



Russell House

Monday 18th March

Chinese chicken with noodles & prawn crackers (1, 4, 7, 8)* or pasta bake (1)*, both served with stir fry vegetables and green beans, or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)* or fruit yoghurt (9)* or pineapple upside down cake & custard (1, 7, 8, 9)*

Tuesday 19th March

Beef curry with rice & poppadums (1)* or Mac 'n' cheese (1, 9)*, both served with Indian style cauliflower & sweetcorn or filled jacket potato with raw vegetables & salad

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

Wednesday 20th March

Pulled pork in a wrap with BBQ sauce (14)* or chunky tomato pasta shells (1)* both served with potato wedges, carrots & peas, or filled jacket potato with raw vegetables & salad

Sliced fruit or cheese & biscuits (9)* or fruit yoghurt (9)* or rice pudding & fruit sauce (9)*

Thursday 21st March

Roast chicken with stuffing balls (1, 7, 8, 9)* or pesto pasta bows (1, 9)*, both served with roast potatoes, broccoli & swede or jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)* or apple cake with a crunchy topping & custard (1, 7, 8, 9)*

Friday 22nd March

Fish cakes (1, 4)* or Mexican tortilla stack (1)*, both served chips, mushy peas and baked beans or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)* or raisin & oatie cookie (1, 14)*

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