



## Russell House

### Monday 8th November

Organic spaghetti bolognese (1)\* or roasted jerk vegetables with rice, both served with garden peas and broccoli or jacket potato with raw vegetables & salad

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

### Tuesday 9th November

Chicken fajitas (1)\* or butternut squash and carrot rosti, both served with herby potatoes, fresh broccoli, and chef's mixed salad, or filled jacket potato with raw vegetables & salad

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

### Wednesday 10th November

Mild turkey curry with rice & poppadoms (1)\* or mixed vegetable omelette (7, 9)\*, both served with vegetable bhaji and sweetcorn, or filled jacket potato with raw vegetables & salad

Sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\* or chocolate & orange mousse (9)\*

### Thursday 11th November

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

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

### Friday 12th November

Hot dog (1)\* or salmon and chive pasta (1, 4, 9)\*, both served chips, baked beans and mushy peas or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)\* or fruit yoghurt (9)\* or oat cookie (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