

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* 🌿		✓		✓																			✓					

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 * 																								>	>	>		

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 * 