



Document updated: 25/06/2026

**Nutrition Information Per Serving**

| Name of Dish                                                               | Energy (Kcals) | Fat (g) | Saturated Fat (g) | Carbohydrate (g) | Sugars (g) | Fibre (g) | Protein (g) | Salt (g) | 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     | Low Fat,Low Saturated Fat,Low Sugar,Low Salt,High in Protein,Source of Vitamin B12,Source of Zinc,Source of Fibre  |
| Ashdale (Beef Dishes) - Cottage Pie (09/25)                                | 276            | 7.9     | 2.6               | 27               | 2.5        | 2.9       | 23          | 0.69     | Low Saturated Fat,Low Sugar,High in Protein,Low Salt                                                               |
| Ashdale (Beef Dishes) - Lasagne (05/26)                                    | 396            | 8.6     | 3.7               | 51               | 11         | 4.5       | 26          | 0.67     | Low Saturated Fat,Low Sugar,Low Salt,High in Protein,Source of Vitamin A                                           |
| Ashdale (Beef Dishes) - Meatballs, Mashed Potato & Vegetables (03/26)      | 334            | 18      | 7.3               | 23               | 4.5        | 4.7       | 18          | 1.4      | Low Sugar,High in Protein,Source of Vitamin A                                                                      |
| Ashdale (Beef Dishes), Chilli Con Carne with Rice (03/26)                  | 435            | 13      | 2.5               | 61               | 2          | 1.9       | 18          | 0.28     | Low Saturated Fat,Low Sugar,Low Salt,Source of Protein                                                             |
| Ashdale (Chicken Dishes) - Chicken, Cubed Potato & Steamed Carrots (06/26) | 209            | 5       | 0.9               | 20               | 4.7        | 5.3       | 18          | 0.39     | Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Fibre,High in Protein,High in Vitamin A                     |
| Ashdale (Chicken Dishes) - Chicken, Cubed Potatoes & Mixed Veg (06/26)     | 217            | 5.1     | 0.8               | 21               | 0          | 4.9       | 20          | 0.34     | Low Fat,Low Saturated Fat,Sugar Free,Low Salt,Source of Fibre,High in Protein,Source of Niacin                     |
| Ashdale (Chicken Dishes) - Chicken, Mashed Potato & Cabbage (06/26)        | 186            | 0.6     | 0.2               | 23               | 3.8        | 5.5       | 20          | 0.55     | Fat Free,No Saturated Fat,Low Sugar,Low Salt,Source of Fibre,High in Protein,High in Vitamin K,Source of Vitamin C |

