



Russell House

Monday 13th January

Mild Chicken Curry with Rice and Poppadum (1)* or Macaroni Cheese (1, 9, 11)*, 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)*

Tuesday 14th January

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 15th January

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)*

Thursday 16th January

Roast Gammon with Pineapple or Winter Vegetable Casserole with a Herby Scone (1, 9)*, 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 17th January

Chicken Nuggets (1, 7, 9)* or Cheese and Tomato Turnover (1, 9)*, 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