

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 1st July 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 Vegetarian Korma with Rice and Choice of Bread or Wrap Sandwich with extra side salad. **Fresh Juice of the day. Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choice.** Homemade Lemon Sponge and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

### THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

#### AMERICAN INDEPENDENCE DAY

Vegetarian Burger with Hash Browns and Coleslaw or Wrap Sandwich with extra side salad. **Fresh Juice of the day. Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choice.** Homemade Blueberry Muffin or Home-



### TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Homemade Savoury Quorn Mince with Mashed Potatoes and a Choice of Bread or Wrap sandwich with extra side salad. **Fresh Juice of the day. Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choice.** Homemade Chocolate Crackle with Custard or **Homemade Fresh Fruit**

### FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetarian Nuggets with Chips, Beans and a Choice of Bread or Wrap Sandwich with extra side salad. **Fresh Juice of the day. Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choice.** Ice Cream or **Homemade Fresh Fruit Salad or Yoghurt.**

### WEDNESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Homemade Margherita Pizza with Potato Wedges and a Choice of Bread or Wrap Sandwich with extra side salad. **Fresh Juice of the day. Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choice.** Jelly and 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