


































































































































































































































ASHDALE CATERING
The School Lunch People



























































Ashdale Hot Lunch Menu - Allergens updated 25th September 2025

Item	Contains Allergens	May Contain Allergens	Other Properties
Ashdale Catering - Soups			
Ashdale (Soups) - Vegetable Noodle Soup (06/25) - 1 Serving	 CELERY	 SULPHITES	  VEGETARIAN VEGAN
Ashdale (Soups) - Vegetable Soup & Farmhouse Brown Bread (06/25) - 1 Serving	   WHEAT MILK CELERY		 VEGETARIAN
Ashdale (Soups) - Vegetable Soup (06/25) - 1 Serving	  MILK CELERY		 VEGETARIAN
Ashdale (Soups) - Vegetable Soup with Soft White Roll, no butter (06/25) - 1 Serving	    WHEAT MILK CELERY SOYA	 SESAME	 VEGETARIAN
Ashdale - Roast Dinners			
Ashdale (Roast Dinners) - Roast Turkey, Mashed Potato & Vegetables (06/25) - 1 Serving	  MILK SULPHITES	  WHEAT CELERY	
Ashdale Rice Dishes			
Ashdale (Curries) - Dahl & Vegetable Curry with Rice (06/25) - 1 Serving	 SULPHITES		  VEGETARIAN VEGAN
Ashdale (Plant based) - Mexican Rice (09/25) - 1 Serving	 SULPHITES	   GLUTEN CELERY MUSTARD	 VEGETARIAN
Ashdale (Rice dishes) - Chicken & Vegetable Rice (06/25) - 1 Serving		   WHEAT MILK CELERY	
Ashdale (Rice dishes) - Vegetable Rice (06/25) - 1 Serving			  VEGETARIAN VEGAN
Ashdale Pasta Dishes			
Ashdale (Pasta Dishes) - Chicken Pesto Pasta (08/25) - 1 Serving	   WHEAT EGGS MILK	 CELERY	
Ashdale (Pasta Dishes) - Chicken Pesto with Gluten-free Pasta (08/25) - 1 Serving	  EGGS MILK	  WHEAT CELERY	
Ashdale (Pasta Dishes) - Pasta Bolognese (06/25) - 1 Serving	 WHEAT	   EGGS CELERY SULPHITES	
Ashdale (Pasta Dishes) - Pesto Pasta (08/25) - 1 Serving	   WHEAT EGGS MILK		 VEGETARIAN
Ashdale (Pasta Dishes) - Tomato & Vegetable Pasta (06/25) - 1 Serving	 WHEAT	   EGGS CELERY SULPHITES	  VEGETARIAN VEGAN
Ashdale (Pasta Dishes) - Tomato Pasta with Meatballs (06/25) - 1 Serving	   WHEAT SOYA SULPHITES	  EGGS CELERY	

Item	Contains Allergens	May Contain Allergens	Other Properties
Ashdale (Sides) - Gluten-free Penne Pasta (Rummo brand), Boiled (12/24) - 1 Serving			  
Ashdale (Sides) - Plain White Penne Pasta, Boiled (06/25) - 1 Serving	 WHEAT	 EGGS	  VEGETARIAN VEGAN
Ashdale Curries			
Ashdale (Curries) - Chicken Curry with Rice (06/25) - 1 Serving		   WHEAT MILK CELERY	
Ashdale (Curries) - Chicken Korma with Rice (06/25) - 1 Serving	 MILK	  WHEAT CELERY	
Ashdale (Curries) - Dahl & Vegetable Curry with Rice (06/25) - 1 Serving	 SULPHITES		  VEGETARIAN VEGAN
Ashdale (Curries) - Thai Massaman Chicken Curry with Rice (08/25) - 1 Serving	   WHEAT CRUSTACEANS SOYA	   MILK CELERY MUSTARD	
Ashdale (Curries) - Thai Massaman Vegetable Curry with Rice (08/25) - 1 Serving	   WHEAT CRUSTACEANS SOYA	  CELERY MUSTARD	
Ashdale (Curries) - Thai Red Chicken Curry with Rice (08/25) - 1 Serving	   WHEAT CRUSTACEANS SOYA	   MILK FISH CELERY	
Ashdale (Curries) - Vegetable Thai Red Curry with Rice (08/25) - 1 Serving	   WHEAT CRUSTACEANS SOYA	  FISH CELERY	
Ashdale Noodle Dishes			
Ashdale (Noodle Dishes) - Plain Noodles (06/25) - 1 Serving	 WHEAT		  VEGETARIAN VEGAN
Ashdale (Noodle Dishes) - Vegetable Noodles (06/25) - 1 Serving	 WHEAT		  VEGETARIAN VEGAN
Ashdale (Noodles) - Chicken Noodles (06/25) - 1 Serving	 WHEAT	  MILK CELERY	
Ashdale (Noodle Dishes) - Vegetable Pad Thai Noodles (06/25) - 1 Serving	   WHEAT MOLLUSCS SOYA	 CELERY	
Ashdale Chicken Dishes			
Ashdale (Curries) - Chicken Curry with Rice (06/25) - 1 Serving		   WHEAT MILK CELERY	
Ashdale (Curries) - Chicken Korma with Rice (06/25) - 1 Serving	 MILK	  WHEAT CELERY	
Ashdale (Curries) - Thai Massaman Chicken Curry with Rice (08/25) - 1 Serving	   WHEAT CRUSTACEANS SOYA	   MILK CELERY MUSTARD	
Ashdale (Hot lunches) - Chicken Goujons with Mixed Vegetables (06/25) - 1 Serving	 WHEAT		
Ashdale (Hot lunches) - Chicken Goujons, Mashed Potato & Veg (06/25) - 1 Serving	  WHEAT SULPHITES	 CELERY	
Ashdale (Hot lunches) - Sweet & Sour Chicken with Rice (08/25) - 1 Serving		    WHEAT MILK CELERY SULPHITES	

