

Document updated: 24/09/2024



ASHDALE CATERING
The School Lunch People

Nutrition Information Per Serving

Cheese & Crackers	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale (Cheese portions) - Vepo Edam Cheese slice (06/24)	62	4.6	3.2	0	0	0	5	0.32	Sugar Free
Ashdale (Cheese portions) - Laughing Cow Mini Cheese Triangles (06/24)	42	3.2	2.2	1.1	1.1	0	2	0.32	Source of Protein, High in Calcium
Ashdale (Cheese portions) - Vepo Cheddar Cheese (06/24)	82	6.9	4.3	0	0		5	0.34	Sugar Free, High in Protein
Ashdale Catering (Cheese portions) - Le Petit MoulÃ© Soft Cheese (06/24)	38	3.6	2.6	0.5	0.5	0	1	0.15	Low Sugar
Ashdale (Snacks) - Jacob's Cream Crackers 2 pk (06/24)	66	2	0.9	10	0	0.5	1.5	0.2	Low Sugar
Ashdale (Snacks) - Jacob's Cream Crackers (2) with Butter (06/24)	108	6.7	2.7	10	0	0.5	1.5	0.28	Low Sugar
Breadsticks, Flapjacks, Cookies, Muffins, Rice cakes & Biscuits	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale (Snacks) - Breadsticks (06/24)	49	0.9	0.4	8.6	0.5		1.6	0.24	Low Sugar, Source of Protein
Ashdale (Snacks) - Oat Cookie 25g (09/24)	109	4.8	1.7	14	5	0.8	1.8	0.18	Source of Fibre
Ashdale (Snacks) - Flahavan's Mini Original Flapjack 19g (06/24)	99	5.5	1.9	11	3.2	0.8	1.2	0.11	Source of Fibre

Ashdale (Snacks) - Plain Queen Cake / Mini Muffin (07/24)	90	2.4	0.9	16	12	0	1	0.17	
Ashdale (Snacks) - Kelkin Gluten-Free Mini Chocolate Rice Cakes (06/24)	70	3.4	2	8.8	4.2	0.5	1	0.01	Very Low Salt
Ashdale (Snacks) - Jacobs Plain Digestive Biscuits 3pk (06/24)	197	8.4	4	27	7.6	1.2	2.5	0.6	Source of Fibre
Fruit, Yougurt & Jelly	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale (Snacks) - Sun Maid Raisins 14g mini box (06/24)	47	0	0	11	10	0.8	0.5	0	Low Fat, No Saturated Fat, Very Low Salt, Source of Fibre
Ashdale (Snacks) - Banana	64	0	0	14	13	1	0.8		Fat Free, No Saturated Fat, No Salt, Source of Fibre
Ashdale (Snacks) - Sliced Red Apple, snack pack	27	0	0	6.2	6.2	0.9	0		Fat Free, No Saturated Fat, No Salt, High in Fibre
Ashdale (Snacks) - Red Apple, whole	87	0.7	0.1	18	18	2.7	0.7	0.01	Low Fat, Low Saturated Fat, No Salt, High in Fibre
Ashdale (Snacks) - Yoplait Yogurt Frube (06/24)	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 (Snacks) - Strawberry Jelly pot (09/24)	67	0	0	15	15	0	1.2	0.03	Fat Free, No Saturated Fat, Very Low Salt
Drinks	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale (Drinks) - Mooju Fresh Choolate Milk 250mls	186	3.8	1.8	26	26		12	0.35	Low Saturated Fat, Low Salt, High in Protein, Source of Vitamin B12, High in Calcium
Ashdale (Drinks) - Freshly Squeezed Orange Juice 200mls	87	0.5	0	17	17	1	1.3		Fat Free, No Saturated Fat, No Salt, High in Vitamin C, Source of Folic Acid, Source of Potassium

© Updated 24th September 2024, by Niamh O'Connor RD MINDI, Consultant Dietitian & Nutritionist, NutriCount Ireland.