



## Russell House

### Monday 31st January

Beef lasagne with garlic bread (1, 7, 8, 9, 11)\* or vegetable biryani (10), both served with butternut squash and green beans or filled jacket potato with raw vegetables & salad

Fresh fruit or cheese & biscuits (9)\* or yoghurt (9)\* or chocolate brownie cookie (1, 7)\*

### Tuesday 1st February

Mexican style chicken with savoury rice or 3 cheese pasta (1,9, 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 cinnamon sponge with butterscotch sauce (1, 7, 9, 14)\*

### Wednesday 2nd February

Beef sausage in a roll ( 1, 8)\* or cheese and tomato baked pitta (1, 9)\*, both served with cubed potatoes, braised onion and sweetcorn or filled jacket potato with raw vegetables and salad

Fresh fruit or cheese & biscuits (9)\* or yoghurt (9)\* or sticky toffee apple crumble with custard (1,7,9)\*

### Thursday 3rd February

Roast gammon with pineapple (14)\* or Winter vegetable slice (1, 9)\*, both served with roast potatoes, mashed swede and broccoli or filled jacket potato with raw vegetables & salad

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

### Friday 4th February

Fish fingers (1, 4)\* or crispy Quorn nuggets (1, 7, 9)\* both served with chips, salad and baked beans or filled jacket potato with raw vegetables & salad

Fresh fruit or cheese & biscuits (9)\* or yoghurt (9)\* or orange oatie 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