

































































































ASHDALE CATERING































The School Lunch People




























Ashdale Catering - Allergen information for Branded Ingredients (28.08.2023)
























| 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 | | 689Kcal | | |  GLUTEN FREE |
| Antalya Tortilla Wraps 1100g (Pack of 18), Manufacturers Spec, June 2021 - 1 x 25cm wrap | | 189Kcal |  OATS, WHEAT | |  HALAL |
| Arrabawn Fresh Cream 2 Litre Pack, Label data May 2021 - Per pack | | 1815Kcal |  MILK | | |
| Arrabawn Fresh Whole Milk, 2 Litre (Label Data, May 2021) - Per 250ml serving | | 159Kcal |  MILK | | |
| Aryzta / Cuisine de France 6" Crusty White Sub Roll 73g - label data June 2023 - Per Roll | | 201Kcal |  WHEAT  MILK |  EGGS  SESAME | |
| Birchwood Smoked Rindless Back Bacon Rashers (10pk - 300g), Label data, May 2021 - 100g | | 0Kcal | | | |
| Blenders Real Mayonnaise (920ml bottle, 870g), Label data May 2021 - Per 15g Portion | | 109Kcal |  EGGS  MUSTARD | |  GLUTEN FREE |
| Blenders Sweet & Sour Sauce 2.2L / 2.4kg, label data updated June 2023 - 100g | | 0Kcal |  BARLEY  CELERY |  TREE NUTS |  VEGETARIAN |
| Blenders Tikka Mayonnaise 2.2 Litre, label data June 2023 - 100g | | 0Kcal |  EGGS  MUSTARD | |  VEGETARIAN  GLUTEN FREE |
| Blenders Tomato Ketchup (1040g bottle), Label data May 2021 - Per 15g Portion | | 17Kcal |  BARLEY | | |
| Blue Dragon Oyster Flavour Sauce 1 Litre, label data June 2023 - 100g | | 0Kcal |  MOLLUSCS |  TREE NUTS  PEANUTS | |
| Caterers Pride Tuna in Brine, 1000g Pouch (Label data, May 2021) - Per pack (drained weight) | | 1004Kcal |  FISH | | |










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|--|-------------------------|---|--|---|
| <p>CJ O'Loughlin's Frozen Cocktail Sausages 32's (4.54Kg pack, Loughnane meats), label data Aug. 2023 - 1 cocktail sausage (raw)</p> | <p>38Kcal</p> |  WHEAT  SULPHITES | | |
| <p>Cream Of Vegetable Soup 5kg drum (Newgrange Fine Foods), Label Data May 2021 - 100g</p> | <p>0Kcal</p> |  MILK  CELERY | | |
| <p>Dairygold Butter Mini Packs 6.2g (label data, May 2021) - 1 mini pack</p> | <p>42Kcal</p> |  MILK | | |
| <p>Dairymaid Premium Blended Spread 1.8kg (Label data, May 2021) - Per pack</p> | <p>10242Kcal</p> |  MILK | |  VEGETARIAN |
| <p>East End Ground Coriander (Dhania Powder), 5kg bag, Label data Nov. 2021 - 100g</p> | <p>0Kcal</p> | |  WHEAT  TREE NUTS  PEANUTS  MILK  CELERY  MUSTARD  SESAME  SOYA  SULPHITES |  VEGETARIAN |
| <p>East End Whole Coriander Seeds, Label data Sept. 2021 - 100g</p> | <p>0Kcal</p> | |  WHEAT  TREE NUTS  PEANUTS  MILK  CELERY  MUSTARD  SESAME  SOYA  SULPHITES |  VEGETARIAN |
| <p>Fresh Basil Pesto 1kg (MSC Ventures Ltd), Label data updated June 2023 - 100g</p> | <p>0Kcal</p> |  CASHEWS  MILK |  PEANUTS |  VEGETARIAN |
| <p>Freshly Squeezed Orange Juice, 2 Litre bottle (Richardsons Food), Label data May 2021 - 1 serving</p> | <p>66Kcal</p> | | |  VEGETARIAN  VEGAN |
| <p>Global Sauces, Tomato-based Pasta Sauce 10kg bucket, label data June 2023 - 100g</p> | <p>0Kcal</p> |  SULPHITES | |  VEGETARIAN  VEGAN |
| <p>Gourmet Kitchen 3.5" Sausage Rolls, frozen, unbaked (150 x 50g), label data Aug. 2023 - 100g</p> | <p>0Kcal</p> |  WHEAT | | |
| <p>Irish Pride Slimsters, High Fibre White & Wholemeal Squares (41g each), Label data May 2021 - Per 41g Square</p> | <p>98Kcal</p> |  WHEAT  SOYA |  SESAME |  VEGETARIAN |

