

Forerunner Ingredients List for Summer 2026

Monday Week 1

Ingredients

Hot Dog

Chicken, Water, Pork, Potato Starch, Chicken Fat, Salt, Triphosphates, Spices, Sodium Ascorbate, Dextrose, Yeast Extract, Flavouring, Herbs, Spice Extracts, Smoke Flavouring, Sodium Nitrite, Sodium Alginate Casing

Veggie Dog

Water, Vegetable Fat (Coconut), Wheat Gluten [WHEAT / GLUTEN], Soya Protein [SOYA], Potato Starch, Modified Starch, Salt, Soya Flavouring [SOYA], Mustard, Onion Powder, Guar Gum, Seasoning (Salt, Starch (Maize Flour, Potato), Celery, Spice Extracts, Maltodextrin) [CELERY], Colour (Iron, Hydroxides, Paprika Extract, Ammonia Caramel), Smoke Flavouring, Sunflower Oil, Preservatives (Sodium Sulphite [SULPHITES], Sulphur Dioxide) [SULPHITES]

Chicken Korma Jacket

Potato, Chicken, Tomato Purée, Sugar, Single Cream [MILK / DAIRY], Coconut, Modified Maize Starch, Lemon Juice, Whey Powder [MILK / DAIRY], Onion, Garlic Purée, Ginger Purée, Salt, Lactic Acid, Fennel, Coriander, Cumin, Cassia, Ginger, Cardamom, Turmeric, Fenugreek

Potato Bites

Potato, Vegetable Oil, Salt, Dextrose, Onion Powder, Methyl Cellulose, Spices

Sweetcorn (in plastic gastros)

Sweetcorn

Yoghurt/Fruit

Fruit (Banana, Apple, Pear, Satsuma), Yoghurt [MILK / DAIRY]

Forerunner Ingredients List for Summer 2026

Tuesday Week 1 Ingredients

Roast Chicken Chicken, Bisto Gluten Free Gravy (Maltodextrin, Potato Starch, Salt, Flavouring, Colour (Caramel), Vegetable Oil (Palm Oil, Rapeseed Oil, Sunflower Oil), Sugar, Stabiliser (Guar Gum), Onion Powder, Yeast Extract)

Roast Vegan Quorn Quorn (Mycoprotein, Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, Wheat Gluten [WHEAT / GLUTEN], Carrageenan) [WHEAT / GLUTEN]

Baked Beans Jacket Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring

Roast Potatoes Potato, Rapeseed Oil, Salt, White Pepper

Carrots Carrots

Fruit Loaf Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Water, Fruit Pieces, Wheat Fibre [WHEAT / GLUTEN], Palm Fat, Pectin, Malic Acid, Concentrate of Carrot, Pumpkin, Blueberry, Natural Flavouring, Sugar, Modified Maize Starch, Fruit Puree, Partially Inverted Sugar Syrup, Malted Barley Flour, Vegetable Fat (Rapeseed, Palm), Salt, Yeast, Calcium Propionate, Rice Starch

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Wednesday Week 1 Ingredients

Sausage Roll

Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Vegetable Oil, Salt, Mono- and Di-Glycerides of Fatty Acids, Pork, Rusk (Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN]) [WHEAT / GLUTEN], Potato Starch, Pork Fat, Dextrose, Yeast Extract, Caramelised Sugar Powder, Disodium Diphosphate, Pentasodium Triphosphate, Sodium Sulphite [SULPHITES], Sugar, Ascorbic Acid, Marjoram, Thyme, Pepper, Mixed Herbs

Vegan Sausage Roll

Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Vegetable Oil, Salt, Mono- and Di-Glycerides of Fatty Acids, Wheat Protein, Rusk (Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN]) [WHEAT / GLUTEN], Palm Oil, Dextrose, Methyl Cellulose, Potato Starch, Yeast Extract, Rice Flour, Black Pepper, Colour (Beetroot Red), Carotene, Paprika Extract

Cheese Jacket

Potato, Cheese [MILK / DAIRY]

Wedges

Potato, Sunflower Oil

Baked Beans (in plastic gastros)

Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring

Fruit Smoothie

Water, Fruit Puree, Sugar, Glucose Syrup, Mono- and Di-Glycerides of Fatty Acids, Stabiliser (Locust Bean Gum, Carboxymethyl Cellulose, Guar Gum), Citric Acid, Flavouring

Forerunner Ingredients List for Summer 2026

Thursday Week 1 Ingredients

Chicken Fajitas

Chicken, Modified Tapioca Starch, Salt, Stabiliser (Triphosphates), Onion, Peppers, Tomato Purée, Water, Tomato, Sugar, Modified Maize Starch, Rapeseed Oil, Citric Acid, Garlic Powder, Basil, Black Pepper, Oregano, Chillies, Onion Powder, Cinnamon, Nutmeg

Quorn Fajitas

Mycoprotein, Egg [EGGS], Natural Flavouring, Calcium Chloride, Calcium Acetate, Tomato, Onion, Peppers, Salt, Paprika, Chillies, Sugar, Onion Powder, Garlic Powder, Cinnamon, Nutmeg, Citric Acid, Tomato Purée, Water, Modified Maize Starch, Rapeseed Oil, Basil, Black Pepper, Oregano

Tuna Bagel with Cucumber

Bagel (Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Water, Sugar, Maize Flour, Rapeseed Oil, Yeast, Salt, Wheat Gluten [WHEAT / GLUTEN], Malted Barley Flour, Ascorbic Acid) [GLUTEN, WHEAT / GLUTEN, RYE / GLUTEN, BARLEY / GLUTEN], Tuna, Salt, Mayonnaise (Water, Rapeseed Oil, Egg [EGGS], Sugar, Modified Maize Starch, Acetic Acid, Stabiliser (Xanthan Gum), Salt, Lactic Acid, Potassium Sorbate) [EGGS], Sweetcorn, Cucumber

Rice

Brown Rice, White Rice

Mixed Veg (in metal gastros)

Carrots, Peas, Green Beans, Broad Beans, Sweetcorn

Yoghurt/Fruit

Fruit (Banana, Apple, Pear, Satsuma), Yoghurt [MILK / DAIRY]

Forerunner Ingredients List for Summer 2026

Friday Week 1

Ingredients

Bubble Salmon MSC Certified Salmon [FISH], Rice Flour, Vegetable Fibre, Dextrose, Rapeseed Oil, Water, Starch (Maize Flour, Potato), Cornflour, Salt, Spices (White Pepper, Paprika, Black Pepper), Onion Powder, Stabiliser (Xanthan Gum)

Cheese Omelette Egg [EGGS], Milk [MILK / DAIRY], Rapeseed Oil, Cheese [MILK / DAIRY], Xanthan Gum, Salt, White Pepper

Baked Beans Jacket Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring

Saute Potatoes Potato, Vegetable Oil

Peas Peas

Jam Donut Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Water, Apple & Raspberry Jam (Glucose Syrup, Apple Pureé, Sugar, Raspberry Pureé, Citric Acid, Trisodium Citrate, Anthocyanins, Pectin, Flavouring), Palm Oil, Rapeseed Oil, Glucose Syrup, Cornflour, Sugar, Dextrose, Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphates, Salt, Wheat Gluten [WHEAT / GLUTEN], Soya Flour [SOYA], Yeast, Flour Treatment Agent (Ascorbic Acid)

Forerunner Ingredients List for Summer 2026

Monday Week 2

Ingredients

Chicken Korma Chicken, Tomato Purée, Sugar, Single Cream [MILK / DAIRY], Coconut, Modified Maize Starch, Lemon Juice, Whey Powder [MILK / DAIRY], Onion, Garlic Purée, Ginger Purée, Salt, Lactic Acid, Fennel, Coriander, Cumin, Cassia, Ginger, Cardamom, Turmeric, Fenugreek

Lentil Dahl Lentils, Onion, Tomato, Curry Paste, Coconut

Spaghetti Hoops Potato, Wholewheat Pasta Loops [WHEAT / GLUTEN], Water, Durum Wholewheat Semolina [WHEAT / GLUTEN], Tomato Purée, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Ascorbic Acid, Rapeseed Oil, Paprika, Onion Powder, Yeast Extract, Paprika Extract, Flavouring

