

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

Ratatouille

Vegetable Lasagne

Cheese & Tomato

Cauliflower Cheese

Quiche



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	Faggots Herby Diced Potatoes Jam Roly Poly & Custard 21st
Roast Lamb & Mint Sauce Roast Potatoes Rice Pudding & Jam 22nd	Pork Meatballs Potato Bites Swiss Roll 23rd	Shepherds Pie Mash Potato Topping Lemon Meringue Pie 24th	Roast Ham Roast Potatoes Victoria Sponge 25th	Chicken, Ham & Leek Pie Duchess Potatoes Strawberries & Cream 26th	Fish Pie Sliced Potato Topping Coffee & Mandarin Cake 27th	All Day Breakfast Hash Browns Apple Crumble & Custard 28th
Roast Beef & Yorkshire Pudding Roast Potatoes Spotted Dick & Custard 29th	Quiche Lorraine Herby Diced Potato Yoghurt 30th	Beef Bourguignon Dauphinoise Potatoes Fruit Cocktail & Cream 31st				

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
- Yogurts
- Gluten Free Chocolate Slice
- Low Sugar Fruit Cake