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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 (10/25)	263	0.9	0.1	55	1.1	3.4	7.4	0.38	Ashdale Vegetable Noodle Soup Base (44.9%) [Water, Onions, Carrots, CELERY, Leeks, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Garlic, Dried Bay Leaf], Mixed Frozen Vegetables (31.5%), Hu Fun Rice Noodles (23.6%) [Rice Flour, Water]. May contain traces of Sulphites	Low Fat,Low Saturated Fat,High in Protein,Source of Vitamin A,High in Chloride
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, Potato, Parsnip, Onion, MILK, Turnip, Lentils, Peas, Vegetable Bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot Powder, White Onion Powder, Garlic Powder, Ground Cumin, Citric Acid, Ground Black Pepper, Parsley, Turmeric Powder), Cream (MILK), Butter (Cream (MILK), Salt), Modified Starch, CELERY, Salt, Turmeric, Garlic, Parsley, Pepper], Irish Stone Ground WHOLEWHEAT Bread (13.6%) [Fresh Buttermilk (MILK), Wholemeal WHEAT Flour, WHEAT Flour, Raising Agents: Sodium Carbonate, Diphosphates, Calcium Carbonate, Iron, Thiamin, Niacin), Raising Agents: Sodium Carbonates, Diphosphates, Salt, Wheatgerm (WHEAT)], Kerrymaid Original [Vegetable Oils (Rapeseed, Palm), Water, Reconstituted BUTTERMILK (MILK), Salt, Emulsifier: Mono And Di Glycerides Of Fatty Acids, Stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Vitamin A & D, Flavouring, Colour: Carotenes]	Low Saturated Fat,Low Sugar,High in Protein
Ashdale (Soups) - Vegetable Soup (10/25)	105	2.7	1.6	16	5	2.8	2.5	1.9	Cream Of Vegetable Soup [Water, Carrot, Potato, Parsnip, Onion, MILK, Turnip, Lentils, Peas, Vegetable Bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot Powder, White Onion Powder, Garlic Powder, Ground Cumin, Acid (Citric Acid), Ground Black Pepper, Rubbed Parsley, Turmeric Powder), Cream (MILK), Butter (Cream (MILK), Salt), Modified Starch, CELERY, Salt, Turmeric, Garlic, Parsley, Pepper]	Low Fat,Low Sugar,Source of Fibre,Low Saturated Fat
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 [Water, Carrot, Potato, Parsnip, Onion, MILK, Turnip, Lentils, Peas, Vegetable Bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot Powder, White Onion Powder, Garlic Powder, Ground Cumin, Acid (Citric Acid), Ground Black Pepper, Rubbed Parsley, Turmeric Powder), Cream (MILK), Butter (Cream (MILK), Salt), Modified Starch, CELERY, Salt, Turmeric, Garlic, Parsley, Pepper], Hot Dog Bread Roll [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, Flour Treatment Agent (Ascorbic Acid, L Cysteine), Vegetable Fat (Palm)]. May contain traces of Sesame	Low Fat,Source of Fibre,Low Sugar
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	Potatoes [Contains Preservative: Sodium METABISULPHITE], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]], Cooked Turkey Breast [Turkey Breast, Water, Brine Mix, Starch, Vinegar, Burnt Sugar, Glucose Syrup, Thickener, Natural Flavourings (Yeast Extract)], Mixed Frozen Vegetables (21.9%). May contain traces of Celery	Low Fat,Low Saturated Fat,Source of Vitamin A,High in Chloride,High in Iodine
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 (Rice dishes) - Chicken & Vegetable Rice (02/26)	331	8	1.4	44	1.7	1.4	20	1	Chicken Breast [100% Chicken], Water, Basmati Rice, Peas, Sweetcorn Kernels [Sweetcorn, Water, Sugar, Salt], Vegetable Oil [Refined Soybean Oil], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]	Low Saturated Fat,Low Sugar,High in Protein,Low Salt

Ashdale (Rice dishes) - Vegetable Rice (06/25)	237	6.6	1	39	0	1.1	4.6	0.01	Water, Basmati Rice, Mixed Frozen Vegetables, Vegetable Oil [Refined Soybean Oil or Rapeseed Oil With Anti Foaming Agent]	Fat Free,Low Saturated Fat,Sugar Free,Source of Fibre,High in Protein,Low Salt
Ashdale (Plant based) - Mexican Rice (10/25)	357	11	1.7	57	0.7	1	6.1	0.18	Ashdale Mexican Rice [Water, Basmati Rice, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Mixed Peppers, Potatoes [Preservative: Sodium METABISULPHITE], Butter Beans [Butter Beans, Water, Salt], Ashdale Tomato Sauce [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Water, Onions, Carrots, Tomato Paste Double Concentrate] [Tomatoes, Salt], Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Dried Mixed Herbs], Water, Red Kidney Beans In Brine [Red Kidney Beans, Water, Salt], Onions, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Tomato Paste Double Concentrate [Tomatoes, Salt], Paprika, Garlic, Ground Cumin, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Ground Coriander, Dried Mixed Herbs]. May contain traces of Celery, Mustard, Oats, Wheat, Barley, Rye	Low Saturated Fat,Sugar Free,No Salt
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) - Chicken Curry with Rice (03/26)	485	16	2.4	65	7.1	2.4	20	0.12	White Basmati Rice [Water, Basmati Rice, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Ashdale Chicken Curry [Ashdale Curry Sauce [Onions, Tomatoes, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Turmeric, Ground Cumin, Chicken Breast [100% Chicken]. May contain traces of Celery, Mustard.	Low Fat,Low Saturated Fat,Low Sugar,Very Low Salt,Source of Protein
