

Allergen Report

Generated: 23/09/2026

Menu: CORE FFL - HFA - AW26 - 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 providing 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 Fish Fingers*			
	FFL Original Tomato Ketchup*			
	FFL Original Salmon Fish Fingers *			
	FFL Original Cheese and Tomato Pinwheel **			
	FFL Original HFA Halal Beef Burger in a Bun *			
	FFL Original HFA Halal Roast Chicken *			
	FFL Original HFA Halal Chicken and Chickpea Tikka			

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 Oven Chips*		
	FFL Original Roast Potatoes *		
	FFL Original Fluffy Rice*		

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

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 * 

Sulphites					
Mustard					
Lupin					
Celery and Celeric acid					
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 Shortbread*					
FFL Original Chocolate Brownie*					
FFL Original Pineapple Upside Down Cake *					
FFL Original Apple Sponge *					
FFL Original Custard*					

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 *

