Russell House

Monday 23rd November

Chinese Style Chicken (2, 8)* or Tomato and Pepper Pasta (1)* both served with stir fry vegetables and noodles (1, 7, 9)* and and chef's salad or filled jacket potato with raw vegetables & salad

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

Tuesday 24th November

Homemade Sausage Rolls (1, 14)* or Roasted Vegetable and Herb Pasta (1)* both served with jacket wedges, baked beans and chef's salad or filled jacket potato with raw vegetables & salad

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

Wednesday 25th November

Sweet Potato and Chickpea Curry (1, 11)* or Mild Chicken Curry (1, 11)* both served with rice, naan bread, green beans and chef's salad, or filled jacket potato with raw vegetables & salad

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

Thursday 26th November

Roast Gammon and Pineapple with Gravy (1)* or Macaroni Cheese (1, 9, 11)*, both served with roast potatoes, fresh carrots and cabbage or jacket potato with raw vegetables & salad

Lemon Drizzle Cake (1, 7)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Friday 27th November

Breaded Fish (1, 4)* or Tomato and Basil Pasta (1)*, both served with chips, garden peas and chef's salad or filled jacket potato with raw vegetables & 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