



Ashdale Hot Lunch Menu - Allergens updated 5th December 2025

Item	Contains Allergens	May Contain Allergens	Other Properties
Ashdale Catering - Soups			
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 CELERY	MILK	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 CELERY SOYA	SESAME	VEGETARIAN
Ashdale - Roast Dinners			
Ashdale (Roast Dinners) - Roast Turkey, Mashed Potato & Vegetables (12/25) - 1 Serving	SULPHITES	CELERY	
Ashdale Rice Dishes			
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
Ashdale Pasta Dishes			
Ashdale (Pasta Dishes) - Chicken Pesto Pasta (10/25) - 1 Serving	WHEAT MILK	EGGS	

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  MUSTARD	 EGGS	
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  MUSTARD  ALMONDS  SESAME  PEANUTS  SOYA  CELERY  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  SULPHITES  MILK  CELERY  MUSTARD	
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Ketchup (08/25) - 1 Serving		 GLUTEN  SULPHITES  MILK	
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Mayo (08/25) - 1 Serving	 EGGS  MUSTARD	 GLUTEN  SULPHITES  MILK  SULPHITES	
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap, plain (08/25) - 1 Serving		 GLUTEN  SULPHITES  MILK	

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  SULPHITES  SOYA	 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  SULPHITES  FISH	 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, CASHWEWS, 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

Ashdale Gluten-free HOT Menu

Ashdale (Curries) - Chicken Curry with Rice (10/25) - 1 Serving		 CELERY  MUSTARD	 GLUTEN FREE
Ashdale (Curries) - Chicken Korma with Rice (10/25) - 1 Serving		 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

Ashdale Laboratory-Certified Gluten-free Menu

Ashdale (Curries) - Chicken Curry with Rice (10/25) - 1 Serving		 CELERY  MUSTARD	 GLUTEN FREE
Ashdale (Curries) - Chicken Korma with Rice (10/25) - 1 Serving		 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