



Russell House

Monday 17th January

Mild chicken curry with rice and poppadom or mixed vegetable moussaka (1, 9, 11)* both served with onion bhaji and green beans or filled jacket potato with raw vegetables & salad

Fresh fruit or cheese & biscuits (9)* or yoghurt (9)* or oatie peach crumble with custard (1 9)*

Tuesday 18th January

Pork sausage pinwheel (1, 8)*, cheese and onion pinwheel (1, 9)* both served with cubed potatoes, coleslaw & sweetcorn or filled jacket potato with raw vegetables & salad

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

Wednesday 19th January

Beef lasagne with garlic bread (1, 7, 8, 9, 11)* or macaroni cheese (1, 9, 11)*, both served with carrots & garden peas, or filled jacket potato with raw vegetables & salad

Fresh fruit or cheese & biscuits (9)* or yoghurt (9)* or chocolate muffin (1, 7)*

Thursday 20th January

Roast turkey with Yorkshire pudding (1, 7, 9)* or courgette bake, both served with crispy roast potatoes, broccoli & butternut squash or jacket potato with raw vegetables & salad

Fresh fruit or cheese & biscuits (9)* or yoghurt (9)* or apple pie and custard (1, 9)*

Friday 21st January

Fish fingers (1, 4)* or crispy Quorn nuggets (1, 7, 9)*, 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 lemon mousse and shortbread (1, 9)*

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