



Russell House

Monday 21st September

Sausages with Gravy (1, 14)* or Vegetable Sausage (1), both served with diced potatoes, garden peas and chef's salad or 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 22nd September

Mild Beef Chilli with Nachos (1, 11)* or Fresh Pesto Pasta (1)*, both served with tomato rice and green beans and chef's salad or jacket potato with raw vegetables & salad

Mixed Berry Cheesecake (1, 9)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Wednesday 23rd September

Mediterranean Chicken with Tomato and Peppers or Macaroni Cheese (1, 9, 11)*, both served with rice, broccoli and chef's salad or jacket potato with raw vegetables & salad

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

Thursday 24th September

Roast Gammon and Pineapple with Gravy or Cherry Tomato, Cheese and Roast Vegetable Quiche (1, 7, 9)*, both served with roast potatoes, roasted root vegetables and fresh cabbage or jacket potato with raw vegetables, salad

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

Friday 25th September

Breaded Fish (1, 4)* or Cheese and Onion Turnover (1, 9)*, both served chips, peas, baked beans and chef's salad or filled jacket potato with raw vegetables & salad

Chocolate 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