



## Russell House

### Monday 11th October

Jerk chicken with rice or mixed vegetable slice with new potatoes (1)\* both served with broccoli and sweetcorn or jacket potato with raw vegetables & salad

Sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\* or apple & raspberry strudel & custard (1, 7, 8, 9)\*

### Tuesday 12th October

Organic cottage pie (10) or cheese & tomato pizza with herby potatoes (1, 7, 8, 9)\*, both served with chunky coleslaw and peas,, or filled jacket potato with raw vegetables & salad

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

### Wednesday 13th October

Sticky BBQ chicken with potato wedges (14)\* or vegetable spring roll with rice & sweet chilli sauce (1)\*, both served with broccoli and roasted sweet potato, or filled jacket potato with raw vegetables & salad

Sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\* or cinnamon sponge with butterscotch sauce (1, 7, 8, 9)\*

### Thursday 14th October

Roast pork & apple sauce or tomato pasta bake (1)\*, both served with crispy roast potatoes, carrots and cabbage or jacket potato with raw vegetables & salad

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

### Friday 15th October

Chicken goujons (1, 7, 9)\* or falafel kebab with a sweet chilli sauce (7, 14)\*, both served chips, baked beans & mushy peas or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)\* or fruit yoghurt (9)\* or blueberry cupcake (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