

Name of Dish	Nutrition Information Per Serving								Ingredients	Authorised EU Nutrition Claims
	Energy (Kcals)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)		
Ashdale (Beef Dishes) - Beef Stew with Mashed Potato (10/25)	160	3.7	1	16	2.1	2.6	14	0.37	Ingredients: Potatoes, diced beef, carrots, onions, celery, gravy (maltodextrin, starch, salt, vegetable ingredients, flavourings), tomato paste (tomatoes, salt), cornflour, vegetable oil, salt, thyme, bay leaf. Allergens: Celery.	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	Ingredients: Irish lean beef mince, potatoes, carrots, peas, onions, cornflour, beef bouillon (salt, flavour enhancers, beef extract, onion powder, yeast extract, herbs and spices), vegetable oil, tomato paste (tomatoes, salt), garlic, salt, mixed herbs. Allergens: May contain traces of celery.	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	Ingredients: Irish lean beef mince, carrots, onions, tomato sauce (tomatoes, tomato juice, tomato paste, garlic, mixed herbs), white sauce (whole milk, wheat flour, dairy spread), lasagne pasta (durum wheat semolina, water), vegetable oil, salt. Allergens: Contains milk and wheat (gluten). May contain traces of celery, sulphites, eggs, mustard, soya and lupin.	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	Ingredients: Mashed potatoes (potatoes, salt), beef meatballs (beef, water, pea fibre, pea starch, salt, onion, yeast extract, soya and maize protein), carrots. Allergens: Contains soya and sulphites. May contain traces of celery.	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	Ingredients: Steamed basmati rice (basmati rice, vegetable oil), Irish lean beef mince, tomato sauce (tomatoes, tomato juice, onions, carrots, tomato paste, garlic, mixed herbs), red kidney beans, cumin, paprika, salt. Allergens: May contain traces of celery, sulphites and mustard.	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	Ingredients: Cubed potatoes, carrots, chicken breast, vegetable oil, salt. Allergens: May contain traces of celery	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	Ingredients: Cubed potatoes, mixed vegetables, chicken breast, vegetable oil, salt. Allergens: May contain traces of celery.	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	Ingredients: Mashed potatoes, green cabbage, chicken breast, salt. Allergens: May contain traces of celery.	Fat Free,No Saturated Fat,Low Sugar,Low Salt,Source of Fibre,High in Protein,High in Vitamin K,Source of Vitamin C

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	Ingredients: Cubed potatoes, stir-fry vegetables (courgette, red onion, red pepper, green pepper, yellow pepper, carrot, leeks), chicken breast, vegetable oil, piri piri seasoning (paprika, lemon pepper, onion powder, garlic, turmeric, coriander, oregano, parsley, cayenne pepper, salt, sugar). Allergens: May contain traces of celery, mustard, oats, wheat, barley and rye.	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	Ingredients: Steamed basmati rice (basmati rice, vegetable oil), chicken breast, curry sauce (onions, tomatoes, vegetable oil, turmeric, cumin, salt). Allergens: May contain traces of celery and mustard.	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	Ingredients: Chicken breast, basmati rice, korma sauce (onions, tomatoes, carrots, vegetable oil, cream, sugar, turmeric, cumin, salt). Allergens: Contains milk. May contain traces of celery and mustard.	Low Fat,Low Saturated Fat,Low Sugar,Low Salt,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	Ingredients: Steamed basmati rice (basmati rice, vegetable oil), mixed vegetables, curry sauce (coconut milk, soy sauce, red chilli peppers, onions, lemongrass, tomato paste, ginger, garlic, galangal, sugar, turmeric, coriander, cumin). Allergens: Contains soya and wheat. May contain traces of celery, mustard, oats, barley and rye.	Low Sugar,Low Salt
