ASHDALE CATERING
The School Lunch People

Ashdale Hot Lunch Menu - Allergens updated 18th Sept. 2026

Item	Contains Allergens	May Contain Allergens	Other Properties
Ashdale Catering - Soups			
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 (03/26) - 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) - Vegetable Rice (06/25) - 1 Serving			VEGETARIAN, VEGAN
Ashdale Pasta Dishes			
Ashdale (Pasta Dishes) - Chicken Pesto Pasta (08/26) - 1 Serving	WHEAT, EGGS, MILK	MUSTARD, SOYA	
Ashdale (Pasta Dishes) - Chicken Pesto with Gluten-free Pasta (06/26) - 1 Serving	EGGS, MILK		
Ashdale (Pasta Dishes) - Pasta Bolognese (08/26) - 1 Serving	WHEAT	CELERY, MUSTARD, SOYA, SULPHITES	

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Ashdale (Pasta Dishes) - Pesto Pasta (08/26) - 1 Serving	WHEAT, EGGS, MILK	MUSTARD, SOYA	VEGETARIAN
Ashdale (Pasta Dishes) - Tomato & Vegetable Pasta (06/25) - 1 Serving	WHEAT	CELERY, MUSTARD, SOYA, SULPHITES	VEGETARIAN, VEGAN
Ashdale (Pasta Dishes) - Tomato Pasta with Meatballs (08/26) - 1 Serving	WHEAT, SOYA, SULPHITES	CELERY, MUSTARD	
Ashdale (Sides) - Gluten-free Penne Pasta (Rummo brand), Boiled (12/24) - 1 Serving			VEGETARIAN, VEGAN, GLUTEN FREE
Ashdale (Sides) - Plain Fusilli Pasta, Boiled (08/26) - 1 Serving	WHEAT	MUSTARD, SOYA	VEGETARIAN, VEGAN
Ashdale Curries			
Ashdale (Curries) - Chicken Curry with Rice (06/26) - 1 Serving		CELERY, MUSTARD	GLUTEN FREE
Ashdale (Curries) - Chicken Korma with Rice (06/26) - 1 Serving	MILK	CELERY, MUSTARD	GLUTEN FREE
Ashdale (Curries) - Thai Massaman Vegetable Curry with Rice (10/25) - 1 Serving	WHEAT, SOYA	OATS, BARLEY, RYE, CELERY, MUSTARD	
Ashdale (Curries) - Tofu & Vegetable Curry with Rice (08/26) - 1 Serving	SOYA	CELERY, MUSTARD	VEGETARIAN, VEGAN
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 (06/26) - 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 (06/26) - 1 Serving		CELERY, MUSTARD	GLUTEN FREE

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Ashdale (Curries) - Chicken Korma with Rice (06/26) - 1 Serving	MILK	CELERY, MUSTARD	GLUTEN FREE
Ashdale (Hot lunches) - Chicken Goujons with Mixed Vegetables (10/25) - 1 Serving	WHEAT		
Ashdale (Hot lunches) - Chicken Goujons, Mashed Potato & Veg (10/25) - 1 Serving	WHEAT, SULPHITES	CELERY	
Ashdale (Hot lunches) - Sweet & Sour Chicken with Rice (06/26) - 1 Serving		CELERY, SULPHITES	GLUTEN FREE
Ashdale (Noodles) - Chicken & Veg Noodles (06/26) - 1 Serving	WHEAT	CELERY	
Ashdale (Pasta Dishes) - Chicken Pesto Pasta (08/26) - 1 Serving	WHEAT, EGGS, MILK	MUSTARD, SOYA	
Ashdale (Rice dishes) - Chicken Fried Rice (06/26) - 1 Serving	WHEAT, SOYA		
Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (06/26) - 1 Serving	SULPHITES	OATS, WHEAT, BARLEY, RYE, CELERY, MUSTARD	
Ashdale (Chicken Dishes) - Chicken, Mashed Potato & Cabbage (06/26) - 1 Serving	SULPHITES	CELERY	
Ashdale (Chicken Dishes) - Chicken, Cubed Potato & Steamed Carrots (06/26) - 1 Serving	SULPHITES	CELERY	
Ashdale (Chicken Dishes) - Chicken, Cubed Potatoes & Mixed Veg (06/26) - 1 Serving	SULPHITES	CELERY	
Ashdale (Chicken Dishes) - Piri Piri Chicken, Cubed Potato & Stir-Fry Veg (06/26) - 1 Serving	SULPHITES	OATS, WHEAT, BARLEY, RYE, CELERY, MUSTARD	
Ashdale (Hot lunches) - Chicken Goujons with Rice (06/26) - 1 Serving	WHEAT		
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	

