

Dish Name	Cereals Containin g Glutens	Peanuts	Tree Nuts	Fish	Crustacea ns	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Eggs	Celery and Celeriac	Lupin	Mustard	Sulphites	Suitable for Vegetaria ns	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 travhake#	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