

Knocklyon Lodge Ltd.		Menu Plan Week 2								
	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	Sausages & Beans	G,So	Chicken Curry	Ce, D	Beef Stew	G, M	Roast Pork		Spaghetti Bolognese	G,D
	Mash	D	Vegetables & Rice		Mash & Vegetables	D	Roast Potatoes & Vegetables		Garlic Bread	G
						D, So	Yoghurt & Fruit	D, So	Chocolate Mousse	D
Tea	Milk / Water	D	Milk / Water	D	Milk / Water	D	Milk / Water	D	Milk / Water	D
	Vegetable Soup	A,C,D	Spaghetti on Toast or Pittas	GD	French Toast	DE	Beans on Toast or Pittas	G	Pancakes with	D G
	Ham / Egg Sandwich	DEG	Yoghurt			G			Honey / Jam	
	Fruit in Season		Fruit in Season		Fruit in Season		Fruit in Season		Fruit in Season	
	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 & Molluscs, Shellfish & Mussels	F	Fish	M	Mustard	Se	Sesame Seeds	
								Su	Sulphur Dioxide	
<i>Please see our Allergen Information Folder for list of ingredients.</i>										