



Russell House

Monday 11th March

Chicken & tomato curry with rice & poppadums (1)* or roasted root vegetable bake with a herby crust & new potatoes (1, 10)*, both served with vegetable bhajis and sweetcorn, or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)* or apple & berry cake & custard (1, 7, 8, 9)*

Tuesday 12th March

Sausage & baked bean casserole (1, 8, 10), vegetarian sausage & baked bean casserole (1, 7, 9, 10) both served with mashed potato, carrots & 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 13th March

Organic beef lasagne with herby bread (1, 7, 8, 9, 11)* or spinach & chickpea curry with rice & naan bread, both served with carrots & green beans, or filled jacket potato with raw vegetables & salad

Sliced fruit or cheese & biscuits (9)* or fruit yoghurt (9)* or chocolate Krispie cake (1, 9)*

Thursday 14th March

British roast beef Yorkshire pudding (1, 7, 8, 9)* or mixed vegetable pasta bake (1)*, both served with crispy roast potatoes, broccoli & butternut squash or jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)* or marble sponge & custard (1, 7, 8, 9)*

Friday 15th March

Fish fingers (1, 4)* or cheese & onion pasty (1, 9)*, both served chips, beans & mushy peas or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)* or fruit yoghurt (9)* or raspberry mousse with fruit wedges (8, 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