



Russell House

Monday 14th October

Mild beef curry with rice and poppadoms (1) or tomato & basil pasta twirls (1)* both served with Vegetable bhaji and carrots or jacket potato with raw vegetables & salad

Sliced fruit or cheese & biscuits (9)* or yoghurt (9)* or pear sponge & custard (1, 7, 8, 9)*

Tuesday 15th October

Oven baked sausages with gravy (1, 8)* or vegetarian oven baked sausages with gravy (1, 7, 9)*, both served with mashed potato, butternut squash and peas, or filled jacket potato with vegetables & salad

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

Wednesday 16th October

Organic mild chilli beef in a taco (1)* or 3 cheese pasta bake (1, 9)*, both served with potato wedges, carrots and green beans, or filled jacket potato with raw vegetables & salad

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

Thursday 17th October

Roast chicken with stuffing balls (1, 7, 8, 9)* or tortilla quiche (1, 7, 9)*, both served with crispy roast potatoes, broccoli & mashed swede or jacket potato with raw vegetables & salad

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

Friday 18th October

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

Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)* or lemon mousse with shortbread (1, 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