Ashdale (Curries) - Tofu & Vegetable Curry with Rice (04/26)	379	12	2	54	5.5	2.7	11	0.33	Ingredients: Steamed basmati rice (basmati rice, vegetable oil), curry sauce (onions, tomatoes, vegetable oil, turmeric, cumin, salt), tofu (soya beans, water, coagulant), carrots, sweetcorn, peas. Allergens: Contains soya. May contain traces of celery and sulphites.	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	Ingredients: Mashed potatoes, breaded white fish goujons (white fish, wheat flour, breadcrumbs, yeast, maize flour, wheat starch, rapeseed oil), mixed vegetables, salt. Allergens: Contains fish and wheat (gluten). May contain traces of celery.	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	Ingredients: Breaded chicken goujons (chicken, water, breadcrumbs, wheat flour, tapioca starch, soybean oil, herbs and spices, paprika, onion, sunflower oil), mixed vegetables. Allergens: Contains wheat (gluten) and soya.	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	Ingredients: Steamed basmati rice (basmati rice, vegetable oil), breaded chicken goujons (chicken, water, breadcrumbs, wheat flour, tapioca starch, soybean oil, herbs and spices, paprika, onion, sunflower oil). Allergens: Contains wheat (gluten) and soya.	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	Ingredients: Mashed potatoes, breaded chicken goujons (chicken, water, breadcrumbs, wheat flour, tapioca starch, soybean oil, herbs and spices, paprika, onion, sunflower oil), mixed vegetables, salt. Allergens: Contains wheat (gluten) and soya. May contain traces of celery.	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	Ingredients: Mashed potatoes, pork sausages (pork, water, wheat flour, mustard, seasoning, spices, flavour enhancer, preservatives), mixed vegetables, salt. Allergens: Contains wheat (gluten), mustard and sulphites. May contain traces of celery.	Sugar Free,Source of Fibre,Source of Protein
Ashdale (Hot lunches) - Sweet & Sour Chicken with Rice (06/26)	400	10	1.8	58	5.6	0.6	18	0.81	Ingredients: Steamed basmati rice (basmati rice, vegetable oil), sweet & sour sauce (orange juice, apple juice, tomato ketchup, onions, carrots, mixed bell peppers, salt), chicken breast. Allergens: May contain traces of celery and sulphites.	Low Saturated Fat,Source of Protein,Low Sugar,Low Salt
Ashdale (Hot Wraps) - Piri Piri Hot Chicken Wrap (06/26)	317	5.9	2	38	4.3	4.1	26	2.1	Ingredients: Chicken breast, wheat tortilla wrap (wheat flour, vegetable oils and fats, oat fibre), mixed peppers, piri piri seasoning (paprika, lemon pepper, onion powder, garlic, turmeric, coriander, oregano, parsley, cayenne pepper, salt, sugar). Allergens: Contains wheat (gluten) and oats. May contain traces of celery, mustard, barley, rye and sesame.	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	Ingredients: Breaded chicken goujons (chicken, water, breadcrumbs, wheat flour, tapioca starch, soybean oil, herbs and spices, paprika, onion, sunflower oil), wheat tortilla wrap (wheat flour, vegetable oils and fats, oat fibre), curry sauce (onions, tomatoes, vegetable oil, turmeric, cumin, salt). Allergens: Contains wheat (gluten), soya and oats. May contain traces of celery and 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	Ingredients: Breaded chicken goujons (chicken, water, breadcrumbs, wheat flour, tapioca starch, soybean oil, herbs and spices, paprika, onion, sunflower oil), wheat tortilla wrap (wheat flour, vegetable oils and fats, oat fibre), tomato ketchup (tomato concentrate, sugar, starch, vinegar, salt, maltodextrin). Allergens: Contains wheat (gluten), soya and oats.	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	Ingredients: Breaded chicken goujons (chicken, water, breadcrumbs, wheat flour, tapioca starch, soybean oil, herbs and spices, paprika, onion, sunflower oil), wheat tortilla wrap (wheat flour, vegetable oils and fats, oat fibre), mayonnaise (rapeseed oil, egg, water, vinegar, salt, sugar, mustard flavouring, lemon oil). Allergens: Contains wheat (gluten), soya, oats, egg and mustard.	