serving</p>	<p>224Kcal</p>	 OATS, WHEAT	 MILK	 SOYA	
<p>Ashdale Catering - White Wrap with Ham, No butter (06/23) - 1 Serving</p>	<p>209Kcal</p>	 OATS, WHEAT		 SOYA	
<p>Ashdale Catering - White Wrap with Turkey Slice &amp; Butter (06/21) - 1 Serving</p>	<p>234Kcal</p>	 OATS, WHEAT	 MILK		
<p>Ashdale Catering - White Wrap with Turkey Slice, No butter (06/21) - 1 Serving</p>	<p>220Kcal</p>	 OATS, WHEAT	 MILK		
<p>Ashdale Catering - Wholemeal Bread (2 slices), No butter or filling (06/23) - 1 Serving</p>	<p>167Kcal</p>	 WHEAT  SOYA		 SESAME	
<p>Ashdale Catering - Wholemeal Sandwich with Butter, No filling (06/23) - 1 Serving</p>	<p>182Kcal</p>	 WHEAT  SOYA	 MILK	 SESAME	 VEGETARIAN
<p>Ashdale Catering - Wholemeal Sandwich with Cheddar Cheese &amp; Butter (06/23) - 1 Serving</p>	<p>264Kcal</p>	 WHEAT  SOYA	 MILK	 SESAME	
<p>Ashdale Catering - Wholemeal Sandwich with Cheddar Cheese, No butter (06/23) - 1 Serving</p>	<p>249Kcal</p>	 WHEAT  SOYA	 MILK	 SESAME	












<p>Ashdale Catering - Wholemeal Sandwich with Chicken Breast &amp; Butter (06/23) - 1 Serving</p>	<p>227Kcal</p>	 WHEAT  SOYA	 MILK	 SESAME	
<p>Ashdale Catering - Wholemeal Sandwich with Chicken Breast, No butter (06/23) - 1 Serving</p>	<p>213Kcal</p>	 WHEAT  SOYA	 SOYA	 SESAME	
<p>Ashdale Catering - Wholemeal Sandwich with Egg Mayo &amp; Butter (06/23) - 1 Serving</p>	<p>285Kcal</p>	 WHEAT  MILK  SOYA	 EGGS  MUSTARD	 SESAME	
<p>Ashdale Catering - Wholemeal Sandwich with Egg Mayo, No butter (06/23) - 1 Serving</p>	<p>285Kcal</p>	 WHEAT  MILK  SOYA	 EGGS  MUSTARD	 SESAME	
<p>Ashdale Catering - Wholemeal Sandwich with Ham &amp; Butter (06/23) - 1 Serving</p>	<p>202Kcal</p>	 WHEAT  SOYA	 MILK	 SESAME	
<p>Ashdale Catering - Wholemeal Sandwich with Ham, No butter (06/23) - 1 Serving</p>	<p>187Kcal</p>	 WHEAT  SOYA	 SOYA	 SESAME	
<p>Ashdale Catering - Wholemeal Sandwich with Jam &amp; Butter (06/23) - 1 Serving</p>	<p>225Kcal</p>	 WHEAT  SOYA	 MILK	 SESAME	 VEGETARIAN
<p>Ashdale Catering - Wholemeal Sandwich with Jam, No butter (06/23) - 1 Serving</p>	<p>210Kcal</p>	 WHEAT  SOYA	 SOYA	 SESAME	
<p>Ashdale Catering - Wholemeal Sandwich with Tuna Mayo &amp; Butter (06/23) - 1 Serving</p>	<p>265Kcal</p>	 WHEAT  MILK  MUSTARD	 EGGS  FISH  SOYA	 SESAME	
<p>Ashdale Catering - Wholemeal Sandwich with Tuna Mayo, No butter (06/23) - 1 Serving</p>	<p>251Kcal</p>	 WHEAT  FISH  SOYA	 EGGS  MUSTARD	 SESAME	

Ashdale Catering - Wholemeal Sandwich with Turkey Slice & Butter (06/23) - 1 Serving	202Kcal	 WHEAT  SOYA	 MILK	 SESAME	
Ashdale Catering - Wholemeal Sandwich with Turkey Slice, No butter (06/23) - 1 Serving	188Kcal	 WHEAT  SOYA	 MILK	 SESAME	










