Dish Name	Cereals Containing Glutens	Peanuts	Tree Nuts	Fish	Crustaceans	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Eggs	Celery and Celeriac	Lupin	Mustard	Sulphites	Suitable for Vegetarians	Suitable for Vegans
Spring-Summer Menu 2020 Week 2																
FFL - BBQ Vegetable and Mixed Bean Wrap#	Wheat														Y	Y
FFL - Custard addition									Y						Y	
FFL All day breakfast (bacon)									Y	Y						
FFL Apple Crumble#	Wheat														Y	Y
FFL carrots#															Y	Y
FFL Cheese and Baked Bean Puff#	Wheat								Y						Y	
FFL Cheese and Tomato Pizza (with Potato Wedges)#	Wheat								Y						Y	
FFL Cheese sandwich	Barley, Wheat, Rye & Oats						Y		Y						Y	
FFL Chicken Curry#									Y							
FFL Cinnamon Oaty Cookie#	Wheat & Oats								May Contain	Y					Y	
FFL Coleslaw										Y					Y	
FFL cucumber															Y	Y
FFL Egg Mayonnaise Sandwich*	Barley, Wheat, Rye & Oats						Y			Y					Y	
FFL Fish fingers and chips#	Wheat			Y												
FFL Fruit Salad#															Y	Y
FFL Ham Pizza With Potato Wedges#	Wheat								Y							
FFL Ham Sandwich	Barley, Wheat, Rye & Oats						Y									
FFL Jacket Potato Plain#															Y	Y
FFL Jacket potato with beans and cheese#									Y						Y	
FFL Jacket Potato with beans#															Y	Y
FFL Jacket potato with cheese#									Y						Y	
FFL Jacket potato with coleslaw#										Y					Y	
FFL Jacket potato with tuna mayonnaise#				Y						Y						
FFL Jam tart#	Wheat													Y	Y	Y
FFL Roast Turkey with Roast Potatoes and Gravy#																
FFL Salmon Fish Fingers and Chips#	Wheat			Y												
FFL Seasonal Vegetable #															Y	Y
FFL sweetcorn#															Y	Y
FFL tomato															Y	Y
FFL tuna and Sweetcorn sandwich*	Barley, Wheat, Rye & Oats			Y			Y			Y						
FFL Vanilla Ice Cream#									Y						Y	
FFL Vegetable Fingers and Chips#	Wheat														Y	Y
FFL Veggie Mince Pasta Bolognaise#	Barley & Wheat						Y								Y	Y

Dish Name	Cereals Containing Glutens	Peanuts	Tree Nuts	Fish	Crustaceans	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Eggs	Celery and Celeriac	Lupin	Mustard	Sulphites	Suitable for Vegetarians	Suitable for Vegans
Spring-Summer Menu 2020 Week 3																
FFL carrots#															Y	Y
FFL Cheese and Tomato Pasta Bake#	Wheat								Y						Y	
FFL Cheese sandwich	Barley, Wheat, Rye & Oats						Y		Y						Y	
FFL Chicken and Sweetcorn Pie*	Wheat								Y							
FFL Chocolate Cookie#	Wheat & Oats									Y					Y	
FFL Coleslaw										Y					Y	
FFL cucumber															Y	Y
FFL Egg Mayonnaise Sandwich*	Barley, Wheat, Rye & Oats						Y			Y					Y	
FFL Fish fingers and chips#	Wheat			Y												
FFL Fruit Salad#															Y	Y
FFL Ham Sandwich	Barley, Wheat, Rye & Oats						Y									
FFL Iced Lemon Sponge#	Wheat									Y					Y	
FFL Jacket Potato Plain#															Y	Y
FFL Jacket potato with beans and cheese#									Y						Y	
FFL Jacket Potato with beans#															Y	Y
FFL Jacket potato with cheese#									Y						Y	
FFL Jacket potato with coleslaw#										Y					Y	
FFL Jacket potato with tuna mayonnaise#				Y						Y						
FFL Mashed Potato addition															Y	Y
FFL Meatballs in tomato sauce with rice#	Wheat															
FFL Mixed Bean Fajita#	Wheat								Y						Y	
FFL Orange Jelly with Mandarins*															Y	
FFL Pasta Bolognaise#	Wheat															
FFL Roast Chicken With Roast Potatoes and Gravy#																
FFL Salmon Fish Fingers and Chips#	Wheat			Y												
FFL Seasonal Vegetable #															Y	Y
FFL Sultana and Oat Cookie#	Wheat & Oats								May Contain	Y					Y	
FFL sweetcorn#															Y	Y
FFL tomato															Y	Y
FFL tuna and Sweetcorn sandwich*	Barley, Wheat, Rye & Oats			Y			Y			Y						
FFL Vegetable nuggets and chips#	Wheat														Y	
FFL Veggie cowboy pie with Roast Potatoes#	Wheat						Y		Y					Y	Y	
FFl Veggie Meatballs In Tomato Sauce with Rice#	Barley & Wheat						Y								Y	Y

Dish Name	Cereals Containing Gluten	Peanuts	Tree Nuts	Fish	Crustaceans	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Eggs	Celery and Celeriac	Lupin	Mustard	Sulphites	Suitable for Vegetarians	Suitable for Vegans
Spring-Summer Menu 2020 Week 1																
FFL - Chicken and Tomato Pasta Bake^	Wheat								Y							
FFL - Macaroni Cheese^	Wheat								Y						Y	
FFL - Traditional Beef Lasagne^	Wheat								Y	May Contain						
FFL Banana traybake#	Wheat									Y					Y	
FFL carrots#															Y	Y
FFL Cheese sandwich	Barley, Wheat, Rye & Oats						Y		Y						Y	
FFL Chocolate and Beetroot Brownie*	Wheat								May Contain	Y					Y	
FFL Coleslaw										Y					Y	
FFL cucumber															Y	Y
FFL Egg Mayonnaise Sandwich*	Barley, Wheat, Rye & Oats						Y			Y					Y	
FFL Fishcakes with Chips	Wheat			Y					Y				Y			
FFL flapjack#	Oats														Y	Y
FFL Fruit Salad#															Y	Y
FFL Ham Sandwich	Barley, Wheat, Rye & Oats						Y									
FFL Jacket Potato Plain#															Y	Y
FFL Jacket potato with beans and cheese#									Y						Y	
FFL Jacket Potato with beans#															Y	Y
FFL Jacket potato with cheese#									Y						Y	
FFL Jacket potato with coleslaw#										Y					Y	
FFL Jacket potato with tuna mayonnaise#				Y						Y						
FFL Pork Sausages with Creamy mashed Potato and Gravy#	Wheat						Y							Y		
FFL Roast Gammon with Roast Potatoes and Gravy#																
FFL Roast Veg Frittata#									Y	Y					Y	
FFL Seasonal Vegetable #															Y	Y
FFL shortbread#	Wheat														Y	Y
FFL sweetcorn#															Y	Y
FFL tomato															Y	Y
FFL tuna and Sweetcorn sandwich*	Barley, Wheat, Rye & Oats			Y			Y			Y						
FFL Vegetable Fingers and Chips#	Wheat														Y	Y
FFL Vegetarian Lasagne#	Barley & Wheat						Y		Y	May Contain					Y	
FFL Vegetarian Sausage, mash potato and Gravy#	Wheat						Y							Y	Y	Y