Ashdale (Curries) - Chicken Korma with Rice (03/26)	498	16	2.6	67	9.6	2.4	20	0.12	White Basmati Rice, Steamed [Water, Basmati Rice, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Ashdale Chicken Korma [Onions, Chicken Breast [100% Chicken], Tomatoes, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Sugar, Fresh Irish Cream (MILK), LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Turmeric, Ground Cumin]. May contain traces of Celery, Mustard	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Protein
Ashdale (Curries) - Dahl & Vegetable Curry with Rice (10/25)	280	10	1.5	40	0.5	2.7	6.2	0.37	Ashdale Dahl & Vegetable Curry [Water, Red Lentils, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Ground Cumin, Turmeric], Mixed Frozen Vegetables, Potatoes [Contains Preservative: Sodium METABISULPHITE], Turmeric, Ground Cumin, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]], Steamed Basmati Rice [Water, Basmati Rice, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]. May contain traces of Mustard, Celery	Low Sugar,Low Salt
Ashdale (Curries) - Thai Massaman Chicken Curry with Rice (03/26)	462	16	6.1	59	1.6	0.5	20	0.82	White Basmati Rice, Steamed [Water, Basmati Rice, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Ashdale Curry Sauce [Coconut Milk [Coconut Extract, Water, Antioxidants: Citric Acid], Water, Reduced-Salt SOY Sauce [Water, SOYBEANS, WHEAT, Salt, Spirit Vinegar, Sugar], Ashdale Curry Paste [Red Chilli Peppers, Onions, Lemongrass, Tomato Paste Double Concentrate [Tomatoes, Salt], Ginger, Sugar, Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Galangal, Tomato Paste Double Concentrate [Tomatoes, Salt], Onions, Turmeric, Ginger, Lemongrass, Garlic, Ground Coriander, Ground Cumin], Chicken Breast [100% Chicken]. May contain traces of Celery, Mustard, Oats, Barley, Rye	Low Sugar,Source of Protein
Ashdale (Curries) - Thai Massaman Vegetable Curry with Rice (10/25)	433	16	5.9	63	1.6	2.4	8.8	0.75	White Basmati Rice, Steamed [Water, Basmati Rice, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Mixed Frozen Vegetables, Ashdale Curry Sauce [Coconut Milk [Coconut Extract, Water, Antioxidants: Citric Acid], Water, Reduced-Salt SOY Sauce [Water, SOYBEANS, WHEAT, Salt, Spirit Vinegar, Sugar], Ashdale Curry Paste [Red Chilli Peppers, Onions, Lemongrass, Tomato Paste Double Concentrate [Tomatoes, Salt], Ginger, Sugar, Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Galangal], Tomato Paste Double Concentrate [Tomatoes, Salt], Onions, Turmeric, Ginger, Lemongrass, Garlic, Ground Coriander, Ground Cumin]. May contain traces of Celery, Mustard, Oats, Barley, Rye	Fat Free,No Saturated Fat,Sugar Free,Low Salt

Ashdale (Curries) - Thai Red Chicken Curry with Rice (03/26)	452	15	5.2	59	1.9	0	20	0.88	White Basmati Rice, Steamed [Water, Basmati Rice, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Ashdale Thai Red Curry Sauce [Coconut Milk [Coconut Extract, Water, Antioxidants: Citric Acid], Water, Reduced-Salt SOY Sauce [Water, SOYBEANS, WHEAT, Salt, Spirit Vinegar, Sugar], Ashdale Curry Paste [Red Chilli Peppers, Onions, Lemongrass, Tomato Paste Double Concentrate [Tomatoes, Salt], Ginger, Sugar, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Galangal, Onions, Sugar, Cornflour [Maize Starch], Lemongrass, Garlic, Ginger], Chicken Breast [100% Chicken]. May contain traces of Celery	Low Sugar,Source of Protein
Ashdale (Curries) - Vegetable Thai Red Curry with Rice (10/25)	401	13	3.6	62	1.1	2.2	8	0.48	White Basmati Rice, Steamed [Water, Basmati Rice, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Mixed Frozen Vegetables, Ashdale Thai Red Curry Sauce [Coconut Milk [Coconut Extract, Water, Antioxidants: Citric Acid], Water, Reduced-Salt SOY Sauce [Water, SOYBEANS, WHEAT, Salt, Spirit Vinegar, Sugar], Ashdale Curry Paste [Red Chilli Peppers, Onions, Lemongrass, Tomato Paste Double Concentrate [Tomatoes, Salt], Ginger, Sugar , Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Galangal, Onions, Sugar, Cornflour, Lemongrass, Garlic, Ginger]. May contain traces of Celery	Low Sugar,Source of Protein
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) - Chicken Pesto Pasta (02/26)	240	10	2.3	20	0.7	1	16	0.93	White Penne Pasta [Water, Pasta [Durum WHEAT Semolina (GLUTEN, WHEAT)], Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Chicken Breast [100% Chicken], Ashdale Nut-Free Pesto [Basil, Olive Oil, Cheese [Ripened Italian Hard Cheese (MILK), Grana Padano (MILK, Salt, Calf Rennet, Preservative: Lysozyme (EGGS)), Parmigiano Reggiano (MILK, Salt, Calf Rennet)], Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], White Pepper], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]].	Sugar Free,High in Protein,Low Saturated Fat
