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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)	Ingredients	Authorised EU Nutrition Claims
Ashdale (Soups) - Vegetable Noodle Soup (06/25)	263	0.9	0.1	55	1.1	3.4	7.4	0.39	House-made Vegetable Noodle Soup Base (44.9%) [Water, Onions, Carrots, Celery, Leeks, LoSalt, Garlic, Dried Bay Leaf], Mixed Frozen Vegetables (31.5%), Rice Noodles (23.6%)	Fat Free, No Saturated Fat, Sugar Free, Low Salt
Ashdale (Soups) - Vegetable Soup & Farmhouse Brown Bread (06/25)	162	5.2	2.3	23	6.3	5.3	2.9	2.4	Cream Of Vegetable Soup (85.2%) [Carrot, Potato, Parsnip, Onions, Turnip, CELERY, Peas, Red Lentils, Milk, Cream, Vegetable Bouillon, Salt, Pepper], Stone Ground Wholewheat Bread (13.6%), Dairy Spread (1.1%)	Low Fat, Low Sugar, High in Fibre
Ashdale (Soups) - Vegetable Soup (06/25)	67	3.2	1.8	8.1	5.6	2.9		1.9	Cream Of Vegetable Soup [Carrot, Potato, Parsnip, Onions, Turnip, Celery, Peas, Red Lentils, Milk, Cream, Vegetable Bouillon, Salt, Pepper].	Low Fat, High in Fibre
Ashdale (Soups) - Vegetable Soup with Soft White Roll, no butter (06/25)	203	4.9	2.3	34	9.4	3.9	4.2	2.3	Cream Of Vegetable Soup (85.2%) [Carrot, Potato, Parsnip, Onions, Turnip, Celery, Peas, Red Lentils, MILK, Cream (MILK), Vegetable Bouillon, Salt, Pepper], White Hotdog Bread Roll	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)	Ingredients	Authorised EU Nutrition Claims
Ashdale (Roast Dinners) - Roast Turkey, Mashed Potato & Vegetables (06/25)	175	1.8	0.5	22	0.5	4.5	16	1.6	Mashed Potato (55.3%) [Potatoes, LoSalt], Roast Turkey Breast (22.8%), Mixed Frozen Vegetables (21.9%)	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)	Ingredients	Authorised EU Nutrition Claims
Ashdale (Plant based) - Mexican Rice (09/25)	357	11	0.8	57	0.7	1	6.1	0.18	White Basmati Rice, Mixed Peppers, Potatoes, Butter Beans, House-made Tomato Sauce [Chopped Tomatoes In Tomato Juice, Water, Onions, Carrots, Tomato Paste Double Concentrate, Vegetable Oil, Garlic, LoSalt, Dried Mixed Herbs], Red Kidney Beans In Brine, Onions, Salt, Paprika, Ground Coriander, Ground Cumin, Dried Mixed Herbs.	Low Saturated Fat, Sugar Free, Very Low Salt
Ashdale (Curries) - Dahl & Vegetable Curry with Rice (06/25)	280	10	0.7	40	0.5	2.7	6.2	0.37	Dahl & Vegetable Curry (63.9%) [Water, Red Lentils, Vegetable Oil, LoSalt, Ground Cumin, Turmeric, Mixed Frozen Vegetables, Potato], Steamed White Basmati Rice (36.1%) [Water, Basmati Rice, Vegetable Oil].	Low Saturated Fat, Sugar Free, Low Salt
Ashdale (Rice dishes) - Vegetable Rice (06/25)	237	6.6	0.4	39	0	1.1	4.6	0.01	Water (43%), Steamed Basmati Rice (33.3%), Mixed Frozen Vegetables (25%), Vegetable Oil (4.6%)	Low Saturated Fat, Sugar Free, No Salt
Ashdale (Rice dishes) - Chicken & Vegetable Rice (06/25)	331	7.9	0.9	43	2.3	1.4	22	0.56	Chicken Breast (33.6%), Water (28.9%), Basmati Rice (22.3%), Peas (10.1%), Sweetcorn Kernels [Sweetcorn, Water, Sugar, Salt], Vegetable Oil.	Low Saturated Fat, Low Sugar, High in Protein, Low Salt
Pasta Dishes	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Ingredients	Authorised EU Nutrition Claims
