



## **Russell House**

### **Monday 6th September**

Staff Inset

### **Tuesday 7th September**

Staff Inset

### **Wednesday 8th September**

Mexican style chicken with rice & nachos or macaroni cheese (1, 9)\*, both served with broccoli and selection of Mexican salad, or filled jacket potato with raw vegetables & salad

Sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\* or apple & raisin sponge & custard (1, 7, 8, 9, 14)\*

### **Thursday 9th September**

Roast beef & Yorkshire puddings (1, 7, 9)\* or red pepper spiral pasta (1)\*, both served with crispy roast potatoes, carrots and green beans or jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\* or syrup sponge & custard (1, 7, 8, 9)\*

### **Friday 10th September**

Fish fingers (1, 4)\* or baked sweet potato & bean wrap (1, 9)\*, both served chips, baked beans & tomato salsa or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)\* or fruit yoghurt (9)\* or strawberry muffin (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