



Russell House

Monday 12th October

Sausages with Gravy (1, 14)* or Vegetable Sausage (1)*, both served with diced potatoes, 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 13th October

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

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

Wednesday 14th October

Mediterranean Chicken with Tomato and Peppers or Sweet Potato and Pea Risotto, both served with rice, broccoli and chef's salad or filled jacket potato with raw vegetables and salad

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

Thursday 15th October

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

Friday 16th October

Breaded Fish (1, 4)* or Macaroni Cheese (1, 9, 11)*, both served with chips, 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