



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 (10/25)	200	4.7	2.1	31	5.7	5.1	5.4	2.4	Cream Of Vegetable Soup (85.2%) [Water, Carrot 13.5%, Potato 13.5%, Parsnip 6.5%, Onion 4%, MILK, Turnip 3.5%, Lentils, Peas 1.5%, Vegetable Bouillon (MILK, CELERY), WHOLEWHEAT Bread (13.6%) [Fresh Buttermilk (MILK) (36%), Wholemeal WHEAT Flour (WHEAT) (36%), WHEAT Flour, Raising Agents: Sodium Carbonate, Diphosphates, Calcium Carbonate, Iron, Thiamin, Niacin], Raising Agents: Sodium Carbonates, Diphosphates Salt, Wheatgerm (WHEAT)], Kerrymaid Original 2kg (1.1%) [Vegetable Oils (Rapeseed, Palm), Water, Reconstituted BUTTERMILK (3%), Salt (1.5%), Emulsifier: Mono and Di-Glycerides of Fatty Acids, Stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Vitamin A & D, Flavouring, Colour: Carotenes]	Low Fat,Low Sugar,Source of Fibre,Low Saturated Fat
Ashdale (Soups) - Vegetable Soup (10/25)	105	2.7	1.6	16	5	2.8	2.5	1.9	Cream Of Vegetable Soup (100%) [Water, Carrot 13.5%, Potato 13.5%, Parsnip 6.5%, Onion 4%, MILK, Turnip 3.5%, Lentils, Peas 1.5%, Vegetable Bouillon (contains MILK, CELERY).	Low Fat,Source of Fibre,Low Sugar
Ashdale (Soups) - Vegetable Soup with Soft White Roll, no butter (10/25)	241	4.5	2.1	42	8.8	3.8	6.6	2.3	Cream Of Vegetable Soup (81.8%) [Water, Carrot 13.5%, Potato 13.5%, Parsnip 6.5%, Onion 4%, MILK, Turnip 3.5%, Lentils, Peas 1.5%, Vegetable Bouillon (contains, MILK, CELERY), White Roll (18.2%) [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Vegetable Oil (Rapeseed), Salt, WHEAT Gluten, Dextrose, SOYA Flour, Preservative (Calcium Propionate), Emulsifiers (Sodium Stearoyl-2-Lactylate, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid, L-Cysteine), Vegetable Fat (Palm)]	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 (12/25)	157	1	0.4	21	0.5	4.5	13	0.58	Mashed Potato (55.3%) [Potatoes, LoSalt], Roast Turkey Breast (22.8%), Mixed Frozen Vegetables (21.9%)	Fat-free, Low Saturated Fat, Sugar Free, Source of Fibre, High in Protein, Low Salt
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 (10/25)	356	11	0.8	57	0.7	1	6.1	0.18	White Basmati Rice, Vegetable Oil, Mixed Bell Peppers, Potatoes (SULPHITES), Butter Beans, Ashdale House-made Tomato Sauce (Tomatoes In Tomato Juice, Tomato Juice, Acidity Regulator, Water, Onions, Carrots, Tomato Paste Double Concentrate, Vegetable Oil, Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents (Magnesium Carbonate, Sodium Hexacyanoferrate)]), Dried Mixed Herbs, Red Kidney Beans In Brine, Onions, Vegetable Oil, Paprika, Garlic, Ground Cumin, Ground Coriander, Dried Mixed Herbs.	Low Saturated Fat,Sugar Free,Very Low Salt

Ashdale (Curries) - Dahl & Vegetable Curry with Rice (10/25)	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 (Plant-based) - Vegetable Rice with Sweet & Sour Sauce (12/25)	267	6.7	0.5	46	5.6	1.7	4.8	0.42	Vegetable Rice (66.4%) [Water, Basmati Rice, Mixed Frozen Vegetables, Vegetable Oil], Ashdale house-made Sweet & Sour Sauce (33.6%) [Orange Juice, Apple Juice, Tomato Ketchup, Water, Onions, Carrots, Mixed Peppers, LoSalt].	Low Saturated Fat, Low Salt, Low Sugar
