



Ashdale Hot Lunch Menu - Allergens updated 5th March 2026

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 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
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	CELERY MUSTARD	VEGETARIAN VEGAN
Ashdale (Plant based) - Mexican Rice (10/25) - 1 Serving	SULPHITES	OATS, WHEAT, BARLEY, RYE CELERY MUSTARD	VEGETARIAN VEGAN
Ashdale (Rice dishes) - Chicken & Vegetable Rice (02/26) - 1 Serving			
Ashdale (Rice dishes) - Vegetable Rice (06/25) - 1 Serving			VEGETARIAN VEGAN
Ashdale Pasta Dishes			
Ashdale (Pasta Dishes) - Chicken Pesto Pasta (02/26) - 1 Serving	WHEAT EGGS MILK		
Ashdale (Pasta Dishes) - Chicken Pesto with Gluten-free Pasta (02/26) - 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		
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 (02/26) - 1 Serving		CELERY MUSTARD	
Ashdale (Curries) - Chicken Korma with Rice (02/26) - 1 Serving	MILK	CELERY MUSTARD	

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Ashdale (Curries) - Dahl & Vegetable Curry with Rice (10/25) - 1 Serving	 SULPHITES	  CELERY MUSTARD	  VEGETARIAN VEGAN
Ashdale (Curries) - Thai Massaman Chicken Curry with Rice (02/26) - 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 (02/26) - 1 Serving	  WHEAT SOYA	 CELERY	
Ashdale (Curries) - Vegetable Thai Red Curry with Rice (10/25) - 1 Serving	  WHEAT SOYA	 CELERY	 VEGETARIAN
Ashdale Noodle Dishes			
Ashdale (Noodle Dishes) - Plain Noodles (01/26) - 1 Serving	 WHEAT		 VEGETARIAN
Ashdale (Noodle Dishes) - Vegetable Noodles (01/26) - 1 Serving	 WHEAT	 CELERY	 VEGETARIAN
Ashdale (Noodles) - Chicken & Veg Noodles (02/26) - 1 Serving	 WHEAT	 CELERY	
Ashdale (Noodle Dishes) - Vegetable Pad Thai Noodles (01/26) - 1 Serving	  WHEAT SOYA	 CELERY	 VEGETARIAN
Ashdale Chicken Dishes			
Ashdale (Curries) - Chicken Curry with Rice (02/26) - 1 Serving		  CELERY MUSTARD	
Ashdale (Curries) - Chicken Korma with Rice (02/26) - 1 Serving	 MILK	  CELERY MUSTARD	
Ashdale (Curries) - Thai Massaman Chicken Curry with Rice (02/26) - 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 (02/26) - 1 Serving		  CELERY SULPHITES	
Ashdale (Noodles) - Chicken & Veg Noodles (02/26) - 1 Serving	 WHEAT	 CELERY	
Ashdale (Pasta Dishes) - Chicken Pesto Pasta (02/26) - 1 Serving	   WHEAT EGGS MILK		
Ashdale (Rice dishes) - Chicken Fried Rice (02/26) - 1 Serving	  WHEAT SOYA		
Ashdale (Curries) - Thai Red Chicken Curry with Rice (02/26) - 1 Serving	  WHEAT SOYA	 CELERY	
Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (02/26) - 1 Serving	 SULPHITES	   OATS, WHEAT, BARLEY, RYE CELERY MUSTARD	
Ashdale Hot Wraps			
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	

Item	Contains Allergens	May Contain Allergens	Other Properties
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 (02/26) - 1 Serving	OATS, WHEAT	BARLEY, RYE CELERY MUSTARD	
Ashdale - BBQ Shredded Chicken Wrap (02/26) - 1 Serving	OATS, WHEAT SULPHITES		
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 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	
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	CELERY MUSTARD	VEGETARIAN VEGAN
Ashdale (Noodle Dishes) - Vegetable Noodles (01/26) - 1 Serving	WHEAT	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 VEGAN
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 (02/26) - 1 Serving	SULPHITES	OATS, WHEAT, BARLEY, RYE CELERY MUSTARD	

Item	Contains Allergens	May Contain Allergens	Other Properties
Ashdale (Specials) - Chicken Fajita Bowl (02/26) - 1 Serving		    OATS, WHEAT, BARLEY, RYE CELERY MUSTARD SESAME	
Ashdale (Specials) - Chicken Fajita Wraps (02/26) - 1 Serving	 OATS, WHEAT	    BARLEY, RYE CELERY MUSTARD SESAME	
Ashdale Catering (Specials) - Beef Brisket with Mashed Potato & Vegetables (01/26) - 1 Serving	 SULPHITES	 CELERY	
Ashdale Catering (Specials) - Shredded Ham with Mashed Potato & Cabbage (01/26) - 1 Serving	 SULPHITES	   WHEAT CELERY SOYA	
Ashdale - Sides			
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 (01/26) - 1 Serving	 WHEAT		 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 Gluten-free HOT Menu			
Ashdale (Curries) - Chicken Curry with Rice (02/26) - 1 Serving		  CELERY MUSTARD	
Ashdale (Curries) - Chicken Korma with Rice (02/26) - 1 Serving	 MILK	  CELERY MUSTARD	
Ashdale (Hot lunches) - Sweet & Sour Chicken with Rice (02/26) - 1 Serving		  CELERY SULPHITES	
Ashdale (Rice dishes) - Chicken & Vegetable Rice (02/26) - 1 Serving			
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	