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	Ingredients: Breaded chicken goujons (chicken, water, breadcrumbs, wheat flour, tapioca starch, soybean oil, herbs and spices, paprika, onion, sunflower oil), wheat tortilla wrap (wheat flour, vegetable oils and fats, oat fibre). Allergens: Contains wheat (gluten), soya and oats.	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	Ingredients: Gluten-free breaded chicken goujons (chicken breast, rice flour, yellow pea flour, potato starch, maize starch, rapeseed oil, salt), gluten-free tortilla wrap (chickpea flour, rice flour, tapioca starch, buckwheat flour, millet flour, potato starch, maize starch, psyllium husk, rapeseed oil), curry sauce (onions, tomatoes, vegetable oil, turmeric, cumin, salt). Allergens: May contain traces of celery, mustard, gluten, milk and 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	Ingredients: Gluten-free breaded chicken goujons (chicken breast, rice flour, yellow pea flour, potato starch, maize starch, rapeseed oil, salt), gluten-free tortilla wrap (chickpea flour, rice flour, tapioca starch, buckwheat flour, millet flour, potato starch, maize starch, psyllium husk, rapeseed oil), tomato ketchup (tomato concentrate, sugar, starch, vinegar, salt, maltodextrin). Allergens: May contain traces of gluten, milk and 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	Ingredients: Gluten-free breaded chicken goujons (chicken breast, rice flour, yellow pea flour, potato starch, maize starch, rapeseed oil, salt), gluten-free tortilla wrap (chickpea flour, rice flour, tapioca starch, buckwheat flour, millet flour, potato starch, maize starch, psyllium husk, rapeseed oil), mayonnaise (rapeseed oil, pasteurised egg, water, vinegar, salt, sugar, mustard flavouring, lemon oil). Allergens: Contains egg and mustard. May contain traces of gluten, milk and 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	Ingredients: Gluten-free breaded chicken goujons (chicken breast, rice flour, yellow pea flour, potato starch, maize starch, rapeseed oil, salt), gluten-free tortilla wrap (chickpea flour, rice flour, tapioca starch, buckwheat flour, millet flour, potato starch, maize starch, psyllium husk, rapeseed oil). Allergens: May contain traces of gluten, milk and sulphites.	Low Saturated Fat,Low Sugar,High in Fibre,High in Protein
Ashdale (Noodle Dishes) - Plain Noodles (01/26)	250	14	2.2	26	0.7	0.7	3.9	0.86	Ingredients: Thick wheat noodles (wheat flour, water, salt, potassium carbonate, sodium carbonate, beta carotene, paprika), vegetable oil, salt. Allergens: Contains wheat (gluten).	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	Ingredients: Stir-fry vegetables (courgette, red onion, red pepper, green pepper, yellow pepper, carrot, leeks), thick wheat noodles (wheat flour, water, salt, potassium carbonate, sodium carbonate, beta carotene, paprika), vegetable oil, salt. Allergens: Contains wheat (gluten). May contain traces of 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 (Noodle Dishes) - Vegetable Pad Thai Noodles (01/26)	193	2.5	0.2	34	7.4	4.3	6.7	1.8	Ingredients: Stir-fry vegetables (courgette, red onion, red pepper, green pepper, yellow pepper, carrot, leeks), thick wheat noodles (wheat flour, water, salt, potassium carbonate, sodium carbonate, beta carotene, paprika), Pad Thai sauce (soy sauce, tamarind, brown sugar, onions, garlic, ginger). Allergens: Contains soya and wheat (gluten). May contain traces of celery.	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	Ingredients: Chicken breast, thick wheat noodles (wheat flour, water, salt, potassium carbonate, sodium carbonate, beta carotene, paprika), stir-fry vegetables (courgette, red onion, red pepper, green pepper, yellow pepper, carrot, leeks), vegetable oil, salt. Allergens: Contains wheat (gluten). May contain traces of celery.	