

































































































Ashdale - Hot Lunch Menu - Allergens updated 8th November 2024






Item	Contains Allergens	May Contain Allergens	Other Properties
Ashdale Catering - Soups			
Ashdale Catering (Soups) - Lentil Soup with Soft White Roll, no butter (11/24) - 1 Serving	 WHEAT  SESAME  SOYA		 VEGETARIAN
Ashdale Catering (Soups) - Lentil Soup & Farmhouse Brown Bread (06/24) - 1 Serving	 WHEAT  MILK		 VEGETARIAN
Ashdale Catering (Soups) - Lentil Soup (11/24) - 1 Serving			 VEGETARIAN  VEGAN
Ashdale Catering (Soups) - Vegetable Soup with Soft White Roll, no butter (11/24) - 1 Serving	 WHEAT  MILK  CELERY  SESAME  SOYA		 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
Ashdale - Roast Dinners			
Ashdale (Roast Dinners) - Roast Turkey, Mashed Potato & Vegetables (07/24) - 1 Serving	 MILK  SULPHITES	 WHEAT  CELERY	
Ashdale Rice Dishes			
Ashdale (Curries) - Dahl Curry with Rice (11/24) - 1 Serving			 VEGETARIAN  VEGAN
Ashdale (Curries) - Vegetable Curry with Rice (11/24) - 1 Serving	 SULPHITES	 CELERY	 VEGETARIAN  VEGAN
Ashdale (Plant based) - Chickpea Rice (11/24) - 1 Serving			 VEGETARIAN  VEGAN
Ashdale (Rice dishes) - Chicken & Vegetable Rice (11/24) - 1 Serving		 WHEAT  MILK  CELERY	 GLUTEN FREE

Ashdale (Rice dishes) - Vegetable Rice (11/24) - 1 Serving			  VEGETARIAN VEGAN
Ashdale (Curries) - Potato & Bean Curry with Chickpea Rice (11/24) - 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 (10/24) - 1 Serving	   WHEAT CASHEWS MILK	  PEANUTS EGGS  CELERY	
Ashdale (Pasta Dishes) - Chicken Pesto with Gluten-free Pasta (10/24) - 1 Serving	  CASHEWS MILK	  WHEAT PEANUTS   EGGS CELERY	
Ashdale (Pasta Dishes) - Chicken, Tomato & Pasta (10/24) - 1 Serving	  WHEAT SULPHITES	  EGGS MILK  CELERY	
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 (10/24) - 1 Serving	 WHEAT	  MILK CELERY	
Ashdale Curries			
Ashdale (Curries) - Chicken Curry with Rice (11/24) - 1 Serving		  WHEAT MILK  CELERY	 GLUTEN FREE
Ashdale (Curries) - Chicken Korma with Rice (11/24) - 1 Serving	 MILK	  WHEAT CELERY	 GLUTEN FREE
Ashdale (Curries) - Dahl Curry with Rice (11/24) - 1 Serving			  VEGETARIAN VEGAN
Ashdale (Curries) - Vegetable Curry with Rice (11/24) - 1 Serving	 SULPHITES	 CELERY	  VEGETARIAN VEGAN
Ashdale (Curries) - Potato & Bean Curry with Chickpea Rice (11/24) - 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  SULPHITES	 CELERY	
Ashdale Fish Dishes			
Ashdale (Fish Dishes) - Fish Goujons, Mash & Vegetables (10/24) - 1 Serving	   WHEAT FISH SULPHITES	 CELERY	
Ashdale (Extra items) - 2 Fish Goujons (10/24) - 1 Serving	  WHEAT FISH		
Ashdale Chicken Dishes			

