



Autumn Term Menu



FORERUNNER
MORE THAN JUST A MEAL



WEEK ONE

Choose from either...

Monday

- M** Pork Meatballs & Tomato Sauce* **DE**
- V** Veggie Balls and Tomato Sauce **DE**
- JP** Cheese **GE**

Served with
Pasta **DE** / Sweetcorn

Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

Tuesday

- M** Breaded Chicken Steak **DE**
- V** Vegan Quorn Dippers **DE**
- JP** Tuna & Sweetcorn with Mayo **GD**

Served with
Potato Bites **GDE** / Mixed Veg

Dessert
Flapjack **E**

Choose from either...

Wednesday

- M** Sausages and Gravy* **DE**
- V** Vegan Sausages & Gravy **GDE**
- JP** Chicken Korma **GE**

Served with
Roast Potatoes **GDE** / Carrots

Dessert
Frozen Fruit Smoothie **GDE**

Choose from either...

Thursday

- M** Chicken Fajitas **DE**
- V** Quorn Fajitas **D**
- JP** Baked Beans **GDE**

Served with
Wrap **DE** / Salad

Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

Friday

- M** Rice Crispy Coated Salmon **GDE**
- V** Veggie Lasagne **E**
- JP** Spaghetti Hoops **DE**

Served with
Saute Potatoes **GDE**
/ Garlic Bread **E** / Peas

Dessert
Lemon Cake

WEEK TWO

Choose from either...

Monday

- M** Chicken Korma **GE**
- V** Lentil Dahl **GDE**
- JP** Baked Beans **GDE**

Served with
Rice **GDE** / Mixed Veg

Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

Tuesday

- M** Roast Chicken & Gravy **GDE**
- V** Veggie Bake **GDEV**
- JP** Tuna Bagel with Carrots **D**

Served with
Roast Potatoes **GDE** /
Green Beans

Dessert
Jam Donut

Choose from either...

Wednesday

- M** Sausage Roll* **DE**
- V** Vegan Sausage Roll **DE**
- JP** Cheese **GE**

Served with
Skin-on Potato Wedges **GDE**
/ Baked Beans

Dessert
Fruit Loaf **DEV**

Choose from either...

Thursday

- M** Meatfree Bolognese **DE**
- V** Cheesy Pasta **E**
- JP** Tuna & Sweetcorn with Mayo **GD**

Served with
Pasta **DE** / Carrots

Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

Friday

- M** Beef Lasagne **E**
- V** Wholemeal Cheese & Tomato Pizza **E**
- JP** Chickpea Ratatouille **GDE**

Served with
Potato Bites **GDE** / Sweetcorn

Dessert
Mini pack Biscuits **E**

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WEEK THREE

Choose from either...

Monday

- M** Hot Dog* **DE**
- V** Veggie Dog **DE**
- JP** Chicken Korma **GE**

Served with
Roll / Baked Beans
/ Sweetcorn

Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

Tuesday

- M** Roast Ham* and Gravy **GDE**
- V** Quorn Fillet and Gravy **GD**
- JP** Spaghetti Hoops **DE**

Served with
Roast Potatoes **GDE** / Carrots

Dessert
Frozen Fruit Smoothie

Choose from either...

Wednesday

- M** Mild Chilli Con Carne **GDE**
- V** Three Bean Chilli **GDE**
- JP** Cheese **GE**

Served with
Mixed Grain Rice **GDE**
/ Sweetcorn

Dessert
Sponge & Custard

Choose from either...

Thursday

- M** Winter Chicken Casserole **GDE**
- V** Lentil Casserole **GDE**
- JP** Tuna & Sweetcorn with Mayo **GD**

Served with
Mashed Potato **GDE**
/ Mixed Veg

Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

Friday

- M** Breaded Fish **DE**
- V** Cheese Omelette **G**
- JP** Gluten Free Ratatouille
Pasta Salad **GDE**

Served with
Chips **GDE** / Peas

Dessert
Mini Muffin

Check the
Schedule

- M** - Main
- V** - Vegetarian
- JP** - Jacket Potato

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



FORERUNNER

MORE THAN JUST A MEAL

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- D** - Dairy Free
- G** - Gluten Free
- E** - Egg Free
- Vegan

* - Contains Pork

All meals
are served with
vegetables

Allergies and Free-From Meals

On our menu, after each meal are some, or one, or no letters - either D, G or E. These refer to allergies that affect some children.

- D** - Signifies that a meal is Dairy Free
- G** - Signifies that a meal is Gluten Free
- E** - Signifies that a meal is Egg Free
- V** - Signifies that a meal is Vegan

We have made sure that every day we have at least one option which is Dairy Free, one which is Gluten Free, one which is Egg Free and one which is Vegan. All our meals are Nut Free.

If your child has any of these special dietary requirements, please be sure to tick the box for the meal that suits your child each day.

Our seasonal menu is written using the School Food Plan guidelines and includes a variety of different protein sources, oily fish, two 50% fruit-based desserts a week and a meat-free day...

**Check the
Schedule
overleaf**

CENSUS DAY!

Choose from

M Beef Burger **DE**

V Veggie Burger **DE**

JP Cheese

Served With
Salad

Thursday
2nd October



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