Ashdale (Pasta Dishes) - Chicken Pesto with Gluten-free Pasta (02/26)	262	13	2.8	21	0.5	1	15	0.92	Gluten-Free Pasta [Water, Rummio Penne Rigate [Wholemeal Rice, Yellow Corn, White Corn, Rice, Potato Starch, Emulsifier: Mono And Diglycerides Of Fatty Acids Of Vegetable Origin], Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Chicken Breast [100% Chicken], Ashdale Nut-Free Pesto [Basil, Olive Oil, Cheese [Ripened Italian Hard Cheese (MILK), Grana Padano (MILK, Salt, Calf Rennet, Preservative: Lysozyme (EGGS)), Parmigiano Reggiano (MILK, Salt, Calf Rennet)], Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], White Pepper, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]].	Low Saturated Fat,Sugar Free,High in Protein
Ashdale (Pasta Dishes) - Pasta Bolognese (06/25)	179	4.8	1.2	21	2.8	1.6	12	0.2	White Penne Pasta [Water, Penne Pasta [Durum WHEAT Semolina (GLUTEN, WHEAT)], Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Beef Bolognese [Ashdale Tomato Sauce [Chopped Tomatoes In Tomato Juice [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)], Water, Onions, Carrots, Tomato Paste Double Concentrate [Tomatoes, Salt], Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Dried Mixed Herbs], Lean Minced Beef [100% Irish Beef]]. May contain traces of Eggs, Celery, Sulphites	Fat Free,Low Saturated Fat,Low Sugar,Source of Vitamin E,Source of Vitamin K,Source of Potassium
Ashdale (Pasta Dishes) - Pesto Pasta (10/25)	199	10	2.2	21	0.6	1.1	5.4	0.42	White Pasta [Water, Penne Pasta [Durum WHEAT Semolina (GLUTEN, WHEAT)], Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Ashdale Nut-Free Pesto [Basil, Olive Oil, Hard Cheese [Ripened Italian Cheese (MILK), Grana Padano (MILK, Salt, Calf Rennet, Preservative: Lysozyme (EGGS)), Parmigiano Reggiano (MILK, Salt, Calf Rennet)], Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Ground White Pepper].	Sugar Free,High in Protein,Low Fat,Low Saturated Fat,Source of Fibre
Ashdale (Pasta Dishes) - Tomato & Vegetable Pasta (06/25)	221	5.5	0.9	34	7.1	4.3	6.5	0.57	White Penne Pasta (53.9%) [Water, Penne Pasta [Durum WHEAT Semolina (GLUTEN, WHEAT)], Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Ashdale Tomato Sauce [Chopped Tomatoes In Tomato Juice [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)], Water, Onions, Carrots, Tomato Paste Double Concentrate [Tomatoes, Salt], Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Dried Mixed Herbs], Peas, Carrots, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]]. May contain traces of Eggs, Celery, Sulphites.	Low Saturated Fat,Low Sugar,High in Protein

Ashdale (Pasta Dishes) - Tomato Pasta with Meatballs (06/25)	326	20	7.7	18	4	1.3	17	1.2	Tomato Pasta (64.1%) [White Pasta, Boiled [Water, Pasta (25%) [Durum WHEAT Semolina (GLUTEN, WHEAT)], Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Ashdale Tomato-Based Sauce (40%) [Chopped Tomatoes In Tomato Juice [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)], Water, Onions, Carrots, Tomato Paste Double Concentrate [Tomatoes, Salt], Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Dried Mixed Herbs]], Prime Beef Meatballs (35.9%) [Beef, Water, Pea Fibre, Pea Starch, Salt, Dextrose, Maltodextrin, Dried Onion, Yeast Extract Powder, Preservative (Sodium METABISULPHITE (SULPHITES)), Hydrolysed SOYA And Maize Protein, Rapeseed Oil, Anti Caking Agent (contains SULPHITES), Antioxidant (Vitamin C), Natural Onion Flavouring]. May contain traces of Eggs, Celery.	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 (Sides) - Gluten-free Penne Pasta (Rummo brand), Boiled (12/24)	182	7.3	1.2	26	0	1.1	2.2	0	Water (75.5%), Rummo Penne Rigate No 66 400g (25.2%) [Wholemeal (WHEAT) Rice (36%), Yellow Corn (32.5%), White Corn (20%), Rice (8%), Potato Starch (3%), Emulsifier: Mono And Diglycerides Of Fatty Acids Of Vegetable Origin], Vegetable Oil (4.6%) [Refined And Deodorised Soybean Oil (From Genetically Modified Sources) Or Rapeseed Oil With Anti Foaming Agent Dimethylpolysiloxane]	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, High in Protein
Ashdale (Sides) - Plain White Penne Pasta, Boiled (06/25)	152	3.1	0.6	26	0.7	1.1	4.3	0	Water (83.3%), Penne Pasta (25%) [Durum WHEAT Semolina (GLUTEN, WHEAT) (100%)], Vegetable Oil (1.9%) [Refined And Deodorised Soybean Oil (From Genetically Modified Sources) Or Rapeseed Oil With Anti Foaming Agent Dimethylpolysiloxane] May contain traces of Eggs	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, Source of Protein
Noodles	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) - Plain Noodles (01/26)	250	14	2.2	26	0.7	0.7	3.9	0.86	WHEAT Noodles (86.4%) [Water, WHEAT Noodles [WHEAT Flour, Water, Salt, Potassium Carbonate, Sodium Carbonate, Beta Carotene, Paprika]], Vegetable Oil (11.9%) [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents].	Low Fat, Low Saturated Fat, Low Sugar, Source of Fibre, Source of Protein, Low Salt
