

Allergen Report

Generated : 08/06/2026

Menu: CORE FFL - SUM26 - Week 3



In the event of any product substitutions allergens could change. abm have a process to check product and allergen changes. However, should a diet have special dietary requirement this should be notified to the school by proving a special dietary requirement form and supporting medical evidence and a special dietary menu will be produced.

✓ Contains Allergen ? May Contain Allergen ! Missing Allergen Information 🌿 Vegetarian 🥬 Vegan 🌾 Gluten Free 🍴 Modifier

Main Course

	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Cereals Containing Gluten	Gluten (Oats)	Peanuts	Other Nuts	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Cashew Nuts	Brazil Nuts	Almonds	Tree Nuts	Hazelnuts	Eggs	Fish	Crustaceans	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Celery and Celeriac	Lupin	Mustard	Sulphites
FFL Original Roast Chicken *																											
FFL Original Gravy * 🌿																											
FFL Original Fish Fingers*		✓		✓														✓									
FFL Original Tomato Ketchup* 🌿																											
FFL Original Chinese Chicken with Noodles *		✓		✓													✓			✓							
FFL Original Pasta Bolognaise*		✓		✓																							
FFL Original Salmon Fish Fingers *		✓		✓														✓									
FFL Original Cheese and Tomato Pizza* 🌿		✓		✓																			✓				

Vegetarian Main Course

	Sulphites				
	Mustard				
	Lupin				
	Celery and Celeriac				
	Milk				
	Sesame Seeds				
	Soya and Soya Products			>	
	Molluscs			>	
	Crustaceans				
	Fish				
	Eggs		>		
	Hazelnuts				
	Tree Nuts				
	Almonds				
	Brazil Nuts				
	Cashew Nuts				
	Macadamia Nuts				
	Pecan Nuts				
	Pistachio Nuts				
	Walnuts				
	Other Nuts				
	Peanuts				
	Gluten (Oats)	<			
	Cereals Containing Gluten	>	>	>	
	Gluten (Rye)				
	Gluten (Wheat)	>	>	>	
	Gluten (Barley)	<			
FFL Original Plant Based Sausage Roll * 					
FFL Original Vegetable and Five Bean Noodles * 					
FFL Original Veggie Mince Pasta Bolognaise * 					
FFL Original Vegetarian Mince Cottage Pie * 					
FFL Original DK Balls * 					
FFL Original Quorn Sausage - TEMP * 					

Starch Accompaniment

Sulphites				
	Mustard			
	Lupin			
	Celery and Celeriac			
	Milk			
Sesame Seeds				
Soya and Soya Products			✓	
Molluscs				
	Crustaceans			
	Fish			
	Eggs			
	Hazelnuts			
Tree Nuts				
Almonds				
Brazil Nuts				
Cashew Nuts				
Macadamia Nuts				
Pecan Nuts				
Pistachio Nuts				
Walnuts				
Other Nuts				
Peanuts				
Gluten (Oats)				
Cereals Containing Gluten			✓	
Gluten (Rye)				
Gluten (Wheat)			✓	
Gluten (Barley)				
	FFL Original Dry Roasted Potato Wedges* 			
	FFL Original Fluffy Rice* 			
	FFL Original Warm Baguette* 			
	FFL Original Oven Chips* 			
	FFL Original Roast Potatoes * 			

Vegetable

Sulphites					
	Mustard				
Celery and Celeriac	Lupin				
	Milk				
Sesame Seeds					
Soya and Soya Products					
Crustaceans	Molluscs				
	Fish				
Eggs					
Hazelnuts					
Tree Nuts					
Almonds					
Brazil Nuts					
Cashew Nuts					
Macadamia Nuts					
Pecan Nuts					
Pistachio Nuts					
Walnuts					
Other Nuts					
Peanuts					
Gluten (Oats)					
Cereals Containing Gluten					
Gluten (Rye)					
Gluten (Wheat)					
Gluten (Barley)					
	FFL Original Garden Peas *				
	FFL Original Baked Beans*				
	FFL Original Sweetcorn *				
	FFL Original Carrots *				
	FFL Original Broccoli*				
	FFL Original Green Beans *				

Jacket/Pasta

	Sulphites					
	Mustard					
	Lupin					
	Celery and Celeriac					
	Milk	>		>		
	Sesame Seeds					
	Soya and Soya Products					
	Molluscs					
	Crustaceans					
	Fish				>	
	Eggs				>	
	Hazelnuts					
	Tree Nuts					
	Almonds					
	Brazil Nuts					
	Cashew Nuts					
	Macadamia Nuts					
	Pecan Nuts					
	Pistachio Nuts					
	Walnuts					
	Other Nuts					
	Peanuts					
	Gluten (Oats)					
	Cereals Containing Gluten			>		
	Gluten (Rye)					
	Gluten (Wheat)			>		
	Gluten (Barley)			>		
	FFL Original Jacket Potato with Cheese * 					
	FFL Original Jacket Potato with Baked Beans * 					
	FFL Original Pasta with Tomato and Basil Sauce * 		>			
	FFL Original Pesto Pasta * 		>			
	FFL Original Jacket Potato with Tuna Mayonnaise *					
	FFL Original Vegetable and Basil Pasta * 			>		

Category	Item	Price
Appetizer	Bruschetta	\$8.99
	Calamari	\$12.99
	Wings	\$10.99
	Shrimp Cocktail	\$9.99
Main Course	Steak	\$24.99
	Salmon	\$19.99
	Pasta	\$14.99
	Chicken	\$16.99
Dessert	Cheesecake	\$7.99
	Ice Cream	\$6.99
	Cake	\$8.99
	Chocolate	\$5.99

[illegible]

Bread

Sulphites	
Mustard	
Lupin	
Celery and Celeriac	
Milk	
Sesame Seeds	
Soya and Soya Products	>
Molluscs	
Crustaceans	
Fish	
Eggs	
Hazelnuts	
Tree Nuts	
Almonds	
Brazil Nuts	
Cashew Nuts	
Macadamia Nuts	
Pecan Nuts	
Pistachio Nuts	
Walnuts	
Other Nuts	
Peanuts	
Gluten (Oats)	
Cereals Containing Gluten	>
Gluten (Rye)	
Gluten (Wheat)	>
Gluten (Barley)	
	FFL Original Bread * 