

Allergen Report

Generated : 08/06/2026

Menu: CORE FFL - SUM26 - Week 2



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

[illegible]

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 Cheese and Baked Bean Puff * 🌱	FFL Original Plant Burger in a Bun * 🌱	FFL Original Chickpea and Vegetable Biryani* 🌱
		FFL Original Cheese and Tomato Pizza* 🌱	FFL Original Quorn Sausages in a Bun - TEMP * 🌱	FFL Original DK Sausage Toad in the Hole * 🌱
		FFL Original Quorn Sausage Toad in the Hole - 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 Oven Chips* 	FFL Original Fluffy Rice* 	FFL Original Mashed Potato* 

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 Broccoli* 					
	FFL Original Green Beans * 					
	FFL Original Garden Peas * 					
	FFL Original Baked Beans* 					
	FFL Original Coleslaw * 					
	FFL Original Sweetcorn * 					

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 * 🌿		>		

Dessert

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 Strawberry Yoghurt * 🌿																													
	FFL Original Fresh Fruit * 🌿																													
	FFL Original Strawberry Jelly * 🌿																													
	FFL Original Orange Jelly * 🌿																													
	FFL Original Rainbow Jelly Wednesday * 🌿																													
	FFL Original Fruity Friday* 🌿																													
	FFL Original Chocolate Brownie* 🌿	?	✓	?	✓	?																								
	FFL Original Cheese and Crackers * 🌿		✓		✓																									
	FFL Original Frozen Yoghurt * 🌿																													

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 * 