



ASHDALE CATERING

The School Lunch People

Document updated: 28/08/2023

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) - Vepo Edam Cheese slice (06/23)	62	4.6	3.2	0	0	0	5	0.32	Sugar Free
Ashdale Catering (Snacks) - Flahavan's 20g Mini Original Flapjack (06/23)	104	5.8	2	11	3.4	0.8	1.2	0.12	Source of Fibre
Ashdale Catering (Snacks) - Sun Maid Raisins 14g mini box (06/23)	47	0	0	11	10	0.8	0.5	0	Low Fat, No Saturated Fat, Very Low Salt, Source of Fibre
Ashdale Catering (Cheese portions) - Laughing Cow Mini Cheese Triangles (06/23)	42	3.2	2.2	1.1	1.1	0	2	0.32	Source of Protein, High in Calcium
Ashdale Catering (Cheese portions) - Vepo Cheddar Cheese (06/23)	82	6.9	4.3	0	0		5	0.34	Sugar Free, High in Protein
Ashdale Catering (Cheese portions) - Le Petit MoulÃ© Soft Cheese (06/23)	38	3.6	2.6	0.5	0.5	0	1	0.15	Low Sugar
Ashdale Catering (Snacks) - Jacob's Cream Crackers (2) with Butter (06/23)	108	6.7	2.7	10	0	0.5	1.5	0.28	Low Sugar
Ashdale Catering (Snacks) - Plain Mini Muffin (06/23)	96	3.8	0.9	14	6.1	0	1.3	0.35	
Ashdale Catering (Snacks) - Kelkin Gluten-Free Mini Chocolate Rice Cakes (06/23)	70	3.4	2	8.8	4.2	0.5	1	0.01	Very Low Salt
Ashdale Catering (Snacks) - Jacob's Cream Crackers 2 pk (06/23)	66	2	0.9	10	0	0.5	1.5	0.2	Low Sugar

Ashdale Catering (Snacks) - Breadsticks (06/23)	49	0.9	0.4	8.6	0.5		1.6	0.24	Low Sugar,Source of Protein
Ashdale Catering (Snacks) - Jacobs Plain Digestive Biscuits 3pk (06/23)	197	8.4	4	27	7.6	1.2	2.5	0.6	Source of Fibre
Ashdale Catering (Snacks) - Yoplait Yogurt Frube (06/23)	32	1	0.7	4.5	4	0	1.4	0.06	Low Fat,Low Salt,Source of Protein,High in Vitamin D,Source of Calcium
Ashdale Catering (Snacks) - Banana (06/23)	64	0	0	14	13	1	0.8	0	Fat Free,No Saturated Fat,No Salt,Source of Fibre
Ashdale Catering (Snacks) - Red Apple sliced (06/23)	27	0	0	6.2	6.2	0.9	0		Fat Free,No Saturated Fat,No Salt,High in Fibre
Ashdale Catering (Snacks) - Red Apple whole (06/23)	87	0.7	0.1	18	18	2.7	0.7	0.01	Low Fat,Low Saturated Fat,No Salt,High in Fibre
Sandwiches, Wraps, Rolls & Slimsters	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale Catering (White & Wholemeal Squares) - Slimster with Chicken Tikka No butter (06/23)	150	1.4	0.4	16	2	3.2	17	0.79	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein,Low Fat
Ashdale Catering (White & Wholemeal Squares) - Slimster with Chicken Tikka & Butter (06/23)	165	3	0.8	16	2	3.2	17	0.83	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Chicken Stuffing Mayo No butter (06/23)	249	11	1.4	18	2.2	2.6	17	0.91	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Chicken Stuffing Mayo Butter (06/23)	249	11	1.4	18	2.2	2.6	17	0.91	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Ham & Cheese No butter (06/23)	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 (06/23)	216	9.7	5.2	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 (06/23)	140	1.1	0.4	15	1.8	2.6	16	0.66	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein

Ashdale Catering (White & Wholemeal Squares) - Slimster with Turkey Slice & Butter (06/23)	155	2.8	0.8	16	1.8	2.6	16	0.7	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Chicken Breast No butter (06/23)	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 (06/23)	159	2.8	0.8	15	1.8	2.6	17	0.76	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Cheddar Cheese No butter (06/23)	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 (06/23)	195	9.1	4.9	15	1.6	2.6	12	0.72	Low Sugar,Source of Fibre,High in Protein
Ashdale Catering (White & Wholemeal Squares) - Slimster with Ham No butter (06/23)	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 (06/23)	134	2.8	0.9	16	1.8	2.6	9.9	0.92	Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - White Wrap with Turkey Slice No butter (06/21)	220	5.1	1.9	31	1.5		12	1.5	Low Sugar,High in Protein
Ashdale Catering - White Wrap with Turkey Slice & Butter (06/21)	234	6.8	2.3	31	1.5		12	1.5	Low Sugar,High in Protein
Ashdale Catering - White Wrap with Chicken Breast No butter (06/23)	234	5.3	1.9	31	1.5		15	1.6	Low Sugar,High in Protein
Ashdale Catering - White Wrap with Chicken Breast & Butter (06/23)	249	6.9	2.3	31	1.5		15	1.6	Low Sugar
Ashdale Catering - White Wrap with Cheddar Cheese No butter (06/23)	271	12	6	31	1.3		10	1.6	Low Sugar,Source of Protein
Ashdale Catering - White Wrap with Cheddar Cheese & Butter (06/23)	285	13	6.4	31	1.3		10	1.6	Low Sugar,Source of Protein
Ashdale Catering - White Wrap with Ham No butter (06/23)	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 (06/23)	224	7	2.4	32	1.6	0	8.4	1.8	Low Sugar,Source of Protein
Ashdale Catering - Gluten-free Bread with Turkey Slice No butter (06/23)	175	4.2	0.6	27	1.8	0.7	7.2	0.41	Low Saturated Fat,Low Sugar,Source of Protein
Ashdale Catering - Gluten-free Bread with Turkey Slice & Butter (06/23)	190	5.8	1	27	1.8	0.7	7.2	0.45	Low Saturated Fat,Low Sugar,Source of Protein
Ashdale Catering - Gluten-free Bread with Chicken Breast No butter (06/23)	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 (06/23)	204	5.9	1.1	27	1.9	0.7	11	0.59	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - Gluten-free Bread with Cheddar Cheese No butter (06/23)	226	11	4.8	27	1.7	0.7	5.6	0.51	Low Sugar
Ashdale Catering - Gluten-free Bread with Cheddar Cheese & Butter (06/23)	241	12	5.2	27	1.7	0.7	5.6	0.55	Low Sugar
Ashdale Catering - Gluten-free Bread with Ham No butter (06/23)	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 (06/23)	179	6	1.1	27	1.9	0.7	3.6	0.75	Low Sugar
Ashdale Catering - Farmhouse Brown with Turkey Slice No butter (06/23)	192	1.2	0.4	31	1.4	4.7	12	1.2	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - Farmhouse Brown with Turkey Slice & Butter (06/23)	207	2.8	0.8	31	1.5	4.7	12	1.2	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - Farmhouse Brown with Chicken Breast No butter (06/23)	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 (06/23)	221	2.9	0.8	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 (06/23)	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 (06/23)	258	9.3	5	30	1.3	4.7	11	1.3	Low Sugar,Source of Fibre,Source of Protein
Ashdale Catering - Farmhouse Brown with Ham No butter (06/23)	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 (06/23)	196	3	0.9	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 (06/23)	188	2.5	0.7	27	4.2	1.6	14	0.9	
Ashdale Catering - Soft White Roll with Chicken Stuffing & Mayo (06/23)	272	11	1.3	28	4.4	1	15	0.98	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - Crusty Roll with Ham Cheddar Cheese No butter (06/23)	310	9.3	5.1	40	3.5	1	16	1.8	Low Sugar,Source of Protein
Ashdale Catering - Crusty Roll with Ham Cheddar Cheese & Butter (06/23)	324	11	5.5	40	3.5	1.1	16	1.9	Low Sugar,High in Protein
Ashdale Catering - Crusty Roll with Ham No butter (06/23)	233	2.6	0.9	40	3.6	1.1	12	1.6	Low Fat,Low Saturated Fat,Low Sugar,Source of Protein
Ashdale Catering - Crusty Roll with Ham & Butter (06/23)	247	4.2	1.3	40	3.6	1.1	12	1.7	Low Saturated Fat,Low Sugar,Source of Protein
Ashdale Catering - Crusty Roll with Butter no filling (06/23)	222	3.4	1	39	3.2	1	7.9	1	Low Saturated Fat,Low Sugar
Ashdale Catering - Crusty Roll with Chicken Breast No butter (06/23)	253	2.3	0.7	40	3.5	1	18	1.3	Low Fat,Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - Crusty Roll with Chicken Breast & Butter (06/23)	267	3.9	1.1	40	3.5	1.1	18	1.4	Low Fat,Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - Crusty Roll with Chicken Tikka (06/23)	258	2.6	0.7	41	3.6	1.6	17	1.4	Low Fat,Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - Crusty Roll with Chicken Stuffing & Mayo (06/23)	342	11	1.3	42	3.8	1.1	18	1.5	Low Saturated Fat,Low Sugar,High in Protein