**Ashdale Catering - Soups**


Ashdale Catering (Hot lunches) - Vegetable Soup & Crusty White Roll (06/23) - 1 Serving	339Kcal	 WHEAT  CELERY	 MILK	 EGGS  SESAME	
Ashdale Catering (Hot lunches) - Vegetable Soup & Farmhouse Brown Bread (06/23) - 1 Serving	208Kcal	 WHEAT  CELERY	 MILK		
Ashdale Catering (Soups) - Vegetable Soup (06/23) - 1 Serving	112Kcal		 MILK  CELERY		 VEGETARIAN


























































**Ashdale Catering: Certified Gluten-free Products**
























Ashdale Catering (Breads) - Kelkin Gluten-Free White Bread, per slice (06/23) - 1 Serving	72Kcal	 EGGS	 MILK  SOYA  SULPHITES	 VEGETARIAN  GLUTEN FREE
Ashdale Catering (Prep) - Knorr Gluten-free Roast Gravy, Batch (06/23) - 100g	0Kcal	 WHEAT  SOYA	 MILK	 VEGETARIAN  GLUTEN FREE
Ashdale Catering (Snacks) - Kelkin Gluten-Free Mini Chocolate Rice Cakes (06/23) - 1 Serving	70Kcal		 MILK  SOYA  TREE NUTS  SESAME	 GLUTEN FREE

**Ashdale Catering - Hot Meals Menu**

Ashdale Catering (Hot lunches) - 3 Sausage Rolls (08/23) - 1 Serving	470Kcal	 WHEAT			
Ashdale Catering (Hot lunches) - 5 Cocktail Sausages (08/23) - 1 Serving	305Kcal	 WHEAT  SULPHITES			
Ashdale Catering (Hot lunches) - Breaded Chicken Wrap Plain, with Carrots (06/23) - 1 Serving	475Kcal	 OATS, WHEAT		 CELERY  SULPHITES	
Ashdale Catering (Hot lunches) - Breaded Chicken Wrap with Ketchup & Carrots (06/23) - 1 Serving	492Kcal	 OATS, WHEAT, BARLEY		 CELERY  SULPHITES	

<p>Ashdale Catering (Hot lunches) - Breaded Chicken Wrap with Mayo &amp; Carrots (06/23) - 1 Serving</p>	<p>584Kcal</p>	  	 	
<p>Ashdale Catering (Hot lunches) - Chicken Curry with Pilau Rice (08/23) - 1 Serving</p>	<p>506Kcal</p>		       	
<p>Ashdale Catering (Hot lunches) - Chicken Curry with Basmati Rice (06/23) - 1 Serving</p>	<p>625Kcal</p>		       	
<p>Ashdale Catering (Hot lunches) - Chicken Fried Rice (06/23) - 1 Serving</p>	<p>527Kcal</p>	 		
<p>Ashdale Catering (Hot lunches) - Chicken Goujon Wrap with Mayo (06/23) - 1 Serving</p>	<p>570Kcal</p>	  		
<p>Ashdale Catering (Hot lunches) - Chicken Goujon Wrap, plain (06/23) - 1 Serving</p>	<p>461Kcal</p>			
<p>Ashdale Catering (Hot lunches) - Chicken Goujons (06/23) - 1 Serving</p>	<p>273Kcal</p>			
<p>Ashdale Catering (Hot lunches) - Chicken Goujons with Carrots (06/23) - 1 Serving</p>	<p>286Kcal</p>		 	
<p>Ashdale Catering (Hot lunches) - Chicken Goujons with Pasta (06/23) - 1 Serving</p>	<p>473Kcal</p>			
<p>Ashdale Catering (Hot lunches) - Chicken Korma with Pilau Rice (08/23) - 1 Serving</p>	<p>527Kcal</p>	 	      	
<p>Ashdale Catering (Hot lunches) - Chicken Korma with Basmati Rice (06/23) - 1 Serving</p>	<p>499Kcal</p>	 	      	

