

Knocklyon Lodge Ltd.

Nursery Menu Plan Week 3

	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Breakfast	Milk & Water Baby Cereal, Toast	D G	Milk & Water Baby Cereal, Toast	D G	Milk & Water Baby Cereal, Toast	D G	Milk & Water Baby Cereal, Toast	D G	Milk & Water Baby Cereal, Toast	D G
Snack	Milk / Water Selection of crackers, crackerbread, water crackers, apple rice cakes and breadsticks with ham, cheese, Dairylea, turkey, Ella's Kitchen finger foods. Yoghurt	D	Milk / Water Fruit in Season	D	Milk / Water Fruit in Season	D	Milk / Water Fruit in Season	D	Milk / Water Fruit in Season	DGE So
Lunch	Fresh Fish, Vegetables & Mash	F D	Savoury Mince, Rice Mixed Vegetables		Chicken, Vegetables & Mash	D	Boiled Ham Potatoes & Vegetables		Mash/ Pasta Vegetables	D,G
Tea	Homemade Soup Sandwiches Fruit in Season	 G,D D,So	Cheese on Mini Waffles Mango & Yoghurt	G	Toasted Sandwiches Soup Pureed Fruit	D,G	Wraps Rice Pudding and Berries	G D	Chia Wholegrain Bread Cheese or Ham Fruit and Yoghurt	G, So, Se D D,So

We cater for special dietary requirements on an individual basis.

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