









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	
	Chicken Korma GE Lentil Dahl GDEV Rice GDEV 3/7	Salmon Bubble Fish GDE Veggie Sausages DEV Potato Wedges GDEV 4/7	Beef Bolognese DE Veggie Lasagne & Garlic Bread E Pasta DEV 5/7	Roast Chicken GDE Roasted Vegetable & Tomato Pasty DEV Roast Potatoes GDEV 6/7	Bubble Fish GDE Veggie Nuggets DEV Potato Bites GDEV 7/7	
	Chicken Chunks In BBQ Sauce DE BBQ Quorn D Rice GDE 10/7	Meatfree Bolognese DEV Cheesy Pasta E Pasta DEV 11/7	Chicken Nuggets DE Vegetable Fingers DEV Oven Baked Chips GDEV 12/7	Mild Chilli Con Carne GDE Chickpea Ratatouille GDEV Rice GDEV 13/7	Roast Pork Loin *GDE Vegan Quorn DEV Roast Potatoes GDEV 14/7	
	Pork Meatballs In Tomato Sauce *DE Veggie Balls in Tomato Sauce DEV Pasta DEV 17/7	Chicken Casserole GDE Quorn Casserole GD Rice GDEV 18/7	Roast Beef GDE Three Bean Casserole GDEV Roast Potatoes GDEV 19/7	Italian Chicken DE Lentil Bolognese DEV Pasta DEV 20/7	Fish Fingers DE Roasted Vegetable & Tomato Pasty DEV Saute Potatoes GDEV 21/7	
						
						

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.