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Item	Contains Allergens	May Contain Allergens	Other Properties
<b>Ashdale Catering - Soups</b>			
Ashdale Catering (Soups) - Lentil Soup & Crusty White Roll (06/24) - 1 Serving	 WHEAT  MILK	 EGGS  SESAME	 VEGETARIAN
Ashdale Catering (Soups) - Lentil Soup & Farmhouse Brown Bread (06/24) - 1 Serving	 WHEAT  MILK		 VEGETARIAN
Ashdale Catering (Soups) - Lentil Soup (06/24) - 1 Serving			 VEGETARIAN  VEGAN
Ashdale Catering (Soups) - Vegetable Soup & Crusty White Roll (06/24) - 1 Serving	 WHEAT  MILK  CELERY	 EGGS  SESAME	 VEGETARIAN
Ashdale Catering (Soups) - Vegetable Soup & Farmhouse Brown Bread (06/24) - 1 Serving	 WHEAT  MILK  CELERY		 VEGETARIAN
Ashdale Catering (Soups) - Vegetable Soup (06/24) - 1 Serving	 MILK  CELERY		 VEGETARIAN
<b>Ashdale - Roast Dinners</b>			
Ashdale (Roast Dinners) - Roast Turkey, Mashed Potato & Vegetables (07/24) - 1 Serving	 MILK  SULPHITES	 WHEAT  CELERY	
<b>Ashdale Rice Dishes</b>			
Ashdale (Curries) - Dahl Curry with Rice (09/24) - 1 Serving			 VEGETARIAN  VEGAN
Ashdale (Curries) - Vegetable Curry with Rice (06/24) - 1 Serving	 SULPHITES	 CELERY	 VEGETARIAN  VEGAN
Ashdale (Plant based) - Chickpea Rice (06/24) - 1 Serving			 VEGETARIAN  VEGAN
Ashdale (Rice dishes) - Chicken & Vegetable Rice (06/24) - 1 Serving	 MILK  SOYA	 GLUTEN	
Ashdale (Rice dishes) - Vegetable Rice (06/24) - 1 Serving		 CELERY  SULPHITES	 VEGETARIAN  VEGAN
Ashdale (Curries) - Potato & Bean Curry with Chickpea Rice (07/24) - 1 Serving	 SULPHITES	 CELERY	 VEGETARIAN  VEGAN



















### Ashdale Pasta Dishes

Ashdale (Pasta Dishes) - Pasta / Spaghetti Bolognese (06/24) - 1 Serving	 WHEAT  SULPHITES	 EGGS	
Ashdale (Pasta Dishes) - Chicken Pesto Pasta (06/24) - 1 Serving	 WHEAT  CASHEWS  MILK  SOYA	 PEANUTS  EGGS	
Ashdale (Pasta Dishes) - Chicken Pesto Pasta, Gluten-free (06/24) - 1 Serving	 CASHEWS  MILK  SOYA	 GLUTEN  PEANUTS  EGGS	 GLUTEN FREE
Ashdale (Pasta Dishes) - Chicken, Tomato & Pasta (06/24) - 1 Serving	 WHEAT  MILK  SOYA  SULPHITES	 EGGS	
Ashdale (Pasta Dishes) - Pesto Pasta (06/24) - 1 Serving	 WHEAT  CASHEWS  MILK	 PEANUTS  EGGS	 VEGETARIAN
Ashdale (Pasta Dishes) - Tomato & Vegetable Pasta (06/24) - 1 Serving	 WHEAT  SULPHITES	 EGGS  CELERY	 VEGETARIAN  VEGAN
Ashdale (Pasta Dishes) - Tomato Pasta with Meatballs (06/24) - 1 Serving	 WHEAT  SOYA  SULPHITES	 EGGS	
Ashdale (Plant based) - Tomato & Chickpea Pasta (06/24) - 1 Serving	 WHEAT  SULPHITES	 EGGS	 VEGETARIAN
Ashdale (Sides) - Gluten-free Kelkin Penne Pasta, Boiled (06/24) - 1 Serving		 EGGS	 VEGETARIAN  VEGAN  GLUTEN FREE
Ashdale (Sides) - Plain White Penne Pasta, Boiled (06/24) - 1 Serving	 WHEAT	 EGGS	 VEGETARIAN  VEGAN


















### Ashdale Noodle Dishes

Ashdale (Noodle Dishes) - Plain Noodles (09/24) - 1 Serving	 WHEAT		 VEGETARIAN  VEGAN
Ashdale (Noodle Dishes) - Vegetable Noodles (09/24) - 1 Serving	 WHEAT		 VEGETARIAN  VEGAN
Ashdale (Noodles) - Chicken Noodles (09/24) - 1 Serving	 WHEAT  MILK  SOYA		
















