



Russell House

Monday 4th February

Organic mild chilli beef with savoury rice & tortilla chips or spaghetti carbonara (1, 9)*, both served with sweetcorn & broccoli or filled jacket potato with raw vegetables & salad

Sliced fruit or cheese & biscuits (9)* or yoghurt (9)* or frozen yoghurt with fruit wedges (9)*

Tuesday 5th February

Sticky BBQ chicken thigh with potato wedges (14)* or sweet potato & chickpea korma with rice & naan bread, both served with fruit slaw and peas or filled jacket potato with raw vegetables & salad

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

Wednesday 6th February

Meatballs in a tomato sauce with spaghetti (1)* or Vegetable Caribbean patty with herby potatoes (1, 9, 10)*, both served with broccoli & butternut squash or filled jacket potato with raw vegetables and salad

Sliced fruit or cheese & biscuits (9)* or fruit yoghurt (9)* or peach sponge with custard (1, 7, 8, 9)*

Thursday 7th February

British roast pork with apple sauce or Mediterranean pasta bake (1)*, both served with roast potatoes, green beans & carrots or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)* or fruity yoghurt (9)* or chocolate cake & chocolate sauce (1, 7, 8, 9)*

Friday 8th February

Chicken nuggets (1, 9)* or vegetarian burger in a bun (1, 8, 9, 13)* both served with chips, baked beans & tomato relish or filled jacket potato with raw vegetables & salad

Sliced fruit or cheese & biscuits (9)* or fruit yoghurt (9)* or apple granola bar

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