

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

Category	Item	Price
Jacket/Pasta	1. Jacket	10.00
	2. Pasta	10.00
	3. Jacket	10.00
	4. Pasta	10.00
	5. Jacket	10.00
	6. Pasta	10.00
	7. Jacket	10.00
	8. Pasta	10.00
	9. Jacket	10.00
	10. Pasta	10.00

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

[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 * 