



## Russell House

### Monday 4th October

Organic pasta Bolognese bake (1)\* or roasted vegetable risotto (10), both served with chef's salad & green beans or filled jacket potato with raw vegetables & salad

Sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\* or treacle tart with custard (1, 7, 8, 9)\*

### Tuesday 5th October

Homemade sausage pinwheel (1, 8)\* or vegetarian sausage roll (1, 7, 9)\*, both served with herby potato, broccoli & baked beans or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)\* or fruit yoghurt (9)\* or Tutti Frutti Tuesday

### Wednesday 6th October

Hot dog (1)\* or vegetarian stack burger in a bun (1, 8, 13)\*, both served with potato wedges, BBQ mixed beans and sweetcorn or filled jacket potato with raw vegetables and salad

Sliced fruit or cheese & biscuits (9)\* or fruit yoghurt (9)\* or blueberry muffin (1, 7)\*

### Thursday 7th October

Roast beef with Yorkshire pudding (1, 7, 9)\* or arrabiata pasta (1)\*, both served with roast potatoes, Savoy cabbage & carrots or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)\* or fruity yoghurt (9)\* or pineapple upside down sponge & custard (1, 7, 8, 9)\*

### Friday 8th October

Fish fingers (1, 4)\* or mixed bean & rice burrito (1)\* both served with chips, peas and fruity slaw or filled jacket potato with raw vegetables & salad

Sliced fruit or cheese & biscuits (9)\* or fruit yoghurt (9)\* or carrot cake with orange frosting (1, 7)

### Everyday - Fresh Baked Bread, Drinking Water, Jacket Toppings

**These menus are subject to change and based upon availability of ingredients**

\* Allergen Key

1. Cereals containing gluten, 2. Crustaceans, 3. Molluscs, 4. Fish, 5. Peanuts, 6. Nuts, 7. Eggs, 8. Soybeans, 9. Milk, 10. Celery, 11. Mustard, 12. Lupin, 13. Sesame, 14. Sulphur dioxide