Ashdale (Noodle Dishes) - Vegetable Noodles (01/26)	255	15	2.2	24	4	3.2	4.2	0.94	Stir Fry Vegetable Mix (48.7%) [Courgette, Red Onion, Red Pepper, Green Pepper, Yellow Pepper, Carrot, Leeks], WHEAT Noodles [Water, WHEAT Noodles [WHEAT Flour, Water, Salt, Potassium Carbonate, Sodium Carbonate, Beta Carotene, Paprika]], Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]. May contain traces of Celery.	Low Saturated Fat, Source of Protein, Low Sugar, Low Salt
Ashdale (Noodle Dishes) - Vegetable Pad Thai Noodles (01/26)	193	2.5	0.2	34	7.4	4.3	6.7	1.8	Stir Fry Vegetable Mix (45.9%) [Courgette, Red Onion, Red Pepper, Green Pepper, Yellow Pepper, Carrot, Leeks], Thick WHEAT Noodles (41.3%) [Water, WHEAT Noodles [WHEAT Flour, Water, Salt, Potassium Carbonate, Sodium Carbonate, Beta Carotene, Paprika]], Ashdale Pad Thai Sauce (12.8%) [Reduced-Salt SOY Sauce [Water, SOYBEANS, WHEAT, Salt, Spirit Vinegar, Sugar], Water, Tamarind Concentrate [Tamarind Purée, Water, Salt, Acidity Regulator: Citric Acid; Preservative: Sodium Benzoate], Demerara Brown Sugar, Onions, Garlic, Ginger]. May contain traces of Celery.	Low Saturated Fat, Sugar Free, No Salt
Ashdale (Noodles) - Chicken & Veg Noodles (02/26)	322	16	2.5	24	2.5	1.9	20	1.7	Chicken Breast (37.5%) [100% Chicken], Thick WHEAT Noodles (35%) [Water, WHEAT Noodles [WHEAT Flour, Water, Salt, Potassium Carbonate, Sodium Carbonate, Beta Carotene, Paprika]], Stir Fry Vegetable Mix (20%) [Courgette, Red Onion, Red Pepper, Green Pepper, Yellow Pepper, Carrot, Leeks], Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]. May contain traces of Celery	Fat Free, Low Saturated Fat, Low Sugar, High in Protein, Source of Fibre, Source of Potassium
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) - Beef Stew with Mashed Potato (10/25)	160	3.7	1	16	2.1	2.6	14	0.37	Beef Stew (54%) [Beef, Carrots, Water, Onions, CELERY, Gluten-Free Gravy [Maltodextrin, Starch, Salt, Palm Fat, Vegetables (Onion Powder, Tomato Puree Powder), Flavour Enhancers (Monosodium Glutamate, Disodium Inosinate, Disodium Guanylate), Flavourings, Yeast Extract, Caramel Syrup, Thickener (Guar Gum), Sunflower Oil, Glucose Syrup, Modified Starch, Sage, Acid (Citric Acid), Colour (Paprika Extract)], Tomato Paste Double Concentrate [Tomatoes, Salt], Cornflour, Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Thyme, Dried Bay Leaf], Mashed Potatoes (46%) [Peeled Potatoes Preserved with Sodium METABISULPHITE], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]].	Low Fat,Low Saturated Fat,Sugar Free,Low Salt,Source of Fibre,High in Protein
Ashdale (Beef Dishes) - Cottage Pie (09/25)	276	7.9	2.6	27	2.5	2.9	23	0.69	Lean Beef Mince (42.6%) [100% Irish Beef], Water, Mashed Potatoes [Peeled Potatoes, Preservative: Sodium METABISULPHITE], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]], Cornflour, Carrots, Peas, Onions, Beef Bouillon [Salt, Flavour Enhancers (Monosodium Glutamate, Disodium Inosinate, Disodium Guanylate), Palm Fat, Sunflower Oil, Sugar, Beef Extract, Potato Starch, Onion Powder, Yeast Extract, Parsley, Carrots, Spices (Turmeric, Parsley Roots), Flavourings, Colour (Ammonia Caramel)], Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Tomato Paste Double Concentrate [Tomatoes, Salt], Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Dried Mixed Herbs. May contain traces of Celery.	Low Saturated Fat,Low Sugar,High in Protein,Low Salt
Ashdale (Beef Dishes) - Meatballs, Mashed Potato & Vegetables (06/25)	339	18	7.3	23	1.7	4.4	19	1.3	Mashed Potatoes (51.2%) [Peeled Potatoes, Preservative: Sodium METABISULPHITE], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]], Prime Irish Beef Meatballs (28.5%) [Beef (88%), Water, Pea Fibre, Pea Starch, Salt, Dextrose, Maltodextrin, Dried Onion, Yeast Extract Powder, Preservative (Sodium METABISULPHITE (SULPHITES)), Hydrolysed SOYA And Maize Protein, Rapeseed Oil, Anti Caking Agent (Silicon Dioxide (SULPHITES)), Antioxidant (Vitamin C), Natural Onion Flavouring], Mixed Frozen Vegetables (20.3%). May contain traces of Celery.	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,High in Protein,Source of Vitamin B12,Source of Zinc,Source of Fibre
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) - Chicken Curry with Rice (03/26)	485	16	2.4	65	7.1	2.4	20	0.12	White Basmati Rice [Water, Basmati Rice, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Ashdale Chicken Curry [Ashdale Curry Sauce [Onions, Tomatoes, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Turmeric, Ground Cumin, Chicken Breast [100% Chicken]. May contain traces of Celery, Mustard	Low Fat,Low Saturated Fat,Low Sugar,Very Low Salt,Source of Protein
Ashdale (Curries) - Chicken Korma with Rice (03/26)	498	16	2.6	67	9.6	2.4	20	0.12	White Basmati Rice, Steamed [Water, Basmati Rice, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Ashdale Chicken Korma [Onions, Chicken Breast [100% Chicken], Tomatoes, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Sugar, Fresh Irish Cream (MILK), LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Turmeric, Ground Cumin]. May contain traces of Celery, Mustard	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Protein
