



FORERUNNER

MORE THAN JUST A MEAL



We deliver hot lunches direct to children's day nurseries every day of the year. Our meals are freshly prepared that morning in our local kitchens using fresh ingredients and delivered ready to eat at an agreed time. Our team of highly trained chefs and cooks prepare high quality, nutritiously balanced, appetising lunches. Each meal is labelled according to its gluten, egg or dairy content. These are, by far, the overwhelming allergens we encounter. If a meal has a G, D or E with it, it means it is gluten, dairy or egg free respectively. If you have any other allergenic requirements, then please let us know via your provider and we will find an alternative. We work closely with our suppliers to find the freshest local meats, seafood and vegetables. The menu changes monthly, provides plenty of choice and is designed to help educate children in making informed healthy choices.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			Roast Turkey GDE Roast Quorn GD Roast Potatoes GDE 1/7	Sausages* DE Veggie Sausages DE Mash GE 2/7	Chicken Casserole GDE Lentil Casserole GDE Rice GDE 3/7	
	Mediterranean Chicken GDE Mediterranean Quorn GD Rice GDE 6/7	Beef Bolognese GDE Ratatouille GDE Pasta DE 7/7	Battered Cod E Veggie Sausages DE Crispy Diced Potatoes GDE 8/7	Roast Chicken GDE Roast Quorn GD Roast Potatoes GDE 9/7	Chicken Dippers E Veggie Nuggets DE Saute Potatoes GDE 10/7	Salmon Fish Fingers GDE Quorn Dippers GD Saute Potato GDE
	Pork Meatballs & Tomato Sauce *DE Veggie Balls & Tomato Sauce DE Pasta DE 13/7	Roast Ham* GDE Veggie & Cheese Bake E Roast Potatoes GDE 14/7	Tuna & Sweetcorn Pasta Bake E Pasta & Herby Tomato Sauce DE 15/7	Mild Beef Chilli GDE 3 Bean Chilli GDE Rice GDE 16/7	Salmon Fish Fingers GDE Quorn Dippers GD Wedges GDE 17/7	Pork Meatballs & Tomato Sauce *DE Veggie Balls & Tomato Sauce DE Pasta DE
	Chicken Korma GE Veggie Korma GE Rice GDE 20/7	Sausages* DE Veggie Sausages DE Mash GE 21/7	Cod Fish Fingers DE Veggie Nuggets DE Crispy Diced Potatoes GDE 22/7	Roast Turkey GDE Roast Quorn GD Roast Potatoes GDE 23/7	Beef Lasagne E Veggie Lasagne E Garlic Bread E 24/7	
	Mediterranean Chicken GDE Mediterranean Quorn GD Rice GDE 27/7	Beef Bolognese GDE Ratatouille GDE Pasta DE 28/7	Roast Chicken GDE Veggie Sausages DE Roast Potatoes GDE 29/7	Chicken Casserole GDE Lentil Casserole GDE Rice GDE 30/7	Battered Cod E Vegetable & Cheese Bake E Potato Bites GDE 31/7	

Dairy Free D Gluten Free G Egg Free E Contains Pork* All meals are served with vegetables and either pasta, rice or a potato dish.