Rice Brown Rice, White Rice

Mixed Veg (in metal gastros) Carrots, Peas, Green Beans, Broad Beans, Sweetcorn

Mini Flapjack Oats [GLUTEN, OATS / GLUTEN], Partially Inverted Sugar Syrup, Glucose-Fructose Syrup, Sugar, Butter [MILK / DAIRY], Wholemeal Wheat Flour [WHEAT / GLUTEN], Vegetable Oil (Palm Oil), Salt, Raising Agent (Sodium Bicarbonate, Ammonium Bicarbonate)

Forerunner Ingredients List for Summer 2026

Tuesday Week 2 Ingredients

Roast Ham Gammon Ham

Vegan Sausages Pea Protein, Rapeseed Oil, Onion, Potato Starch, Methyl Cellulose, Seasoning (Onion Powder, Sage, Tomato Powder, Yeast Extract, Black Pepper, White Pepper, Fennel, Nutmeg, Mace, Marjoram, Rosemary, Bay, Paprika), Broad Bean Powder, Apple Juice Concentrate, Citrus Fibre, Carrot Powder, Pumpkin Powder, Salt, Natural Flavouring, Calcium Alginate Casing

Chicken Salad Wrap Chicken, Mayonnaise (Water, Rapeseed Oil, Egg [EGGS], Sugar, Modified Maize Starch, Acetic Acid, Stabiliser (Xanthan Gum), Salt, Lactic Acid, Potassium Sorbate) [EGGS], Peppers, Cucumber, Sweetcorn, Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Diphosphates, Sodium Carbonate, Malic Acid, Salt

Roast Potatoes Potato, Rapeseed Oil, Salt, White Pepper

Green Beans Green Beans

Yoghurt/Fruit Fruit (Banana, Apple, Pear, Satsuma), Yoghurt [MILK / DAIRY]

Forerunner Ingredients List for Summer 2026

Wednesday Week 2 Ingredients

Meatfree Bolognese Soya Mince (Soya Protein [SOYA], Caramel, Flavouring, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Citric Acid, White Pepper) [SOYA], Onion, Tomato, Tomato Purée, Carrots, Bisto Gluten Free Gravy (Maltodextrin, Potato Starch, Salt, Flavouring, Colour (Caramel), Vegetable Oil (Palm Oil, Rapeseed Oil, Sunflower Oil), Sugar, Stabiliser (Guar Gum), Onion Powder, Yeast Extract), Oregano

Cheese Sauce Cheese [MILK / DAIRY], Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Cornflour, Whey Powder [MILK / DAIRY], Palm Oil, Whole Milk Powder [MILK / DAIRY], Sugar, Sunflower Oil, Yeast Extract, Onion Powder, Spices, Ground Bay Leaf, Bechamel Sauce (Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Cornflour, Whey Powder [MILK / DAIRY], Palm Oil, Whole Milk Powder [MILK / DAIRY], Sugar, Salt, Sunflower Oil, Yeast Extract, Onion Powder, Spices, Bay, Cheese [MILK / DAIRY], Water) [WHEAT / GLUTEN, MILK / DAIRY]

Chickpea Ratatouille Jacket Potato, Chickpeas, Aubergine, Courgette, Peppers, Onion, Tomato, Tomato Paste

Pasta Pasta [WHEAT / GLUTEN], Durum Wheat Semolina [WHEAT / GLUTEN]

Sweetcorn (in metal gastros) Sweetcorn

Vanilla and Chocolate Mousse Water, Sugar, Palm Oil, Whey Solids, Whey Powder [MILK / DAIRY], Dextrose, Cocoa Powder, Skimmed Milk Powder, Buttermilk Powder, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids), Stabiliser (Guar Gum, Locust Bean Gum, Sodium Alginate), Flavouring, Colour (Beta-carotene)

Forerunner Ingredients List for Summer 2026

Thursday Week 2 Ingredients

Beef Burger Beef, Water, Onion, Rice Flour, Gram Flour, Salt, Sugar, Black Pepper, Modified Maize Starch, Ascorbic Acid, Dextrose, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids)

