



Russell House

Monday 20th May

Chicken Curry with Rice and Poppadum (1)* or Bean and Vegetable Goulash with Cous Cous (1)*, both served with fresh broccoli and chef's salad s or jacket potato with raw vegetables & salad

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

Tuesday 21st May

Beefburger in a Bun (1, 8, 10, 11, 14)* or Hand Made Vegetarian Burger in a Bun (1, 8)*, both served with herby potatoes, garden peas and chef's salad or jacket potato with raw vegetables & salad

Apricot Cupcake (1, 7)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Wednesday 22nd May

Traditional British Cottage Pie or Italian Mozzarella and Tomato Pizza (1, 8, 9)*, both served with mixed garden peas, sweetcorn and chef's salad or jacket potato with raw vegetables & salad

Austrian Cherry Strudel (1)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Thursday 23rd May

Roast Turkey or Courgette, Potato and Feta Slice (1, 9)*, both served with roast potatoes, fresh carrots and green beans or jacket potato with raw vegetables & salad

Apple Cake with a Crunchie Topping with Custard (1, 7, 9)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Friday 24th May

Breaded Fish (1, 4)* or Homemade Vegetable Spring Roll (1, 8)*, both served chips, baked beans and chef's salad or filled jacket potato with raw vegetables & salad

Chef's Delight or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (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