

Allergen Report

Generated : 23/09/2026

Menu: CORE FFL - HFA - 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.



abm
catering solutions

integrity

- ✓ Contains Allergen
- ? May Contain Allergen
- ! Missing Allergen Information
- 🌿 Vegetarian
- 🌱 Vegan
- 🚫 Gluten Free
- 🍷 Modifier

Main Course

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 Fish Fingers* - FFL Original Tomato Ketchup*  - FFL Original HFA Halal Sweet and Sour Chicken * - FFL Original HFA Halal Roast Chicken * - FFL Original HFA Chicken Sausage and Baked Bean Cowboy Hotpot * - FFL Original Vegetable Fingers*  - FFL Original Gravy* 

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 Quorn Cowboy Hotpot * 																								>	>	>	
FFL Original Cheese and Tomato Pizza* 																								>	>	>	
FFL Original Vegetarian Mince Keema ** 																											
FFL Original Vegetarian Enchilada** 																								>	>	>	
FFL Original Quorn Sausage Toad in the Hole ** 																								>	>	>	

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 Oven Chips*	
FFL Original Mashed Potato*	

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

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 Vegetable and Basil Pasta * 																											
FFL Original Jacket Potato with Tuna Mayonnaise *																											

	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 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 * 					>																				>	>	>

FFL Original 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)