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	Ingredients: Fussili Pasta, chicken breast, nut-free pesto (basil, olive oil, vegetarian parmesan-style cheese, garlic, salt, white pepper). Allergens: Contains wheat (gluten), milk and egg.	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	Ingredients: Gluten-free penne pasta (wholemeal rice, yellow corn, white corn, rice, potato starch), chicken breast, nut-free pesto (basil, olive oil, vegetarian parmesan-style cheese, garlic, salt, white pepper). Allergens: Contains milk and egg. Despite being gluten-free, the pasta ingredient specification references wholemeal wheat rice; if the product is certified gluten-free, I'd retain the supplier's certified allergen declaration rather than adding wheat based solely on this wording.	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	Ingredients: Fussili Pasta, Irish lean beef mince, tomato sauce (tomatoes, tomato juice, onions, carrots, tomato paste, vegetable oil, garlic, mixed herbs, salt). Allergens: Contains wheat (gluten). May contain traces of eggs, celery and sulphites.	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	Ingredients: Fussili Pasta, nut-free pesto (basil, olive oil, vegetarian parmesan-style cheese, garlic, salt, white pepper). Allergens: Contains wheat (gluten), milk and egg.	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	Ingredients: Fussili Pasta, tomato and vegetable sauce (tomatoes, tomato juice, onions, carrots, peas, tomato paste, vegetable oil, garlic, mixed herbs, salt). Allergens: Contains wheat (gluten). May contain traces of eggs, celery and sulphites	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	Ingredients: Fussili Pasta, beef meatballs (beef, water, pea fibre, pea starch, onion, yeast extract, soya and maize protein), tomato sauce (tomatoes, tomato juice, onions, carrots, tomato paste, vegetable oil, garlic, mixed herbs, salt). Allergens: Contains wheat (gluten), soya and sulphites. May contain traces of eggs and celery.	Low Sugar,High in Protein
Ashdale (Plant based) - Mexican Rice (10/25)	357	11	1.7	57	0.7	1	6.1	0.18	Ingredients: Basmati rice (basmati rice, vegetable oil), mixed peppers, potatoes, butter beans (butter beans, water, salt), tomato sauce (tomatoes, tomato juice, onions, carrots, tomato paste, vegetable oil, garlic, mixed herbs, salt), red kidney beans, onions, paprika, garlic, cumin, coriander, mixed herbs. Allergens: May contain traces of celery, mustard, oats, wheat (gluten) and barley/rye.	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	Ingredients: Falafel (chickpeas, onions, garlic, dill, coriander, parsley, cumin, baking powder, salt), wheat tortilla wrap (wheat flour, vegetable oils and fats, oat fibre), yogurt sauce (Greek-style yogurt, dill, mint, garlic, lemon juice, salt, white pepper). Allergens: Contains milk and wheat (gluten). May contain traces of peanuts, celery, mustard, sesame, soya, sulphites, barley, rye and almonds.	Low Saturated Fat,Low Sugar,High in Fibre,Source of Protein
Ashdale (Plant-based) - Vegetable Rice with Sweet & Sour Sauce (12/25)	267	6.7	1	46	5.6	1.7	4.8	0.42	Ingredients: Vegetable rice (basmati rice, mixed vegetables, vegetable oil), sweet & sour sauce (orange juice, apple juice, tomato ketchup, onions, carrots, mixed peppers, salt). Allergens: May contain traces of celery and sulphites.	Low Saturated Fat,Low Sugar,Low Salt