Ashdale (Rice dishes) - Chicken & Vegetable Rice (10/25)	330	7.8	0.9	42	1.5	1.4	22	0.59	Chicken Breast (33.6%) [Chicken Breast, Salt], Water (28.9%), Basmati Rice (22.3%), Peas (10.1%), Sweetcorn Kernels (5.7%) [Sweetcorn, Water, Sugar, Salt], Vegetable Oil (3.1%).	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 (10/25)	261	13	2.4	19	0	1	16	0.77	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 (10/25)	239	10	2.1	19	0.5	1	18	0.78	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 (10/25)	198	10	2	21	0.6	1.1	5.4	0.42	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
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 (10/25)	190	2.5	0.2	33	7.2	3.6	7.3	2.1	Stir Fry Vegetable Mix [Courgette, Red Onion, Red Pepper, Green Pepper, Yellow Pepper, Carrot, Leeks], Fine WHEAT Noodles, Salt, Colour (Paprika Extract, Carotenes), Acidity Regulators, Ashdale house-made Pad Thai Sauce) [Reduced-salt SOY Sauce (SOYBEANS, WHEAT), 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 (10/25)	246	14	1	25	0.6	0	4.5	1.2	Egg-free Wheat Noodles, Vegetable Oil, LoSalt.	Fat Free, Low Saturated Fat, Low Sugar, Source of Vitamin E, Source of Vitamin K, Source of Potassium

Ashdale (Noodle Dishes) - Vegetable Noodles (10/25)	252	15	1	23	3.9	2.7	4.6	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 E, Source of Vitamin K, Source of Potassium
Ashdale (Noodles) - Chicken & Veg Noodles (10/25)	318	16	1.4	20	2.2	1.4	23	1.7	Chicken (37.5%), 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 (10/25)	433	16	5.1	63	1.6	2.4	8.8	0.75	White Basmati Rice, Steamed (60.3%) [Basmati Rice, Vegetable Oil], Mixed Frozen Vegetables (22.2%), House-made Massaman Curry Sauce (17.4%) [Coconut Milk, Water, Reduced-salt Soy Sauce, House-made Curry Paste, Tomato Paste Double Concentrate, Onions, Turmeric, Lemongrass, Ginger, Garlic, Ground Coriander, Ground Cumin].	Low Sugar, Low Salt
Ashdale (Curries) - Thai Massaman Chicken Curry with Rice (10/25)	451	16	5.3	59	1.6	0.5	17	1.1	White Basmati Rice, Steamed (65.2%) [Basmati Rice, Vegetable Oil], House-made Massaman Curry Sauce (18.8%) [Coconut Milk, Water, Reduced-salt Soy Sauce, House-made 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 (10/25)	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 (10/25)	401	13	2.7	62	1.1	2.2	8	0.48	Steamed White Basmati Rice, Vegetable Oil, Mixed Frozen Vegetables, Ashdale House-made Thai Red Curry Sauce [Coconut Milk, Water, Reduced-salt SOY Sauce, Ashdale House-made Curry Paste [Red Chilli Peppers, Onions, Lemongrass, Tomato Paste Double Concentrate, LoSalt, Galangal, Onions, Sugar, Cornflour (Maize Starch)], Lemongrass, Garlic, Ginger	Low Saturated Fat, Sugar Free, Low Salt
Ashdale (Curries) - Thai Red Chicken Curry with Rice (10/25)	441	15	4.5	59	1.9	0	17	1.1	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, House-made Curry Paste, Onions, Sugar, Garlic, Lemongrass, Cornflour, Ginger], Chicken Breast Strips (16.2%).	Low Sugar, Source of Protein
Ashdale (Curries) - Chicken Korma with Rice (10/25)	483	16	1.4	67	9.6	2.4	16	0.34	Basmati Rice, Steamed (54.6%) [Water, Rice, Vegetable Oil], Chicken Korma (45.4%) [Onions, Chicken Breast, Salt, Tomatoes, Vegetable Oil, Sugar, Fresh Cream, LoSalt, Turmeric, Ground Cumin]	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, Source of Protein