Item	Contains Allergens	May Contain Allergens	Other Properties
Ashdale (Noodles) - Chicken Noodles (06/25) - 1 Serving	 WHEAT	 MILK  CELERY	
Ashdale (Pasta Dishes) - Chicken Pesto Pasta (08/25) - 1 Serving	 WHEAT  EGGS  MILK	 CELERY	
Ashdale (Rice dishes) - Chicken Fried Rice (08/25) - 1 Serving	 WHEAT  SOYA	 MILK  CELERY	
Ashdale (Curries) - Thai Red Chicken Curry with Rice (08/25) - 1 Serving	 WHEAT  CRUSTACEANS  SOYA	 MILK  FISH  CELERY	
Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (06/25) - 1 Serving	 SULPHITES	 WHEAT  MILK  CELERY  MUSTARD	
Ashdale Hot Wraps			
Ashdale (Hot Wraps) - Chicken Goujon Wrap, plain (06/25) - 1 Serving	 OATS, WHEAT		
Ashdale (Hot Wraps) - Chicken Goujon Wrap with Ketchup (06/25) - 1 Serving	 OATS, WHEAT		
Ashdale (Hot Wraps) - Chicken Goujon Wrap with Mayo (06/25) - 1 Serving	 OATS, WHEAT  EGGS  MUSTARD		
Ashdale (Hot Wraps) - Chicken Goujon Wrap with Curry (08/25) - 1 Serving	 OATS, WHEAT	 CELERY	
Ashdale (Plant-based) - Falafel Wrap with Yogurt dressing (08/25) - 1 Serving	 OATS, WHEAT  MILK	 ALMONDS  PEANUTS  CELERY  MUSTARD  SESAME  SOYA  SULPHITES	 VEGETARIAN
Ashdale - Piri Piri Hot Chicken Wrap (09/25) - 1 Serving	 OATS, WHEAT	 MILK  CELERY  MUSTARD	
Ashdale - BBQ Shredded Chicken Wrap (09/25) - 1 Serving	 OATS, WHEAT, BARLEY  FISH  SULPHITES	 MILK  CELERY	
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Curry (08/25) - 1 Serving		 GLUTEN  MILK  CELERY  SULPHITES	
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Ketchup (08/25) - 1 Serving		 GLUTEN  MILK  SULPHITES	
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Mayo (08/25) - 1 Serving	 EGGS  MUSTARD	 GLUTEN  MILK  SULPHITES	
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap, plain (08/25) - 1 Serving		 GLUTEN  MILK  SULPHITES	
Ashdale Beef Dishes			
Ashdale (Beef Dishes) - Meatballs, Mashed Potato & Vegetables (06/25) - 1 Serving	 SOYA  SULPHITES	 CELERY	 GLUTEN FREE
Ashdale (Pasta Dishes) - Pasta Bolognese (06/25) - 1 Serving	 WHEAT	 EGGS  CELERY  SULPHITES	
Ashdale (Pasta Dishes) - Tomato Pasta with Meatballs (06/25) - 1 Serving	 WHEAT  SOYA  SULPHITES	 EGGS  CELERY	

