



## Russell House

### Monday 2nd February

Beef Spaghetti Bolognese and Garlic Bread (1, 8)\* or Lentil and Bean Spaghetti Bolognese and Garlic Bread (1, 8)\*, both served with fresh broccoli and chef's salad or jacket potato with raw vegetables & salad

Steamed Apple and Pear Sponge with Custard (1, 7, 9)\* or Fresh sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\*

### Tuesday 3rd February

Chicken Wrap served with BBQ sauce (1, 8)\* Rice or Roast Vegetable Fajita Wrap (1, 11)\*, both served with herby potatoes, garden peas and chef's salad or jacket potato with raw vegetables & salad

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

### Wednesday 4th February

Chinese Style Chicken with Rice and Prawn Crackers (2)\* or Mac 'n' Cheese (1, 9, 11)\*, both served with sweetcorn, peas and chef's salad or jacket potato with raw vegetables & salad

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

### Thursday 5th February

Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)\* or Winter Vegetable Stew served in a Yorkshire Pudding (1, 7, 9)\*, both served with roast potatoes, fresh carrots and cabbage or jacket potato with raw vegetables & salad

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

### Friday 6th February

Sausage in a Bun (1, 14)\* or Vegetable Sausage in a Bun (1)\*, both served with chips, baked beans and chef's salad or filled jacket potato with raw vegetables & salad

Oat 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