### Ashdale Curries



Ashdale (Curries) - Chicken Curry with Rice (09/24) - 1 Serving	 MILK	 SOYA	 GLUTEN	 CELERY		
Ashdale (Curries) - Chicken Korma with Rice (09/24) - 1 Serving	 MILK	 SOYA	 GLUTEN	 CELERY		
Ashdale (Curries) - Dahl Curry with Rice (09/24) - 1 Serving					 VEGETARIAN	 VEGAN
Ashdale (Curries) - Vegetable Curry with Rice (06/24) - 1 Serving	 SULPHITES			 CELERY	 VEGETARIAN	 VEGAN
Ashdale (Curries) - Potato & Bean Curry with Chickpea Rice (07/24) - 1 Serving	 SULPHITES			 CELERY	 VEGETARIAN	 VEGAN

### Ashdale Beef Dishes






Ashdale (Beef Dishes) - Meatballs, Mashed Potato & Vegetables (07/24) - 1 Serving	 SOYA	 SULPHITES		 CELERY	 GLUTEN FREE
Ashdale (Pasta Dishes) - Pasta / Spaghetti Bolognese (06/24) - 1 Serving	 WHEAT	 SULPHITES		 EGGS	
Ashdale (Pasta Dishes) - Tomato Pasta with Meatballs (06/24) - 1 Serving	 WHEAT	 SOYA	 SULPHITES	 EGGS	
Ashdale (Beef Dishes) - Beef Stew with Veg & Mashed Potato (07/24) - 1 Serving	 WHEAT	 MILK	 SOYA	 CELERY	 GLUTEN FREE
	 SULPHITES				

### Ashdale Chicken Dishes



















Ashdale (Curries) - Chicken Curry with Rice (09/24) - 1 Serving	 MILK	 SOYA	 GLUTEN	 CELERY	
Ashdale (Hot lunches) - Chicken Goujons, Mashed Potato & Veg (06/24) - 1 Serving	 WHEAT	 SULPHITES		 CELERY	
Ashdale (Hot lunches) - Chicken Goujons with Mixed Vegetables (06/24) - 1 Serving	 WHEAT				
Ashdale (Hot lunches) - Chicken Goujons with Pasta (06/24) - 1 Serving	 WHEAT			 EGGS	
Ashdale (Hot lunches) - Sweet & Sour Chicken with Rice (07/24) - 1 Serving	 BARLEY	 MILK	 CELERY	 SULPHITES	
	 SOYA				















Ashdale (Pasta Dishes) - Chicken, Tomato & Pasta (06/24) - 1 Serving	 WHEAT  MILK  SOYA  SULPHITES	 EGGS	
Ashdale Catering (Hot Lunches) - Chicken with Tomato Sauce (06/24) - 1 Serving	 MILK  SOYA  SULPHITES	 GLUTEN	
Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (09/24) - 1 Serving	 MILK  SOYA  SULPHITES	 GLUTEN  CELERY  MUSTARD	
Ashdale (Curries) - Chicken Korma with Rice (09/24) - 1 Serving	 MILK  SOYA	 GLUTEN  CELERY	
Ashdale (Noodles) - Chicken Noodles (09/24) - 1 Serving	 WHEAT  MILK  SOYA		
Ashdale (Pasta Dishes) - Chicken Pesto Pasta (06/24) - 1 Serving	 WHEAT  CASHEWS  MILK  SOYA	 PEANUTS  EGGS	

### Ashdale Hot Chicken Wraps






Ashdale Catering (Hot Wraps) - Breaded Chicken Wrap with Ketchup (06/24) - 1 Serving	 OATS, WHEAT, BARLEY		
Ashdale Catering (Hot Wraps) - Breaded Chicken Wrap with Mayo (06/24) - 1 Serving	 OATS, WHEAT  EGGS  MUSTARD		
Ashdale Catering (Hot Wraps) - Breaded Chicken Wrap, plain (06/24) - 1 Serving	 OATS, WHEAT		

### Ashdale Vegetarian / Plant-based dishes

Ashdale (Curries) - Dahl Curry with Rice (09/24) - 1 Serving			 VEGETARIAN  VEGAN
Ashdale (Curries) - Vegetable Curry with Rice (06/24) - 1 Serving	 SULPHITES	 CELERY	 VEGETARIAN  VEGAN
Ashdale (Pasta Dishes) - Tomato & Vegetable Pasta (06/24) - 1 Serving	 WHEAT  SULPHITES	 EGGS  CELERY	 VEGETARIAN  VEGAN
Ashdale (Plant based) - Chickpea Rice (06/24) - 1 Serving			 VEGETARIAN  VEGAN
Ashdale (Plant based) - Tomato & Chickpea Pasta (06/24) - 1 Serving	 WHEAT  SULPHITES	 EGGS	 VEGETARIAN

