



## Russell House

### Monday 16th March

Chicken Nuggets (1, 8, 10)\* or Chunky Tomato Pasta (1)\*, 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 17th March

Lemon Chicken and Steamed Rice (8, 11)\* or Tomato Pasta (1)\*, both served with sauteed greens with carrot and chef's salad or filled jacket potato with raw vegetables & salad

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

### Wednesday 18th March

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 19th March

Roast Gammon and Pineapple with Gravy or Mixed Pepper Pasta (1)\*, both served with roast potatoes, roasted vegetables and green beans (10)\* 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 20th March

Breaded Fish (1, 4)\* or Homemade Chickpea Burger in a Bun (1)\*, 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