



Russell House

Monday 7th February

Mild chilli beef with nachos (10)* or vegetable cannelloni bake (1, 9, 11)* both served with new potatoes, carrots and green beans or jacket potato with raw vegetables & salad

Fresh fruit or cheese & biscuits (9)* or yoghurt (9)* or fruit sponge and custard (1, 7, 9)*

Tuesday 8th February

Breaded chicken steak (1, 7, 9, 10, 14) or Quorn fillet (1)*, both served with herby potatoes, cauliflower and garden peas,, or filled jacket potato with raw vegetables & salad

Fresh fruit or cheese & biscuits (9)* or yoghurt (9)* or lemon drizzle cake

Wednesday 9th February

Pulled pork with BBQ sauce (14)* or macaroni cheese with a herby topping (1, 9, 11)*, both served with potato wedges, fruity slaw and sweetcorn, or filled jacket potato with raw vegetables & salad

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

Thursday 10th February

Roast turkey and Yorkshire pudding (1, 7, 9)* or cherry tomato and cheese flan (1, 7, 9)* both served with crispy roast potatoes, masked swede and broccoli or jacket potato with raw vegetables & salad

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

Friday 11th February

Chicken goujons (1, 7, 9)* or Mexican vegetable tortilla stack (1)*, both served chips, baked beans & mushy peas or filled jacket potato with raw vegetables & salad

Fresh fruit or cheese & biscuits (9)* or yoghurt (9)* or fruity granola bar (1, 14)*

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