Ashdale (Curries) - Thai Massaman Chicken Curry with Rice (03/26)	462	16	6.1	59	1.6	0.5	20	0.82	White Basmati Rice, Steamed [Water, Basmati Rice, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Ashdale Curry Sauce [Coconut Milk [Coconut Extract, Water, Antioxidants: Citric Acid], Water, Reduced- Salt SOY Sauce [Water, SOYBEANS, WHEAT, Salt, Spirit Vinegar, Sugar], Ashdale Curry Paste [Red Chilli Peppers, Onions, Lemongrass, Tomato Paste Double Concentrate [Tomatoes, Salt], Ginger, Sugar, Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Galangal, Tomato Paste Double Concentrate [Tomatoes, Salt], Onions, Turmeric, Ginger, Lemongrass, Garlic, Ground Coriander, Ground Cumin], Chicken Breast [100% Chicken]. May contain traces of Celery, Mustard, Oats, Barley, Rye	Low Sugar,Source of Protein

Ashdale (Curries) - Thai Red Chicken Curry with Rice (03/26)	452	15	5.2	59	1.9	0	20	0.88	White Basmati Rice, Steamed [Water, Basmati Rice, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Ashdale Thai Red Curry Sauce [Coconut Milk [Coconut Extract, Water, Antioxidants: Citric Acid], Water, Reduced-Salt SOY Sauce [Water, SOYBEANS, WHEAT, Salt, Spirit Vinegar, Sugar], Ashdale Curry Paste [Red Chilli Peppers, Onions, Lemongrass, Tomato Paste Double Concentrate [Tomatoes, Salt], Ginger, Sugar, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Galangal, Onions, Sugar, Cornflour [Maize Starch], Lemongrass, Garlic, Ginger], Chicken Breast [100% Chicken]. May contain traces of Celery	Low Sugar,Source of Protein
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 Meat (67.6%), Water, Breadcrumbs (WHEAT Flour, Tapioca Starch, Salt), Fully Refined Soybean Oil, Mixed Herbs And Spices, Paprika, Onion, Stabilizer, Leavening Agent, Sunflower Oil], Mixed Frozen Vegetables (28.6%).	Low Sugar,High in 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 Potatoes [Peeled Potatoes, Preservative: Sodium METABISULPHITE], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]], Breaded Chicken Goujons (36.2%) [Chicken Meat (67.6%), Water, Breadcrumbs (WHEAT Flour, Tapioca Starch, Salt), Fully Refined Soybean Oil, Mixed Herbs And Spices, Paprika, Onion, Stabilizer, Leavening Agent, Sunflower Oil], Mixed Frozen Vegetables (18.1%). May contain traces of Celery.	Low Sugar,High in Protein
Ashdale (Hot lunches) - Sweet & Sour Chicken with Rice (03/26)	399	10	1.6	58	5.6	0.6	18	0.49	White Basmati Rice, Steamed (57.2%) [Water, Basmati Rice, Vegetable Oil [Refined And Deodorised Soybean Oil or Rapeseed Oil With Anti Foaming Agent]], Ashdale Sweet & Sour Sauce (27.5%) [Orange Juice, Apple Juice, Tomato Ketchup [Water, White Sugar, Modified Maize Starch, Salt, Tomato Puree, Acid (Acetic Acid), Spices, Preservative (Potassium Sorbate), Colours (Paprika Colour, Caramel)], Water, Onions, Carrots, Mixed Peppers, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]], Chicken Breast (15.3%) [100% Chicken]. May contain traces of Celery, Sulphites.	Low Saturated Fat,Source of Protein,Low Sugar,Low Salt
Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (02/26)	219	5.5	1	18	4.2	3.8	23	0.65	Potatoes (35.8%) [Peeled Potatoes, Preservative: Sodium METABISULPHITE], Chicken Breast (29.8%) [100% Chicken], Mixed Peppers (23.9%), Onions, Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Ashdale Spice Bag Mix [LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Paprika, Ground Coriander, Ground Cumin]. May contain traces of Celery, Mustard, Oats, Wheat, Barley, Rye.	Low Fat,Low Sugar,Source of Fibre,High in Protein,High in Vitamin C,Low Saturated Fat
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 - BBQ Shredded Chicken Wrap (02/26)	347	6.6	2.2	45	8.5	1.7	26	3.6	Chicken Breast (42.7%) [100% Chicken], Tortilla Wrap (28.9%) [WHEAT Flour (64%), Water, Vegetable Oils And Fats (Palm, Rapeseed), Stabilizers: E422, E466, E412, Raising Agents: E500, E450, Salt, Acid: E296, Preservatives: E282, E202, Emulsifier: E471, OAT Fibre], Ashdale BBQ Sauce (28.4%) [Tomato Ketchup [Water, White Sugar, Modified Maize Starch, Salt, Tomato Puree, Acid (Acetic Acid), Spices, Preservative (Potassium Sorbate), Colours (Paprika Colour, Caramel)], Demerara Brown Sugar, Garlic Powder, Lemon Juice, Paprika, Onion Powder [Onion, Anti Caking Agent], Balsamic Vinegar Of Modena [Wine Vinegar, Concentrated Grape Must, Cooked Grape Must]].	Low Saturated Fat,High in Protein,Low Sugar
Ashdale - Piri Piri Hot Chicken Wrap (02/26)	300	6.8	2.2	36	2.3	3.1	22	2.5	Chicken Breast (50.5%) [100% Chicken], Tortilla Wrap (44%) [WHEAT Flour (64%), Water, Vegetable Oils And Fats (Palm, Rapeseed), Stabilizers: E422, E466, E412, Raising Agents: E500, E450, Salt, Acid: E296, Preservatives: E282, E202, Emulsifier: E471, OAT Fibre], Ashdale Piri Piri Marinade [Paprika, Lemon Pepper [Salt, Black Pepper, Acid (Citric Acid), Onion, Sugar, Lemon Juice Powder], Onion Powder [Onion, Anti Caking Agent], Garlic Powder, Turmeric, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Ground Coriander, Dried Oregano, Sugar, Dried Parsley, Cayenne Pepper]. May contain traces of Celery, Mustard, Barley, Rye.	Low Sugar,High in Protein