Ashdale (Pasta Dishes) - Tomato Pasta with Meatballs (06/25)	326	20	7.5	18	4	1.3	17	1.2	Pasta [Water, White Durum Wheat Semolina Pasta, Vegetable Oil], Tomato Sauce [Chopped Tomatoes In Tomato Juice, Water, Onions, Carrots, Tomato Paste Double Concentrate, Vegetable Oil, Garlic, LoSalt, Dried Mixed Herbs], Prime Irish Beef Meatballs (88% Beef).	Low Sugar, High in Protein

Ashdale (Pasta Dishes) - Chicken Pesto with Gluten-free Pasta (08/25)	264	13	2.5	20	0.7	1	16	0.74	Gluten Free Penne Pasta (58.7%) [Water, Rummo Penne Rigate, Vegetable Oil], Chicken Breast (29.3%), House-made Pesto (11.7%) [Basil, Olive Oil, Parmesan Cheese], Garlic, LoSalt, Ground White Pepper].	Low Saturated Fat, Sugar Free, High in Protein
Ashdale (Pasta Dishes) - Tomato & Vegetable Pasta (06/25)	221	5.5	0.5	34	7.1	4.3	6.5	0.57	White Penne Pasta (53.9%) [Water, Durum Wheat Semolina Pasta, Vegetable Oil], House-made Tomato Sauce (46.1%) [Chopped Tomatoes In Tomato Juice, Water, Onions, Carrots, Tomato Paste Double Concentrate, Vegetable Oil, Garlic, LoSalt, Dried Mixed Herbs], Peas, Carrots, LoSalt.	Low Fat, Low Saturated Fat, Low Sugar, Source of Fibre, Source of Protein, Low Salt
Ashdale (Pasta Dishes) - Pasta Bolognese (06/25)	179	4.7	0.9	21	2.8	1.6	12	0.2	Plain White Penne Pasta (53.8%) [Water, Durum Wheat Semolina Pasta, Vegetable Oil], Ashdale House-made Beef Bolognese (46.2%) [Chopped Tomatoes In Tomato Juice, Lean Irish Beef Mince, Water, Onions, Carrots, Tomato Paste Double Concentrate, Vegetable Oil, Garlic, LoSalt, Dried Mixed Herbs].	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, High in Protein
Ashdale (Pasta Dishes) - Chicken Pesto Pasta (08/25)	242	10	2.2	19	1.1	1	18	0.75	Plain White Penne Pasta (58.7%) [Water, Durum Wheat Semolina Pasta, Vegetable Oil], Chicken Breast (29.3%), House-made Pesto (11.7%) [Basil, Olive Oil, Parmesan Cheese, Garlic, LoSalt, Ground White Pepper].	Low Sugar, High in Protein, Low Saturated Fat
Ashdale (Pasta Dishes) - Pesto Pasta (08/25)	201	10	2.1	21	0.6	1.1	5.5	0.41	Plain White Penne Pasta (83%) [Water, Durum Wheat Semolina Pasta, Vegetable Oil], House-made Pesto (16.6%) [Basil, Olive Oil, Parmesan Cheese, Garlic, LoSalt, Ground White Pepper].	Sugar Free, Low Saturated Fat
Noodle Dishes	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Ingredients	Authorised EU Nutrition Claims
Ashdale (Noodle Dishes) - Vegetable Pad Thai Noodles (06/25)	195	2.5	0.2	34	8.4	3.6	7.1	2.7	Stir Fry Vegetable Mix, frozen (45.9%) [Courgette, Red Onion, Red Pepper, Green Pepper, Yellow Pepper, Carrot, Leeks], Egg-free Wheat Noodles (41.3%), House-made Pad Thai Sauce (12.7%) [Reduced-Salt Soy Sauce, Oyster Sauce, Water, Tamarind Concentrate, Demerara Brown Sugar, Onions, Garlic, Ginger].	Low Fat, No Saturated Fat, Low Sugar, Source of Fibre, Source of Protein
Ashdale (Noodle Dishes) - Plain Noodles (06/25)	246	14	1	25	0.6	0	4.6	1.2	Egg-free Wheat Noodles, Vegetable Oil, LoSalt.	Fat Free, Low Saturated Fat, Low Sugar, Source of Vitamin EdSource of Vitamin K, Source of Potassium
Ashdale (Noodle Dishes) - Vegetable Noodles (06/25)	252	15	1	23	3.9	2.7	4.7	1.2	Stir Fry Vegetable Mix (48.7%) [Courgette, Red Onion, Red Pepper, Green Pepper, Yellow Pepper, Carrot, Leeks], Egg-free Wheat Noodles (42.6%), Vegetable Oil (8%), LoSalt (1.2%).	Fat Free, Low Saturated Fat, Low Sugar, Source of Protein, Source of Vitamin C, Source of Vitamin EdSource of Vitamin K, Source of Potassium
