

Knocklyon Lodge Ltd.		<b>Nursery Menu Plan Week 1</b>								
	<b>Monday</b>	Allergen	<b>Tuesday</b>	Allergen	<b>Wednesday</b>	Allergen	<b>Thursday</b>	Allergen	<b>Friday</b>	Allergen
<b>Breakfast</b>	Milk & Water	D	Milk & Water	D	Milk & Water	D	Milk & Water	D	Milk & Water	D
	Baby Cereal, Toast	G	Baby Cereal, Toast	G	Baby Cereal, Toast	G	Baby Cereal, Toast	G	Baby Cereal, Toast	G
<b>Snack</b>	Milk / Water	D	Milk / Water	D	Milk / Water	D	Milk / Water	D	Milk / Water	
	A selection of crackers, crackerbread, wraps and breadsticks with ham, cheese, turkey, eggs. Yoghurt									DGE So
	Fruit in Season		Fruit in Season		Fruit in Season		Fruit in Season		Fruit in Season	
<b>Lunch</b>	Fresh Fish,	F	Shepherds Pie	D,G,M	Chicken, Gravy & Veg	Ce, D	Roast Beef	G	Baby Pasta Bake with	D,G
<b>Vegetarian Main</b>	Fresh Fish,	F	Quorn		Bean Stew		Fresh Fish		Baby Pasta Bake with	D,G
	Vegetables & Mash	D	Mixed Vegetables		Rice (mash for younger babies)	(D)	Potatoes & Vegetables		Vegetables and Cheese	
<b>Tea</b>	Homemade Soup		Turkey Wraps	G	Soup & Brioche	D,G	Beans on Toast		Rusks	D
	Ham / Egg Sandwich	G E	with Tomatoe		Mango & Banana		Banana & Pears		Stewed Apple &	
	Yoghurt & Fruit	D,So	Pureed Berries		Yoghurt	D,So	Yoghurt	D,So	Mango Puree	
	<b>List of Allergens:</b>	A	Almond Major Protein	D	Dairy	G	Gluten	N	Nuts	
		Ce	Celery	E	Eggs	L	Lupins	So	Soya	
		Cr	Shellfish & Mussels	F	Fish	M	Mustard	Se	Sesame Seeds	
								Su	Sulphur Dioxide	