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The School Lunch People




















































## Ashdale Hot Lunch Menu - Allergens updated 5th December 2025













































Item	Contains Allergens	May Contain Allergens	Other Properties
<b>Ashdale Catering - Soups</b>			
Ashdale (Soups) - Vegetable Noodle Soup (10/25) - 1 Serving	 CELERY	 SULPHITES	  VEGETARIAN VEGAN
Ashdale (Soups) - Vegetable Soup & Farmhouse Brown Bread (10/25) - 1 Serving	  WHEAT MILK  CELERY		 VEGETARIAN
Ashdale (Soups) - Vegetable Soup (10/25) - 1 Serving	  MILK CELERY		 VEGETARIAN
Ashdale (Soups) - Vegetable Soup with Soft White Roll, no butter (10/25) - 1 Serving	  WHEAT MILK   CELERY SOYA	 SESAME	 VEGETARIAN
<b>Ashdale - Roast Dinners</b>			
Ashdale (Roast Dinners) - Roast Turkey, Mashed Potato & Vegetables (12/25) - 1 Serving	 SULPHITES	 CELERY	
<b>Ashdale Rice Dishes</b>			
Ashdale (Curries) - Dahl & Vegetable Curry with Rice (10/25) - 1 Serving	 SULPHITES	 MUSTARD	  VEGETARIAN VEGAN
Ashdale (Plant based) - Mexican Rice (10/25) - 1 Serving	 SULPHITES	   OATS, WHEAT, BARLEY, RYE CELERY MUSTARD	 VEGETARIAN
Ashdale (Rice dishes) - Chicken & Vegetable Rice (10/25) - 1 Serving			 GLUTEN FREE
Ashdale (Rice dishes) - Vegetable Rice (06/25) - 1 Serving			  VEGETARIAN VEGAN
<b>Ashdale Pasta Dishes</b>			
Ashdale (Pasta Dishes) - Chicken Pesto Pasta (10/25) - 1 Serving	  WHEAT EGGS  MILK		


















































Item	Contains Allergens	May Contain Allergens	Other Properties
Ashdale (Pasta Dishes) - Chicken Pesto with Gluten-free Pasta (10/25) - 1 Serving	 EGGS  MILK		
Ashdale (Pasta Dishes) - Pasta Bolognese (06/25) - 1 Serving	 WHEAT	 EGGS  CELERY  SULPHITES	
Ashdale (Pasta Dishes) - Pesto Pasta (10/25) - 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	
Ashdale (Sides) - Gluten-free Penne Pasta (Rummo brand), Boiled (12/24) - 1 Serving			 VEGETARIAN  VEGAN  GLUTEN FREE
Ashdale (Sides) - Plain White Penne Pasta, Boiled (06/25) - 1 Serving	 WHEAT	 EGGS	 VEGETARIAN  VEGAN
Ashdale Curries			
Ashdale (Curries) - Chicken Curry with Rice (10/25) - 1 Serving		 CELERY  MUSTARD	 GLUTEN FREE
Ashdale (Curries) - Chicken Korma with Rice (10/25) - 1 Serving	 MILK	 CELERY  MUSTARD	 GLUTEN FREE
Ashdale (Curries) - Dahl & Vegetable Curry with Rice (10/25) - 1 Serving	 SULPHITES	 MUSTARD	 VEGETARIAN  VEGAN
Ashdale (Curries) - Thai Massaman Chicken Curry with Rice (10/25) - 1 Serving	 WHEAT  SOYA	 OATS, BARLEY, RYE  CELERY  MUSTARD	
Ashdale (Curries) - Thai Massaman Vegetable Curry with Rice (10/25) - 1 Serving	 WHEAT  SOYA	 OATS, BARLEY, RYE  CELERY  MUSTARD	
Ashdale (Curries) - Thai Red Chicken Curry with Rice (10/25) - 1 Serving	 WHEAT  SOYA	 CELERY	
Ashdale (Curries) - Vegetable Thai Red Curry with Rice (10/25) - 1 Serving	 WHEAT  SOYA	 CELERY	 VEGETARIAN
Ashdale Noodle Dishes			