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|--|----------|---|--|---|
| Irish Pride White Sandwich Pan 800g, Label data May 2021 - per 38g slice | 89Kcal |  WHEAT  SOYA |  SESAME |  VEGETARIAN |
| Irish Pride Wholemeal Sandwich 800g, Label data May 2021 - per 38g slice | 83Kcal |  WHEAT  SOYA |  SESAME |  VEGETARIAN |
| Irish Pride Wholemeal Sandwich 800g, Label data May 2021 - Per pack | 1757Kcal |  WHEAT  SOYA |  SESAME |  VEGETARIAN |
| Jacobs Plain Digestive Biscuits (3 pack / 40g), Label data June 2023 - 1 biscuit | 66Kcal |  WHEAT  MILK |  OATS, BARLEY  SOYA |  VEGETARIAN |
| Jacobs Plain Digestive Biscuits (3 pack / 40g), Label data June 2023 - 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 2023 - 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 |
| Khanum Garlic Flakes 1Kg bag, label data, updated Aug. 2023 - 100g | 0Kcal | | |  VEGETARIAN  VEGAN  HALAL  GLUTEN FREE |
| Kikkoman Naturally Brewed Soy Sauce 1 litre, manufacturer's label data, Jan. 2022 - 100g | 0Kcal |  WHEAT  SOYA | | |
| Kikkoman Tonkatsu Sauce - 100g | 0Kcal | | | |
| Knorr Gluten Free Beef Bouillon Paste (1760g makes 80L, Label data per 100mls as prepared, May 2021 - 100g | 0Kcal | |  CELERY |  GLUTEN FREE |

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|--|------------------|--|---|--|
| <p>Knorr Gluten Free Roast Gravy (1.14Kg drum), Label Data per 100g dry mix, May 2021 - 100g</p> | <p>0Kcal</p> |  WHEAT  MILK  SOYA | |  VEGETARIAN  GLUTEN FREE |
| <p>Knorr Gluten Free Roast Gravy (1.14Kg drum), Label Data per 100mls as prepared, May 2021 - 100g</p> | <p>0Kcal</p> |  WHEAT  MILK  SOYA | |  VEGETARIAN  GLUTEN FREE |
| <p>Knorr Gluten-Free Chicken Paste Bouillon (1760g makes 80L), Label data/100mls as prepared, May 2021 - 100g</p> | <p>0Kcal</p> |  CELERY | |  GLUTEN FREE |
| <p>KTC Rich & Creamy Coconut Milk, 400ml tin, Label data May 2021 - Per pack</p> | <p>439Kcal</p> | | |  VEGETARIAN |
| <p>Laughing Cow Cheese Triangles, Original (8 pk/ 140g), label data May 2021 - 1 triangle</p> | <p>42Kcal</p> |  MILK | |  VEGETARIAN |
| <p>Le Petit Moulé, Fromage Nature, Spreadable Cheese, plain (label data, May 2021) - 1 mini portion pack</p> | <p>38Kcal</p> |  MILK |  TREE NUTS | |
| <p>Lucky Boat No.2 Fine Wheat Noodles , dry, raw- label data Dec. 2021 - 1 pack</p> | <p>26858Kcal</p> |  WHEAT | | |
| <p>M&M Ready-to-Eat Sage & Onion Stuffing, label data June 2023 - 100g</p> | <p>0Kcal</p> |  WHEAT  CELERY |  MILK |  VEGETARIAN |
| <p>Margetts Seedless Mixed Fruit Jam (Valeo Foods) 12.5kg bucket, Manufacturer's Spec. May 2021 - 1 level teaspoon</p> | <p>21 Kcal</p> | | |  VEGETARIAN  VEGAN  GLUTEN FREE  KOSHER |
| <p>McCambique Irish Stone-Ground Wholewheat Bread 500g, Label data May 2021 - Per slice</p> | <p>80Kcal</p> |  WHEAT  MILK | | |
| <p>McCambique Irish Stone-Ground Wholewheat Bread 500g, Label data May 2021 - Per pack</p> | <p>1117 Kcal</p> |  WHEAT  MILK | | |

