



Russell House

Monday 10th February

Crispy Chicken Wrap (1, 8)* or Fresh Pesto and Pea Linguine (1)*, both served with herby potatoes, baked beans and chef's salad or filled jacket potato with raw vegetables & salad

Apple and Berry Sponge with Custard (1, 7, 9)* or Fresh Sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Tuesday 11th February

Beef Lasagne (1, 9, 11)* or Spinach, Sweet Potato and Lentil Curry with Rice (1)*, both served with sweetcorn and chef's salad or filled jacket potato with raw vegetables & salad

Chocolate and Orange Brownie (1, 7)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Wednesday 12th February

Chicken Pie and Mashed Potato (1)* or Cheese and Tomato Baked Pitta with Half a Jacket Potato (1, 8, 9)*, both served with fresh broccoli and chef's salad or filled jacket potato with raw vegetables and salad

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

Thursday 13th February

Roast Gammon with Pineapple or Cauliflower and Broccoli Gratin in a Yorkshire Pudding (1, 7, 9, 11)* both served with roast potatoes, fresh carrots and savoy cabbage and chef's salad or jacket potato with raw vegetables & salad

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

Friday 14th February

Chicken Goujons (1, 7, 9)* or Homemade Spring Roll (1, 8)*, both served with chips, garden peas and 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