Ashdale (Hot Wraps) - Chicken Goujon Wrap with Curry (10/25)	400	8.8	2.5	49	2.3	3.4	30	1.8	Breaded Chicken Goujons (64%) [Chicken Meat (67.6%), Water, Breadcrumbs (WHEAT Flour, Tapioca Starch, Salt), Refined Soybean Oil, Mixed Herbs And Spices, Paprika, Onion, Stabilizer, Leavening Agent, Sunflower Oil], Tortilla Wrap (28.9%) [WHEAT Flour, Water, Vegetable Oils And Fats (Palm, Rapeseed), Stabilizers: E422, E466, E412, Raising Agents: E500, E450, Salt, Acid: E296, Preservatives: E282, E202, Emulsifier: E471, OAT Fibre], Ashdale Curry Sauce [Onions, Tomatoes, Vegetable Oil (Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent), LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents), Turmeric, Ground Cumin]. May contain traces of Celery, Mustard.	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 Goujons (64%) [Chicken Meat (67.6%), Water, Breadcrumbs (WHEAT Flour, Tapioca Starch, Salt), Refined Soybean Oil, Mixed Herbs And Spices, Paprika, Onion, Stabilizer, Leavening Agent, Sunflower Oil], Tortilla Wrap (28.9%) [WHEAT Flour, Water, Vegetable Oils And Fats (Palm, Rapeseed), Stabilizers: E422, E466, E412, Raising Agents: E500, E450, Salt, Acid: E296, Preservatives: E282, E202, Emulsifier: E471, OAT Fibre], Tomato Ketchup [Water, Tomato Concentrate, Sugar, Starch, Vinegar, Salt, Maltodextrin, Colours: Carmine, Caramel; Preservative: Potassium Sorbate, Acetic Acid]	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 Goujons (64%) [Chicken Meat (67.6%), Water, Breadcrumbs (WHEAT Flour, Tapioca Starch, Salt), Refined Soybean Oil, Mixed Herbs And Spices, Paprika, Onion, Stabilizer, Leavening Agent, Sunflower Oil], Tortilla Wrap (28.9%) [WHEAT Flour, Water, Vegetable Oils And Fats (Palm, Rapeseed), Stabilizers: E422, E466, E412, Raising Agents: E500, E450, Salt, Acid: E296, Preservatives: E282, E202, Emulsifier: E471, OAT Fibre], Mayonnaise [Rapeseed Oil, Pasteurised EGG, Water, Spirit Vinegar, Salt, Sugar, Mustard Flavouring, Stabiliser: Xanthan Gum, Lemon Oil, Antioxidant]	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 Goujons (68.9%) [Chicken Meat (67.6%), Water, Breadcrumbs (WHEAT Flour, Tapioca Starch, Salt), Refined Soybean Oil, Mixed Herbs And Spices, Paprika, Onion, Stabilizer, Leavening Agent, Sunflower Oil], Tortilla Wrap (31.1%) [WHEAT Flour, Water, Vegetable Oils And Fats (Palm, Rapeseed), Stabilizers: E422, E466, E412, Raising Agents: E500, E450, Salt, Acid: E296, Preservatives: E282, E202, Emulsifier: E471, OAT Fibre]	Low Sugar,High in Protein,Low Saturated Fat
Ashdale (Plant-based) - Falafel Wrap with Yogurt dressing (10/25)	516	11	3.4	74	4.9	11	24	2	Falafel Filling (52%) [Chickpeas, Onions, Garlic, Dill, Coriander, Parsley, Ground Cumin, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Baking Powder [Raising Agents: Diphosphates, Sodium Carbonates, Starch], Ground Coriander], Tortilla Wrap (35.3%) [WHEAT Flour, Water, Vegetable Oils and Fats (Palm, Rapeseed), Stabilizers: E422, E466, E412, Raising Agents: E500, E450, Salt, Acid: E296, Preservatives: E282, E202, Emulsifier: E471, OAT Fibre], Yogurt Based Sauce (12.7%) [Greek-Style Yogurt [Cream (MILK), Skim MILK Powder, Modified Starch, Yogurt Cultures, Preservative (Potassium Sorbate)], Dill, Mint, Garlic, Lemon Juice, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Ground White Pepper]. May contain traces of Peanuts, Celery, Mustard, Sesame, Soya, Sulphites, Barley, Rye, Almonds.	Low Saturated Fat,Low Sugar,High in Fibre,Source of Protein
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Curry (08/25)	382	11	1.5	41	3.4	14	23	1.3	Rosie & Jim's Gluten-Free Breaded Chicken Goujons (56.9%) [Chicken Breast Fillet (66%), Water, Rapeseed Oil, Rice Flour, Yellow Pea Flour (Contains Legumes), Potato Starch, Rice Starch, Salt, Maize Starch, Emulsifier: Xanthan Gum, Potato Protein, Dextrose], Tortilla (35.6%) [Water, Chickpea Flour, Rice Flour, Cellulose Fibre, Tapioca Starch, Psyllium Husk Powder, Maize Powder, Potato Starch, Buckwheat Flour, Maize Starch, Millet Flour, Sugar, Rapeseed Oil, Citrus Fibre, Raising Agents, Thickener (Xanthan Gum), Salt, Natural Flavouring], Ashdale Curry Sauce [Onions, Tomatoes, Vegetable Oil (Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent), LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents), Turmeric, Ground Cumin. May contain traces of Celery, Mustard, Gluten, Milk, Sulphites.	Low Saturated Fat,Low Sugar,High in Fibre,High in Protein
