Allergen Report

Generated : 14/10/2026

Menu: Core FFL - AW26 - 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

	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 Gravy *																											
FFL Original Fish Fingers*		✓		✓														✓									
FFL Original Tomato Ketchup*																											
FFL Original Vegetarian Mince Keema **																					✓						
FFL Original Sweet and Sour Chicken **	✓	✓		✓																	✓						
FFL Original Sausage and Baked Bean Hotpot *																					?						✓
FFL Original Roast Gammon*																											

Vegetarian 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 Vegetarian Enchilada**		✓		✓																			✓				
FFL Original Quorn Sausage Toad in the Hole **	?	✓	?	✓	?												✓						✓				
FFL Original Quorn Cowboy Hotpot *		✓		✓																							
FFL Original Cheese and Tomato Pizza*		✓		✓																			✓				
FFL Original Vegetable Fingers*		✓		✓																							

Starch Accompaniment

	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 Dry Roasted Potato Wedges*																											
FFL Original Fluffy Rice*																											
FFL Original Oven Chips*																											
FFL Original Mashed Potato*																											

Vegetable

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

Jacket/Pasta

	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 Pasta with Tomato and Basil Sauce *		✓		✓																							
FFL Original Pesto Pasta *		✓		✓																			✓				
FFL Original Vegetable and Basil Pasta *		✓		✓																							
FFL Original Jacket Potato with Baked Beans *																											
FFL Original Jacket Potato with Cheese *																							✓				
FFL Original Jacket Potato with Tuna Mayonnaise *																	✓	✓									
FFL Original Jacket Potato with Baked Beans and Cheese																							✓				
FFL Original Jacket Potato Plain *																											

Dessert

	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 Strawberry Yoghurt *																							✓				
FFL Original Fresh Fruit *																											
FFL Original Strawberry Jelly *																											
FFL Original Orange Jelly *																											
FFL Original Fruity Friday*																											
FFL Original Chocolate Cookie*	?	✓	?	✓	?												✓										
FFL Original Banana Traybake*	?	✓		✓													✓										
FFL Original Custard*		?		?													?				?		✓				
FFL Original Orange Jelly with Mandarins*																											
FFL Original Pear and Chocolate Sponge *	?	✓		✓													✓										

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 *							✓																	✓		✓	