Ashdale (Noodles) - Chicken Noodles (06/25)	319	16	1.4	21	3.1	1.4	23	1.7	Chicken (37.5%), Egg-free Wheat Noodles (35%), Stir Fry Vegetable Mix, frozen (20%) [Courgette, Red Onion, Red Pepper, Green Pepper, Yellow Pepper, Carrot, Leeks], Vegetable Oil (6.6%), LoSalt (1%).	Fat Free, Low Saturated Fat, Low Sugar, High in Protein, Source of Fibre, Source of Potassium
Curries	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Ingredients	Authorised EU Nutrition Claims
Ashdale (Curries) - Thai Massaman Vegetable Curry with Rice (08/25)	435	16	5.1	63	1.5	2.6	8.9	1.1	White Basmati Rice, Steamed (60.3%) [Basmati Rice, Vegetable Oil], Mixed Frozen Vegetables (22.2%), Houe-made Massaman Curry Sauce (17.4%) [Coconut Milk, Water, Reduced-salt Soy Sauce, Massaman Curry Paste, Tomato Paste Double Concentrate, Onions, Turmeric, Lemongrass, Ginger, Garlic, Ground Coriander, Ground Cumin].	Low Sugar

Ashdale (Curries) - Thai Massaman Chicken Curry with Rice (08/25)	455	16	5.4	59	2	0.5	17	1.3	White Basmati Rice, Steamed (65.2%) [Basmati Rice, Vegetable Oil], Houe-made Massaman Curry Sauce (18.8%) [Coconut Milk, Water, Reduced-salt Soy Sauce, Massaman Curry Paste, Tomato Paste Double Concentrate, Onions, Turmeric, Lemongrass, Ginger, Garlic, Ground Coriander, Ground Cumin], Chicken Breast (16%).	Low Sugar, Source of Protein
Ashdale (Curries) - Dahl & Vegetable Curry with Rice (06/25)	280	10	0.7	40	0.5	2.7	6.2	0.37	Dahl & Vegetable Curry (63.9%) [Water, Red Lentils, Vegetable Oil, LoSalt, Ground Cumin, Turmeric, Mixed Frozen Vegetables, Potato], Steamed White Basmati Rice (36.1%) [Water, Basmati Rice, Vegetable Oil].	Low Saturated Fat, Sugar Free, Low Salt
Ashdale (Curries) - Vegetable Thai Red Curry with Rice (08/25)	402	13	2.7	62	1.1	2.3	8.1	0.63	White Basmati Rice, Steamed (65.1%) [Water, Basmati Rice, Vegetable Oil], Mixed Frozen Vegetables (24.9%), House-made Thai Red Curry Sauce (10%) [Coconut Milk, Water, Reduced-Salt Soy Sauce, Red Curry Paste, Onions, Sugar, Garlic, Lemongrass, Cornflour, Ginger].	Low Saturated Fat, Sugar Free, Low Salt
Ashdale (Curries) - Thai Red Chicken Curry with Rice (08/25)	444	15	4.5	60	2.4	0.5	17	1.4	White Basmati Rice, Steamed (66.2%) [Water, Basmati Rice, Vegetable Oil], House-made Thai Red Curry Sauce (17.6%) [Coconut Milk, Water, Reduced-Salt Soy Sauce, Red Curry Paste, Onions, Sugar, Garlic, Lemongrass, Cornflour, Ginger], Chicken Breast Strips (16.2%).	Low Sugar, Source of Protein
Ashdale (Curries) - Chicken Korma with Rice (06/25)	484	16	1.4	68	10	2.4	16	0.32	White Basmati Rice, Steamed (54.6%) [Water, Basmati Rice, Vegetable Oil], House-made Korma Sauce (33.1%) [Onions, Tomatoes, Vegetable Oil, Sugar, Fresh Cream, LoSalt, Turmeric, Ground Cumin], Chicken Breast Strips (12.3%).	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, Source of Protein