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Ketchup (08/25)	379	10	1.4	42	3.7	13	23	1.5	Rosie & Jim's Gluten-Free Breaded Chicken Goujons (56.9%) [Chicken Breast Fillet (66%), Water, Rapeseed Oil, Rice Flour, Yellow Pea Flour (Contains Legumes), Potato Starch, Rice Starch, Salt, Maize Starch, Emulsifier: Xanthan Gum, Potato Protein, Dextrose], Tortilla (35.6%) [Water, Chickpea Flour, Rice Flour, Cellulose Fibre, Tapioca Starch, Psyllium Husk Powder, Maize Powder, Potato Starch, Buckwheat Flour, Maize Starch, Millet Flour, Sugar, Rapeseed Oil, Citrus Fibre, Raising Agents, Thickener (Xanthan Gum), Salt, Natural Flavouring], Tomato Ketchup [Water, Tomato Concentrate, Sugar, Starch, Vinegar, Salt, Maltodextrin, Colours: Carmine, Caramel; Preservative: Potassium Sorbate, Acetic Acid]. May contain traces of Gluten, Milk, Sulphites.	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	Rosie & Jim's Gluten-Free Breaded Chicken Goujons (56.9%) [Chicken Breast Fillet (66%), Water, Rapeseed Oil, Rice Flour, Yellow Pea Flour (Contains Legumes), Potato Starch, Rice Starch, Salt, Maize Starch, Emulsifier: Xanthan Gum, Potato Protein, Dextrose], Tortilla (35.6%) [Water, Chickpea Flour, Rice Flour, Cellulose Fibre, Tapioca Starch, Psyllium Husk Powder, Maize Powder, Potato Starch, Buckwheat Flour, Maize Starch, Millet Flour, Sugar, Rapeseed Oil, Citrus Fibre, Raising Agents, Thickener (Xanthan Gum), Salt, Natural Flavouring], Mayonnaise [Rapeseed Oil, Pasteurised EGG, Water, Spirit Vinegar, Salt, Sugar, Mustard Flavouring, Stabiliser: Xanthan Gum, Lemon Oil, Antioxidant]. May contain traces of Gluten, Milk, Sulphites	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	Rosie & Jim's Gluten-Free Breaded Chicken Goujons (61.5%) [Chicken Breast Fillet (66%), Water, Rapeseed Oil, Rice Flour, Yellow Pea Flour (Contains Legumes), Potato Starch, Rice Starch, Salt, Maize Starch, Emulsifier: Xanthan Gum, Potato Protein, Dextrose], Tortilla (38.5%) [Water, Chickpea Flour, Rice Flour, Cellulose Fibre, Tapioca Starch, Psyllium Husk Powder, Maize Powder, Potato Starch, Buckwheat Flour, Maize Starch, Millet Flour, Sugar, Rapeseed Oil, Citrus Fibre, Raising Agents, Thickener (Xanthan Gum), Salt, Natural Flavouring]. May contain traces of Gluten, Milk, Sulphites	Low Saturated Fat,Low Sugar,High in Fibre,High in Protein
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 Potatoes (45.7%) [Peeled Potatoes, Preservative: Sodium METABISULPHITE], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], FISH Goujons (36.2%) [White FISH (70%), Breadcrumbs (WHEAT Flour, Yeast, Salt, Bread Improver [WHEAT Flour, Emulsifiers, Flour Treatment Agent (Vitamin C)]), Batter (Water, WHEAT Flour [WHEAT Flour, Salt, Maize Flour, WHEAT Starch]), Rapeseed Oil], Mixed Frozen Vegetables (18.1%). May contain traces of Celery.	Low Fat,No Saturated Fat,Sugar Free,Source of Fibre,High in Protein
Vegetarian & Plant-based	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)	357	11	1.7	57	0.7	1	6.1	0.18	Ashdale Mexican Rice [Water, Basmati Rice, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Mixed Peppers, Potatoes [Preservative: Sodium METABISULPHITE], Butter Beans [Butter Beans, Water, Salt], Ashdale Tomato Sauce [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Water, Onions, Carrots, Tomato Paste Double Concentrate] [Tomatoes, Salt], Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Dried Mixed Herbs], Water, Red Kidney Beans In Brine [Red Kidney Beans, Water, Salt], Onions, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Tomato Paste Double Concentrate [Tomatoes, Salt], Paprika, Garlic, Ground Cumin, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Ground Coriander, Dried Mixed Herbs]. May contain traces of Celery, Mustard, Oats, Wheat, Barley, Rye	Low Saturated Fat,Sugar Free,No Salt
Ashdale (Plant-based) - Vegetable Rice with Sweet & Sour Sauce (12/25)	267	6.7	1	46	5.6	1.7	4.8	0.42	Vegetable Rice (64.9%) [Water, Basmati Rice, Mixed Frozen Vegetables (25%), Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Ashdale Catering (Bulk Recipes) Sweet & Sour Sauce [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 [Potassium Chloride, Sodium Chloride, Anti Caking Agents]]. May contain traces of Celery, Sulphites.	Low Saturated Fat,Low Sugar,Low Salt
Ashdale (Curries) - Dahl & Vegetable Curry with Rice (10/25)	280	10	1.5	40	0.5	2.7	6.2	0.37	Ashdale Dahl & Vegetable Curry [Water, Red Lentils, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Ground Cumin, Turmeric], Mixed Frozen Vegetables, Potatoes [Contains Preservative: Sodium METABISULPHITE], Turmeric, Ground Cumin, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]], Steamed Basmati Rice [Water, Basmati Rice, Vegetable Oil [Refined Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]. May contain traces of Mustard, Celery	Low Sugar,Low Salt

Ashdale (Plant-based) - Falafel Wrap with Yogurt dressing (10/25)	516	11	3.4	74	4.9	11	24	2	Falafel Filling (52%) [Chickpeas, Onions, Garlic, Dill, Coriander, Parsley, Ground Cumin, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Baking Powder [Raising Agents: Diphosphates, Sodium Carbonates, Starch], Ground Coriander], Tortilla Wrap (35.3%) [WHEAT Flour, Water, Vegetable Oils and Fats (Palm, Rapeseed), Stabilizers: E422, E466, E412. Raising Agents: E500, E450, Salt, Acid: E296, Preservatives: E282, E202, Emulsifier: E471, OAT Fibre], Yogurt Based Sauce (12.7%) [Greek-Style Yogurt (Cream (MILK), Skim MILK Powder, Modified Starch, Yogurt Cultures, Preservative (Potassium Sorbate)), Dill, Mint, Garlic, Lemon Juice, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Ground White Pepper]. May contain traces of Peanuts, Celery, Mustard, Sesame, Soya, Sulphites, Barley, Rye, Almonds.	Low Saturated Fat, Low Sugar, High in Fibre, Source of Protein
