



Russell House

Monday 11th November

Crispy Chicken Nuggets (1, 10)* or Vegetable Nuggets (1)*, both served with cubed potatoes, baked beans and chef's salad or filled jacket potato with raw vegetables & salad

Pineapple Upside Down Cake and Custard (1, 7, 9)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Tuesday 12th November

Beef Lasagne (1, 9, 11)* or Pea and Leek Risotto (10)*, both served with fresh broccoli and chef's salad or filled jacket potato with raw vegetables & salad

Strawberry Jelly Mousse (9)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Wednesday 13th November

Mild Chicken Curry with Rice and Poppadam (1)* or Mixed Vegetable and Potato Omelette (7, 9)*, both served with sweetcorn and chef's salad, or filled jacket potato with raw vegetables & salad

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

Thursday 14th November

Roast Gammon with Pineapple or Vegetable Ragu Pasta (1)*, both served with roast potatoes, fresh carrots and green beans or jacket potato with raw vegetables & salad

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

Friday 15th November

Fishfingers (1, 4)* or Sweet Red Pepper Pasta (1)*, both served with chips, garden peas and chef's salad or filled jacket potato with raw vegetables & salad

Fruity Flapjack (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