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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 (06/26) - 1 Serving	OATS, WHEAT	BARLEY, RYE CELERY MUSTARD SESAME	
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Curry (08/26) - 1 Serving		CELERY MUSTARD	GLUTEN FREE
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Ketchup (08/26) - 1 Serving			GLUTEN FREE
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Mayo (08/26) - 1 Serving	EGGS MUSTARD		GLUTEN FREE
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap, plain (08/26) - 1 Serving			GLUTEN FREE
Ashdale Beef Dishes			
Ashdale (Beef Dishes) - Meatballs, Mashed Potato & Vegetables (03/26) - 1 Serving	SOYA SULPHITES	CELERY	GLUTEN FREE
Ashdale (Pasta Dishes) - Pasta Bolognese (08/26) - 1 Serving	WHEAT	CELERY MUSTARD SOYA SULPHITES	
Ashdale (Pasta Dishes) - Tomato Pasta with Meatballs (08/26) - 1 Serving	WHEAT SOYA SULPHITES	CELERY MUSTARD	
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 (Beef Dishes) - Lasagne (05/26) - 1 Serving	WHEAT MILK	EGGS CELERY MUSTARD SOYA SULPHITES LUPIN	
Ashdale (Beef Dishes), Chilli Con Carne with Rice (03/26) - 1 Serving		CELERY MUSTARD SULPHITES	
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	

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Ashdale Vegetarian / Plant-based dishes			
Ashdale (Noodle Dishes) - Vegetable Noodles (01/26) - 1 Serving	WHEAT	CELERY	VEGETARIAN
Ashdale (Pasta Dishes) - Tomato & Vegetable Pasta (06/25) - 1 Serving	WHEAT	CELERY, MUSTARD, SOYA, 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, GLUTEN FREE
Ashdale (Curries) - Tofu & Vegetable Curry with Rice (08/26) - 1 Serving	SOYA	CELERY, MUSTARD	VEGETARIAN, VEGAN
Ashdale Specials			
Ashdale Catering (Specials) - Healthy Spice Bag with Chicken (06/26) - 1 Serving	SULPHITES	OATS, WHEAT, BARLEY, RYE, CELERY, MUSTARD	
Ashdale (Specials) - Chicken Fajita Bowl (06/26) - 1 Serving		OATS, WHEAT, BARLEY, RYE, CELERY, MUSTARD, SESAME	
Ashdale (Specials) - Chicken Fajita Wraps (06/26) - 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

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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 Fusilli Pasta, Boiled (08/26) - 1 Serving	WHEAT	MUSTARD, SOYA	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 (06/26) - 1 Serving		CELERY, MUSTARD	GLUTEN FREE
Ashdale (Curries) - Chicken Korma with Rice (06/26) - 1 Serving	MILK	CELERY, MUSTARD	GLUTEN FREE
Ashdale (Hot lunches) - Sweet & Sour Chicken with Rice (06/26) - 1 Serving		CELERY, SULPHITES	GLUTEN FREE
Ashdale (Rice dishes) - Chicken & Vegetable Rice (06/26) - 1 Serving			GLUTEN FREE
Ashdale (Plant-based) - Vegetable Rice with Sweet & Sour Sauce (12/25) - 1 Serving		CELERY, SULPHITES	VEGETARIAN, VEGAN, GLUTEN FREE
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Curry (08/26) - 1 Serving		CELERY, MUSTARD	GLUTEN FREE
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Ketchup (08/26) - 1 Serving			GLUTEN FREE
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap with Mayo (08/26) - 1 Serving	EGGS, MUSTARD		GLUTEN FREE
Ashdale (Hot Wraps) - Gluten-free Chicken Goujon Wrap, plain (08/26) - 1 Serving			GLUTEN FREE
Ashdale Catering - Additional Hot Lunches			

Item	Contains Allergens	May Contain Allergens	Other Properties
Ashdale (Hot lunches) - Chicken Goujons with Rice (06/26) - 1 Serving	WHEAT		
Ashdale (Hot lunches) - Sausages, Mashed Potato & Veg (06/25) - 1 Serving	WHEAT, MUSTARD, SULPHITES	CELERY	
Ashdale (Hot lunches) - Sausages, Mashed Potato, Veg & Gravy (10/25) - 1 Serving	WHEAT, MUSTARD, SULPHITES	CELERY	
Ashdale (Hot lunches) - Tomato Pasta (08/26) - 1 Serving	WHEAT	CELERY, MUSTARD, SOYA, SULPHITES	VEGETARIAN, VEGAN

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