







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	
					Cod Fish Fingers DE Cheese & Tomato Tart E Saute Potatoes GDE 1/10	
	Sausages *DE Vegan Sausages GDEV Chips GDE 4/10	 Meatfree Bolognese GDEV Cheesy Pasta E Pasta DE 5/10	Chicken Korma GE Lentil Dahl GDEV Rice GDE 6/10	Chicken Nuggets DE Vegan Nuggets DE Crispy Diced Potatoes GDE 7/10	Bubble Coated Fish GDE Quorn Dippers Crispy Diced Potatoes GDE 8/10	
	Mild Beef Chilli GDE Lentil Casserole GDE Potato Bites GDE 11/10	Chicken & Bacon Pasta *DE Herby Tomato Sauce DE Pasta DE 12/10	Roast Chicken GDE Vegetable & Cheese Bake E Roast Potatoes GDE 13/10	Beef Lasagne E Vegetable Lasagne E Garlic Bread E 14/10	Bubble Coated Salmon GDE Veggie Nuggets DE Saute Potatoes GDE 15/10	
	Mediterranean Chicken GDE Mediterranean Quorn GD Rice GDE 18/10	Breaded Chicken Fillet DE Three Bean Casserole GDE Potato Wedges GDE 19/10	Roast Turkey GDE Cheese & Tomato Quiche Roast Potatoes GDE 20/10	Pork Meatballs & Tomato Sauce *DE Veggie Balls & Tomato Sauce DEV Pasta DE 21/10	Cod Fish Fingers DE Cheese & Tomato Tart E Saute Potatoes GDE 22/10	
	Chicken Korma GE Lentil Dahl GDEV Rice GDE 25/10	Tuna Sweetcorn Pasta Bake E Ratatouille GDEV 26/10	Baked Battered Cod DE Cheese & Tomato Tart E Potato Bites GDE 27/10	Meatfree Bolognese GDEV Cheesy Pasta E Pasta DE 28/10	Roast Ham *GDE Roast Quorn GD Roast Potatoes GDE 29/10	

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.