Ashdale (Rice dishes) - Vegetable Rice (06/25)	237	6.6	1	39	0	1.1	4.6	0.01	Ingredients: Basmati rice, mixed vegetables, vegetable oil. Allergens: Contains soya.	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	Ingredients: Mashed potatoes, cooked turkey breast (turkey breast, water, salt, starch, vinegar, glucose syrup, natural flavourings), carrots. Allergens: May contain traces of celery.	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	Ingredients: Gluten-free penne pasta (wholemeal rice, yellow corn, white corn, rice, potato starch), vegetable oil. Allergens: Contains soya.	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	Ingredients: Mashed potatoes, roast gravy (maltodextrin, starch, salt, palm fat, onion powder, tomato powder, flavourings, yeast extract, sunflower oil, sage, glucose syrup, modified starch, caramel syrup). Allergens: May contain traces of celery.	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	Ingredients: Mashed potatoes (potatoes, salt). Allergens: May contain traces of celery.	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	Ingredients: Thick wheat noodles (wheat flour, water, salt, potassium carbonate, sodium carbonate, beta carotene, paprika), vegetable oil, salt. Allergens: Contains wheat (gluten).	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	Ingredients: Fussili Pasta, vegetable oil. Allergens: Contains wheat (gluten). May contain traces of eggs.	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	Ingredients: Basmati rice, vegetable oil. Allergens: Contains soya.	Low Saturated Fat,Sugar Free,No Salt
Ashdale (Soups) - Vegetable Soup & Farmhouse Brown Bread (10/25)	200	4.7	2.1	31	5.7	5.1	5.4	2.4	Ingredients: Vegetable soup (carrots, potatoes, parsnip, onion, milk, turnip, lentils, peas, vegetable bouillon, cream, butter, celery, garlic, parsley, turmeric, black pepper), wholemeal wheat bread (wholemeal wheat flour, buttermilk, wheat flour, wheatgerm), spread (rapeseed oil, palm oil, buttermilk, salt). Allergens: Contains milk, wheat (gluten) and celery.	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	Ingredients: Vegetable soup (carrots, potatoes, parsnip, onion, milk, turnip, lentils, peas, vegetable bouillon, cream, butter, celery, garlic, parsley, turmeric, black pepper). Allergens: Contains milk and 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	Ingredients: Cream of vegetable soup (carrots, potatoes, parsnip, onion, milk, turnip, lentils, peas, vegetable bouillon, cream, butter, celery, garlic, parsley, turmeric, black pepper), hot dog roll (wheat flour, yeast, sugar, rapeseed oil, wheat gluten, soya flour, vegetable fat). Allergens: Contains wheat (gluten), milk, celery and soya. May contain traces of sesame.	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	Ingredients: Basmati rice (basmati rice, vegetable oil), chicken breast, mixed peppers, fajita seasoning (paprika, cumin, garlic, coriander, onion powder, oregano, cayenne pepper). Allergens: May contain traces of celery, mustard, oats, wheat (gluten), barley, rye and sesame.	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	Ingredients: Chicken breast, tortilla wrap (wheat flour, vegetable oils and fats, oat fibre), mixed peppers, fajita seasoning (paprika, cumin, garlic, coriander, onion powder, oregano, cayenne pepper). Allergens: Contains wheat (gluten) and oats. May contain traces of celery, mustard, barley, rye and sesame.	Low Saturated Fat,Low Sugar,High in Protein,Source of Vitamin A,High in Vitamin C
Ashdale (Specials) - Healthy Spice Bag with Chicken (06/26)	221	5.9	1.2	18	4.2	3.8	22	1.1	Ingredients: Cubed potatoes, chicken breast, mixed peppers, onions, vegetable oil, spice seasoning (salt, paprika, coriander, cumin). Allergens: May contain traces of celery, mustard, oats, wheat (gluten), barley and rye	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	Ingredients: Mashed potatoes, green cabbage, ham (pork, water, salt, starch, sugar, pork protein, carrageenan, antioxidants, preservatives), salt, white pepper. Allergens: May contain traces of celery, soya and wheat (gluten).	Low Sugar,Source of Fibre,High in Protein,High in Vitamin K,Source of Vitamin C