



Summer Term Menu



FORERUNNER
MORE THAN JUST A MEAL

WEEK ONE

Choose from either...

Monday

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

Served with
Roll / Baked Beans

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
Fruit Loaf DEV ✓

Choose from either...

Wednesday

- M Roast Ham and Gravy* GDE
- V Vegan Sausages GDE ✓
- JP Spaghetti Hoops DE ✓

Served with
Roast Potatoes GDE / Carrots

Dessert
Vanilla & Strawberry Mousse GE

Choose from either...

Thursday

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

Served with
Rice GDE / Sweetcorn

Dessert
Donut

Choose from either...

Friday

- M Fishcake E
- V Veggie Bake GDE ✓
- JP Cream Cheese Bagel with Cucumber E

Served with
Skin-on Potato Wedges GDE / Peas

Dessert
Fresh Fruit GDE / Yoghurt GE

WEEK TWO

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 Roast Chicken and Gravy GDE
- V Roast Quorn GD
- JP Baked Beans GDE ✓

Served with
Roast Potatoes GDE / Mixed Veg

Dessert
Mini pack Biscuit E

Choose from either...

Wednesday

- M Cottage Pie GDE
- V Lentil Cottage Pie GDE ✓
- JP Tuna & Sweetcorn with Mayo GD

Served with
Mash GDE / Veg in cottage pie

Dessert
Mini Muffin

Choose from either...

Thursday

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

Served with
Saute Potatoes GDE / Garlic Bread E / Peas

Dessert
Fresh Fruit GDE / Yoghurt GE

Choose from either...

Friday

- M Sausage Roll* DE
- V Wholemeal Cheese & Tomato Pizza E
- JP Chickpea Ratatouille GDE ✓

Served with
Potato Bites GDE / Baked Beans

Dessert
Vanilla & Chocolate Mousse GE

WEEK THREE

Choose from either...

Monday

- M Chicken Korma GE
- V Lentil Dahl GDE ✓
- JP Cheese GE

Served with
Rice GDE / Mixed Veg

Dessert
Fresh Fruit GDE / Yoghurt GE

Choose from either...

Tuesday

- M Meatfree Bolognese DE ✓
- V Macaroni Cheese E
- JP Tuna & Sweetcorn with Mayo GD

Served with
Macaroni DE / Carrots

Dessert
Flapjack E

Choose from either...

Wednesday

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

Served with
Wrap DE / Salad

Dessert
Frozen Fruit Smoothie / Fruit GDE

Choose from either...

Thursday

- M Sausages and Gravy* DE
- V Veggie nuggets DE ✓
- JP Gluten Free Pesto Pasta Salad GE

Served with
Roast Potatoes GDE / Mixed Veg

Dessert
Yoghurt GE

Choose from either...

Friday

- M Fish Fingers DE
- V Omelette G
- JP Baked Beans GDE ✓

Served with
Saute Potatoes GDE / Peas

Dessert
Pancake

Check the
Schedule

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

APRIL

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			

MAY

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

JUNE

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				

JULY

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
15th May