Veggie Burger Carrots, Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Yeast, Dextrose, Salt, Paprika, Turmeric, Onion, Peas, Sweetcorn, Water, Potato, Rapeseed Oil, Potato Starch, Sugar, Yeast Extract, Onion Powder, White Pepper, Palm Oil, Mono- and Di-Glycerides of Fatty Acids, Calcium Propionate, Ascorbic Acid

Tandoori Chicken Mayo Jacket Potato, Chicken, Cucumber, Mayonnaise (Water, Rapeseed Oil, Egg [EGGS], Sugar, Modified Maize Starch, Acetic Acid, Stabiliser (Xanthan Gum), Salt, Lactic Acid, Potassium Sorbate) [EGGS]

Wedges Potato, Sunflower Oil

Salad Cucumber, Red Peppers, Sweetcorn

Yoghurt/Fruit Fruit (Banana, Apple, Pear, Satsuma), Yoghurt [MILK / DAIRY]

Forerunner Ingredients List for Summer 2026

Friday Week 2

Ingredients

Breaded Fish

Alaska Pollock [FISH], Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Water, Rapeseed Oil, Modified Maize Starch, Salt, Yeast, Ammonium Carbonate

Veggie Lasagne

Pasta (Durum Wheat Semolina [WHEAT / GLUTEN]) [WHEAT / GLUTEN], Onion, Tomato, Peppers, Aubergine, Courgette, Bisto Gluten Free Gravy (Maltodextrin, Potato Starch, Salt, Flavouring, Colour (Caramel), Vegetable Oil (Palm Oil, Rapeseed Oil, Sunflower Oil), Sugar, Stabiliser (Guar Gum), Onion Powder, Yeast Extract), Mixed Herbs, Bechamel Sauce (Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Cornflour, Whey Powder [MILK / DAIRY], Palm Oil, Whole Milk Powder [MILK / DAIRY], Sugar, Salt, Sunflower Oil, Yeast Extract, Onion Powder, Spices, Bay, Cheese [MILK / DAIRY], Water) [WHEAT / GLUTEN, MILK / DAIRY]

Baked Beans Jacket

Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring

Chips

Potato, Sunflower Oil, Potato Starch, Rice Flour, Pea Fibre, Salt, Potato Dextrin, Disodium Diphosphate, Sodium Carbonate, Dextrose, Maltodextrin, Turmeric, Xanthan Gum

Garlic Bread

Bread [WHEAT / GLUTEN], Butter [MILK / DAIRY], Garlic, Parsley

Peas

Peas

Lemon Drizzle

Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Egg [EGGS], Water, Rapeseed Oil, Fondant (Sugar, Water), Sugar, Glucose Syrup, Modified Maize Starch, Lemon Juice, Milk Protein [MILK / DAIRY], Raising Agent (Disodium Diphosphate, Potassium Carbonate), Mono- and Di-Glycerides of Fatty Acids, Glycerol, Lemon Curd (Sugar, Water, Glucose Syrup, Palm Oil, Wheat Starch [WHEAT / GLUTEN], Egg Powder [EGGS], Rapeseed Oil, Pectin) [WHEAT / GLUTEN, EGGS], Lemon Oil, Salt, Colour (Curcumin), Citric Acid, Acetic Acid

Forerunner Ingredients List for Summer 2026

Monday Week 3

Ingredients

Pork Meatballs & Tomato Sauce

Pork, Onion, Rusk (Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN]) [WHEAT / GLUTEN], Rapeseed Oil, Salt, Spices (White Pepper, Nutmeg), Onion Powder, Yeast Extract, Tomato & Herb Sauce (Tomato Purée, Tomato, Sugar, Modified Maize Starch, Rapeseed Oil, Salt, Basil, Citric Acid, Garlic Powder, Black Pepper, Oregano)

Veggie Balls

Soya Protein [SOYA], Onion, Sunflower Oil, Tomato Paste, Chickpea Flour, Methyl Cellulose, Brown Sugar, Parsley, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Garlic Powder, Colour (Caramel), Natural Flavouring, Black Pepper, Tomato & Herb Sauce (Tomato Purée, Tomato, Sugar, Modified Maize Starch, Rapeseed Oil, Salt, Basil, Citric Acid, Garlic Powder, Black Pepper, Oregano)