Ashdale (Curries) - Chicken Curry with Rice (10/25)	471	16	1.3	65	7.1	2.4	16	0.34	Basmati Rice, Steamed (53.7%) [Water, Basmati Rice, Vegetable Oil], Chicken Curry (46.3%) [Chicken Breast, Onions, Tomatoes, Vegetable Oil, LoSalt, Turmeric, Orange Food Colouring, Ground Cumin, Salt]	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 (06/25)	284	8	2.3	28	3.8	2.9	23	0.89	Lean Irish Beef Mince (41.6%), Mashed Potato (24.9%) [Potatoes, LoSalt], Water, Cornflour, Carrots, Peas, Onions, Worcestershire Sauce, Gluten-Free Beef Bouillon, Vegetable Oil, Tomato Paste Double Concentrate, Garlic, LoSalt, Dried Mixed Herbs].	Low Saturated Fat, Low Sugar, High in Protein

Ashdale (Beef Dishes) - Beef Stew with Mashed Potato (10/25)	160	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 [Potato, LoSalt].	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, High in Protein, Source of Vitamin B12, Source of Zinc, Source of Fibre
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 (10/25)	451	16	5.3	59	1.6	0.5	17	1.1	White Basmati Rice, Steamed (65.2%) [Basmati Rice, Vegetable Oil], House-made Massaman Curry Sauce (18.8%) [Coconut Milk, Water, Reduced-salt Soy Sauce, House-made 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 (10/25)	441	15	4.5	59	1.9	0	17	1.1	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, House-made 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 (10/25)	259	2.9	0.6	33	0.5	5.5	22	0.71	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 (12/25)	388	10	0.9	58	5.6	0.6	16	0.73	Basmati Rice, Steamed (58.3%) [Water, Basmati Rice, Vegetable Oil], Ashdale house-made Sweet & Sour Sauce (26.2%) [Orange Juice, Apple Juice, Tomato Ketchup [Water, White Sugar, Modified Maize Starch, Salt, Tomato Puree, Acetic Acid, Spices, Preservative (Potassium Sorbate), Colours (Paprika Colour, Caramel)], Water, Onions, Carrots, Mixed Peppers, LoSalt], Chicken Breast (15.5%), Salt.	Low Saturated Fat, Low Sugar, Low Salt, Source of Protein
Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (10/25)	221	5.9	0.8	18	4.2	3.8	22	1.1	Potatoes (35.8%), Chicken Breast Pieces (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 (10/25)	164	2.7	0.5	15	0	2.5	19	0.42	Breaded Chicken Goujons (71.4%) [Chicken, Water, Breadcrumbs, Fully Refined Soybean Oil, Mixed Herbs & Spices, Paprika, Onion, Stabilizer, Leavening Agent, Sunflower Oil], Mixed Frozen Vegetables (28.6%).	Sugar Free, High in Protein, Low Fat, Low Saturated Fat, Source of Fibre
Ashdale (Noodles) - Chicken & Veg Noodles (10/25)	318	16	1.4	20	2.2	1.4	23	1.7	Chicken (37.5%), 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 (10/25)	483	16	1.4	67	9.6	2.4	16	0.34	Basmati Rice, Steamed (54.6%) [Water, Rice, Vegetable Oil], Chicken Korma (45.4%) [Onions, Chicken Breast, Salt, Tomatoes, Vegetable Oil, Sugar, Fresh Cream, LoSalt, Turmeric, Ground Cumin]	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, Source of Protein
Ashdale (Curries) - Chicken Curry with Rice (10/25)	471	16	1.3	65	7.1	2.4	16	0.34	Basmati Rice, Steamed (53.7%) [Water, Basmati Rice, Vegetable Oil], Chicken Curry (46.3%) [Chicken Breast, Onions, Tomatoes, Vegetable Oil, LoSalt, Turmeric, Orange Food Colouring, Ground Cumin, Salt]	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, Source of Protein
