



## Russell House

### Monday 14th October

Cumberland Sausages (1, 7, 8, 9)\* or Vegetarian Sausage (1, 8, 9)\* with mashed potatoes and gravy, both served with fresh broccoli and chef's salad or filled jacket potato with raw vegetables & salad

Mixed Berry Ripple Cupcake (1, 7)\* or Fresh Sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\*

### Tuesday 15th October

Beef Bolognaise Pasta Bake with Garlic Bread (1, 8, 9)\* or Fresh Pesto Pasta (1), both served with sweetcorn and chef's salad or filled jacket potato with raw vegetables & salad

Lemon Drizzle Sponge (1, 7)\* or Fresh sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\*

### Wednesday 16th October

Mild Chicken Curry with Rice and Poppadum (1)\* or Spinach and Feta Cannelloni (1, 9, 11)\*, both served with garden peas 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 17th October

Roast Gammon with Pineapple or Summer Vegetable Casserole with a Herby Scone (1)\*, both served with roast potatoes, fresh carrots and green beans or jacket potato with raw vegetables & salad

Salted Caramel Apple Crumble with Custard (1, 7, 9)\* or Fresh sliced fruit or cheese & biscuits (9)\* or yoghurt

### Friday 18th October

Breaded Fish (1, 4)\* or Vegetable and Bean Mexican Tortilla Stack (1, 9)\*, both served with chips, baked beans and chef's salad or filled jacket potato with raw vegetables & salad

Chocolate Chip Cookie (1, 8, 9)\* 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