

Knocklyon Lodge Ltd.		Nursery Menu Plan Week 2								
	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Breakfast	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
Snack	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	
Lunch	Fresh Fish,	F	Chicken, Gravy & Veg		Beef Stew, Vegetables		Roast Pork		Spaghetti Bolognese	
Vegetarian Main	Fresh Fish,	F	Chickpea Stew		Lentil Stew		Fresh Fish		Pasta Bake	
	Vegetables & Mash	D	Mash		Mash	(D)	Potatoes & Vegetables		Vegetables	
Tea	Vegetable Soup		Sausages		Eggy Bread and Soup	D,G	Cheese and Crackers		Sandwiches, Yoghurt	D
	Sandwiches	G	and Bread	G	Pureed Berries and		Fresh Fruit		Rusks & Fruit Puree	G
	Chopped Fruit	D,So	Stewed Fruit		Yoghurt	D,So			Fresh Fruit	D,G
	List of Allergens:	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	