



Russell House

Monday 14th September

Mild Chicken Korma Curry with or Butternut Squash Curry both served with rice and Naan Bread (1)* and fresh cauliflower and chef's salad or filled jacket potato with raw vegetables & salad

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

Tuesday 15th September

Beef Cottage Pie or Halloumi, Sweet Potato and Pepper served on rice (9)* both served with fresh carrots and chef's salad or filled jacket potato with raw vegetables & salad

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

Wednesday 16th September

Chicken Fajita Tacos with rice (11)* or Macaroni Cheese (1, 9, 11)*, both served with broccoli and sweetcorn and chef's salad, or filled jacket potato with raw vegetables & salad

Caimans Iced Cinnamon Sponge (1, 7)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Thursday 17th September

Roast Turkey with Stuffing and Gravy (1)* or Arrabiata Pasta (1)*, both served with roast potatoes, roasted root vegetables and fresh cabbage or jacket potato with raw vegetables & salad

Mixed Berry Mousse with Biscuit Crumb (1, 9)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Friday 18th September

Breaded Fish (1, 4)* or Sweet Potato and Chickpea Patty Wrap (1)*, both served with chips, garden peas and chef's salad or filled jacket potato with raw vegetables & salad

Chocolate Brownie (1, 7, 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