



## **Russell House**

### **Monday 11th February**

Mexican style chicken in a tortilla wrap with rice (1)\* or Macaroni cheese (1, 9)\*, both served with mixed salad and peas or filled jacket potato with raw vegetables & salad

Sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\* or fruit oatie crumble with custard (1, 7, 8, 9)\*

### **Tuesday 12th February**

Oven baked sausages (1, 9)\* or vegetarian sausages (1, 7, 9)\*, both served with mashed potato, carrots and green beans or filled jacket potato with raw vegetables & salad

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

### **Wednesday 13th February**

French style chicken with bacon & peas (10)\* or tomato & caramelised onion tart tartin (1, 7, 9)\*, both served with hot potato salad, carrots & green beans or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\* or crepe with choice of toppings (1, 7, 9)\*

### **Thursday 14th February**

British roast beef with Yorkshire pudding (1, 7, 9)\* or tortilla quiche (1, 7, 9)\*, both served with roast potatoes, mashed swede & broccoli or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\* or lemon drizzle cake & custard (1, 7, 8, 9)\*

### **Friday 15th February**

Fish cakes (1, 4)\* or Quorn dippers (1, 7, 9)\* both served with chips, baked beans & mushy peas or filled jacket potato with raw vegetables & salad

Sliced fruit or cheese & biscuits (9)\* or fruit yoghurt (9)\* or blueberry muffin (1, 7)\*

**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