

Allergen Report

Generated : 23/09/2026

Menu: CORE FFL - HFA - AW26 - 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 Gravy *				
	FFL Original Tomato Ketchup*				
	FFL Original Battered Fish Fillet *				
	FFL Original Plant Based Sausage Roll *				
	FFL Original HFA Halal Chicken and Bean Fajita *				
	FFL Original HFA Halal Roast Turkey *				
	FFL Original HFA Halal Chicken Pasta Carbonara *				

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Celery and Celeriac					
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Molluscs					
Crustaceans					
Fish					
Eggs				>	
Hazelnuts					
Tree Nuts					
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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 Tomato Pizza* 	FFL Original Macaroni Cheese** 	FFL Original Sweet and Sour Vegetables * 	FFL Original Sweet Potato & Lentil Wellington * 	FFL Original Veggie Mince Pasta Bolognalse * 

- Sulphites
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- Eggs
- Hazelnuts
- Tree Nuts
- Almonds
- Brazil Nuts
- Cashew Nuts
- Macadamia Nuts
- Pecan Nuts
- Pistachio Nuts
- Walnuts
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- Gluten (Oats)
- Cereals Containing Gluten
- Gluten (Rye)
- Gluten (Wheat)
- Gluten (Barley)



- FFL Original Dry Roasted Potato Wedges*
- FFL Original Oven Chips*
- FFL Original Fluffy Rice*
- FFL Original Roast Potatoes*
- FFL Original Warm Baguette*

Sulphites

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Lupin

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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 Broccoli*



FFL Original Green Beans *



FFL Original Garden Peas *



FFL Original Baked Beans*



FFL Original Sweetcorn *



FFL Original Carrots *



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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 * 	

Sulphites

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Walnuts

Other Nuts

Peanuts

Gluten (Oats)

Cereals Containing Gluten



Gluten (Rye)

Gluten (Wheat)



Gluten (Barley)

 FFL Original Bread *