

Allergen Report

Generated : 08/06/2026

Menu: CORE FFL - SUM26 - Week 1



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

	Surprises				>	
	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 Cheese and Tomato Pinwheel *					
	FFL Original Chicken Taco *					
	FFL Original Roast Chicken *					
	FFL Original Gravy * 🌱					
	FFL Original Pasta with Pork Sausage and Tomato Sauce *					>
	FFL Original Fish Fingers*					
	FFL Original Tomato Ketchup* 🌱					

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 Vegetable Fingers* 🌱	FFL Original Veggie Mince Taco With Cheese * 🌱	FFL Original Creamy Vegetable Pie * 🌱	FFL Original Pasta with DK Meatballs and Tomato Sauce *	FFL Original DK Veggie Sausage * 🌱	FFL Original Tomato Pasta with Quorn Sausage - TEMP *
						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 Roast Potatoes * 	FFL Original Warm Baguette* 	FFL Original Oven Chips* 

Vegetable

	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 Carrots * 	FFL Original Garden Peas * 	FFL Original Green Beans * 	FFL Original Sweetcorn * 	FFL Original Broccoli* 

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 Vegetable and Basil Pasta * 🌱		>		
	FFL Original Jacket Potato with Tuna Mayonnaise *				

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	\$5.99
	Cake	\$8.99
	Chocolate	\$6.99

[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 * 