

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
		Coq Au Vin New Potatoes Victoria Sponge 1st	Roast Turkey & Savoury Stuffing Roast Potatoes Chocolate Eclairs 2nd	Beef Bourguignon Dauphinoise Potatoes Fruit Jelly 3rd	Fish Pie Sliced Potato Topping Black Forest Gateau 4th	All Day Breakfast Hash Browns Lemon Sponge & Custard 5th
Roast Chicken & Savoury Stuffing Roast Potatoes Jam Roly Poly & Custard 6th	Quiche Lorraine Herby Diced Potato Lemon Drizzle Cake 7th	Cottage Pie Mash Potato Topping Peaches & Cream 8th	Roast Pork & Apple Sauce Roast Potatoes St Clements Cake 9th	Turkey, Ham & Leek Pie Saute Potatoes Mini Muffins 10th	Smoked Haddock Mornay New Potatoes Fruit Yoghurt 11th	Shepherds Pie Mash Potato Topping Bread & Butter Pudding & Custard 12th
Roast Lamb & Mint Sauce Roast Potatoes Rice Pudding & Jam 13th	Mediterranean Chicken Mashed Potato Coffee & Mandarin Cake 14th	Steak & Kidney Pie Herby Diced Potatoes Fruit Jelly 15th	Roast Ham Roast Potatoes Cheesecake 16th	Pork Meatballs Saute Potatoes Fruit Cocktail & Cream 17th	Cod In Parsley Sauce Duchess Potatoes Victoria Sponge 18th	All Day Breakfast Hash Browns Rhubarb Crumble & Custard 19th
Roast Beef & Yorkshire Pudding Roast Potatoes Jam Sponge & Custard 20th	Lancashire Hotpot Sliced Potato Topping Berry Trifle 21st	Chicken & Leek Pie Potato Bites Fruit Cake 22nd	Roast Turkey & Savoury Stuffing Roast Potatoes Jam Doughnut 23rd	Lasagne Garlic Bread Lemon Meringue Pie 24th	Battered Cod Chips & Mushy Peas Swiss Roll 25th	Sausages & Gravy Herby Diced Potatoes Rice Pudding 26th
Roast Pork & Apple Sauce Roast Potatoes Bread & Butter Pudding & Custard 27th	Toad In The Hole Mashed Potato Pears & Cream 28th	Turkey & Veg Pie Saute Potatoes Fruit Yoghurt 29th	Roast Chicken & Savoury Stuffing Roast Potatoes Apple Pie & Custard 30th	Beef Stew & Dumplings Roast Potatoes Cheesecake 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 (£6.50)**
 - 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

