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ASHDALE CATERING
The School Lunch People

Nutrition Information Per Serving

Soups	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale Catering (Soups) - Lentil Soup with Farmhouse Brown Bread (11/24)	458	3.7	0.6	71	3	19	26	3.7	Low Fat, Low Saturated Fat, Low Sugar, High in Fibre, High in Protein
Ashdale Catering (Soups) - Lentil Soup with Soft White Roll, no butter (11/24)	497	3.8	0.4	79	6.7	18	28	3.8	Low Fat, Low Saturated Fat, Low Sugar, High in Fibre, High in Protein
Ashdale Catering (Soups) - Lentil Soup (11/24)	259	1.2	0	39	1.7	12	16	2.3	Low Fat, No Saturated Fat, Low Sugar, High in Fibre, High in Protein
Ashdale Catering (Soups) - Vegetable Soup & Farmhouse Brown Bread (06/24)	162	5.2	2.3	23	6.3	5.3	2.9	2.4	Low Fat, Low Sugar, High in Fibre
Ashdale Catering (Soups) - Vegetable Soup (06/24)	67	3.2	1.8	8.1	5.6	2.9		1.9	Low Fat, High in Fibre
Ashdale Catering (Soups) - Vegetable Soup with Soft White Roll no butter (11/24)	200	5.2	2.1	32	10	3.9	4.9	2.4	Low Fat, Low Saturated Fat, Low Sugar, Source of Fibre
Roast Dinners	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale (Roast Dinners) - Roast Turkey Mashed Potato & Vegetables (07/24)	175	1.8	0.5	22	0.5	4.5	16	2	Low Fat, Low Saturated Fat, Sugar Free, Source of Fibre, High in Protein
Rice Dishes	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale (Curries) - Potato & Bean Curry with Chickpea Rice (11/24)	403	11	0.8	65	0.5	3.2	9.5	0.46	Low Saturated Fat, Sugar Free, Low Salt
Ashdale (Curries) - Dahl Curry with Rice (11/24)	633	26	1.8	80	1.1	7.2	15	2.4	Low Saturated Fat, Sugar Free, Source of Vitamin E
Ashdale (Rice dishes) - Vegetable Rice (11/24)	237	6.6	0.4	39	0	1.1	4.6	0.01	Low Saturated Fat, Sugar Free, No Salt

Noodle Dishes	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale (Noodle Dishes) - Plain Noodles (09/24)	246	14	1	25	0.6	0	4.6	2.6	Low Saturated Fat, Low Sugar, Source of Vitamin E, Source of Vitamin K
Ashdale (Noodle Dishes) - Vegetable Noodles (09/24)	253	15	1	23	3.9	2.7	4.7	2.5	Low Saturated Fat, Low Sugar
Ashdale (Noodles) - Chicken Noodles (09/24)	307	15	1.3	21	3.3	1.4	20	3.5	Low Saturated Fat, Low Sugar, High in Protein
Curries	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale (Curries) - Potato & Bean Curry with Chickpea Rice (11/24)	403	11	0.8	65	0.5	3.2	9.5	0.46	Low Saturated Fat,Sugar Free,Low Salt
Ashdale (Curries) - Dahl Curry with Rice (11/24)	631	26	1.8	80	1.1	7.2	15	2.4	Low Saturated Fat, Sugar Free, Source of Vitamin E
Ashdale (Curries) - Vegetable Curry with Rice (11/24)	410	13	1.2	64	5.3	2.8	7.4	0.06	Low Fat,Low Saturated Fat,Low Sugar,Very Low Salt
Ashdale (Curries) - Chicken Korma with Rice (11/24)	484	16	1.4	68	10	2.4	16	0.38	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Protein
Ashdale (Curries) - Chicken Curry with Rice (11/24)	472	16	1.3	65	7.5	2.4	16	0.38	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, Source of Protein
Beef Dishes	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale (Pasta Dishes) - Tomato Pasta with Meatballs (06/24)	322	20	7.4	18	3	0.9	17	1.4	Low Sugar,Source of Protein
Ashdale (Beef Dishes) - Meatballs Mashed Potato & Vegetables (07/24)	339	18	7.3	23	1.7	4.4	19	1.8	Low Sugar,Source of Protein
Ashdale (Beef Dishes) - Beef Stew with Veg & Mashed Potato (07/24)	205	3.9	1.8	24	0.7	4.2	16	1.5	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Fibre,Source of Protein
Ashdale (Pasta Dishes) - Pasta / Spaghetti Bolognese (06/24)	217	5.6	1.3	27	1.9	1.3	14	1.4	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,High in Protein