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| Ashdale (Chicken Dishes) - Piri Piri Chicken, Cubed Potato & Stir-Fry Veg (06/26) | 245 | 6.8 | 1   | 23 | 4.3 | 6.2 | 20  | 0.89 | Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein,Low Fat   |
| Ashdale (Curries) - Chicken Curry with Rice (06/26)                               | 487 | 16  | 2.6 | 65 | 7.1 | 2.4 | 20  | 0.44 | Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Protein        |
| Ashdale (Curries) - Chicken Korma with Rice (06/26)                               | 508 | 16  | 2.8 | 69 | 11  | 3.3 | 20  | 0.46 | 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 | Low Saturated Fat,Sugar Free,Low Salt                                 |
| Ashdale (Curries) - Thai Massaman Vegetable Curry with Rice (10/25)               | 433 | 16  | 5.9 | 63 | 1.6 | 2.4 | 8.8 | 0.75 | Low Sugar,Low Salt                                                    |
| Ashdale (Curries) - Tofu & Vegetable Curry with Rice (04/26)                      | 379 | 12  | 2   | 54 | 5.5 | 2.7 | 11  | 0.33 | Low Saturated Fat,Low Sugar,Low Salt,Source of Protein                |
| Ashdale (Fish Dishes) - Fish Goujons, Mashed Potato & Vegetables (06/25)          | 386 | 9.7 | 0.2 | 52 | 0.9 | 5.9 | 19  | 1.3  | Low Fat,No Saturated Fat,Sugar Free,Source of Fibre,High in Protein   |
| Ashdale (Hot lunches) - Chicken Goujons with Mixed Vegetables (10/25)             | 164 | 2.7 | 0.5 | 15 | 0   | 2.5 | 19  | 0.42 | Sugar Free,High in Protein,Low Fat,Low Saturated Fat,Source of Fibre  |
| Ashdale (Hot lunches) - Chicken Goujons with Rice (06/26)                         | 448 | 12  | 1.9 | 64 | 0   | 0.9 | 20  | 0.33 | Sugar Free,Source of Protein,Low Saturated Fat,Low Salt               |
| Ashdale (Hot lunches) - Chicken Goujons, Mashed Potato & Veg (10/25)              | 259 | 2.9 | 0.6 | 33 | 0.5 | 5.5 | 22  | 0.71 | Low Sugar,Source of Fibre,Source of Protein,Low Saturated Fat         |
| Ashdale (Hot lunches) - Sausages, Mashed Potato & Veg (06/25)                     | 280 | 13  | 4.4 | 30 | 0.9 | 4.4 | 9.8 | 1.7  | Sugar Free,Source of Fibre,Source of Protein                          |
| Ashdale (Hot lunches) - Sausages, Mashed Potato, Veg & Gravy (10/25)              | 309 | 13  | 5   | 34 | 5.1 | 5.6 | 9.9 | 2.3  | Low Sugar,Source of Fibre,Source of Protein,Low Fat,Low Saturated Fat |

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| Ashdale (Hot lunches) - Sweet & Sour Chicken with Rice (06/26)             | 400 | 10  | 1.8 | 58 | 5.6 | 0.6 | 18  | 0.81 | Low Saturated Fat,Source of Protein,Low Sugar,Low Salt                                                                                      |
| Ashdale (Hot lunches) - Tomato Pasta (06/25)                               | 102 | 2.7 | 0.4 | 16 | 2.5 | 1.3 | 2.8 | 0.16 | Low Fat,Low Saturated Fat,Low Sugar,Low Salt,Source of Protein                                                                              |
| Ashdale (Hot Wraps) - Piri Piri Hot Chicken Wrap (06/26)                   | 317 | 5.9 | 2   | 38 | 4.3 | 4.1 | 26  | 2.1  | Low Sugar,High in Protein,Low Saturated Fat,Source of Vitamin A,High in Vitamin C,Source of Niacin,Source of Vitamin B6,Source of Potassium |
| Ashdale (Hot Wraps) - Chicken Goujon Wrap with Curry (10/25)               | 400 | 8.8 | 2.5 | 49 | 2.3 | 3.4 | 30  | 1.8  | 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    | 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    | 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  | Low Sugar,High in Protein,Low Saturated Fat                                                                                                 |
| Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Curry (08/25)   | 382 | 11  | 1.5 | 41 | 3.4 | 14  | 23  | 1.3  | 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  | 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  | 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  | Low Saturated Fat,Low Sugar,High in Fibre,High in Protein                                                                                   |