Ashdale (Curries) - Chicken Curry with Rice (06/25)	472	16	1.3	65	7.5	2.4	16	0.32	White Basmati Rice, Steamed (53.7%) [Water, Basmati Rice, Vegetable Oil], House-made Curry Sauce (34%) [Onions, Tomatoes, Vegetable Oil, LoSalt, Turmeric, Orange Food Colouring, Ground Cumin], Chicken Breast Strips (26.5%).	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)	Ingredients	Authorised EU Nutrition Claims
Ashdale (Beef Dishes) - Cottage Pie (09/25)	276	7.9	2.3	27	2.5	2.9	23	0.69	Lean Irish Beef Mince (41.6%), Mashed Potato (24.9%) [Potatoes, LoSalt], Water, Cornflour, Carrots, Peas, Onions, Gluten-Free Beef Bouillon, Vegetable Oil, Tomato Paste Double Concentrate, Garlic, LoSalt, Dried Mixed Herbs].	Low Saturated Fat, Low Sugar, High in Protein, Low Salt
Ashdale (Beef Dishes) - Beef Stew with Mashed Potato (09/25)	161	3.7	0.8	16	2.1	2.6	14	0.37	House-made Beef Stew (54.8%) [Beef, Carrots, Water, Onions, Celery, Gluten-Free Roast Gravy Mix, Tomato Paste Double Concentrate, Vegetable Oil, Thyme, Dried Bay Leaf], Mashed Potato (45.2%) [Potato, LoSalt].	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, Source of Fibre, High in Protein, Source of Vitamin B12, Source of Zinc
Ashdale (Pasta Dishes) - Tomato Pasta with Meatballs (06/25)	326	20	7.5	18	4	1.3	17	1.2	Pasta [Water, White Durum Wheat Semolina Pasta, Vegetable Oil], Tomato Sauce [Chopped Tomatoes In Tomato Juice, Water, Onions, Carrots, Tomato Paste Double Concentrate, Vegetable Oil, Garlic, LoSalt, Dried Mixed Herbs], Prime Irish Beef Meatballs (88% Beef).	Low Sugar, High in Protein
Ashdale (Beef Dishes) - Meatballs, Mashed Potato & Vegetables (06/25)	339	18	7.3	23	1.7	4.4	19	1.3	Mashed Potato (51.2%) [Potatoes, LoSalt], Prime Irish Beef Meatballs (28.5%), Mixed Frozen Vegetables (20.3%)	Low Sugar, High in Protein

Ashdale (Pasta Dishes) - Pasta Bolognese (06/25)	179	4.7	0.9	21	2.8	1.6	12	0.2	Plain White Penne Pasta (53.8%) [Water, Durum Wheat Semolina Pasta, Vegetable Oil], Ashdale House-made Beef Bolognese (46.2%) [Chopped Tomatoes In Tomato Juice, Lean Irish Beef Mince, Water, Onions, Carrots, Tomato Paste Double Concentrate, Vegetable Oil, Garlic, LoSalt, Dried Mixed Herbs].	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, High in Protein
Chicken Dishes	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Ingredients	Authorised EU Nutrition Claims
Ashdale (Curries) - Thai Massaman Chicken Curry with Rice (08/25)	455	16	5.4	59	2	0.5	17	1.3	White Basmati Rice, Steamed (65.2%) [Basmati Rice, Vegetable Oil], Houe-made Massaman Curry Sauce (18.8%) [Coconut Milk, Water, Reduced-salt Soy Sauce, Massaman Curry Paste, Tomato Paste Double Concentrate, Onions, Turmeric, Lemongrass, Ginger, Garlic, Ground Coriander, Ground Cumin], Chicken Breast (16%).	Low Sugar, Source of Protein
Ashdale (Curries) - Thai Red Chicken Curry with Rice (08/25)	444	15	4.5	60	2.4	0.5	17	1.4	White Basmati Rice, Steamed (66.2%) [Water, Basmati Rice, Vegetable Oil], House-made Thai Red Curry Sauce (17.6%) [Coconut Milk, Water, Reduced-Salt Soy Sauce, Red Curry Paste, Onions, Sugar, Garlic, Lemongrass, Cornflour, Ginger], Chicken Breast Strips (16.2%).	Low Sugar, Source of Protein
Ashdale (Hot lunches) - Chicken Goujons, Mashed Potato & Veg (06/25)	377	12	3.7	49	2.5	5.5	16	2	Mashed Potato (45.7%) [Potatoes, LoSalt], Breaded Chicken Breast Goujons (36.2%), Mixed Frozen Vegetables (18.1%)	Low Sugar, Source of Fibre, Source of Protein, Low Saturated Fat