Ashdale Catering - White Bread (2 slices) No butter or filling (06/23)	167	0.9	0.2	30	2.2	4.9	7.6	0.84	
Ashdale Catering - White Sandwich with Butter No filling (06/23)	193	2.7	0.7	34	2.8	2.1	7.1	0.88	Low Saturated Fat,Low Sugar,Source of Protein
Ashdale Catering - White Sandwich with Egg Mayo No butter (06/23)	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 (06/23)	296	12	2.1	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 (06/23)	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 (06/23)	236	2.7	0.7	45	9.9	2.2	7.2	0.88	Low Saturated Fat,Source of Protein
Ashdale Catering - White Sandwich with Tuna Mayo No butter (06/23)	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 (06/23)	276	8.4	1.2	34	2.8	2.1	15	1.2	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - White Sandwich with Turkey Slice No butter (06/23)	199	1.3	0.4	34	2.9	2.1	11	1	Low Fat,Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - White Sandwich with Turkey Slice & Butter (06/23)	213	2.9	0.8	34	2.9	2.1	12	1	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - White Sandwich with Chicken Breast No butter (06/23)	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 (06/23)	238	3.2	0.9	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 (06/23)	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 (06/23)	275	9.6	5	34	2.8	2.1	12	1.2	Low Sugar,Source of Protein
Ashdale Catering - White Sandwich with Ham No butter (06/23)	213	3.3	1	35	3	2.1	10	1.4	Low Saturated Fat,Low Sugar,Source of Protein
Ashdale Catering - White Sandwich with Ham & Butter (06/23)	213	3.3	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 (06/23)	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 (06/23)	182	2.5	0.6	30	2.2	4.9	7.6	0.88	Low Saturated Fat,Low Sugar,High in Fibre,Source of Protein
Ashdale Catering - Wholemeal Sandwich with Egg Mayo No butter (06/23)	285	12	2	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 (06/23)	285	12	2	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 (06/23)	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 (06/23)	225	2.6	0.7	40	9.4	4.9	7.6	0.88	Low Fat,Low Saturated Fat,Source of Fibre,Source of Protein
Ashdale Catering - Wholemeal Sandwich with Tuna Mayo No butter (06/23)	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 (06/23)	265	8.3	1.1	30	2.3	4.9	16	1.2	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - Wholemeal Sandwich with Turkey Slice No butter (06/23)	188	1.2	0.3	30	2.3	4.9	12	1	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein

Ashdale Catering - Wholemeal Sandwich with Turkey Slice & Butter (06/23)	202	2.8	0.7	30	2.3	4.9	12	1	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Ashdale Catering - Wholemeal Sandwich with Chicken Breast No butter (06/23)	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 (06/23)	227	3.1	0.8	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 (06/23)	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 (06/23)	264	9.4	5	30	2.2	4.9	13	1.2	Low Sugar,Source of Fibre,Source of Protein
Ashdale Catering - Wholemeal Sandwich with Ham No butter (06/23)	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 (06/23)	136	1.8	0.5	26	3.8	1	4.2	0.45	Low Saturated Fat,Source of Fibre,Source of Protein
Ashdale Catering - Soft White Roll with Butter no filling (06/23)	151	3.4	0.9	26	3.8	1	4.2	0.5	Source of Fibre
Ashdale Catering - Soft White Roll with Egg Mayo No butter (06/23)	240	11	1.8	26	3.9	1	8.8	0.69	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 (06/23)	255	13	2.3	26	3.9	1	8.8	0.73	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 (06/23)	179	1.8	0.5	36	11	1.1	4.2	0.45	Low Fat,Low Saturated Fat,Source of Fibre
Ashdale Catering - Soft White Roll with Jam & Butter (06/23)	194	3.4	0.9	36	11	1.1	4.2	0.5	Low Saturated Fat,Source of Fibre
Ashdale Catering - Soft White Roll with Tuna Mayo No butter (06/23)	235	9.1	1.4	26	3.9	1	12	0.86	Low Saturated Fat,Low Sugar,High in Protein

