Russell House

Monday 2nd November

Shepherdess Pie (8)* or Macaroni Cheese (1, 9, 11)*, both served with garlic bread (1)*, garden peas, baked beans and chef's salad or filled jacket potato with raw vegetables and salad

Flapjack (1, 14)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Tuesday 3rd November

Chinese Style Chicken (2, 8)* or Tomato and Pepper Pasta (1)*, both served with stir fry vegetables and noodles (1, 7)* and chef's salad or filled jacket potato with raw vegetables and salad

Mandarin Orange Sponge (1, 7, 9)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Wednesday 4th November

Mild Chicken Curry (1, 11)* or Homemade Pesto Pasta Bows (1)*, both served with rice, naan bread (1)*, chef's salad or filled jacket potato with raw vegetables and salad

Sultana Sponge (1, 7, 9)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Thursday 5th November

Roast Gammon and Pineapple with Gravy or Sweet Potato and Chickpea Curry (1, 11)*, both served with roast potatoes, fresh carrots, cabbage and chef's salad, or filled jacket potato with raw vegetables and salad

Pineapple Upside Down Cake with Custard (1, 7, 9)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Friday 6th November

Breaded Fish (1, 4)* or Vegetable Sausage (1)*, both served with chips, baked beans and chef's salad or filled jacket potato with raw vegetables and salad

Rice Krispie Cake (1, 9)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (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