



## Russell House

### Monday 7th October

Mexican Style Chicken Tortilla Bake with Savoury Rice (1, 9)\* or Summer Vegetable Cottage Pie (10)\*, both served with fresh carrots and chef's salad or filled jacket potato with raw vegetables & salad

Blueberry Sponge with Custard (1, 7, 9)\* or Fresh Sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\*

### Tuesday 8th October

Chicken Nuggets (1, 11)\* or Quorn Nuggets (1)\*, both served with cubed potatoes, baked beans and chef's salad or filled jacket potato with raw vegetables & salad

Banoffee Mousse (9)\* or Fresh sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\*

### Wednesday 9th October

Ham and Cheese Turnover (1, 9)\* or Cheese and Tomato Turnover (1, 9)\*, both served with new potatoes, sweetcorn and chef's salad or filled jacket potato with raw vegetables and salad

Fruity Ice Lolly or Fresh sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\*

### Thursday 10th October

Roast Beef with Yorkshire Pudding (1, 7, 9)\* or Lentil and Bean Loaf (1)\*, both served with roast potatoes, fresh broccoli and roasted butternut squash or jacket potato with raw vegetables & salad

Chocolate Orange Sponge with Custard (1, 7, 9)\* or Fresh sliced fruit or cheese & biscuits (9)\* or yoghurt

### Friday 11th October

Fishfingers (1, 4)\* or Vegetarian Sausage (1)\*, both served with chips, garden peas or chef's salad or filled jacket potato with raw vegetables & salad

Melting Moment Cookie (1)\* 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