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| Ashdale (Noodle Dishes) - Plain Noodles (01/26)                       | 250 | 14  | 2.2 | 26 | 0.7 | 0.7 | 3.9 | 0.86 | Fat Free,Low Saturated Fat,Low Sugar,Source of Vitamin E,Source of Vitamin K,Source of Potassium                                       |
| Ashdale (Noodle Dishes) - Vegetable Noodles (01/26)                   | 255 | 15  | 2.2 | 24 | 4   | 3.2 | 4.2 | 0.94 | 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 (Noodle Dishes) - Vegetable Pad Thai Noodles (01/26)          | 193 | 2.5 | 0.2 | 34 | 7.4 | 4.3 | 6.7 | 1.8  | Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,Source of Protein                                                                  |
| Ashdale (Noodles) - Chicken & Veg Noodles (06/26)                     | 320 | 16  | 2.6 | 21 | 2.3 | 1.9 | 23  | 1.5  | Fat Free,Low Saturated Fat,Low Sugar,High in Protein,Source of Fibre,Source of Potassium                                               |
| Ashdale (Pasta Dishes) - Chicken Pesto Pasta (06/26)                  | 240 | 10  | 2.5 | 19 | 0.5 | 1   | 18  | 0.76 | Sugar Free,High in Protein,Low Saturated Fat                                                                                           |
| Ashdale (Pasta Dishes) - Chicken Pesto with Gluten-free Pasta (06/26) | 262 | 13  | 3   | 19 | 0   | 1   | 16  | 0.76 | 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  | Low Fat,Low Saturated Fat,Low Sugar,Low Salt,High in Protein                                                                           |
| Ashdale (Pasta Dishes) - Pesto Pasta (04/26)                          | 200 | 10  | 2.4 | 21 | 0.6 | 1.1 | 5.4 | 0.4  | Sugar Free,Low Saturated Fat                                                                                                           |
| Ashdale (Pasta Dishes) - Tomato & Vegetable Pasta (06/25)             | 221 | 5.5 | 0.9 | 34 | 7.1 | 4.3 | 6.5 | 0.57 | Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,Source of Protein,Low Salt                                                         |
| Ashdale (Pasta Dishes) - Tomato Pasta with Meatballs (06/25)          | 326 | 20  | 7.7 | 18 | 4   | 1.3 | 17  | 1.2  | Low Sugar,High in Protein                                                                                                              |
| Ashdale (Plant based) - Mexican Rice (10/25)                          | 357 | 11  | 1.7 | 57 | 0.7 | 1   | 6.1 | 0.18 | Low Saturated Fat,Sugar Free,Very Low Salt                                                                                             |
| Ashdale (Plant-based) - Falafel Wrap with Yogurt dressing (10/25)     | 516 | 11  | 3.4 | 74 | 4.9 | 11  | 24  | 2    | Low Saturated Fat,Low Sugar,High in Fibre,Source of Protein                                                                            |

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| Ashdale (Plant-based) - Vegetable Rice with Sweet & Sour Sauce (12/25)     | 267 | 6.7 | 1   | 46 | 5.6 | 1.7 | 4.8 | 0.42 | Low Saturated Fat,Low Sugar,Low Salt                                           |
| Ashdale (Rice dishes) - Chicken & Vegetable Rice (06/26)                   | 330 | 7.8 | 1.4 | 42 | 1.5 | 1.4 | 22  | 0.84 | Low Saturated Fat,Low Sugar,High in Protein,Low Salt                           |
| Ashdale (Rice dishes) - Chicken Fried Rice (06/26)                         | 428 | 11  | 1.9 | 62 | 2   | 1.5 | 18  | 1.2  | Low Fat,Low Saturated Fat,Low Sugar,Source of Protein                          |
| Ashdale (Rice dishes) - Vegetable Rice (06/25)                             | 237 | 6.6 | 1   | 39 | 0   | 1.1 | 4.6 | 0.01 | Low Saturated Fat,Sugar Free,No Salt                                           |
| Ashdale (Roast Dinners) - Roast Turkey, Mashed Potato & Vegetables (03/26) | 152 | 1   | 0.4 | 21 | 3.1 | 4.7 | 12  | 0.61 | Fat Free,Low Saturated Fat,Sugar Free,Source of Fibre,High in Protein,Low Salt |
| Ashdale (Sides) - Gluten-free Penne Pasta (Rummo brand), Boiled (12/24)    | 182 | 7.3 | 1.2 | 26 | 0   | 1.1 | 2.2 | 0    | Low Saturated Fat,Sugar Free,No Salt                                           |
| Ashdale (Sides) - Mashed Potato & Gravy (10/25)                            | 110 | 0.9 | 0.6 | 21 | 0.5 | 3   | 3.1 | 0.88 | Fat Free,Low Saturated Fat,Sugar Free,Source of Fibre                          |
| Ashdale (Sides) - Mashed Potato (06/25)                                    | 90  | 0   | 0   | 18 | 0.5 | 2.7 | 2.7 | 0.28 | Fat Free,No Saturated Fat,Sugar Free,Low Salt,High in Fibre,Source of Protein  |
| Ashdale (Sides) - Plain Noodles (01/26)                                    | 250 | 14  | 2.2 | 26 | 0.7 | 0.7 | 3.9 | 0.86 | Low Saturated Fat,Low Sugar,Source of Vitamin E,Source of Vitamin K            |
| Ashdale (Sides) - Plain White Penne Pasta, Boiled (06/25)                  | 152 | 3.1 | 0.6 | 26 | 0.7 | 1.1 | 4.3 | 0    | Low Fat,Low Saturated Fat,Low Sugar,No Salt                                    |
| Ashdale (Sides) - White Basmati Rice, Steamed (06/25)                      | 339 | 10  | 1.6 | 56 | 0   | 0   | 5.4 | 0    | Low Saturated Fat,Sugar Free,No Salt                                           |
| Ashdale (Snacks) - Sausage Roll, Gourmet Kitchen brand (07/25)             | 132 | 7.3 | 3.1 | 13 | 0.5 | 0.7 | 3.1 | 0.54 | Low Sugar                                                                      |
| Ashdale (Soups) - Vegetable Soup & Farmhouse Brown Bread (10/25)           | 200 | 4.7 | 2.1 | 31 | 5.7 | 5.1 | 5.4 | 2.4  | Low Fat,Low Sugar,Source of Fibre,Low Saturated Fat                            |