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|---|---------|--|--|---|
| McCaughey Foods, Sliced Turkey Breast 1kg, label data updated June 2023 - 100g | 0Kcal |  MILK | | |
| Mooju Fresh Chocolate Milk 250ml (label data, May 2021) - Per pack | 186Kcal |  MILK  SOYA | | |
| Musgrave Excellence Chilli Powder 440g, manufacturers' label data June 2023 - 100g | 0Kcal | |  PEANUTS  MUSTARD |  VEGETARIAN  VEGAN |
| Musgrave Excellence Garam Masala 450g, label data June 2023 - 100g | 0Kcal | |  GLUTEN  CELERY  MUSTARD | |
| Musgrave Excellence Ground Coriander 420g, label data June 2023 - 100g | 0Kcal | |  GLUTEN  CELERY  MUSTARD | |
| Musgrave Excellence Ground Cumin (Jeera) Powder 430g, manufacturers' label data June 2023 - 100g | 0Kcal | | |  VEGETARIAN  VEGAN |
| Musgrave Excellence Ground Turmeric 500g drum, Label data May 2021 - 1 teaspoon | 9Kcal | | |  VEGETARIAN  VEGAN |
| Musgrave Excellence Ground Turmeric 500g drum, Label data May 2021 - 1 tablespoon | 28Kcal | | |  VEGETARIAN  VEGAN |
| Musgrave Excellence Seasoned Potato Wedges 2.5kg bag (pre-fried & frozen), Label data May 2021 - 1 portion | 178Kcal |  WHEAT | | |
| Nutella Hazelnut and Chocolate Spread (200g jar), Label data May 2021 - Per Portion (15g) | 80Kcal |  HAZELNUTS  MILK  SOYA | |  VEGETARIAN |
| Panelba Spaccatini Trafilati No. 3 Lenta Italian Breadsticks (4 per pack = 12g), Label data May 2021 - 1 pack (4 breadsticks) | 49Kcal |  WHEAT |  SESAME  SOYA | |

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|---|-----------------|--|---|---|
| <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>0Kcal</p> | |  WHEAT  SOYA | |
| <p>Quigley Meats, 95% VL, Lean steak mince, 5% fat (2.5kg pack), May 2021 - 100g</p> | <p>0Kcal</p> | | | |
| <p>Quigley Meats, Breaded Chicken Breast Goujons 10kg bag (cooked, frozen), Label data June 2023 - 40g - 60g average goujon</p> | <p>101Kcal</p> |  WHEAT | | |
| <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 Peeled Sliced Potatoes 5kg, preserved w/ Sodium Metabisulphite, label data June 2023 - 1 Pack</p> | <p>576Kcal</p> |  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>Scotts Flavoured Crispy Onions Original, (Label data, June 2021) - Per pack</p> | <p>559Kcal</p> |  WHEAT | |  VEGETARIAN  VEGAN |
| <p>Sheltie Breaded MSC Minced Cod Fish Fingers (120 x 25g each), label data June 2023 - 1 fish finger</p> | <p>56Kcal</p> |  WHEAT  FISH | | |

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|---|---------|--|---|---|
| Sliced Red Apples, 50g Snack Pack (Simply Fruit Ireland Ltd), Label data May 2021 - 1 Pack | 27Kcal | | |  VEGETARIAN  VEGAN  GLUTEN FREE  KOSHER |
| SOP S5507 Orange Food Colouring, 400g powder, label data Aug. 2023 - 100g | 0Kcal | | |  HALAL |
| Sun Maid Raisins 14g mini box, label data June 2023 - Per 14g pack | 47Kcal | | |  VEGETARIAN  VEGAN  KOSHER |
| SuperValu Soft White Bread Rolls 10pk (50g each), Label data May 2021 - 1 roll | 136Kcal |  WHEAT  SOYA |  SESAME | |
| Tolly Boy Basmati Rice 20Kg, label data June 2023 - 100g | 0Kcal | | |  VEGETARIAN  VEGAN |
| 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 | 0Kcal |  WHEAT |  EGGS |  VEGETARIAN  VEGAN |
| Vepo Coloured Cheddar Cheese Portions (20g), label data, May 2021 - 1 mini portion pack | 82Kcal |  MILK | |  VEGETARIAN |
| Vepo Edam Cheese slices 200g pack (10 x 20g), manufacturer's data June 2023 - 1 slice | 62Kcal |  MILK | | |
| Yoplait Frubes with Added Calcium & Vitamin D, Assorted flavours 9 x 37g (333g), Label data May 2021 - Per Frube (1 tube) | 32Kcal |  MILK | | |