Ashdale (Hot lunches) - Sweet & Sour Chicken with Rice (08/25)	402	11	1	59	6	0.8	15	0.82	White Basmati Rice, Steamed (59.4%) [Water, Basmati Rice, Vegetable Oil], House-made Sweet & Sour Sauce (24.8%) [Water, Tomato Ketchup, Mixed Peppers, Carrots, Onions, Tomato Paste Double Concentrate, Sugar, Vegetable Oil, Demerara Brown Sugar, Cornflour, LoSalt, Garlic], Chicken Breast Strips (15.8%).	Low Saturated Fat, Source of Protein, Low Sugar, Low Salt
Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (06/25)	222	5.9	0.8	19	5.1	3.8	22	1.1	Potatoes (35.8%), Chicken Breast Strips (29.8%), Mixed Peppers (23.9%), Onions, Vegetable Oil, House-made Spice Mix [LoSalt, Paprika, Ground Coriander, Ground Cumin].	Low Fat, Low Sugar, Source of Fibre, High in Protein, High in Vitamin C, Low Saturated Fat
Ashdale (Hot lunches) - Chicken Goujons with Mixed Vegetables (06/25)	281	12	3.6	30	2.2	2.5	13	1.7	Breaded Chicken Breast Goujons (71.4%), Mixed Frozen Vegetables (28.6%).	Low Sugar, Source of Protein
Ashdale (Noodles) - Chicken Noodles (06/25)	319	16	1.4	21	3.1	1.4	23	1.7	Chicken (37.5%), Egg-free Wheat Noodles (35%), Stir Fry Vegetable Mix, frozen (20%) [Courgette, Red Onion, Red Pepper, Green Pepper, Yellow Pepper, Carrot, Leeks], Vegetable Oil (6.6%), LoSalt (1%).	Fat Free, Low Saturated Fat, Low Sugar, High in Protein, Source of Fibre, Source of Potassium
Ashdale (Curries) - Chicken Korma with Rice (06/25)	484	16	1.4	68	10	2.4	16	0.32	White Basmati Rice, Steamed (54.6%) [Water, Basmati Rice, Vegetable Oil], House-made Korma Sauce (33.1%) [Onions, Tomatoes, Vegetable Oil, Sugar, Fresh Cream, LoSalt, Turmeric, Ground Cumin], Chicken Breast Strips (12.3%).	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, Source of Protein
Ashdale (Curries) - Chicken Curry with Rice (06/25)	472	16	1.3	65	7.5	2.4	16	0.32	White Basmati Rice, Steamed (53.7%) [Water, Basmati Rice, Vegetable Oil], House-made Curry Sauce (34%) [Onions, Tomatoes, Vegetable Oil, LoSalt, Turmeric, Orange Food Colouring, Ground Cumin], Chicken Breast Strips (26.5%).	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, Source of Protein
Ashdale (Pasta Dishes) - Chicken Pesto Pasta (08/25)	242	10	2.2	19	1.1	1	18	0.75	Plain White Penne Pasta (58.7%) [Water, Durum Wheat Semolina Pasta, Vegetable Oil], Chicken Breast (29.3%), House-made Pesto (11.7%) [Basil, Olive Oil, Parmesan Cheese, Garlic, LoSalt, Ground White Pepper].	Low Sugar, High in Protein, Low Saturated Fat

Ashdale (Rice dishes) - Chicken Fried Rice (08/25)	429	11	1	63	2.5	1.5	18	1.2	White Basmati Rice, Steamed (65.8%) [Water, Basmati Rice, Vegetable Oil], Chicken Breast Strips (16.1%), Peas (7.2%), Sweetcorn Kernels, Reduced-Salt Soy Sauce.	Low Saturated Fat, Low Sugar, Source of Protein
Hot Wraps	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Ingredients	Authorised EU Nutrition Claims
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Ketchup (08/25)	379	10	1.4	42	3.7	13	23	1.5	Certified Gluten-Free Breaded Chicken Breast Goujons (56.9%), Gluten-free Tortilla Wrap (35.6%), Tomato Ketchup (7.4%)	Low Saturated Fat, Low Sugar, High in Fibre, High in Protein