Item	Contains Allergens	May Contain Allergens	Other Properties
Ashdale (Noodle Dishes) - Plain Noodles (10/25) - 1 Serving	 WHEAT	 OATS, BARLEY, RYE  EGGS	 VEGETARIAN
Ashdale (Noodle Dishes) - Vegetable Noodles (10/25) - 1 Serving	 WHEAT	 OATS, BARLEY, RYE  EGGS  CELERY	 VEGETARIAN
Ashdale (Noodles) - Chicken & Veg Noodles (10/25) - 1 Serving	 WHEAT	 OATS, BARLEY, RYE  EGGS  CELERY	
Ashdale (Noodle Dishes) - Vegetable Pad Thai Noodles (10/25) - 1 Serving	 WHEAT  SOYA	 OATS, BARLEY, RYE  EGGS  CELERY	
Ashdale Chicken Dishes			
Ashdale (Curries) - Chicken Curry with Rice (10/25) - 1 Serving		 CELERY  MUSTARD	 GLUTEN FREE
Ashdale (Curries) - Chicken Korma with Rice (10/25) - 1 Serving	 MILK	 CELERY  MUSTARD	 GLUTEN FREE
Ashdale (Curries) - Thai Massaman Chicken Curry with Rice (10/25) - 1 Serving	 WHEAT  SOYA	 OATS, BARLEY, RYE  CELERY  MUSTARD	
Ashdale (Hot lunches) - Chicken Goujons with Mixed Vegetables (10/25) - 1 Serving	 WHEAT		 HALAL
Ashdale (Hot lunches) - Chicken Goujons, Mashed Potato & Veg (10/25) - 1 Serving	 WHEAT  SULPHITES	 CELERY	 HALAL
Ashdale (Hot lunches) - Sweet & Sour Chicken with Rice (12/25) - 1 Serving		 CELERY  SULPHITES	
Ashdale (Noodles) - Chicken & Veg Noodles (10/25) - 1 Serving	 WHEAT	 OATS, BARLEY, RYE  EGGS  CELERY	
Ashdale (Pasta Dishes) - Chicken Pesto Pasta (10/25) - 1 Serving	 WHEAT  EGGS  MILK		
Ashdale (Rice dishes) - Chicken Fried Rice (08/25) - 1 Serving	 WHEAT  SOYA		
Ashdale (Curries) - Thai Red Chicken Curry with Rice (10/25) - 1 Serving	 WHEAT  SOYA	 CELERY	
Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (10/25) - 1 Serving	 SULPHITES	 OATS, WHEAT, BARLEY, RYE  CELERY  MUSTARD	
Ashdale Hot Wraps			

Item	Contains Allergens	May Contain Allergens	Other Properties
Ashdale (Hot Wraps) - Chicken Goujon Wrap, plain (10/25) - 1 Serving	 OATS, WHEAT		
Ashdale (Hot Wraps) - Chicken Goujon Wrap with Ketchup (10/25) - 1 Serving	 OATS, WHEAT		
Ashdale (Hot Wraps) - Chicken Goujon Wrap with Mayo (10/25) - 1 Serving	 OATS, WHEAT  EGGS  MUSTARD		
Ashdale (Hot Wraps) - Chicken Goujon Wrap with Curry (10/25) - 1 Serving	 OATS, WHEAT	 CELERY  MUSTARD	
Ashdale (Plant-based) - Falafel Wrap with Yogurt dressing (10/25) - 1 Serving	 OATS, WHEAT  MILK	 BARLEY, RYE  ALMONDS  PEANUTS  CELERY  MUSTARD  SESAME  SOYA  SULPHITES	 VEGETARIAN
Ashdale - Piri Piri Hot Chicken Wrap (10/25) - 1 Serving	 OATS, WHEAT	 BARLEY, RYE  MILK  CELERY  MUSTARD	
Ashdale - BBQ Shredded Chicken Wrap (10/25) - 1 Serving	 OATS, WHEAT  SULPHITES	 MILK  CELERY	
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Curry (08/25) - 1 Serving		 GLUTEN  MILK  CELERY  MUSTARD  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	
<b>Ashdale Beef Dishes</b>			
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 (10/25) - 1 Serving	 CELERY  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 (10/25) - 1 Serving	 SULPHITES	 MUSTARD	 VEGETARIAN  VEGAN
Ashdale (Noodle Dishes) - Vegetable Noodles (10/25) - 1 Serving	 WHEAT	 OATS, BARLEY, RYE  EGGS  CELERY	 VEGETARIAN
Ashdale (Pasta Dishes) - Tomato & Vegetable Pasta (06/25) - 1 Serving	 WHEAT	 EGGS  CELERY  SULPHITES	 VEGETARIAN  VEGAN
Ashdale (Plant based) - Mexican Rice (10/25) - 1 Serving	 SULPHITES	 OATS, WHEAT, BARLEY, RYE  CELERY  MUSTARD	 VEGETARIAN
Ashdale (Rice dishes) - Vegetable Rice (06/25) - 1 Serving			 VEGETARIAN  VEGAN
Ashdale (Plant-based) - Falafel Wrap with Yogurt dressing (10/25) - 1 Serving	 OATS, WHEAT  MILK	 BARLEY, RYE  ALMONDS  PEANUTS  CELERY  MUSTARD  SESAME  SOYA  SULPHITES	 VEGETARIAN
Ashdale (Plant-based) - Vegetable Rice with Sweet & Sour Sauce (12/25) - 1 Serving		 CELERY  SULPHITES	 VEGETARIAN  VEGAN
Ashdale Specials			
Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (10/25) - 1 Serving	 SULPHITES	 OATS, WHEAT, BARLEY, RYE  CELERY  MUSTARD	
Ashdale - Sides			