Ashdale (Pasta Dishes) - Tomato & Vegetable Pasta (06/25)	221	5.5	0.9	34	7.1	4.3	6.5	0.57	White Penne Pasta (53.9%) [Water, Penne Pasta [Durum WHEAT Semolina (GLUTEN, WHEAT)], Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Ashdale Tomato Sauce [Chopped Tomatoes In Tomato Juice [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)], Water, Onions, Carrots, Tomato Paste Double Concentrate [Tomatoes, Salt], Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Garlic, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Dried Mixed Herbs], Peas, Carrots, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]]. May contain traces of Eggs, Celery, Sulphites.	Low Saturated Fat, Low Sugar, High in Protein
Ashdale (Rice dishes) - Vegetable Rice (06/25)	237	6.6	1	39	0	1.1	4.6	0.01	Water, Basmati Rice, Mixed Frozen Vegetables, Vegetable Oil [Refined Soybean Oil or Rapeseed Oil With Anti Foaming Agent]	Fat Free, Low Saturated Fat, Sugar Free, Source of Fibre, High in Protein, Low Salt
Ashdale (Noodle Dishes) - Vegetable Noodles (01/26)	255	15	2.2	24	4	3.2	4.2	0.94	Stir Fry Vegetable Mix (48.7%) [Courgette, Red Onion, Red Pepper, Green Pepper, Yellow Pepper, Carrot, Leeks], WHEAT Noodles [Water, WHEAT Noodles [WHEAT Flour, Water, Salt, Potassium Carbonate, Sodium Carbonate, Beta Carotene, Paprika]], Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents]. May contain traces of Celery.	Low Saturated Fat, Source of Protein, Low Sugar, Low Salt
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) - Shredded Ham with Mashed Potato & Cabbage (01/26)	228	8.5	3.3	21	4.5	5.1	14	3.3	Mashed Potatoes [Peeled Potatoes, Preservative: Sodium METABISULPHITE], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Cabbage (31.3%), Ham (29.3%) [Pork (EU), Water, Salt, Starch, Sugar (Dried Glucose, Maltodextrin, Sugar), Stabilisers, Pork Protein, Gelling Agent (Carrageenan), Dextrose, Antioxidants, Preservatives], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Ground White Pepper. May contain traces of Celery, Soya, Wheat.	Low Sugar, Source of Fibre, High in Protein, High in Vitamin K, Source of Vitamin C
Ashdale Catering (Specials) - Beef Brisket with Mashed Potato & Vegetables (01/26)	235	5.7	2.1	23	4	5.3	20	0.66	Mashed Potatoes (52.9%) [Peeled Potatoes, Preservative: Sodium METABISULPHITE], LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Carrots & Turnips (25.6%), Marinated Beef Brisket (21.5%) [Irish Beef, Onion Powder, Anti Caking Agent, Paprika, Garlic Powder, LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Ground White Pepper, Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]]. May contain traces of Celery.	Low Fat, Low Saturated Fat, Low Sugar, Low Salt, Source of Fibre, High in Protein, High in Vitamin A, Source of Vitamin B6, Source of Vitamin B12, Source of Potassium
Ashdale (Specials) - Chicken Fajita Bowl (02/26)	432	12	1.9	59	3.3	2.3	22	0.79	White Basmati Rice, Steamed (52.6%) [Water, Basmati Rice, Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent]], Chicken Breast (24.5%) [100% Chicken], Mixed Peppers (21%), Ashdale Fajita Spice Mix [Ground Paprika, Ground Cumin, Garlic Powder, Ground Coriander, Onion Powder [Onion, Anti Caking Agent], Dried Oregano, Cayenne Pepper]. May contain traces of Celery, Mustard, Oats, Wheat, Barley, Rye, Sesame.	Low Saturated Fat, Low Sugar, Low Salt, High in Protein, High in Vitamin C

Ashdale (Specials) - Chicken Fajita Wraps (02/26)	314	7	2.2	38	4.5	3.9	22	2	Chicken Breast (35.6%) [100% Chicken], Tortilla Wrap (31.1%) [WHEAT Flour, Water, Vegetable Oils And Fats (Palm, Rapeseed), Stabilizers: E422, E466, E412, Raising Agents: E500, E450, Salt, Acid: E296, Preservatives: E282, E202, Emulsifier: E471, OAT Fibre], Mixed Peppers, Ashdale Fajita Spice Mix [Ground Mild Paprika, Ground Cumin, Garlic Powder, Ground Coriander, Onion Powder [Onion, Anti Caking Agent], Dried Oregano , Cayenne Pepper]. May contain traces of Celery, Mustard, Barley, Rye, Sesame.	Low Saturated Fat,Low Sugar,High in Protein,Source of Vitamin A,High in Vitamin C
Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (02/26)	219	5.5	1	18	4.2	3.8	23	0.65	Potatoes (35.8%) [Peeled Potatoes, Preservative: Sodium METABISULPHITE], Chicken Breast (29.8%) [100% Chicken], Mixed Peppers (23.9%), Onions, Vegetable Oil [Refined And Deodorised Soybean Oil Or Rapeseed Oil With Anti Foaming Agent], Ashdale Spice Bag Mix [LoSalt [Potassium Chloride, Sodium Chloride, Anti Caking Agents], Paprika, Ground Coriander, Ground Cumin]. May contain traces of Celery, Mustard, Oats, Wheat, Barley, Rye.	Low Fat,Low Sugar,Source of Fibre,High in Protein,High in Vitamin C,Low Saturated Fat