

Nursery Menu Plan Week 4

Knocklyon Lodge Ltd.		Nursery Menu Plan Week 4									
	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	D	
	Selection of crackers, crackerbread, water crackers, apple rice cakes and breadsticks with ham, cheese, Dairylea, turkey, Ella's Kitchen finger foods. Yoghurt										DGE So
	Fruit in Season		Fruit in Season		Fruit in Season		Fruit in Season		Fruit in Season		
Lunch	Fresh Fish,	F	Meatballs, Mash	D,G,M	Chicken Pasta or	Ce, D, G, So, M	Roast Beef	G	Savoury Mince, Rice	D,G	
	Vegetables & Mash	D	Mixed Vegetables		Chicken with Mash & Veg	(D)	Potatoes & Vegetables		Vegetables		
Tea	Homemade Soup		Sandwiches		Spaghetti Hoops	D,G	Cheese on Toast		Chia Wholegrain Bread	G, So, Se	
	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	
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		