

Knocklyon Lodge Ltd.		<b>Nursery Menu Plan Week 4</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 and baby 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	Meatballs, Mash	D,G,M	Chicken Pasta or	Ce, D, G, So, M	Roast Tukey	G	Savoury Mince, Rice	D,G
<b>Vegetarian Main</b>	Fresh Fish,	F	Quorn		Lentil Stew		Fresh Fish	F	Quorn	
	Vegetables & Mash	D	Mixed Vegetables		Chicken with Mash & Veg	(D)	Potatoes & Vegetables		Vegetables	
<b>Tea</b>	Homemade Soup		Sandwiches		Spaghetti Hoops	D,G	Cheese on Toast		Brown Bread	D
	Bread Rolls	G	Rusks	G	Toast		Soup		Banana	
	Fruit	D,So	Pureed Berries		Chopped Fruit	D,So	Yoghurt and Fruit	D,So	Custard	D,G
	<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	