Allergen Report

Generated: 21/01/2022

Menu: Original Spring Menu (Jan to Easter Term) Week 2

✓ Contains Allergen ? May Contain Allergen ! Missing Allergen Information Vegetarian Vegan

Dessert

	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Cereals Containing Glutens	Gluten (Oats)	Peanuts	Other Nuts	Walnuts	Pistachio	Pecan Nuts	Macadamia	Cashews	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 Orange Jelly																											
FFL Original Strawberry Yoghurt																							✓				
FFL Original Fresh Orange Slices																											
FFL Original Banana Traybake		✓		✓													✓										
FFL Original Custard																							✓				
FFL Original Sultana and Oat Cookie		✓		✓	✓																		?				
FFL Original Fresh Apple Slices																											
FFL Original Tinned Peaches																											
FFL Original Plain Rice Crispie Slice																											
FFL Original Pear Segment																											
FFL Original Chocolate Cookie		✓		✓													✓										
FFL Original Fruity Friday																											

Bread

	Sulphites	Mustard	Lupin	Celery and Celeriac	Milk	Sesame Seeds	Soya and Soya Products	Molluscs	Crustaceans	Fish	Eggs	HazelNuts	Tree Nuts	Almonds	Brazil Nuts	Cashews	Macadamia	Pecan Nuts	Pistachio	Walnuts	Other Nuts	Peanuts	Gluten (Oats)	Cereals Containing Glutens	Gluten (Rye)	Gluten (Wheat)	Gluten (Barley)
FFL Original Bread							✓																✓	✓	✓	✓	✓

Vegetable

	Sulphites	Mustard	Lupin	Celery and Celeriac	Milk	Sesame Seeds	Soya and Soya Products	Molluscs	Crustaceans	Fish	Eggs	HazelNuts	Tree Nuts	Almonds	Brazil Nuts	Cashews	Macadamia	Pecan Nuts	Pistachio	Walnuts	Other Nuts	Peanuts	Gluten (Oats)	Cereals Containing Glutens	Gluten (Rye)	Gluten (Wheat)	Gluten (Barley)
FFL Original Carrots																											
FFL Original Sweetcorn																											
FFL Original Garden Peas																											
FFL Original Green Beans																											
FFL Original Broccoli																											
FFL Original Baked Beans																											

Vegetarian Main Course

	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Cereals Containing Glutens	Gluten (Oats)	Peanuts	Other Nuts	Walnuts	Pistachio	Pecan Nuts	Macadamia	Cashews	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 Pasta with Quorn Meatballs and Tomato Sauce	✓	✓		✓													✓										
FFL Original Pasta with Quorn Sausage and Tomato Sauce	✓	✓		✓																							
FFL Original Vegetarian Mince Chilli																					✓						
FFL Original Vegetarian Mince Lasagne		✓		✓													?				✓		✓				
FFL Original Mixed Bean Fajita		✓		✓																							
FFL Original Cheese and Tomato Pizza		✓		✓																			✓				

Starch Accompaniment

	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Cereals Containing Glutens	Gluten (Oats)	Peanuts	Other Nuts	Walnuts	Pistachio	Pecan Nuts	Macadamia	Cashews	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 Warm Baguette		✓		✓																	?						
FFL Original Fluffy Rice																											
FFL Original Roast Potatoes																											
FFL Original Dry Roasted Potato Wedges																											
FFL Original Oven Chips																											

Main Course

	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Cereals Containing Glutens	Gluten (Oats)	Peanuts	Other Nuts	Walnuts	Pistachio	Pecan Nuts	Macadamia	Cashews	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 Beef Chilli Con Carne																											
FFL Original Gravy																											
FFL Original Roast Gammon				!					!		!	!				!											
FFL Original Chicken and Sweetcorn Pasta Bake		✓		✓																			✓				
FFL Original Fish Fingers		✓		✓														✓									
FFL Original Tomato Ketchup																											
FFL Original Salmon Fish Fingers		✓		✓														✓									