

Knocklyon Lodge Ltd.		Menu Plan Week 3								
	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
	Cereal / Toast	G	Cereal / Toast	G	Cereal / Toast	G	Cereal / Toast	G	Cereal / Toast	G
Snack	Milk / Water	D	Milk / Water	D	Milk / Water	D	Milk / Water	D	Milk / Water	D
	Rice Cakes & Cheese	DG	Crackerbread, Ham or Butter	DG	Crackers & Cheese	DG	Water Biscuits, Yoghurt	DGSo	Breadsticks, Yoghurt	DG
	Fruit in Season		Fruit in Season		Fruit in Season		Fruit in Season		Fruit in Season	
Lunch	Pizza, Waffles	A,D,G,So	Savory Mince	Ce, D, G, So, M	Chicken in a Bag	Ce, D, G, So, M, So	Boiled Ham , Carrot &		Pasta Carbonara	D,G,E
	Vegetable Sticks		Rice & Vegetables			D	Turnip, Mash	D		
	Ice Cream	D	Cake	D,G	Jelly		Yoghurt & Fruit	D, So	Fruit in Season	D,So
Tea	Leek & Potatoe Soup	G	Scrambled Eggs on	E	Toasted Sandwich	G	Turkey Wraps	G	Brown Bread	D,G,E
	Sandwiches	D G	Toast	G	Selection	D			and Jam	
	List of Allergens:	A	Almond Major Protein	D	Dairy & Milk Products	G	Gluten, Wheat, Rye, Barley, Oats, Spelt, Cereals	N	Nuts	
		Ce	Celery	E	Eggs & Egg Products	L	Lupins	So	Soya	
		Cr	Crustations & Mollusks, Shellfish & Mussels	F	Fish	M	Mustard	Se	Sesame Seeds	
								Su	Sulphur Dioxide	
<i>Please see our Allergen Information Folder for list of ingredients.</i>										