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| Ashdale (Soups) - Vegetable Soup (10/25)                                  | 105 | 2.7 | 1.6 | 16  | 5   | 2.8 | 2.5 | 1.9  | 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  | Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre                                                                                                           |
| Ashdale (Specials) - Chicken Fajita Bowl (06/26)                          | 431 | 12  | 2   | 56  | 3.1 | 2.3 | 24  | 0.58 | Low Saturated Fat,Low Sugar,Low Salt,High in Protein,High in Vitamin C                                                                                        |
| Ashdale (Specials) - Chicken Fajita Wraps (06/26)                         | 317 | 6.1 | 2   | 37  | 4.3 | 3.9 | 26  | 1.6  | Low Saturated Fat,Low Sugar,High in Protein,Source of Vitamin A,High in Vitamin C                                                                             |
| Ashdale (Specials) - Beef Brisket with Mashed Potato & Vegetables (01/26) | 235 | 5.7 | 2.1 | 23  | 4   | 5.3 | 20  | 0.66 | 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) - Healthy Spice Bag with Chicken (06/26)               | 221 | 5.9 | 1.2 | 18  | 4.2 | 3.8 | 22  | 1.1  | Low Fat,Low Sugar,Source of Fibre,High in Protein,High in Vitamin C,Low Saturated Fat                                                                         |
| Ashdale (Specials) - Shredded Ham with Mashed Potato & Cabbage (01/26)    | 228 | 8.5 | 3.3 | 21  | 4.5 | 5.1 | 14  | 3.3  | Low Sugar,Source of Fibre,High in Protein,High in Vitamin K,Source of Vitamin C                                                                               |
| Ashdale (Extra items) - 2 Quigley Pork Sausages, oven baked (06/25)       | 166 | 12  | 4.4 | 8.3 | 0.6 |     | 5.6 | 1.4  | Low Sugar,Source of Protein                                                                                                                                   |
| Ashdale (Extra items) - 2 Fish Goujons (10/24)                            | 272 | 9.3 | 0.1 | 31  | 0.6 | 1.5 | 15  | 1    | Low Saturated Fat,Low Sugar,High in Protein                                                                                                                   |

**Nutritional Analysis & Authorised Claims: Niamh O'Connor RD MINDI, Registered Dietitian & Consultant Nutritionist (25th June 2026)**