



## **Russell House**

### **Monday 10th January**

Staff Inset

### **Tuesday 11th January**

Shepherd's pie (10)\* or cheese and tomato pizza (1, 8, 9)\*, both served with cubed potatoes, bbq beans and broccoli or jacket potato with raw vegetables & salad

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

### **Wednesday 12th January**

Sticky BBQ chicken with savoury rice (14)\* or sweet potato & spinach lasagne (1, 7, 9, 11)\*, both served with carrots and garden peas, or filled jacket potato with raw vegetables & salad

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

### **Thursday 13th January**

Roast gammon with pineapple (14)\* or mushroom, pepper & pesto strudel (1, 9)\*, both served with crispy roast potatoes, mashed swede and cabbage or jacket potato with vegetables & salad

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

### **Friday 14th January**

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

Fresh fruit or cheese & biscuits (9)\* or yoghurt (9)\* or fruity flapjack (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