



## Russell House

### Monday 23rd September

Chicken enchiladas with rice (1) or golden vegetable cottage pie (10)\*, both served with roasted butternut squash and garden peas, or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)\* or fruit yoghurt (9)\* or sticky toffee pudding & custard (1, 7, 8, 9, 14)\*

### Tuesday 24th September

Chunky beef pie with mashed potato (1, 10)\* or vegetable Pad Thai (1, 7, 9)\*, both served with Savoy cabbage and cauliflower gratin or filled jacket potato with raw vegetables & salad

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

### Wednesday 25th September

Organic beef lasagne (1, 7, 9)\* or sweet potato & chickpea Korma with rice both served with roasted broccoli & sweetcorn, or filled jacket potato with raw vegetables & salad

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

### Thursday 26th September

Roast gammon with pineapple or cheese, leek & potato pie (1, 7, 9)\*, both served with roast potatoes, green beans & carrots or jacket potato with raw vegetables & salad

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

### Friday 27th September

Fishcake (1, 4)\* or Mexican vegetable tortilla stack (1)\*, both served chips, fruity slaw and baked beans or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)\* or yoghurt (9)\* or strawberry mousse (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