

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 &		Roast Beef		Chili con Carne	
	Mash & Spaghetti	D,G	Rice & Vegetables		Pasta Bake	D,G	Roast Potatoes, Vegetables		Rice	
	Mandarins & Custard	D,G	Ice Cream	D,So	Cake	D,G	Pears & Jelly		Raspberry Mousse	D,G,E
Tea	Vegetable Soup	G	Sandwich with	G			Selection of		Brown Bread	D,G,E
	Pitta Bread, Ham & Cheese	G,D	Tuna or Cheese	D,F	Sausage Rolls	D,G,So	Toasted Sandwiches	D,G	Ham or 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	
Please see our Allergen Information Folder for list of ingredients.										