











# 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	
	<b>Mediterranean Chicken GDE</b> Mediterranean Quorn GD Rice GDE 1/11	<b>Breaded Chicken Fillet DE</b> Three Bean Casserole GDE Potato Wedges GDE 2/11	<b>Roast Turkey GDE</b> Cheese & Tomato Quiche Roast Potatoes GDE 3/11	<b>Pork Meatballs &amp; Tomato Sauce *DE</b> Veggie Balls & Tomato Sauce DEV Pasta DE 4/11	<b>Cod Fish Fingers DE</b> Cheese & Tomato Tart E Saute Potatoes GDE 5/11	
	<b>Sausages *DE</b> Vegan Sausages GDEV Chips GDE 8/11	 <b>Meatfree Bolognese GDEV</b> Cheesy Pasta E Pasta DE 9/11	<b>Chicken Korma GE</b> Lentil Dahl GDEV Rice GDE 10/11	<b>Roast Ham *GDE</b> Roast Quorn GD Roast Potatoes GDE 11/11	<b>Bubble Coated Fish GDE</b> Quorn Dippers Crispy Diced Potatoes GDE 12/11	
	<b>Mild Beef Chilli GDE</b> Lentil Casserole GDEV Potato Bites GDE 15/11	<b>Chicken &amp; Bacon Pasta *DE</b> Herby Tomato Sauce DE Pasta DE 16/11	<b>Roast Chicken GDE</b> Vegetable & Cheese Bake E Roast Potatoes GDE 17/11	<b>Beef Lasagne E</b> Vegetable Lasagne E Garlic Bread E 18/11	<b>Bubble Coated Salmon GDE</b> Veggie Nuggets DE Saute Potatoes GDE 19/11	
	<b>Mediterranean Chicken GDE</b> Mediterranean Quorn GD Rice GDE 22/11	<b>Breaded Chicken Fillet DE</b> Three Bean Casserole GDE Potato Wedges GDE 23/11	<b>Roast Turkey GDE</b> Cheese & Tomato Quiche Roast Potatoes GDE 24/11	<b>Pork Meatballs &amp; Tomato Sauce *DE</b> Veggie Balls & Tomato Sauce DEV Pasta DE 25/11	<b>Cod Fish Fingers DE</b> Cheese & Tomato Tart E Saute Potatoes GDE 26/11	
	<b>Sausages *DE</b> Vegan Sausages GDEV Chips GDE 29/11	 <b>Meatfree Bolognese GDEV</b> Cheesy Pasta E Pasta DE 30/11				

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