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Mayo (08/25)	478	22	2.3	40	2.6	13	23	1.5	Certified Gluten-Free Breaded Chicken Breast Goujons (56.9%), Gluten-free Tortilla Wrap (35.6%), Mayonnaise (7.4%)	Low Saturated Fat, Low Sugar, High in Fibre, High in Protein
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap, plain (08/25)	369	10	1.4	40	2.4	13	23	1.3	Certified Gluten-Free Breaded Chicken Breast Goujons (61.5%), Gluten-free Tortilla Wrap (38.5%).	Low Saturated Fat, Low Sugar, High in Fibre, High in Protein
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Curry (08/25)	382	11	1.5	41	3.4	14	23	1.3	Certified Gluten-Free Breaded Chicken Breast Goujons (56.9%), Gluten-free Tortilla Wrap (35.6%), House-made Curry Sauce (7.4%) [Onions, Tomatoes, Vegetable Oil, LoSalt, Turmeric, Orange Food Colouring, Ground Cumin].	Low Saturated Fat, Low Sugar, High in Fibre, High in Protein
Ashdale - BBQ Shredded Chicken Wrap (09/25)	344	6.4	2.3	43	9.3	1.7	28	3.3	Chicken Breast (42.7%), Wheaten Tortilla Wrap (28.9%), House-made BBQ Sauce (28.4%) [Tomato Ketchup, Demerara Brown Sugar, Garlic Powder, Lemon Juice, Worcestershire Sauce, Paprika, Onion Powder, Balsamic Vinegar Of Modena].	Low Saturated Fat, High in Protein, Low Sugar
Ashdale (Plant-based) - Falafel Wrap with Yogurt dressing (08/25)	513	11	3.4	74	4.9	9.2	24	2	House-made Falafel Filling (52%) [Chickpeas, Onions, Garlic, Dill, Coriander, Parsley, Ground Cumin, LoSalt, Baking Powder, Ground Coriander], Wheaten Tortilla Wrap (35.3%), House-made Yogurt- Based Dressing (12.7%) [Greek-Style Plain Yogurt, Dill, Mint, Garlic, Lemon Juice, LoSalt (0.46%), Ground White Pepper].	Low Saturated Fat, Low Sugar, Source of Fibre, Source of Protein
Ashdale - Piri Piri Hot Chicken Wrap (09/25)	297	6.6	2.2	35	2.9	1.6	24	2.3	Chicken Breast Strips (50.5%), Wheaten Tortilla Wrap (44%), House-made Piri Piri Marinade (5.4%) [Paprika, Lemon Pepper, Onion Powder, Garlic Powder, Turmeric, LoSalt, Ground Coriander, Dried Oregano, Sugar, Dried Parsley, Cayenne Pepper].	Low Sugar, High in Protein
Ashdale (Hot Wraps) - Chicken Goujon Wrap with Curry (08/25)	555	21	6.6	69	5.3	1.8	22	3.5	Breaded Chicken Breast Goujons (64%), Wheaten Tortilla Wrap (28.9%), House-made Curry Sauce (7.1%) [Onions, Tomatoes, Vegetable Oil, LoSalt, Turmeric, Orange Food Colouring, Ground Cumin].	Low Saturated Fat, Low Sugar, High in Fibre, High in Protein
Ashdale (Hot Wraps) - Chicken Goujon Wrap with Ketchup (06/25)	552	20	6.6	70	5.6	1.5	22	3.8	Breaded Chicken Breast Goujons (64%), Wheaten Tortilla Wrap (28.9%), Ketchup (7.1%)	Low Sugar, Source of Protein
Ashdale (Hot Wraps) - Chicken Goujon Wrap with Mayo (06/25)	651	32	7.5	68	4.4	1.5	22	3.7	Breaded Chicken Breast Goujons (64%), Wheaten Tortilla Wrap (28.9%), Mayonnaise (7.1%)	Low Sugar, Source of Protein
Ashdale (Hot Wraps) - Chicken Goujon Wrap, plain (06/25)	542	20	6.6	68	4.3	1.5	22	3.5	Breaded Chicken Breast Goujons (68.9%), Wheaten Tortilla Wrap (31.1%).	Low Sugar, Source of Protein, High in Chloride
Fish Dishes	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Ingredients	Authorised EU Nutrition Claims
