

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

	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 Roast Chicken *																												
FFL Original Gravy * 🌿																												
FFL Original Tomato Ketchup* 🌿																												
FFL Original Macaroni Cheese* 🌿					>																		?	>	?	✓	?	
FFL Original Farm Assured Beef Burger in a Bun*	>					?	>																>			✓		
FFL Original Butter Chicken Curry *					>																							
FFL Original Battered Fish Fillet *										>													>			✓	?	

Vegetarian Main Course

Allergens	FFL Original Plant Burger in a Bun * 		FFL Original Quorn Sausages in a Bun - TEMP * 		FFL Original Quorn Sausage Toad in the Hole * 	
	Contains	Free From	Contains	Free From	Contains	Free From
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 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				
Cereals Containing Gluten	Other Nuts				
	Peanuts				
	Gluten (Oats)				
	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 * 🌿		>		

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 * 