



Russell House

Monday 27th January

Chinese Style Chicken with Rice (8)* or Fresh Pesto Linguine (1)*, both served with sweetcorn and chef's salad or filled jacket potato with raw vegetables & salad

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

Tuesday 28th January

Beef Pasta Bake (1, 9)* or Cauliflower and Chickpea Curry with Rice (1)*, both served with green beans and chef's salad or filled jacket potato with raw vegetables & salad

Lemon Shortbread Finger with Fruit Wedges (1)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Wednesday 29th January

Pork Sausages with Mashed Potato and Gravy (1, 14)* or Vegetarian Sausages with Mashed Potato and Gravy (1)*, both served with fresh broccoli 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 30th January

Roast Gammon with Pineapple or Mixed Vegetable Ragu (1)*, both served with roast potatoes, fresh carrots and savoy cabbage or jacket potato with raw vegetables & salad

Raspberry Ripple Cake and Custard(1,7,9)* or Fresh sliced fruit or cheese & biscuits(9)* or yoghurt(9)*

Friday 31st January

Pizza (1, 9)* or Arrabiata Pasta (1)*, both served with chips, baked beans & chef's salad or filled jacket potato with raw vegetables & salad

Vanilla Cookie (19)* 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