



## Russell House

### Monday 20th January

Beef Chilli (10)\* or Veggie Burger in a Bun (1, 13)\*, 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 21st January

Chicken and Savoury Rice Stir Fry (8)\* or Chickpea and Vegetable Tagine with new potatoes, 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 22nd January

Beef Meatballs in a Tomato Sauce with Spaghetti (1)\* or Carrot and Sweetcorn Fritter with cubed potatoes (1, 7, 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)\*

### Thursday 23rd January

Roast Gammon 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

Blackberry Sponge with Custard (1, 7, 9, 14)\* or Fresh sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\*

### Friday 24th January

Fish Cake (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