Cheese Jacket

Potato, Cheese [MILK / DAIRY]

Pasta

Pasta [WHEAT / GLUTEN], Durum Wheat Semolina [WHEAT / GLUTEN]

Mixed Veg (in metal gastros)

Carrots, Peas, Green Beans, Broad Beans, Sweetcorn

Jammie Dodgers

Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Raspberry Flavour Apple Jam (Glucose-Fructose Syrup, Apples (Sulphites), Sugar Humectant (Glycerol), Citric Acid, Flavouring, Acidity Regulator, Colour (Anthocyanins, Annatto Norbixin), Gelling Agent (Pectin)) [SULPHITES], Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup, Raising Agent (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Flavouring

Forerunner Ingredients List for Summer 2026

Tuesday Week 3

Ingredients

Breaded Chicken Fillet

Chicken, Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Durum Wheat Semolina [WHEAT / GLUTEN], Rice Flour, Wheat Starch [WHEAT / GLUTEN], Wheat Gluten [WHEAT / GLUTEN], Rapeseed Oil, Salt, Yeast, Dextrose, Pea Fibre, Stabiliser (Triphosphates), Onion Powder, Sugar, Yeast Extract, Garlic Powder, White Pepper, Sage, Lemon Juice

Gluten Free Veggie Bake

Onion, Peas, Carrots, Red Kidney Beans, Haricot Beans, White Rice, Gluten-Free Breadcrumbs (Rice Flour, Gram Flour, Modified Maize Starch, Salt, Rapeseed Oil, Dextrose), Sunflower Oil, Potato, Modified Maize Starch, Rapeseed Oil, Maize Flour, Rice Flour, Salt, Garlic Purée, Tomato Powder, Black Pepper, Cayenne Pepper, Coriander Seed, Xanthan Gum, Oregano

Cream Cheese Bagel with Carrot Sticks

Bagel (Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Water, Sugar, Maize Flour, Rapeseed Oil, Yeast, Salt, Wheat Gluten [WHEAT / GLUTEN], Malted Barley Flour, Ascorbic Acid) [GLUTEN, WHEAT / GLUTEN, RYE / GLUTEN, BARLEY / GLUTEN], Cream Cheese (Skimmed Milk, Cream, Salt, Bacterial Starter Culture), Carrots

Wedges

Potato, Sunflower Oil

Baked Beans (in plastic gastros)

Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring

Yoghurt/Fruit

Fruit (Banana, Apple, Pear, Satsuma), Yoghurt [MILK / DAIRY]

Forerunner Ingredients List for Summer 2026

Wednesday Week 3 Ingredients

Chicken in Tomato Sauce Chicken, Tomato & Herb Sauce (Tomato Purée, Tomato, Sugar, Modified Maize Starch, Rapeseed Oil, Salt, Basil, Citric Acid, Garlic Powder, Black Pepper, Oregano), Tomato, Onion, Oregano, Tomato Paste

Chickpea Ratatouille Chickpeas, Aubergine, Courgette, Peppers, Onion, Tomato, Tomato Paste

Tuna Sweetcorn and Mayo Jacket Potato, Tuna, Salt, Sweetcorn, Mayonnaise (Water, Rapeseed Oil, Egg [EGGS], Sugar, Modified Maize Starch, Acetic Acid, Stabiliser (Xanthan Gum), Salt, Lactic Acid, Potassium Sorbate) [EGGS]

Rice Brown Rice, White Rice

Sweetcorn (in metal gastros) Sweetcorn

Fruit Smoothie Water, Fruit Puree, Sugar, Glucose Syrup, Mono- and Di-Glycerides of Fatty Acids, Stabiliser (Locust Bean Gum, Carboxymethyl Cellulose, Guar Gum), Citric Acid, Flavouring

Forerunner Ingredients List for Summer 2026

Thursday Week 3 Ingredients

Pork Sausages

Pork, Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Pork Rind, Pork Fat, Salt, Dextrose, Spices (Black Pepper, White Pepper), Stabiliser (Tetrasodium Diphosphate, Disodium Diphosphate), Raising Agent (Ammonium Carbonate), Yeast Extract, Sodium Sulphite [SULPHITES], Sugar, Spices (Coriander, Nutmeg), Sodium Ascorbate, Sage, Beef Collagen Casing (Beef Collagen, Water, Cellulose)

