

**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  
Quiche

Cauliflower Cheese



**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**Roast Chicken & Savoury Stuffing**

Roast Potatoes  
Rhubarb Crumble & Custard

3rd

**Sausages in Gravy**

Mashed Potato  
Lemon Drizzle Cake

4th

**Steak & Kidney Pie**

New Potatoes  
Peaches & Cream



5th

**Roast Pork & Apple Sauce**

Roast Potatoes  
St Clements Cake

6th

**Lancashire Hotpot**

Sliced Potato Topping  
Duo of Mini Muffins

7th

**Smoked Haddock Mornay**

Herby Diced Potatoes  
Fruit Yoghurt

8th

**All Day Breakfast**

Hash Browns  
Lemon Sponge & Custard

2nd

**Roast Lamb & Mint Sauce**

Roast Potatoes  
Apple Pie & Custard

10th

**Faggots & Onion Gravy**

Herby Diced Potatoes  
Coffee & Mandarin Cake

11th

**Beef Stew & Dumplings**

Mashed Potatoes  
Fruit Jelly

12th

**Roast Ham**

Roast Potatoes  
Cheesecake



13th

**Turkey & Veg Pie**

New Potatoes  
Fruit Cocktail & Cream

14th

**Cod In Parsley Sauce**

Duchess Potatoes  
Fruit Cake

15th

**All Day Breakfast**

Hash Browns  
Jam Roly Poly & Custard

16th

**Roast Beef & Yorkshire Pudding**

Roast Potatoes  
Lemon Sponge & Custard

17th

**Cottage Pie**

Mash Potato Topping  
Berry Trifle

18th

**Chicken & Leek Pie**

Duchess Potatoes  
Chocolate Fudge Cake



19th

**Roast Turkey & Savoury Stuffing**

Roast Potatoes  
Fruit Yoghurt

20th

**Beef Lasagne**

Garlic Bread  
Lemon Meringue Pie

21st

**Battered Cod**

Chips & Mushy Peas  
Swiss Roll

22nd

**Toad in the Hole**

Mashed Potatoes  
Bread & Butter Pudding & Custard

23rd

**Roast Chicken & Savoury Stuffing**

Roast Potatoes  
Spotted Dick & Custard

24th

**Quiche Lorraine**

Herby Diced Potato  
Pears & Cream

25th

**Shepherd's Pie**

Mash Potato Topping  
Victoria Sponge

26th

**Roast Pork & Apple Sauce**

Roast Potatoes  
Chocolate Eclairs

27th

**Mediterranean Chicken**

Potato Rosti  
Cheesecake

28th

**Fish Pie**

Sliced Potato  
Topping  
Fruit Jelly



29th

**All Day Breakfast**

Hash Browns  
Apple Crumble & Custard



30th

**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