



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 Chicken GDE Leek & Mustard Crumble E Roast Potatoes GDE 1/8	Sausages *DE Veggie Sausages DE Mashed Potato GDE 2/8	Chicken Korma GE Veggie Korma GE Rice GDE 3/8	
	Beef Bolognese GDE Cauliflower Cheese E Pasta DE 6/8	Roast Turkey GDE Roast Quorn GD Roast Potatoes GDE 7/8	Ham & Cheese Omelette *G Cheese Omelette G Diced Potatoes GDE 8/8	Coq Au Vin *GDE Ratatouille GDE Rice GDE 9/8	Battered Cod E Veggie Nuggets DE Chips GDE 10/8	
	Beef Chilli GDE Quorn Chilli GD Rice GDE 13/8	Salmon Fish Fingers DE Vegetable & Cheese Bake E Duchess Potatoes DE 14/8	Lasagne E Vegetable Lasagne E Garlic Bread E 15/8	Roast Ham *GDE Leek & Mustard Crumble E Roast Potatoes GDE 16/8	Mediterranean Chicken GDE Mediterranean Quorn GD Pasta DE 17/8	
	Ham Salad *GDE Cheese Salad GE New Potatoes GDE 20/8	Pork Meatballs *D Vegeballs D Pasta DE 21/8	Roast Beef GDE Roast Quorn DE Roast Potatoes GDE 22/8	Fish Pie E Veggie Sausages DE Mashed Potato GDE 23/8	Turkey, Ham & Leek Pie *E Ratatouille GDE Rice GDE 24/8	
	Bank Holiday 27/8	Roast Chicken GDE Leek & Mustard Crumble E Roast Potatoes GDE 28/8	Sausages *DE Veggie Sausages DE Wedges GDE 29/8	Cottage Pie GDE Cauli Cheese E Mashed Potato GDE 30/8	Tuna Pasta Bake E Veggie Pasta Bake DE 31/8	

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.