



Russell House

Tuesday 1st September

Inset Day

Wednesday 2nd September

Inset Day

Thursday 3rd September

Roast Gammon and Pineapple with Gravy or Butternut and Pea Risotto (10)*, both served with roast potatoes, fresh broccoli, cabbage and chef's salad, or filled jacket potato with raw vegetables and salad

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

Friday 4th September

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