Ashdale (Fish Dishes) - Fish Goujons, Mashed Potato & Vegetables (06/25)	386	9.7	0.2	52	0.9	5.9	19	1.3	Mashed Potato (45.7%) [Potatoes, LoSalt], Battered & Breaded White Fish Goujons (36.2%), Mixed Frozen Vegetables (18.1%)	Low Fat, No Saturated Fat, Sugar Free, Source of Fibre, High in Protein

Vegetarian & Plant-based Dishes	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Ingredients	Authorised EU Nutrition Claims
Ashdale (Plant based) - Mexican Rice (09/25)	357	11	0.8	57	0.7	1	6.1	0.18	White Basmati Rice, Mixed Peppers, Potatoes, Butter Beans, House-made Tomato Sauce [Chopped Tomatoes In Tomato Juice, Water, Onions, Carrots, Tomato Paste Double Concentrate, Vegetable Oil, Garlic, LoSalt, Dried Mixed Herbs], Red Kidney Beans In Brine, Onions, Salt, Paprika, Ground Coriander, Ground Cumin, Dried Mixed Herbs.	Low Saturated Fat, Sugar Free, Very Low Salt
Ashdale (Curries) - Dahl & Vegetable Curry with Rice (06/25)	280	10	0.7	40	0.5	2.7	6.2	0.37	Dahl & Vegetable Curry (63.9%) [Water, Red Lentils, Vegetable Oil, LoSalt, Ground Cumin, Turmeric, Mixed Frozen Vegetables, Potato], Steamed White Basmati Rice (36.1%) [Water, Basmati Rice, Vegetable Oil].	Low Saturated Fat, Sugar Free, Low Salt
Ashdale (Plant-based) - Falafel Wrap with Yogurt dressing (08/25)	513	11	3.4	74	4.9	9.2	24	2	House-made Falafel Filling (52%) [Chickpeas, Onions, Garlic, Dill, Coriander, Parsley, Ground Cumin, LoSalt, Baking Powder, Ground Coriander], Wheaten Tortilla Wrap (35.3%), House-made Yogurt- Based Dressing (12.7%) [Greek-Style Plain Yogurt, Dill, Mint, Garlic, Lemon Juice, LoSalt (0.46%), Ground White Pepper].	Low Saturated Fat, Low Sugar, Source of Fibre, Source of Protein
Ashdale (Pasta Dishes) - Tomato & Vegetable Pasta (06/25)	221	5.5	0.5	34	7.1	4.3	6.5	0.57	White Penne Pasta (53.9%) [Water, Durum Wheat Semolina Pasta, Vegetable Oil], House-made Tomato Sauce (46.1%) [Chopped Tomatoes In Tomato Juice, Water, Onions, Carrots, Tomato Paste Double Concentrate, Vegetable Oil, Garlic, LoSalt, Dried Mixed Herbs], Peas, Carrots, LoSalt.	Low Fat, Low Saturated Fat, Low Sugar, Source of Fibre, Source of Protein, Low Salt
Ashdale (Rice dishes) - Vegetable Rice (06/25)	237	6.6	0.4	39	0	1.1	4.6	0.01	Water (43%), Steamed Basmati Rice (33.3%), Mixed Frozen Vegetables (25%), Vegetable Oil (4.6%)	Low Saturated Fat, Sugar Free, No Salt
Ashdale (Noodle Dishes) - Vegetable Noodles (06/25)	252	15	1	23	3.9	2.7	4.7	1.2	Stir Fry Vegetable Mix (48.7%) [Courgette, Red Onion, Red Pepper, Green Pepper, Yellow Pepper, Carrot, Leeks], Egg-free Wheat Noodles (42.6%), Vegetable Oil (8%), LoSalt (1.2%).	Fat Free, Low Saturated Fat, Low Sugar, Source of Protein, Source of Vitamin C, Source of Vitamin EdSource of Vitamin K, Source of Potassium
Specials	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Ingredients	Authorised EU Nutrition Claims
Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (06/25)	222	5.9	0.8	19	5.1	3.8	22	1.1	Potatoes (35.8%), Chicken Breast Strips (29.8%), Mixed Peppers (23.9%), Onions, Vegetable Oil, House-made Spice Mix [LoSalt, Paprika, Ground Coriander, Ground Cumin].	Low Fat, Low Sugar, Source of Fibre, High in Protein, High in Vitamin C, Low Saturated Fat