Ashdale (Curries) - Chicken Curry with Rice (11/24) - 1 Serving	 WHEAT  CELERY	 MILK	 GLUTEN FREE
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 (11/24) - 1 Serving	 BARLEY  CELERY	 WHEAT  MILK  SULPHITES	 GLUTEN FREE
Ashdale (Pasta Dishes) - Chicken, Tomato & Pasta (10/24) - 1 Serving	 WHEAT  SULPHITES	 EGGS  MILK  CELERY	
Ashdale Catering (Hot Lunches) - Chicken with Tomato Sauce (10/24) - 1 Serving	 SULPHITES	 WHEAT  MILK  CELERY	
Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (10/24) - 1 Serving	 SULPHITES	 WHEAT  MILK  CELERY  MUSTARD	
Ashdale (Curries) - Chicken Korma with Rice (11/24) - 1 Serving	 MILK	 WHEAT  CELERY	 GLUTEN FREE
Ashdale (Noodles) - Chicken Noodles (10/24) - 1 Serving	 WHEAT	 MILK  CELERY	
Ashdale (Pasta Dishes) - Chicken Pesto Pasta (10/24) - 1 Serving	 WHEAT  CASHEWS  MILK	 PEANUTS  EGGS  CELERY	
Ashdale (Rice dishes) - Chicken Fried Rice (11/24) - 1 Serving	 WHEAT  SOYA	 MILK  CELERY	






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 (11/24) - 1 Serving			 VEGETARIAN	 VEGAN
Ashdale (Curries) - Vegetable Curry with Rice (11/24) - 1 Serving	 SULPHITES	 CELERY	 VEGETARIAN	 VEGAN
Ashdale (Pasta Dishes) - Tomato & Vegetable Pasta (06/24) - 1 Serving	 WHEAT	 SULPHITES	 EGGS	 CELERY
Ashdale (Plant based) - Chickpea Rice (11/24) - 1 Serving			 VEGETARIAN	 VEGAN
Ashdale (Plant based) - Tomato & Chickpea Pasta (06/24) - 1 Serving	 WHEAT	 SULPHITES	 EGGS	 VEGETARIAN
Ashdale (Rice dishes) - Vegetable Rice (11/24) - 1 Serving			 VEGETARIAN	 VEGAN
Ashdale (Plant-based) - Cauliflower Hash Brown with Rice (11/24) - 1 Serving		 WHEAT	 VEGETARIAN	 VEGAN
Ashdale (Curries) - Potato & Bean Curry with Chickpea Rice (11/24) - 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 (10/24) - 1 Serving	 SULPHITES	 WHEAT	 MILK	 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
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Ashdale (Hot lunches) - Sausages, Mashed Potato, Veg & Gravy (06/24) - 1 Serving	 WHEAT  MILK  MUSTARD  SOYA  SULPHITES	 CELERY	
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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
Ashdale (Sides) - White Basmati Rice, Steamed (11/24) - 1 Serving			 VEGETARIAN  VEGAN

Ashdale - Extra Menu Items

Ashdale Catering (Extra items) - 2 Quigley Pork Sausages, oven baked (06/24) - 1 Serving	 WHEAT  MUSTARD  SULPHITES		
Ashdale (Extra items) - 2 Fish Goujons (10/24) - 1 Serving	 WHEAT  FISH		
Ashdale (Extra items) - Sausage Roll (10/24) - 1 Serving	 WHEAT		

Ashdale Catering: Certified Gluten-free Products

Ashdale Catering (Breads) - Kelkin Gluten-Free White Bread, per slice (06/24) - 1 Serving	 EGGS	 MILK  SOYA  SULPHITES	 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	
Ashdale Gluten-free HOT Menu - *Laboratory Tested & Certified*						
Ashdale (Curries) - Chicken Curry with Rice (11/24) - 1 Serving		 WHEAT	 MILK	 CELERY	 GLUTEN FREE	
Ashdale (Curries) - Chicken Korma with Rice (11/24) - 1 Serving	 MILK	 WHEAT	 CELERY	 GLUTEN FREE		
Ashdale (Hot lunches) - Sweet & Sour Chicken with Rice (11/24) - 1 Serving	 BARLEY	 CELERY	 WHEAT	 MILK	 SULPHITES	 GLUTEN FREE
Ashdale (Rice dishes) - Chicken & Vegetable Rice (11/24) - 1 Serving		 WHEAT	 MILK	 CELERY	 GLUTEN FREE	