Item	Contains Allergens	May Contain Allergens	Other Properties
Ashdale (Beef Dishes) - Beef Stew with Mashed Potato (09/25) - 1 Serving	 WHEAT  MILK  CELERY  SOYA  SULPHITES		
Ashdale (Beef Dishes) - Cottage Pie (09/25) - 1 Serving	 SULPHITES	 CELERY	
Ashdale Fish Dishes			
Ashdale (Extra items) - 2 Fish Goujons (10/24) - 1 Serving	 WHEAT  FISH		
Ashdale (Fish Dishes) - Fish Goujons, Mashed Potato & Vegetables (06/25) - 1 Serving	 WHEAT  FISH  SULPHITES	 CELERY	
Ashdale Vegetarian / Plant-based dishes			
Ashdale (Curries) - Dahl & Vegetable Curry with Rice (06/25) - 1 Serving	 SULPHITES		 VEGETARIAN  VEGAN
Ashdale (Noodle Dishes) - Vegetable Noodles (06/25) - 1 Serving	 WHEAT		 VEGETARIAN  VEGAN
Ashdale (Pasta Dishes) - Tomato & Vegetable Pasta (06/25) - 1 Serving	 WHEAT	 EGGS  CELERY  SULPHITES	 VEGETARIAN  VEGAN
Ashdale (Plant based) - Mexican Rice (09/25) - 1 Serving	 SULPHITES	 GLUTEN  CELERY  MUSTARD	 VEGETARIAN
Ashdale (Rice dishes) - Vegetable Rice (06/25) - 1 Serving			 VEGETARIAN  VEGAN
Ashdale (Plant-based) - Falafel Wrap with Yogurt dressing (08/25) - 1 Serving	 OATS, WHEAT  MILK	 ALMONDS  PEANUTS  CELERY  MUSTARD  SESAME  SOYA  SULPHITES	 VEGETARIAN
Ashdale Specials			
Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (06/25) - 1 Serving	 SULPHITES	 WHEAT  MILK  CELERY  MUSTARD	
Ashdale - Sides			
Ashdale (Sides) - Gluten-free Penne Pasta (Rummo brand), Boiled (12/24) - 1 Serving			 VEGETARIAN  VEGAN  GLUTEN FREE
Ashdale (Sides) - Mashed Potato & Gravy (06/25) - 1 Serving	 WHEAT  MILK  SOYA  SULPHITES	 CELERY	 VEGETARIAN
Ashdale (Sides) - Mashed Potato (06/25) - 1 Serving	 SULPHITES	 CELERY	 VEGETARIAN  VEGAN
Ashdale (Sides) - Plain Noodles (06/24) - 1 Serving	 WHEAT		 VEGETARIAN  VEGAN
Ashdale (Sides) - Plain White Penne Pasta, Boiled (06/25) - 1 Serving	 WHEAT	 EGGS	 VEGETARIAN  VEGAN

Item	Contains Allergens	May Contain Allergens	Other Properties
Ashdale (Sides) - White Basmati Rice, Steamed (06/25) - 1 Serving			 
Ashdale - Extra Menu Items			
Ashdale (Snacks) - Sausage Roll, Gourmet Kitchen brand (07/25) - 1 Serving			
Ashdale Catering (Extra items) - 2 Quigley Pork Sausages, oven baked (06/25) - 1 Serving	  		
Ashdale Catering: Certified Gluten-free Products			
Ashdale (Breads) - Kelkin Gluten-Free White Bread, per slice (06/25) - 1 Serving		  	 
Ashdale (Sauces) - Knorr Gluten-free Roast Gravy (06/25) - Recipe Total	  		
Ashdale (Snacks) - Kelkin Gluten-Free Mini Chocolate Rice Cakes (06/25) - 1 Serving	 	 	
Ashdale Gluten-free HOT Menu - *Laboratory Tested & Certified*			
Ashdale (Curries) - Chicken Curry with Rice (06/25) - 1 Serving		  	
Ashdale (Curries) - Chicken Korma with Rice (06/25) - 1 Serving		 	
Ashdale (Hot lunches) - Vegetable Rice with Sweet & Sour Sauce (08/25) - 1 Serving		 	
Ashdale (Rice dishes) - Chicken & Vegetable Rice (06/25) - 1 Serving		  	
Ashdale Gluten-free HOT Menu			
Ashdale (Curries) - Chicken Curry with Rice (06/25) - 1 Serving		  	
Ashdale (Curries) - Chicken Korma with Rice (06/25) - 1 Serving		 	
Ashdale (Hot lunches) - Sweet & Sour Chicken with Rice (08/25) - 1 Serving		   	
Ashdale (Hot lunches) - Vegetable Rice with Sweet & Sour Sauce (08/25) - 1 Serving		 	
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Curry (08/25) - 1 Serving		   	
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Ketchup (08/25) - 1 Serving		  	
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Mayo (08/25) - 1 Serving	 	  	
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap, plain (08/25) - 1 Serving		  	
Ashdale (Rice dishes) - Chicken & Vegetable Rice (06/25) - 1 Serving		