

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

THE Healthy Option at Crofty's Restaurant



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 HOMEMADE MEAL
Homemade Chicken Korma with Rice 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 Lemon Sponge and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

THURSDAY

OUR HEALTHY HOMEMADE MEAL

AMERICAN INDEPENDENCE DAY

Cheeseburger 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 **Homemade Fresh Fruit Salad or**



TUESDAY

OUR HEALTHY HOMEMADE MEAL
Homemade Braised Beef & Yorkshire Pudding 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 Salad or Yoghurt**

FRIDAY

OUR HEALTHY HOMEMADE MEAL

Fish Fillet 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 HOMEMADE MEAL
Homemade Pepperoni 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 Restaurant

Week commencing Monday 1st July 2013

Crofty's Milk Bar

Fruit Stall and
Homemade Soup open
and available every
morning break.
Milk Shakes available at
lunch time.

Only 30p

GUARANTEED Home Cooked and healthy meals **EVERY DAY.** Guaranteed **FREE CHOICE** of Vegetables and Salad **EVERY DAY.** School Meals have **NEVER** been so good for your children and so **HEALTHY.** Please support **YOUR** school's meals.

