

THE PRICE OF A
HOT SCHOOL
MEAL OR SALAD
& PUDDING IS
£2.20
Or five
meals in one
week for £9

The Vegetarian Option at Crofty's Restaurant



Crofty's Restaurant

Week commencing Monday 18th March 2013

AVAILABLE EVERY DAY! CROFTY'S SALAD BAR

Children can self select as much salad as they desire from the wide range available. This will accompany their choice of ham, turkey, cheese, pasta or tuna AND one of the potato dishes of the day. In addition children can choose either the hot pudding of the day or the homemade fresh fruit salad. Excellent value for £2.20 and very healthy. (To reserve a salad children must register S in a morning)

MONDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL
Homemade BBQ Quorn Fillet Saute Potatoes and a Choice of Bread. **Choice of four vegetables or salad choice.** Fresh Juice of the day. **NO LIMIT on vegetables or salad choice.** Homemade Lemon Sponge & Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Easter Feast

Quorn Roast and Stuffing with Roast Potatoes and a choice of Bread. **Choice of four vegetables or salad choice.** Fresh Juice of the day. **NO LIMIT on vegetables or salad choice.** Homemade Easter Chocolate Crunch Nest or **Homemade Fresh Fruit Salad or Yoghurt.**

TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL
Homemade Savoury Quorn Mince with Yorkshire Pudding, Mashed Potatoes and a choice of Bread. **Choice of four vegetables or salad choice.** Fresh Juice of the day. **NO LIMIT on vegetables or salad choice.** Homemade Chocolate Crackle & Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetable Nuggets with Chips, Peas and a choice of Bread. **Choice of four vegetables or salad choice.** Fresh Juice of the day. **NO LIMIT on vegetables or salad choice.** Homemade Smoothie or **Homemade Fresh Fruit Salad or Yoghurt.**

WEDNESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL
Homemade Margherita Pizza with Potato Wedges and a Choice of Bread. **Choice of four vegetables or salad choice.** Fresh Juice of the day. **NO LIMIT on vegetables or salad choice.** Jelly & Fruit or **Homemade Fresh Fruit Salad or Yoghurt.**

VEGETABLES EVERY DAY

Included with every hot meal will be a choice of **four vegetables.** Children may self serve as many vegetables as they wish from the range. Children may also choose to visit the **Salad Bar** instead of taking the vegetables if they prefer. A homemade fresh fruit salad is also available every day as a dessert.

Crofty's Milk/Soup Bar

Fruit Stall and Home-made Soup open and available every morning break.
Milk Shakes available at lunch time

Only 30p

TO RECEIVE A VEGETARIAN DINNER, PARENT/CARERS MUST INFORM THE OFFICE IN WRITING STATING THAT THEIR CHILD IS A VEGETARIAN