



Russell House

Monday 18th November

Beef Chilli Rice (1, 10)* or Veggie Chilli Rice (1, 10)*, both served with herby potatoes, baked beans and chef's salad or filled jacket potato with raw vegetables & salad

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

Tuesday 19th November

Sweet Chicken with Savoury Rice (8)* or Cheesy Pasta Bake (1, 9, 11)*, both served with fresh broccoli and chef's salad or filled jacket potato with raw vegetables & salad

Chocolate Krispie Cake (9)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Wednesday 20th November

Pork and Beef Meatballs in a Tomato Sauce with Spaghetti (1)* or Roasted Vegetable Pasta (1)*, 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 21st November

Roast Turkey or Roasted Tomato and Basil Feta Tart (1, 7, 9)*, both served with roast potatoes, fresh carrots and winter medley of vegetables or jacket potato with raw vegetables & salad

Sticky Toffee Pudding with Custard (1, 7, 9, 14)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Friday 22nd November

Breaded Fish (1, 4)* or Cheese and Onion Pasty (1, 9)*, both served with chips, garden peas and chef's salad or filled jacket potato with raw vegetables & salad

Marble Cupcake (1, 7)* 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