



FOOD 4 THOUGHT

The War Memorial Hall
Church Lane, Poulton, Morecambe
Tel: 01524 416481
www.signposts.org.uk
Email: f4t@signposts.org.uk

Basic Menu

Starting from £4.50 per person

Various sandwiches on wholemeal and white bread
Fillings may include egg, cheese, tuna mayonnaise, ham.

Fruit platter consisting of a minimum of four fruits

Various salads, may include couscous, tuna pasta, tomato pasta, Greek salad,
plain mixed salad, rice salad, marinated mushroom salad.

Various fresh homemade cakes,

Menus adapted to individual requirements

A variety of refreshments are available

We can provide "specialised" buffets to meet dietary requirements

We can also provide waitress service at an additional cost

Delivery to Morecambe, Heysham, Lancaster and
Carnforth at an additional cost

For further information regarding buffet menus,
additional services and costs contact us

Project Managed by Signposts
58 Regent Road, Morecambe, LA3 1TE.
Charity Registration: 1117645 Company Registration: 5990592



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