

Knocklyon Lodge Ltd.		<b>Nursery Menu Plan Week 3</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	Savoury Mince, Rice		Chicken, Vegetables		Boiled Ham		Mash/ Pasta	D,G
<b>Vegetarian Main</b>	Fresh Fish,	F	Quorn		Mixed Bean Stew		Fresh Fish	F	Mash/ Pasta	D,G
	Vegetables & Mash	D	Mixed Vegetables		& Mash	D	Potatoes & Vegetables		Vegetables	
<b>Tea</b>	Homemade Soup		Cheese on Mini Waffles	G	Toasted Sandwiches	D,G	Wraps	G	Brown Bread with	G
	Sandwiches	G,D	Mango &		Soup		Rice Pudding and	D	Cheese or Ham	D
	Fruit in Season	D,So	Yoghurt		Pureed Fruit		Berries		Fruit and Yoghurt	D,So
	<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	