



Russell House

Monday 3rd February

Spaghetti Bolognese with Garlic Bread (1, 8, 9)* or Mixed Bean and Vegetable Chilli with Rice, both served with fresh broccoli and chef's salad or jacket potato with raw vegetables & salad

Mixed Fruit Crumble with Custard (1, 9)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Tuesday 4th February

Mexican Style Chicken in a Taco with Rice or Vegetarian Sausage in a Wrap with BBQ Sauce and Rice (1, 4)*, both served with sweetcorn and chef's salad or jacket potato with raw vegetables & salad

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

Wednesday 5th February

Cheese and Tomato Pizza (1, 8, 9)* or Chinese Style Vegetable Stir Fry with Rice (8)*, both served with baked beans and chef's salad or jacket potato with raw vegetables & salad

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

Thursday 6th February

Roast Beef with a Yorkshire Pudding (1, 7, 9)* or Local Kentish Vegetable Pie with a Shortcrust Topping (1)*, both served with roast potatoes, fresh carrots and green beans or jacket potato with raw vegetables & salad

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

Friday 7th February

Hot Dogs (1, 9)* or Vegetable Nuggets (1)*, both served with chips, garden peas and chef's salad or filled jacket potato with raw vegetables & salad

Apple 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