

Sandwiches - available every day as an evening snack on brown or white bread



- Roast Chicken & Salad
- Roast Beef & Horseradish
- Cheese & Tomato Or Pickle
- Egg Mayonnaise
- Honey Roast Ham
- Tuna & Sweetcorn

Sandwiches £2.20

Hot Meals £6.95
Cold Meals £5.70




FORERUNNER
MORE THAN JUST A MEAL

DAILY VEGETARIAN OPTIONS

- Leek & Mustard Crumble
- Veggie Sausages
- Quorn Fillets
- Vegetable Lasagne
- Ratatouille
- Cheese & Tomato Quiche
- Cauliflower Cheese



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Roast Lamb & Mint Sauce Roast Potatoes Bread & Butter Pudding & Custard 1st	Steak & Kidney Pie Duchess Potatoes Strawberries & Cream  2nd	Coq Au Vin New Potatoes Black Forest Gateau 3rd	Roast Ham Roast Potatoes Swiss Roll  4th	Cottage Pie Mash Potato Topping Fruit Jelly 5th	Smoked Haddock Mornay Herby Diced Potatoes Cheesecake  6th	Turkey, Ham & Leek Pie Potato Bites Lemon Sponge & Custard 7th
Roast Beef & Yorkshire Pudding Roast Potatoes Rhubarb Crumble & Custard 8th	Mediterranean Chicken New Potatoes Duo Of Mini Muffins  9th	Lancashire Hotpot Sliced Potato Topping Berry Trifle 10th	Roast Turkey & Savoury Stuffing Roast Potatoes Lemon Drizzle Cake 11th	Lasagne Garlic Bread Chocolate Fudge Cake  12th	Cod In Parsley Sauce Duchess Potatoes Pears & Cream 13th	 All Day Breakfast Hash Browns Jam Sponge & Custard 14th
Roast Chicken & Savoury Stuffing Roast Potatoes Apple Pie & Custard  15th	Sausages In Gravy Mashed Potato Fruit Cake 16th	Beef Stew & Dumplings Duchess Potatoes Yoghurt 17th	Roast Pork & Apple Sauce Roast Potatoes Peaches & Cream  18th	Turkey & Veg Pie New Potatoes Chocolate Eclairs 19th	Battered Cod Chips St Clements Cake 20th	

DAILY CHOICES

Any of the meals listed below can be ordered on any day

- Roast Beef Or Lamb
- Roast Pork Or Chicken
- Baked Potato With Cheesy Beans Or Chicken Curry
- Cottage Pie
- Ham & Cheese Omelette, Chips & Peas
- Gammon & Pineapple
- Lasagne
- All Day Breakfast
- Sausages In Gravy
- Cod In Sauce Or Salmon
- Cod in Batter with Chips
- Steak & Kidney Pie

• **Salads (£6.95)**



- Ploughmans
- Quiche Or Salmon
- Chicken Or Ham
- Egg or Cheese

• **Puddings**

- Cheese & Crackers
- Rice Pudding
- Fruit, Fruit & Cream
- Low Sugar Jelly
- Yoghurts
- Gluten Free Chocolate Slice
- Low Sugar Fruit Cake

CLOSED