



## Russell House

### Monday 26th January

Chicken Nuggets (1, 8, 10)\* or Katsu Quorn Dippers (1, 8)\*, both served with savoury rice, garden peas and chef's salad or filled jacket potato with raw vegetables & salad

Oaty Apple Crumble with Custard (1, 9)\* or Fresh sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\*

### Tuesday 27th January

Chicken Chow Mein with Vegetable Fried Rice (1, 7, 8)\* or Vegetable Spring Roll with Sweet Chilli Sauce and Vegetable Rice (1, 8, 9)\*, both served with stir fry vegetables and chef's salad or filled jacket potato with raw vegetables & salad

Chinese Sponge Cake (1, 7, 9)\* or Fresh sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\*

### Wednesday 28th January

Meat Feast Pizza (1, 8, 9)\* or Cheese and Tomato Pizza (1, 8, 9)\*, both served with baked beans, diced potatoes 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 29th January

Roast Gammon and Pineapple with Gravy or Cheese and Roast Vegetable Quiche (1, 7, 9)\*, both served with roast potatoes, roasted vegetables and green beans or jacket potato with raw vegetables & salad

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

### Friday 30th January

Breaded Fish (1, 4)\* or Mac 'n' Cheese (1, 9, 11)\*, both served with chips, garden peas & chef's salad or filled jacket potato with raw vegetables & salad

Chocolate Krispie (1, 9)\* 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