Ashdale Catering - Soft White Roll with Tuna Mayo & Butter (06/23)	235	9.1	1.4	26	3.9	1	12	0.86	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - Soft White Roll with Turkey Slice No butter (06/23)	157	2	0.6	26	3.9	1	8.5	0.61	Low Saturated Fat,Source of Fibre,High in Protein
Ashdale Catering - Soft White Roll with Turkey Slice & Butter (06/23)	172	3.6	1	26	3.9	1	8.5	0.65	Low Saturated Fat,Source of Fibre,High in Protein
Ashdale Catering - Soft White Roll with Chicken Breast No butter (06/23)	182	2.3	0.7	26	4	1	14	0.83	Low Fat,Low Saturated Fat,High in Protein,Low Sugar
Ashdale Catering - Soft White Roll with Chicken Breast & Butter (06/23)	197	3.9	1.1	26	4.1	1	14	0.87	Low Saturated Fat,Low Sugar,High in Protein
Ashdale Catering - Soft White Roll with Cheese No Butter (06/23)	219	8.6	4.8	26	3.8	1	9.2	0.79	Source of Protein
Ashdale Catering - Soft White Roll with Cheese & Butter (06/23)	233	10	5.2	26	3.8	1	9.2	0.83	Source of Protein
Ashdale Catering - Soft White Roll with Ham No butter (06/23)	147	2.1	0.6	26	3.9	1	5.7	0.72	Low Saturated Fat,Source of Fibre,Source of Protein
Ashdale Catering - Wholemeal Sandwich with Ham & Butter (06/23)	202	3.1	0.9	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 (06/23)	212	4.2	1.2	30	2.5	4.9	11	1.5	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein
Soup	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale Catering (Hot lunches) - Vegetable Soup & Farmhouse Brown Bread (06/23)	208	7.3	3.5	29	10	7.3	2.9	3.7	Low Fat,Low Sugar,High in Fibre
Ashdale Catering (Soups) - Vegetable Soup (06/23)	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 (06/23)	339	9.3	4.1	53	13	6	7.9	4.2	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre
Hot Meals	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale Catering (Hot lunches) - 5 Cocktail Sausages (08/23)	305	27	6.1	9	0.5	0.5	5.7	0.91	Low Sugar,High in Vitamin E,Source of Vitamin K
Ashdale Catering (Hot lunches) - 3 Sausage Rolls (08/23)	470	26	11	47	1.2	2.4	11	1.9	Low Sugar
Ashdale Catering (Hot lunches) - Chicken Curry with Pilau Rice (08/23)	506	19	1.9	61	7.3	2.6	20	0.81	Low Saturated Fat,Low Sugar,Source of Protein
Ashdale Catering (Hot lunches) - Chicken Korma with Pilau Rice (08/23)	527	21	3.1	62	8.2	2.6	20	0.81	Low Saturated Fat,Low Sugar,Source of Protein
Ashdale Catering (Hot lunches) - Breaded Chicken Wrap Plain with Carrots (06/23)	475	15	7.5	58	4.7	1.8	26	2.3	Low Sugar,High in Protein
Ashdale Catering (Hot lunches) - Chicken Goujons with Carrots (06/23)	286	10	5.8	27	3.4	1.8	20	1.1	
Ashdale Catering (Hot lunches) - Breaded Chicken Wrap with Mayo & Carrots (06/23)	584	27	8.4	58	4.9	1.8	26	2.5	Low Sugar,High in Protein
Ashdale Catering (Hot lunches) - Fish Goujons Mash & Vegetables (08/23)	302	6.1	0.6	46	0.6	4.8	14	0.94	
Ashdale Catering (Hot lunches) - Minced Beef Stew with Veg & Mashed Potato (06/23)	250	5	1.6	33	3.2	5.6	15	0.93	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Fibre,Source of Protein
Ashdale Catering (Hot lunches) - Noodles with Vegetables (06/23)	183	0.5	0	36	6.4	0.8	7.8	5.5	Fat Free,No Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin C
Ashdale Catering (Hot lunches) - Noodles with Chicken (06/23))	183	0.8	0.2	29	1	0	15	4	Fat Free,Low Saturated Fat,Low Sugar,High in Protein