Ashdale (Rice dishes) - Vegetable Rice (06/24) - 1 Serving		 CELERY  SULPHITES	 VEGETARIAN  VEGAN
Ashdale (Plant-based) - Cauliflower Hash Brown with Rice (06/24) - 1 Serving		 WHEAT	 VEGETARIAN  VEGAN
Ashdale (Curries) - Potato & Bean Curry with Chickpea Rice (07/24) - 1 Serving	 SULPHITES	 CELERY	 VEGETARIAN  VEGAN
Ashdale (Noodle Dishes) - Vegetable Noodles (09/24) - 1 Serving	 WHEAT		 VEGETARIAN  VEGAN























### Ashdale Specials





















































Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (09/24) - 1 Serving	 MILK  SOYA  SULPHITES	 GLUTEN  CELERY  MUSTARD	
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### Ashdale Catering - Additional Hot Lunches

Ashdale (Hot lunches) - Sausages, Mashed Potato & Veg (06/24) - 1 Serving	 WHEAT  MUSTARD  SULPHITES	 CELERY	
Ashdale (Hot lunches) - Sausages, Mashed Potato, Veg & Gravy (06/24) - 1 Serving	 WHEAT  MILK  MUSTARD  SOYA  SULPHITES	 CELERY	
Ashdale (Rice dishes) - Chicken Fried Rice (06/24) - 1 Serving	 WHEAT  MILK  SOYA		

### Ashdale - Sides

Ashdale (Sides) - Gluten-free Kelkin Penne Pasta, Boiled (06/24) - 1 Serving		 EGGS	 VEGETARIAN  VEGAN  GLUTEN FREE
Ashdale (Sides) - Mashed Potato (06/24) - 1 Serving	 SULPHITES	 CELERY	 VEGETARIAN  VEGAN
Ashdale (Sides) - Plain Noodles (06/24) - 1 Serving	 WHEAT		 VEGETARIAN  VEGAN
Ashdale (Sides) - Plain White Penne Pasta, Boiled (06/24) - 1 Serving	 WHEAT	 EGGS	 VEGETARIAN  VEGAN
Ashdale (Sides) - Mashed Potato & Gravy (06/24) - 1 Serving	 WHEAT  MILK  SOYA  SULPHITES	 CELERY	 VEGETARIAN  GLUTEN FREE

Ashdale (Sides) - White Basmati Rice, Steamed (06/24) - 1 Serving			 
<b>Ashdale - Extra Menu Items</b>			
Ashdale Catering (Extra items) - 2 Quigley Pork Sausages, oven baked (06/24) - 1 Serving	 WHEAT	 MUSTARD	 SULPHITES
Ashdale Catering (Extra items) - 3 Fish Fingers (06/24) - 1 Serving	 WHEAT	 FISH	
Ashdale (Extra items) - 3 mini Sausage Rolls (06/24) *TBC* - 1 Serving	 WHEAT		
<b>Ashdale Catering: Certified Gluten-free Products</b>			
Ashdale Catering (Breads) - Kelkin Gluten-Free White Bread, per slice (06/24) - 1 Serving	 EGGS	 MILK  SULPHITES	 SOYA  VEGETARIAN  GLUTEN FREE
Ashdale Catering (Prep) - Knorr Gluten-free Roast Gravy, Batch (06/24) - 100g	 WHEAT	 MILK	 SOYA  VEGETARIAN  GLUTEN FREE
Ashdale Catering (Snacks) - Kelkin Gluten-Free Mini Chocolate Rice Cakes (06/24) - 1 Serving	 MILK	 SOYA	 TREE NUTS  SESAME  GLUTEN FREE
<b>Ashdale Gluten-free Menu (Hot)</b>			
Ashdale (Beef Dishes) - Beef Stew with Veg & Mashed Potato (07/24) - 1 Serving	 WHEAT  SULPHITES	 MILK  SOYA	 CELERY  GLUTEN FREE
Ashdale (Beef Dishes) - Meatballs, Mashed Potato & Vegetables (07/24) - 1 Serving	 SOYA	 SULPHITES	 CELERY  GLUTEN FREE
Ashdale (Pasta Dishes) - Chicken Pesto Pasta, Gluten-free (06/24) - 1 Serving	 CASHEWS	 MILK  SOYA	 GLUTEN  PEANUTS  EGGS  GLUTEN FREE
Ashdale (Sides) - Gluten-free Kelkin Penne Pasta, Boiled (06/24) - 1 Serving			 EGGS  VEGETARIAN  VEGAN  GLUTEN FREE
Ashdale (Sides) - Mashed Potato with Gravy (06/24) - 1 Serving	 WHEAT  SULPHITES	 MILK  SOYA	 CELERY  VEGETARIAN  GLUTEN FREE