



FUEL FOR YOUNG MINDS

# Special Dietary Requirements

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
FFL Chicken and Tomato Pasta Bake*	Wheat								Y							
FFL Chocolate Rice Crisp Cake*															Y	Y
FFL Fish fingers and chips*	Wheat			Y												
FFL Fruit Salad with Ice Cream*									Y						Y	
FFL Fruit Salad*															Y	Y
FFL Iced Lemon Sponge*	Wheat									Y					Y	
FFL Macaroni Cheese with Garlic Bread	Wheat						May Contain		Y				Y		Y	
FFL Meatballs in tomato sauce and spaghetti*	Wheat															
FFL Mixed Bean and Vegetable Pasty	Wheat								Y	Y					Y	
FFL peas*															Y	Y
FFL Pork Sausages with Creamy mashed Potato and Gravy*									Y							
FFL Roast Chicken With Roast Potatoes and Gravy*																
FFL Roast Veg Frittata									Y	Y					Y	
FFL Salmon Fish Fingers and Chips*	Wheat			Y												
FFL Seasonal Vegetable *															Y	Y
FFL Strawberry Mousse*	May Contain								Y	May Contain					Y	
FFL Vegetable nuggets and chips*	Wheat														Y	
FFL Vegetarian Lasagne*	Wheat, Barley						Y		Y	May Contain			Y		Y	