

Forerunner Ingredients List for Autumn 2026

Monday Week 1 Ingredients

Hot Dog Chicken, Water, Pork [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]

Coronation Chicken Jacket Potato, Chicken, Mayonnaise (Water, Rapeseed Oil, Egg [EGGS], Sugar, Modified Maize Starch, Acetic Acid, Stabiliser (Xanthan Gum), Salt, Lactic Acid, Potassium Sorbate) [EGGS], Tandoori Spice Mix (Coriander, Paprika, Salt, Garlic, Chilli Powder, Cumin, Fenugreek, Onion Powder, Celery Flavouring [CELERY], Citric Acid, Ginger, Cinnamon, Cloves, Sugar, Star anise, Fennel, Anti-caking Agent ()), Raisins, Coriander

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

Carrots Carrots

Jammie Dodgers Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Raspberry Flavour Apple Jam (Glucose-Fructose Syrup, Apples (Sulphites), Sugar Humecent (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 Autumn 2026

Tuesday Week 1 Ingredients

Mexican Chicken	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
Mexican Quorn	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
Baked Beans Jacket	Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring
Rice	Brown Rice, White Rice
Sweetcorn (in plastic gastros)	Sweetcorn
Yoghurt/Fruit	Fruit (Banana, Apple, Pear, Satsuma), Yoghurt [MILK / DAIRY]

Forerunner Ingredients List for Autumn 2026

Wednesday Week 1 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
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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]
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Chickpea Ratatouille Jacket	Potato, Chickpeas, Aubergine, Courgette, Peppers, Onion, Tomato, Tomato Paste
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Pasta	Pasta [WHEAT / GLUTEN], Durum Wheat Semolina [WHEAT / GLUTEN]
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Mixed Veg (in metal gastros)	Carrots, Peas, Green Beans, Broad Beans, Sweetcorn
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Jelly - Strawberry	Sugar, Maltodextrin, Carrageenan, Citric Acid, Tripotassium Citrate, Colour (Beetroot Red), Colour (Colour ()), Flavouring
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Forerunner Ingredients List for Autumn 2026

Thursday Week 1 Ingredients

Pork Sausages	Pork [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)
Roast Vegan Quorn	Quorn (Mycoprotein, Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, Wheat Gluten [WHEAT / GLUTEN], Carrageenan) [WHEAT / GLUTEN]
Cheese Jacket	Potato, Cheese [MILK / DAIRY]
Mash	Potato, Rapeseed Oil, Palm Oil, Salt, Mono- and Di-Glycerides of Fatty Acids, White Pepper, Flavouring
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

Forerunner Ingredients List for Autumn 2026

Friday Week 1	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)
Baked Beans Jacket	Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring
Garlic Bread	Bread [WHEAT / GLUTEN], Butter [MILK / DAIRY], Garlic, Parsley
Wedges	Potato, Sunflower 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 Autumn 2026

Monday Week 2 Ingredients

Pork Meatballs & Tomato Sauce	Pork [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)
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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)
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Cheese Jacket	Potato, Cheese [MILK / DAIRY]
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Pasta	Pasta [WHEAT / GLUTEN] , Durum Wheat Semolina [WHEAT / GLUTEN]
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Mixed Veg (in metal gastros)	Carrots, Peas, Green Beans, Broad Beans, Sweetcorn
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Yoghurt/Fruit	Fruit (Banana, Apple, Pear, Satsuma), Yoghurt [MILK / DAIRY]
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Forerunner Ingredients List for Autumn 2026

Tuesday Week 2 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)
Cheese Omelette	Egg [EGGS], Milk [MILK / DAIRY], Rapeseed Oil, Cheese [MILK / DAIRY], Xanthan Gum, Salt, White Pepper
Spaghetti Hoops Jacket	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
Wedges	Potato, Sunflower Oil
Carrots	Carrots
Blueberry Muffin	Sugar, Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Rapeseed Oil, Blueberries, Egg [EGGS], Whey Powder [MILK / DAIRY], Cornflour, Wheat Starch [WHEAT / GLUTEN], Raising Agent (Sodium Acid Pyrophosphate, Potassium Carbonate)

Forerunner Ingredients List for Autumn 2026

Wednesday Week 2 Ingredients

Sausage Roll	Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Vegetable Oil, Salt, Mono- and Di-Glycerides of Fatty Acids, Pork [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
Chickpea Ratatouille Jacket	Potato, Chickpeas, Aubergine, Courgette, Peppers, Onion, Tomato, Tomato Paste
Saute Potatoes	Potato, Vegetable 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 Autumn 2026

