

Allergen Report

Generated : 10/09/2026

Menu: Heltwate - AW25



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 Langford Sausages																											
FFL Original Fish Fingers*										>														>		>	
FFL Original Beef Lasagne *					>						?												?	>	?	>	?
FFL Original Gravy * 🌿																											
FFL Original Tomato Ketchup* 🌿																											
FFL Original Cheese, Tomato and Ham Pizza*					>																			>		>	
FFL Original Pasta Bolognaise*																								>		>	

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 Vegan Quorn Sausage * 🌱				
	FFL Original Vegetarian Mince Lasagne * 🌱				
	FFL Original Cheese and Tomato Pizza* 🌱				
	FFL Original Macaroni Cheese** 🌱				
	FFL Original Vegetable Fingers 🌱				
	FFL Original Tomato Ketchup* 🌱				

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				
Cereals Containing Gluten	Other Nuts				
	Peanuts				
Gluten (Oats)					
Gluten (Rye)					>
Gluten (Wheat)					>
Gluten (Barley)					
		FFL Original Diced Potatoes with Herbs* 	FFL Original Oven Chips* 	FFL Original Dry Roasted Potato Wedges* 	FFL Original Mashed Potato* 
					FFL Original Warm Baguette* 

Vegetable

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 Baked Beans*					
	FFL Original Coleslaw * 					
	FFL Original Mixed Garden Salad * 					
	FFL Original Sweetcorn * 					
	FFL Original Green Beans * 					
	FFL Original Broccoli* 					
	FFL Original Garden Peas * 					

Jacket Potatoes

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 Baked Beans * 🌱	FFL Original Jacket Potato with Cheese * 🌱	FFL Original Jacket Potato with Tuna Mayonnaise (Standard Mayo) *

Jacket/Pasta

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 Pasta with Tomato and Basil Sauce * 🌱

Sandwiches

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 Ham Sandwich *	FFL Original Cheese Sandwich* 

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)	
FFL Original Bread * 	