



Russell House

Monday 28th September

Mild Chicken Korma Curry or Butternut Squash Curry, both served with rice and naan bread (1)* and chef's salad or filled jacket potato with raw vegetables & salad

Cherry Oat Cookie (1, 13)* or Fresh Sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Tuesday 29th September

Beef Lasagne with Garlic and Herb Bread (1, 7, 9, 11)* or Macaroni Cheese (1, 9, 11)*, both served with fresh cauliflower and chef's salad or filled jacket potato with raw vegetables & salad

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

Wednesday 30th September

Sausage Meat Pinwheel (1, 9, 14)* or Roasted Vegetable Pasta Bows (1)*, both served with herby potatoes and sweetcorn and chef's salad or filled jacket potato with raw vegetables and salad

Chocolate Cupcakes (1, 7)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Thursday 1st October

Roast Gammon and Pineapple with Gravy or Vegetable Pasta (1)*, both served with roast potatoes, fresh carrots and cabbage or jacket potato with raw vegetables & salad

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

Friday 2nd October

Fish Fingers (1, 4)* or Mixed Vegetable Ragu Twirls (1)*, both served with chips, peas, baked beans and chef's salad or filled jacket potato with raw vegetables & salad

Banana Cake (1, 7)* 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