Ashdale Catering (Hot lunches) - Sweet & Sour Chicken with Rice (06/23)	519	1.9	0.5	105	6.8	0.5	21	0.83	Fat Free,Low Saturated Fat,Low Sugar,Low Salt,Source of Protein
Ashdale Catering (Hot lunches) - Vegetable Soup & Farmhouse Brown Bread (06/23)	208	7.3	3.5	29	10	7.3	2.9	3.7	Low Fat,Low Sugar,High in Fibre
Ashdale Catering (Hot lunches) - Vegetable Curry with Rice (06/23)	584	9.5	1.2	110	8	3.4	13	0.4	Low Fat,Low Saturated Fat,Low Sugar,Low Salt
Ashdale Catering (Soups) - Vegetable Soup (06/23)	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 (06/23)	339	9.3	4.1	53	13	6	7.9	4.2	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre
Ashdale Catering (Hot lunches) - Tomato Pasta (06/23)	140	0.9	0.2	28	1.8	1.3	4.4	0.31	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Protein
Ashdale Catering (Hot lunches) - Chicken Goujons with Pasta (06/23)	473	11	6	66	2.4	2.4	27	1.1	Low Saturated Fat,Low Sugar,Low Salt,High in Protein
Ashdale Catering (Hot lunches) - Chicken Goujons (06/23)	273	10	5.8	25	1.2	0.7	20	1.1	Low Sugar,High in Protein
Ashdale Catering (Hot lunches) - Breaded Chicken Wrap with Ketchup & Carrots (06/23)	492	15	7.5	62	7.9	2	26	2.8	Low Sugar,Source of Protein
Ashdale Catering (Hot lunches) - Chicken Goujon Wrap with Mayo (06/23)	570	27	8.4	56	2.7	0.7	26	2.5	Low Sugar,Source of Protein
Ashdale Catering (Hot lunches) - Chicken Goujon Wrap plain (06/23)	461	15	7.5	56	2.5	0.7	26	2.3	Low Sugar,High in Protein
Ashdale Catering (Hot lunches) - Sausage Mashed Potato Veg & Gravy (08/23)	369	18	4.3	40	4.9	7.2	9.1	1.6	Low Sugar,Source of Fibre,Source of Protein,Low Fat,Low Saturated Fat
Ashdale Catering (Hot lunches) - Pasta / Spaghetti Bolognese (08/23)	300	3.8	1.3	47	3.1	2.2	18	0.94	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,High in Protein

Ashdale Catering (Hot lunches) - Mashed Potato with Gravy (06/23)	217	1	0.7	43	0.8	6.2	6.3	1.3	Fat Free,Low Saturated Fat,Sugar Free,Low Salt,High in Fibre,Source of Protein
Ashdale Catering (Hot lunches) - Chicken Korma with Basmati Rice (06/23)	499	4.3	1	100	2.6	0.7	15	0.34	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Protein
Ashdale Catering (Hot lunches) - Chicken Curry with Basmati Rice (06/23)	625	10	1.4	107	7.4	2.6	25	0.87	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Protein
Ashdale Catering (Hot lunches) - White Basmati Rice portion (06/23)	441	1.3	0.4	97	0.5	0	11	0.13	Fat Free,No Saturated Fat,Sugar Free,No Salt
Ashdale Catering (Hot lunches) - Chicken Pesto Pasta (06/23)	403	27	1.7	27	2.2	1.3	14	1.3	Low Sugar,Source of Protein,Low Saturated Fat
Ashdale Catering (Hot lunches) - Pesto Pasta (06/23)	409	29	1.7	29	2.3	1.4	7.5	1.1	Low Sugar
Ashdale Catering (Hot lunches) - Vegetable Fried Rice (06/23)	499	1.9	0.5	106	3.9	2.7	13	1.8	Low Fat,Low Saturated Fat,Low Sugar
Ashdale Catering (Hot lunches) - Chicken Fried Rice (06/23)	527	2.2	0.6	103	2.2	1.5	23	2.1	Low Fat,Low Saturated Fat,Low Sugar,Source of Protein
Ashdale Catering (Hot lunches) - Chicken Tomato & Pasta (06/23)	324	2.1	0.6	44	2.4	1.9	31	1.1	Low Saturated Fat,Low Sugar,High in Protein,High in Chloride,Low Fat
Ashdale Catering (Hot lunches) - Mince Veg & Mashed Potato (06/23)	257	4	1.8	32	4.1	6	21	0.55	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Fibre,High in Protein,High in Vitamin B12

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