Ashdale (Pasta Dishes) - Chicken Pesto Pasta (10/25)	239	10	2.1	19	0.5	1	18	0.78	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 (10/25)	347	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, Paprika, Onion Powder, Balsamic Vinegar Of Modena].	Low Saturated Fat, High in Protein, Low Sugar
Ashdale (Plant-based) - Falafel Wrap with Yogurt dressing (10/25)	516	11	3.4	74	4.9	11	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 (10/25)	300	6.6	2.2	35	2.9	3.1	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 (10/25)	400	8.8	2.4	49	2.3	3.4	30	1.8	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 Sugar, High in Protein, Low Saturated Fat

Ashdale (Hot Wraps) - Chicken Goujon Wrap with Ketchup (10/25)	396	8.1	2.4	50	2.6	3.1	30	2	Breaded Chicken Breast Goujons (64%), Wheaten Tortilla Wrap (28.9%), Ketchup (7.1%)	Low Sugar, High in Protein, Low Saturated Fat
Ashdale (Hot Wraps) - Chicken Goujon Wrap with Mayo (10/25)	495	20	3.3	48	1.5	3	30	2	Breaded Chicken Breast Goujons (64%), Wheaten Tortilla Wrap (28.9%), Mayonnaise (7.1%)	Low Sugar, High in Protein
Ashdale (Hot Wraps) - Chicken Goujon Wrap, plain (10/25)	387	8.1	2.4	47	1.3	3	30	1.8	Breaded Chicken Breast Goujons (68.9%), Wheaten Tortilla Wrap (31.1%).	Low Sugar, High in Protein, Low Saturated Fat
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 (10/25)	356	11	0.8	57	0.7	1	6.1	0.18	White Basmati Rice, Vegetable Oil, Mixed Bell Peppers, Potatoes (SULPHITES), Butter Beans, Ashdale House-made Tomato Sauce (Tomatoes In Tomato Juice, Tomato Juice, Acidity Regulator, Water, Onions, Carrots, Tomato Paste Double Concentrate, Vegetable Oil, Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents (Magnesium Carbonate, Sodium Hexacyanoferrate)], Dried Mixed Herbs, Red Kidney Beans In Brine, Onions, Vegetable Oil, Paprika, Garlic, Ground Cumin, Ground Coriander, Dried Mixed Herbs.	Low Saturated Fat, Sugar Free, Very Low Salt
Ashdale (Plant-based) - Vegetable Rice with Sweet & Sour Sauce (12/25)	267	6.7	0.5	46	5.6	1.7	4.8	0.42	Vegetable Rice (66.4%) [Water, Basmati Rice, Mixed Frozen Vegetables, Vegetable Oil], Ashdale house-made Sweet & Sour Sauce (33.6%) [Orange Juice, Apple Juice, Tomato Ketchup, Water, Onions, Carrots, Mixed Peppers, LoSalt].	Low Saturated Fat, Low Salt, Low Sugar
Ashdale (Curries) - Dahl & Vegetable Curry with Rice (10/25)	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 (10/25)	516	11	3.4	74	4.9	11	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 (10/25)	252	15	1	23	3.9	2.7	4.6	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 E, Source 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 (10/25)	221	5.9	0.8	18	4.2	3.8	22	1.1	Potatoes (35.8%), Chicken Breast Pieces (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
Other Dishes	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Ingredients	Authorised EU Nutrition Claims
Ashdale (Hot lunches) - Sausages, Mashed Potato, Veg & Gravy (10/25)	309	13	5	34	5.1	5.6	9.9	2.3	Mashed Potato (contains Sulphites), LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Pork Sausages, Pork Sausages (contains WHEAT, MUSTARD, SULPHITES), Spice Extract, Antioxidant, Edible Beef Casing, Knorr Gluten-Free Roast Gravy	Low Sugar, Source of Fibre, Source of Protein.

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