Quorn Vegan Dippers

Mycoprotein, Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Vegetable Oil (Sunflower Oil, Rapeseed Oil), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, Wheat Gluten [WHEAT / GLUTEN], Maize Flour, Stabiliser (Carrageenan), Wheat Starch [WHEAT / GLUTEN], Raising Agent (Ammonium Carbonate, Diphosphates), Sodium Bicarbonate, Dextrose, Durum Wheat Semolina [WHEAT / GLUTEN], Turmeric Extract

Chilli Non Carne Jacket

Potato, Soya Mince (Soya Protein [SOYA], Caramel, Flavouring, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Citric Acid, White Pepper) [SOYA], Tomato, Tomato Paste, Baked Beans, Chilli Powder, Peppers, Onion, Bisto Gluten Free Gravy (Maltodextrin, Potato Starch, Salt, Flavouring, Colour (Caramel), Vegetable Oil (Palm Oil, Rapeseed Oil, Sunflower Oil), Sugar, Stabiliser (Guar Gum), Onion Powder, Yeast Extract), Water

Roast Potatoes

Potato, Rapeseed Oil, Salt, White Pepper

Carrots

Carrots

Yoghurt/Fruit

Fruit (Banana, Apple, Pear, Satsuma), Yoghurt [MILK / DAIRY]

Forerunner Ingredients List for Summer 2026

Friday Week 3

Ingredients

Beef Lasagne

Pasta (Durum Wheat Semolina [WHEAT / GLUTEN]) [WHEAT / GLUTEN], Beef, Onion, Tomato, Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Milk [MILK / DAIRY], Butter [MILK / DAIRY], Cheese [MILK / DAIRY], Bisto Gluten Free Gravy (Maltodextrin, Potato Starch, Salt, Flavouring, Colour (Caramel), Vegetable Oil (Palm Oil, Rapeseed Oil, Sunflower Oil), Sugar, Stabiliser (Guar Gum), Onion Powder, Yeast Extract), Mixed Herbs, Bechamel Sauce (Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Cornflour, Whey Powder [MILK / DAIRY], Palm Oil, Whole Milk Powder [MILK / DAIRY], Sugar, Salt, Sunflower Oil, Yeast Extract, Onion Powder, Spices, Bay, Cheese [MILK / DAIRY], Water) [WHEAT / GLUTEN, MILK / DAIRY]

Cheese & Tomato Pizza

Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Water, Wholemeal Wheat Flour [WHEAT / GLUTEN], Yeast, Psyllium Husk Powder, Rapeseed Oil, Dried Seaweed, Salt, Mozzarella Cheese [MILK / DAIRY], Mature Cheddar Cheese [MILK / DAIRY], Potato Starch, Tomato Sauce (Tomato, Salt, Sunflower Oil, Sugar, Pepper, Garlic, Citric Acid, Basil, Oregano), Red Pepper Paste (Red Peppers, White Wine Vinegar, Sunflower Oil, Salt)

Gluten Free Ratatouille Pasta Salad

Cornflour, Brown Rice Flour, Rice Flour, Potato Starch, Quinoa Flour, Aubergine, Courgette, Peppers, Onion, Tomato, Tomato Paste, Tomato & Basil Sauce (Tomato, Tomato Purée, Sugar, Extra Virgin Olive Oil, Modified Maize Starch, Lemon Juice, Garlic Purée, Salt, Acidity Regulator, Basil, Onion Powder, Oregano, Black Pepper)

Potato Bites

Potato, Vegetable Oil, Salt, Dextrose, Onion Powder, Methyl Cellulose, Spices

Peas

Peas

Mini Muffins

Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Rapeseed Oil, Egg [EGGS], Sugar, Blueberries, Whey Powder [MILK / DAIRY], Cornflour, Wheat Starch [WHEAT / GLUTEN], Raising Agent (Disodium Diphosphate, Potassium Carbonate), Flavouring
