



Spring Term Menu

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.



FORERUNNER
MORE THAN JUST A MEAL



WEEK ONE

Choose from either...

Monday

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

Served with
Potato Bites / Sweetcorn

Dessert
Fruit **VG** / Yoghurt **M**

Choose from either...

Tuesday

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

Served with
Saute Potatoes / Mixed Veg

Dessert
Pancakes and Syrup **G M E**

Choose from either...

Wednesday

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

Served with
Roast Potatoes / Green Beans

Dessert
Flapjack **M G**

Choose from either...

Thursday

- M** Beef Bolognaise **G**
- V** Lentil Bolognaise **G VG**
- JP** Tandoori Mayo Chicken **E**

Served with
Pasta **G** / Carrots

Dessert
Fruit **VG** / Yoghurt **M**

Choose from either...

Friday

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

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

Dessert
Lemon Drizzle Cake **M E G**

WEEK TWO

Choose from either...

Monday

- M** Pork Meatballs *** G**
- V** Veggie Balls **G VG**
- JP** Cheese **M**

Served with
Pasta **G** / Sweetcorn

Dessert
Fruit **VG** / Yoghurt **M**

Choose from either...

Tuesday

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

Served with
Roast Potatoes / Carrots

Dessert
Fruit Loaf **G VG**

Choose from either...

Wednesday

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

Served with
Chips / Baked Beans

Dessert
Fruit **VG** / Yoghurt **M**

Choose from either...

Thursday

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

Served with
Pasta **G** / Mixed Veg

Dessert
Banana Toffee Loaf **E G M**

Choose from either...

Friday

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

Served with
Saute Potatoes / Peas

Dessert
Frozen Smoothie **VG**

WEEK THREE

Choose from either...

Monday

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

Served with
Rice / Mixed Veg

Dessert
Fruit **VG** / Yoghurt **M**

Choose from either...

Tuesday

- M** Beef Burger **G**
- V** Veggie Burger **G VG**
- JP** Cheese **M**

Served with
Potato Wedges / Baked Beans

Dessert
Custard Donut **G**

Choose from either...

Wednesday

- M** Meat-Free Bolognaise **G VG**
- V** Cheesy Pasta **M G**
- JP** Chickpea Ratatouille **VG**

Served with
Pasta **G** / Sweetcorn

Dessert
Fruit **VG** / Yoghurt **M**

Choose from either...

Thursday

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

Served with
Mash / Carrots

Dessert
Mini Biscuits **G VG**

Choose from either...

Friday

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

Served with
Potato Bites / Peas

Dessert
Muffins **M E G**

Check the
Schedule

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

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
29	30	31				

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

All meals
are served with
vegetables

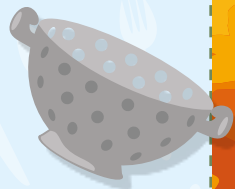
Please note. We
work from a nut free
premises but some
purchased items
may contain traces
of nuts.



FORERUNNER
MORE THAN JUST A MEAL

HOTMEALSONWHEELS.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**

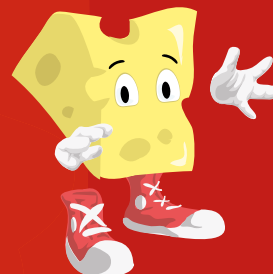
JP Cheese **M**

Served with

Potato Bites / Peas

Dessert

Party rings **G**



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