



## Russell House

### Monday 11th November

Oriental style chicken with noodles & prawn crackers (1, 4, 7, 8)\* or sweet potato and spinach lasagne (1, 7, 9)\* both served with carrots & green beans or filled jacket potato with raw vegetables & salad

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

### Tuesday 12th November

Meat feast pizza (1, 7, 8, 9)\*, Mediterranean pasta bake (1)\* both served with warm potato salad, homemade slaw & 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 13th November

Meatballs in tomato sauce with penne pasta (1, 7)\* or macaroni cheese (1, 9)\*, both served with carrots & garden peas, or filled jacket potato with raw vegetables & salad

Sliced fruit or cheese & biscuits (9)\* or fruit yoghurt (9)\* or lemon & orange cupcake (1, 7)\*

### Thursday 14th November

Roast chicken with stuffing balls (1, 7, 8, 9)\* or cheese & onion pinwheel, both served with crispy roast potatoes, broccoli & cauliflower or jacket potato with raw vegetables & salad

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

### Friday 15th November

Fish fingers (1, 4)\* or chunky tomato pasta (1, 9)\*, both served chips, Baked beans, tomato relish & chef's salad or filled jacket potato with raw vegetables & salad

Fresh sliced fruit or cheese & biscuits (9)\* or fruit yoghurt (9)\* or surprise fruity flapjack (1)\*

### 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