

Summer Term Menu



WEEK ONE

Monday
Choose from either...
 M Pork Meatballs* & Tomato Sauce DE
 V Veggie Balls & Tomato Sauce DEV
 JP Cheese GE
Served with
 Pasta DE / Mixed Veg
Dessert
 Fresh Fruit GDE / Yoghurt GE

Tuesday
Choose from either...
 M Chicken Casserole ODE
 V Quorn Casserole GD
 JP Baked Beans ODEV
Served with
 Rice GDE / Sweetcorn
Dessert
 Cake Slice GD

Wednesday
Choose from either...
 M Roast Beef and Gravy ODE
 V Three Bean Casserole ODEV
 JP Tuna & Sweetcorn Mayo GD
Served with
 Roast Potatoes GDE / Carrots
Dessert
 Fresh Fruit GDE / Yoghurt GE

Thursday
Choose from either...
 M Italian Chicken DE
 V Lentil Bolognese DEV
 JP Cheese GDE
Served with
 Pasta DE / Mixed Veg
Dessert
 Vanilla & Strawberry Mousse GE

Friday
Choose from either...
 M Fish Fingers DE
 V Vegan Sausages ODEV
 S Vegetable Pasta Salad E
Served with
 Saute Potatoes GDE / Garden Peas
Dessert
 Blueberry Muffin E

WEEK TWO

Monday
Choose from either...
 M Chicken Korma GE
 V Lentil Dahl ODEV
 JP Spaghetti Hoops DEV
Served with
 Rice GDE / Mixed veg
Dessert
 Fresh Fruit GDE / Yoghurt GE

Tuesday
Choose from either...
 M Sausage Roll* DE
 V Vegan Sausage Roll DEV
 JP Cheese GE
Served with
 Skin-on Potato Wedges GDE / Baked Beans
Dessert
 Mini Biscuit Pack E

Wednesday
Choose from either...
 M Beef Bolognese DE
 V Veggie Lasagne E
 JP Baked Beans ODEV
Served with
 Pasta GDE / Garlic Bread / Sweetcorn
Dessert
 Fresh Fruit GDE / Yoghurt GE

Thursday
Choose from either...
 M Roast Chicken and Gravy ODE
 V Cheese & Onion Pasty E
 JP Chilli Non Carne ODEV
Served with
 Roast Potatoes GDE / Carrots
Dessert
 Frozen Fruit Smoothie GDE

Friday
Choose from either...
 M Rice Crispy Coated Fish GDE
 V Veggie nuggets DEV
 S Wholemeal Cheese & Tomato Pizza E
Served with
 Potato Bites GDE / Garden Peas
Dessert
 Pancake

WEEK THREE

Monday
Choose from either...
 M Hot Dog* DE
 V Veggie Dogs DEV
 JP Cheese GE
Served with
 Baked Beans / Sweetcorn
Dessert
 Fresh Fruit GDE / Yoghurt GE

Tuesday
Choose from either...
 M Meatfree Bolognese ODEV
 V Cheesy Pasta E
 JP Baked Beans ODEV
Served with
 Pasta DE / Mixed veg
Dessert
 Mini Flapjack E

Wednesday
Choose from either...
 M Breaded Chicken Steak DE
 V Vegetable Fingers DEV
 JP Cheese GE
Served with
 Oven Baked Chips GDE / Peas
Dessert
 Fresh Fruit GDE / Yoghurt GE

Thursday
Choose from either...
 M Mild Chilli Con Carne GDE
 V Chickpea Ratatouille ODEV
 JP Sausage & Beans* DE
Served with
 Rice GDE / Sweetcorn
Dessert
 Vanilla & Chocolate Mousse GE

Friday
Choose from either...
 M Roast Pork Loin & Gravy* GDE
 V Vegan Quorn & Gravy DEV
 S Salmon & Cream Cheese Bagel E with Cucumber
Served with
 Roast Potatoes GDE / Carrots
Dessert
 Brownie Bites D

Check the Schedule

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

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					



- D - Dairy Free
 - G - Gluten Free
 - E - Egg Free
 - V - 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

We have made sure that every day we have at least one option which is Dairy Free, one which is Gluten Free and one that is Egg Free. 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 BURGERS

Choose from

- M** Beef Burgers **DE**
- V** Veggie Burgers **DE**
- JP** Cheese Jacket **GE**

Dessert

- Mini Jammie Dodgers **DE**

Thursday
May 18th

 **FORERUNNER**
MORE THAN JUST A MEAL
WWW.HOTMEALSONWHEELS.COM

Gluten free and dairy free option is available.
Please call or email Forerunner directly on 01202 434 555 or meals@hotmealsonwheels.com

