

| Knocklyon Lodge Ltd. | | 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 |
| | 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 | Chicken Nuggets | G | Meat Balls | | Chicken Curry | Ce, D, G, So, M | Roast Turkey, Cabbage | D | Ham and Pasta Bake | D |
| | Mash & Spaghetti | D,G | Rice & Vegetables | | Rice | | Roast Potatoes, Vegetables | | | |
| Tea | Vegetable Soup | G | Sandwich with | G | | | Selection of | | Chia Wholegrain bread | G, So, Se |
| | Pitta Bread, Ham & Cheese | G,D | Tuna or Cheese | D,F | Sausage Rolls | D,G,So | Toasted Sandwiches | D,G | Ham or Jam | |
| We cater for special dietary requirements on an individual basis. | | | | | | | | | | |
| List of Allergens: | A | Almond Major Protein | D | Dairy & Milk Products | G | Gluten, Wheat, Rye, Barley, 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> | | | | | | | | | |