Thursday Week 2 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
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Herby Tomato Sauce	Tomato & Herb Sauce (Tomato Purée, Tomato, Sugar, Modified Maize Starch, Rapeseed Oil, Salt, Basil, Citric Acid (), Garlic Powder, Black Pepper, Oregano), Tomato, Onion, Cornflour
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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]
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Pasta	Pasta [WHEAT / GLUTEN], Durum Wheat Semolina [WHEAT / GLUTEN]
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Sweetcorn (in metal gastros)	Sweetcorn
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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)
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Forerunner Ingredients List for Autumn 2026

Friday Week 2	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)
Frittata	Egg [EGGS], Milk [MILK / DAIRY], Cheese [MILK / DAIRY], Cream, Spinach, Potato, Onion, Tomato
Baked Beans Jacket	Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring
Potato Bites	Potato, Vegetable Oil, Salt, Dextrose, Onion Powder, Methyl Cellulose, Spices
Peas	Peas
Jelly - Orange	Sugar, Maltodextrin, Carrageenan, Tripotassium Citrate, Citric Acid, Flavouring, Colour (Annatto Norbixin, Beetroot Red)

Forerunner Ingredients List for Autumn 2026

Monday Week 3Ingredients

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

Forerunner Ingredients List for Autumn 2026

Tuesday Week 3 Ingredients

Roast Ham Gammon Ham

Vegan Sausages Water, Pea Protein, Rapeseed Oil, Thickener (Methyl Cellulose, Konjac, Xanthan Gum), Pea Protein Isolate, Natural Flavouring, Pea Starch, Onion, Olive Oil, Dextrin, Salt, Sage, Spices, Colour (Beetroot Red), Dextrose

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]

Roast Potatoes Potato, Rapeseed Oil, Salt, White Pepper

Peas Peas

Jammie Dodgers Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Raspberry Flavour Apple Jam (Glucose-Fructose Syrup, Apples (Sulphites), Sugar Humecent (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 Autumn 2026

Wednesday Week 3 Ingredients

Chicken Burrito	Wheat Gluten [WHEAT / GLUTEN], Chicken, Cheese [MILK / DAIRY], Tomato & Herb Sauce (Tomato Purée, Tomato, Sugar, Modified Maize Starch, Rapeseed Oil, Salt, Basil, Citric Acid ()), Garlic Powder, Black Pepper, Oregano), Brown Rice, White Rice, Peppers, Onion, Tomato Paste, Tomato, Fajita Seasoning (Onion Powder, Chilli Powder, Salt, Sugar, Cumin, Garlic Powder, Oregano, Paprika, Nutmeg, Cassia, Coriander, Anti-caking Agent (Silicon Dioxide), Lime extract)
Veggie Burrito	Wheat Gluten [WHEAT / GLUTEN], Cheese [MILK / DAIRY], Mycoprotein, Rapeseed Protein, Natural Flavouring, Potato Protein, Mushroom Extract, Tomato & Herb Sauce (Tomato Purée, Tomato, Sugar, Modified Maize Starch, Rapeseed Oil, Salt, Basil, Citric Acid ()), Garlic Powder, Black Pepper, Oregano), Brown Rice, White Rice, Onion, Peppers, Tomato, Tomato Paste, Fajita Seasoning (Onion Powder, Chilli Powder, Salt, Sugar, Cumin, Garlic Powder, Oregano, Paprika, Nutmeg, Cassia, Coriander, Anti-caking Agent (Silicon Dioxide), Lime extract)
Baked Beans Jacket	Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring
Wrap	Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Raising Agent (Sodium Carbonate), Diphosphates, Malic Acid, Salt
Sweetcorn (in plastic gastros)	Sweetcorn
Jelly - Raspberry	Sugar, Maltodextrin, Carrageenan, Tripotassium Citrate, Citric Acid, Colour (Beetroot Red), Flavouring

Forerunner Ingredients List for Autumn 2026

Thursday Week 3 Ingredients

Pork Meatballs & Tomato Sauce	Pork [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)
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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)
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Cheese Jacket	Potato, Cheese [MILK / DAIRY]
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Pasta	Pasta [WHEAT / GLUTEN] , Durum Wheat Semolina [WHEAT / GLUTEN]
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Carrots	Carrots
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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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Forerunner Ingredients List for Autumn 2026

Friday Week 3	Ingredients
Fish Fingers	Alaska Pollock [FISH], Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Rapeseed Oil, Water, Yeast, Salt, Paprika Extract, Curcumin, Turmeric
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
Wedges	Potato, Sunflower Oil
Peas	Peas
Blueberry Muffin	Sugar, Wheat Flour (Calcium, Iron, Niacin, Thiamin) [WHEAT / GLUTEN], Rapeseed Oil, Blueberries, Egg [EGGS], Whey Powder [MILK / DAIRY], Cornflour, Wheat Starch [WHEAT / GLUTEN], Raising Agent (Sodium Acid Pyrophosphate, Potassium Carbonate)