<p>Ashdale Catering (Hot lunches) - Chicken Pesto Pasta (06/23) - 1 Serving</p>	<p>403Kcal</p>	 WHEAT  MILK  CASHEWS	 PEANUTS  EGGS	
<p>Ashdale Catering (Hot lunches) - Chicken, Tomato &amp; Pasta (06/23) - 1 Serving</p>	<p>324Kcal</p>	 WHEAT  SULPHITES	 EGGS	
<p>Ashdale Catering (Hot lunches) - Fish Goujons, Mash &amp; Vegetables (08/23) - 1 Serving</p>	<p>302Kcal</p>	 WHEAT  FISH  SULPHITES		
<p>Ashdale Catering (Hot lunches) - Mashed Potato with Gravy (06/23) - 1 Serving</p>	<p>217Kcal</p>	 WHEAT  MILK  SOYA  SULPHITES		 VEGETARIAN  GLUTEN FREE
<p>Ashdale Catering (Hot lunches) - Mince, Veg &amp; Mashed Potato (06/23) - 1 Serving</p>	<p>257Kcal</p>	 SULPHITES	 CELERY	
<p>Ashdale Catering (Hot lunches) - Minced Beef Stew with Veg &amp; Mashed Potato (06/23) - 1 Serving</p>	<p>250Kcal</p>	 WHEAT  MILK  SOYA  SULPHITES	 TREE NUTS  PEANUTS  CELERY  MUSTARD  SESAME	
<p>Ashdale Catering (Hot lunches) - Noodles with Chicken (06/23) - 1 Serving</p>	<p>183Kcal</p>	 WHEAT  SOYA		
<p>Ashdale Catering (Hot lunches) - Noodles with Vegetables (06/23) - 1 Serving</p>	<p>183Kcal</p>	 WHEAT  MOLLUSCS  SOYA	 CELERY  SULPHITES	
<p>Ashdale Catering (Hot lunches) - Pasta / Spaghetti Bolognese (08/23) - 1 Serving</p>	<p>300Kcal</p>	 WHEAT  SULPHITES	 EGGS	
<p>Ashdale Catering (Hot lunches) - Pesto Pasta (06/23) - 1 Serving</p>	<p>409Kcal</p>	 WHEAT  CASHEWS  MILK	 PEANUTS  EGGS	 VEGETARIAN
<p>Ashdale Catering (Hot lunches) - Sausage, Mashed Potato, Veg &amp; Gravy (08/23) - 1 Serving</p>	<p>369Kcal</p>	 WHEAT  MILK  SOYA  SULPHITES	 CELERY	
<p>Ashdale Catering (Hot lunches) - Sweet &amp; Sour Chicken with Rice (06/23) - 1 Serving</p>	<p>519Kcal</p>	 BARLEY  CELERY	 TREE NUTS	
<p>Ashdale Catering (Hot lunches) - Tomato Pasta (06/23) - 1 Serving</p>	<p>140Kcal</p>	 WHEAT  SULPHITES	 EGGS	 VEGETARIAN  VEGAN

<p>Ashdale Catering (Hot lunches) - Vegetable Curry with Rice (06/23) - 1 Serving</p>	<p><b>584</b>Kcal</p>	<p>  WHEAT   SULPHITES         </p>	<p>  TREE NUTS   PEANUTS   MILK   CELERY   MUSTARD   SESAME   SOYA         </p>	
<p>Ashdale Catering (Hot lunches) - Vegetable Fried Rice (06/23) - 1 Serving</p>	<p><b>499</b>Kcal</p>	<p>  WHEAT   SOYA         </p>	<p>  CELERY   SULPHITES         </p>	
<p>Ashdale Catering (Hot lunches) - Vegetable Soup &amp; Crusty White Roll (06/23) - 1 Serving</p>	<p><b>339</b>Kcal</p>	<p>  WHEAT   MILK   CELERY         </p>	<p>  EGGS   SESAME         </p>	
<p>Ashdale Catering (Hot lunches) - Vegetable Soup &amp; Farmhouse Brown Bread (06/23) - 1 Serving</p>	<p><b>208</b>Kcal</p>	<p>  WHEAT   MILK   CELERY         </p>		
<p>Ashdale Catering (Hot lunches) - White Basmati Rice, portion (06/23) - 1 Serving</p>	<p><b>441</b>Kcal</p>			<p>  VEGETARIAN   VEGAN         </p>
<p>Ashdale Catering (Soups) - Vegetable Soup (06/23) - 1 Serving</p>	<p><b>112</b>Kcal</p>	<p>  MILK   CELERY         </p>		<p>  VEGETARIAN         </p>