



## Russell House

### Monday 25th March

Organic mild chilli beef with savoury rice & tortilla chips or vegetable Pad Thai (1, 7, 9)\*, both served with sweetcorn & broccoli or filled jacket potato with raw vegetables & salad

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

### Tuesday 26th March

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 27th March

Meatballs in a tomato sauce with spaghetti (1)\* or spinach & mushroom lasagne (1, 9)\*, both served with beans & sweetcorn or filled jacket potato with raw vegetables and salad

Sliced fruit or cheese & biscuits (9)\* or fruit yoghurt (9)\* or chocolate cake with chocolate sauce (1, 7, 8, 9)\*

### Thursday 28th March

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 peach sponge & custard (1, 7, 8, 9)\*

### Friday 29th March

Fish fingers (1, 4)\* or vegetarian burger in a bun (1, 8, 9, 13)\* both served with chips, mushy peas & 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