

Knocklyon Lodge Ltd.		Menu Plan Week 1								
	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
<b>Breakfast</b>	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
<b>Snack</b>	Milk / Water	D	Milk / Water	D	Milk / Water	D	Milk / Water	D	Milk / Water	D
	Cheese & Crackers	DG	Breadsticks, Yoghurt	DG	Crackerbread, Hummus / Cheese Spread / Butter	DG	Rice Cakes & Ham/ Yoghurt	DGSo	Wholemeal Crackers & Cheese	DG
	Fruit in Season		Fruit in Season		Fruit in Season		Fruit in Season		Fruit in Season	
<b>Lunch</b>	Fishfingers / Spaghetti	F,E,G	Shepherds Pie	A,Ce, D,F,G, So	Chicken Curry	Ce, D, G, So ,M	Roast Turkey / Stuffing	G	Turkey Pasta Bake with Cheese	D, G
	Mash / Waffles	D G	Mixed Vegetables		with Vegetables & Rice		Potatoes & Vegetables		Vegetables	
							Jelly & Ice Cream	D, So	Pancakes	D G
<b>Tea</b>	Milk / Water	D	Milk / Water	D	Milk / Water	D	Milk / Water	D	Milk / Water	D
	Vegetable Soup	A,Ce,	A selection of Wraps	GD	Ham, Egg, Cheese	DE	Beans on Toast	G	Pitta Bread & Cheese or	D G
	Ham / Egg Sandwich	DEG	Turkey, Tomatoes		Breadroll	G			Waffles, Veg, Sticks	
	Fruit in Season		Fruit in Season		Fruit in Season		Fruit in Season		Fruit in Season	
<b>List of Allergens:</b>		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>										