



Russell House

Monday 20th September

Oriental style chicken with noodles & prawn crackers (1, 4, 7)* or vegetable Bolognese pasta (1)* both served with carrots & green beans or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)* or fruit yoghurt (9)* or banana loaf & custard (1, 7, 8, 9)*

Tuesday 21st September

Meat feast pizza (1, 8, 9)*, Mediterranean pasta bake (1)* both served with warm potato salad, homemade slaw & sweetcorn or filled jacket potato with raw vegetables & salad

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

Wednesday 22nd September

Meatballs in tomato sauce with penne pasta (1, 7)* or macaroni cheese (1, 9)*, both served with carrots & garden peas, or filled jacket potato with raw vegetables & salad

Sliced fruit or cheese & biscuits (9)* or fruit yoghurt (9)* or lemon & orange cupcake (1, 7)*

Thursday 23rd September

Roast chicken with stuffing balls (1, 7, 8, 9)* or cheese & onion pinwheel, both served with crispy roast potatoes, broccoli & cauliflower or jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)* or chocolate cake with chocolate sauce (1, 7, 9)*

Friday 24th September

Fish fingers (1, 4)* or chunky tomato pasta (1, 9)*, both served chips,

Baked beans, tomato relish & chef's salad or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)* or fruit yoghurt (9)* or surprise fruity flapjack (1)*

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