Item	Contains Allergens	May Contain Allergens	Other Properties
Ashdale (Sides) - Gluten-free Penne Pasta (Rummo brand), Boiled (12/24) - 1 Serving			   VEGETARIAN VEGAN GLUTEN FREE
Ashdale (Sides) - Mashed Potato & Gravy (10/25) - 1 Serving	 SULPHITES	 CELERY	 VEGETARIAN
Ashdale (Sides) - Mashed Potato (06/25) - 1 Serving	 SULPHITES	 CELERY	  VEGETARIAN VEGAN
Ashdale (Sides) - Plain Noodles (10/24) - 1 Serving	 WHEAT	  OATS, BARLEY, RYE EGGS	 VEGETARIAN
Ashdale (Sides) - Plain White Penne Pasta, Boiled (06/25) - 1 Serving	 WHEAT	 EGGS	  VEGETARIAN VEGAN
Ashdale (Sides) - White Basmati Rice, Steamed (06/25) - 1 Serving			  VEGETARIAN VEGAN
Ashdale - Extra Menu Items			
Ashdale (Snacks) - Sausage Roll, Gourmet Kitchen brand (07/25) - 1 Serving	 WHEAT		
Ashdale Catering (Extra items) - 2 Quigley Pork Sausages, oven baked (06/25) - 1 Serving	  WHEAT MUSTARD  SULPHITES		
Ashdale Catering: Certified Gluten-free Products			
Ashdale (Breads) - Kelkin Gluten-Free White Bread, per slice (06/25) - 1 Serving	 EGGS	   MILK SOYA SULPHITES	  VEGETARIAN GLUTEN FREE
Ashdale (Sauces) - Knorr Gluten-free Roast Gravy (10/25) - 1 Serving (50ml)			  VEGETARIAN GLUTEN FREE
Ashdale (Snacks) - Kelkin Gluten-Free Mini Chocolate Rice Cakes (06/25) - 1 Serving	  MILK SOYA	  HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS SESAME	 GLUTEN FREE
Ashdale Gluten-free HOT Menu - *Laboratory Tested & Certified*			
Ashdale (Curries) - Chicken Curry with Rice (10/25) - 1 Serving		  CELERY MUSTARD	 GLUTEN FREE
Ashdale (Curries) - Chicken Korma with Rice (10/25) - 1 Serving	 MILK	  CELERY MUSTARD	 GLUTEN FREE

Item	Contains Allergens	May Contain Allergens	Other Properties
Ashdale (Plant-based) - Vegetable Rice with Sweet & Sour Sauce (12/25) - 1 Serving		 CELERY  SULPHITES	 VEGETARIAN  VEGAN
Ashdale (Rice dishes) - Chicken & Vegetable Rice (10/25) - 1 Serving			 GLUTEN FREE
<b>Ashdale Gluten-free HOT Menu</b>			
Ashdale (Curries) - Chicken Curry with Rice (10/25) - 1 Serving		 CELERY  MUSTARD	 GLUTEN FREE
Ashdale (Curries) - Chicken Korma with Rice (10/25) - 1 Serving	 MILK	 CELERY  MUSTARD	 GLUTEN FREE
Ashdale (Hot lunches) - Sweet & Sour Chicken with Rice (12/25) - 1 Serving		 CELERY  SULPHITES	
Ashdale (Plant-based) - Vegetable Rice with Sweet & Sour Sauce (12/25) - 1 Serving		 CELERY  SULPHITES	 VEGETARIAN  VEGAN
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Curry (08/25) - 1 Serving		 GLUTEN  MILK  CELERY  MUSTARD  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 (Rice dishes) - Chicken & Vegetable Rice (10/25) - 1 Serving			 GLUTEN FREE
<b>Ashdale Laboratory-Certified Gluten-free Menu</b>			
Ashdale (Curries) - Chicken Curry with Rice (10/25) - 1 Serving		 CELERY  MUSTARD	 GLUTEN FREE
Ashdale (Curries) - Chicken Korma with Rice (10/25) - 1 Serving	 MILK	 CELERY  MUSTARD	 GLUTEN FREE
Ashdale (Hot lunches) - Sweet & Sour Chicken with Rice (12/25) - 1 Serving		 CELERY  SULPHITES	
Ashdale (Plant-based) - Vegetable Rice with Sweet & Sour Sauce (12/25) - 1 Serving		 CELERY  SULPHITES	 VEGETARIAN  VEGAN
Ashdale (Rice dishes) - Chicken & Vegetable Rice (10/25) - 1 Serving			 GLUTEN FREE