Russell House

Monday 9th November

Mild Chilli Con Carne or Vegetarian Chilli with Nachos (1)*, both served with rice, sweetcorn and chef's salad or filled jacket potato with raw vegetables and salad

Apricot Crumble and Custard (1, 9)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Tuesday 10th November

Curried Chicken with Rice and Naan Bread (1)* or Cheesy Pasta Bows (1, 9, 11)*, both served with cauliflower and potatoes and chef's salad or filled jacket potato with raw vegetables and salad

Peach Mousse with Shortbread and Banana (8)* or Fresh sliced fruit or cheese & biscuits (9)* or yoghurt (9)*

Wednesday 11th November

Chicken in Homemade Tomato Sauce with Spaghetti (1)* or Vegetable and Lentil Casserole with new potatoes, fresh broccoli and chef's salad or filled jacket potato with raw vegetables and salad

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

Thursday 12th November

Roast Gammon and Pineapple with Gravy or Chunky Tomato Pasta (1)*, both served with roast potatoes, fresh carrots, green beans and chef's salad, or filled jacket potato with raw vegetables and salad

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

Friday 13th November

Pork and Beef Sausage (1, 14)* or Vegetable Sausage (1)*, both served with chips, garden peas, baked beans and chef's salad or filled jacket potato with raw vegetables and salad

Melting Moment Cookie (1, 7)* 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