



Spring Term Menu

WEEK ONE

Choose from either...

- M** Hot Dog in a Roll **• G**
- V** Veggie Dog in a Roll **G V6**
- JP** Chicken Korma **M**

Served with
Potato Bites / Sweetcorn

Dessert
Fruit **V6** / Yoghurt **M**

Choose from either...

- M** Breaded Chicken Steak **C**
- V** Veggie Bake **V6**
- JP** Tuna Bagel with Cucumber **G E**

Served with
Saute Potatoes / Mixed Veg

Dessert
Pancakes and Syrup **G M E**

Choose from either...

- M** Roast Ham *****
- V** Vegan Sausages **V6**
- JP** Cheese **M**

Served with
Roast Potatoes / Green Beans

Dessert
Flapjack **M C**

Choose from either...

- M** Beef Bolognais **G**
- V** Lentil Bolognais **G V6**
- JP** Tandoori Mayo Chicken **E**

Served with
Pasta **G** / Carrots

Dessert
Fruit **V6** / Yoghurt **M**

Choose from either...

- M** Breaded Fish **G**
- V** Veggie Lasagne **G M V**
- JP** Beans **V6**

Served with
Chips / Garlic Bread **G M** /
Garden peas

Dessert
Lemon Drizzle Cake **M E G**

Check the
Schedule

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

WEEK TWO

Choose from either...

- M** Pork Meatballs **• G**
- V** Veggie Balls **G V6**
- JP** Cheese **M**

Served with
Pasta **G** / Sweetcorn

Dessert
Fruit **V6** / Yoghurt **M**

Choose from either...

- M** Roast Chicken
- V** Cheese Omelette **E M**
- JP** Beans **V6**

Served with
Roast Potatoes / Carrots

Dessert
Fruit Loaf **G V6**

Choose from either...

- M** Pork Sausage Roll **• G**
- V** Vegan Sausage Roll **G V6**
- JP** Chilli Non Carne **V6**

Served with
Chips / Baked Beans

Dessert
Fruit **V6** / Yoghurt **M**

Choose from either...

- M** Creamy Chicken & Pepper Pasta **G M**
- V** Herby Tomato Pasta **G V6**
- JP** Tuna & Sweetcorn with Mayo **E**

Served with
Pasta **G** / Mixed Veg

Dessert
Banana Toffee Loaf **E G M**

Choose from either...

- M** Bubble Salmon
- V** Cheese and Tomato Pizza **M G**
- JP** Beans **V6**

Served with
Saute Potatoes / Peas

Dessert
Frozen Smoothie **V6**

WEEK THREE

Choose from either...

- M** Chicken Korma **M**
- V** Lentil Dahl **V6**
- JP** Spaghetti Hoops **G**

Served with
Rice / Mixed Veg

Dessert
Fruit **V6** / Yoghurt **M**

Choose from either...

- M** Beef Burger **C**
- V** Veggie Burger **C V6**
- JP** Cheese **M**

Served with
Potato Wedges / Baked Beans

Dessert
Custard Donut **G**

Choose from either...

- M** Meat-Free Bolognais **C V6**
- V** Cheesy Pasta **M G**
- JP** Chickpea Ratatouille **V6**

Served with
Pasta **G** / Sweetcorn

Dessert
Fruit **V6** / Yoghurt **M**

Choose from either...

- M** Pork Sausages and Gravy **• G**
- V** Vegan Quorn Fillet and Gravy **V6**
- JP** Cream Cheese Bagel + Carrot Sticks **M G**

Served with
Mash / Carrots

Dessert
Mini Biscuits **G V6**

Choose from either...

- M** Fish Fingers **G**
- V** Vegan Quorn Dippers **G V6**
- JP** Gluten Free Med Veg Pasta **V6**

Served with
Potato Bites / Peas

Dessert
Muffins **M E G**



FORERUNNER
MORE THAN JUST A MEAL



We only declare milk, egg, and gluten on the menus where they are present as an ingredient. For full ingredient and allergen information, please get in touch with us.

JANUARY

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

FEBRUARY

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

MARCH

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

- M** Contains Milk
- G** Contains Gluten
- E** Contains Egg
- *** Contains Pork
- V** Vegetarian
- VG** Vegan

All meals are served with vegetables

Please note. We work from a nut free premises but some purchased items may contain traces of nuts.



FORERUNNER
MORE THAN JUST A MEAL

HOT MEALS ON WHEELS.COM

Allergies and Free-From Meals

On our menu, you may see one, several, or none of the following letters after each meal: **M, G, E, *, V, VG.**

These indicate ingredients that may affect children with specific allergies or dietary needs. Please refer to the key below for details:

- M** Signifies that a meal contains **Milk**
- G** Signifies that a meal contains **Gluten**
- E** Signifies that a meal contains **Egg**
- *** Signifies that a meal contains **Pork**
- V** Signifies that a meal is **Vegetarian**
- VG** 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

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THURSDAY
15TH JANUARY

CENSUS DAY

Choose from

- M** Chicken Nuggets **G**
- V** Vegan Nuggets **G** **VG**
- JP** Cheese **M**

Served with

- Potato Bites / Peas

Dessert

- Party rings **G**

FORERUNNER
MORE THAN JUST A MEAL
HOTMEALSONWHEELS.COM