Hot Chicken Wraps	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale Catering (Hot Wraps) - Breaded Chicken Wrap with Ketchup (06/24)	559	20	6.6	72	7.5	1.6	22	4	Low Sugar, Source of Protein
Ashdale Catering (Hot Wraps) - Breaded Chicken Wrap with Mayo (06/24)	651	32	7.5	68	4.4	1.5	22	3.7	Low Sugar, Source of Protein
Ashdale Catering (Hot Wraps) - Breaded Chicken Wrap plain (06/24)	542	20	6.6	68	4.3	1.5	22	3.5	Low Sugar, Source of Protein
Fish Dishes	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale (Fish Dishes) - Fish Goujons, Mash & Vegetables (10/24)	386	9.7	0.2	52	0.9	5.9	19	1.7	No Saturated Fat, Sugar-free, Source of Fibre, High in Protein
Vegetarian / Plant-based	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale (Curries) - Potato & Bean Curry with Chickpea Rice (11/24)	403	11	0.8	65	0.5	3.2	9.5	0.46	Low Saturated Fat, Sugar Free, Low Salt
Ashdale (Pasta Dishes) - Tomato & Vegetable Pasta (06/24)	214	4.5	0.5	36	5.2	3.3	6.2	1.4	Low Fat, Low Saturated Fat, Low Sugar, Source of Fibre, Source of Protein
Ashdale (Curries) - Dahl Curry with Rice (11/24)	631	26	1.8	80	1.1	7.2	15	2.4	Low Saturated Fat, Sugar Free, Source of Vitamin E
Ashdale (Rice dishes) - Vegetable Rice (11/24)	237	6.6	0.4	39	0	1.1	4.6	0.01	Low Saturated Fat, Sugar Free, No Salt
Ashdale (Plant-based) - Cauliflower Hash Brown with Rice (11/24)	423	15	1.2	65	0.5	0.8	6.2	0.34	Low Saturated Fat, Sugar Free, Low Salt
Ashdale (Plant based) - Chickpea Rice (11/24)	377	11	0.8	61	0	1.2	7.9	0.1	Low Saturated Fat, Sugar Free, Very Low Salt
Ashdale (Plant based) - Tomato & Chickpea Pasta (06/24)	177	3.7	0.4	29	1.8	2.1	5.8	0.88	Low Fat, Low Saturated Fat, Low Sugar, Source of Protein
Ashdale (Noodle Dishes) - Vegetable Noodles (09/24)	252	15	1	23	3.9	2.7	4.7	2.5	Fat Free, Low Saturated Fat, Low Sugar, Source of Protein, Source of Vitamin C, Source of Vitamin E, Source of Vitamin K

Ashdale (Curries) - Vegetable Curry with Rice (11/24)	410	13	1.2	64	5.3	2.8	7.4	0.06	Low Fat,Low Saturated Fat,Low Sugar,Very Low Salt
Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (09/24)	211	5.7	0.8	19	5.4	3.8	19	2.5	Low Fat,Low Sugar,Source of Fibre,High in Protein,High in Vitamin C,Low Saturated Fat
Sides	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale (Sides) - Gluten-free Kelkin Penne Pasta Boiled (06/24)	188	7.2	0.7	28	0	0.5	2.4	0	Low Saturated Fat,Sugar Free,No Salt
Ashdale (Sides) - Mashed Potato (06/24)	90	0	0	18	0.5	2.7	2.7	0.69	Fat Free,No Saturated Fat,Sugar Free
Ashdale (Sides) - Plain Noodles (06/24)	242	8.1	0.6	36	0.9	0	6.6	1.8	Low Saturated Fat,Low Sugar
Ashdale (Sides) - Mashed Potato & Gravy (06/24)	110	0.9	0.6	21	0.5	3	3	1.3	Fat Free, Low Saturated Fat, Sugar Free, Source of Fibre
Ashdale (Sides) - Plain White Penne Pasta Boiled (06/24)	152	3.1	0.3	26	0.7	1.1	4.3	0	Low Fat,Low Saturated Fat,Low Sugar,No Salt
Ashdale (Sides) - White Basmati Rice Steamed (11/24)	339	10	0.7	56	0	0	5.4	0	Low Saturated Fat, Sugar Free, No Salt
Gluten-Free Menu (Laboratory-Certified)	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
Ashdale (Hot lunches) - Sweet & Sour Chicken with Rice (10/24)	488	13	1.1	76	17	0.6	16	1.3	Low Saturated Fat, Source of Protein
Ashdale (Rice dishes) - Chicken & Vegetable Rice (11/24)	331	7.9	0.9	43	2.3	1.4	22	0.56	Low Saturated Fat, Low Sugar, High in Protein, Low Salt
Ashdale (Curries) - Chicken Korma with Rice (11/24)	484	16	1.4	68	10	2.4	16	0.38	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, Source of Protein
Ashdale (Curries) - Chicken Curry with Rice (11/24)	472	16	1.3	65	7.5	2.4	16	0.38	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, Source of Protein

Ashdale (Sides) - Gluten-free Kelkin Penne Pasta Boiled (06/24)	188	7.2	0.7	28	0	0.5	2.4	0	Low Saturated Fat, Sugar Free, No Salt
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