

THE PRICE OF A
HOT SCHOOL
MEAL OR SALAD
& PUDDING IS
£2.30
Or five meals
in one week
for £9.20

The Vegetarian Option at Crofty's Restaurant



Crofty's Restaurant

Week commencing Monday 30th Sept 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 £2.30 and very healthy. (To reserve a salad children must register S in a morning)

MONDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL
Homemade Vegetarian Meatballs in Tomato & Basil Sauce with Pasta and a choice of Bread. **Choice of four vegetables or salad choices. NO LIMIT on vegetables or salad choice. Selection of Wraps.** Homemade Jam Sponge & Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL
German National Day

Homemade Quorn Casserole with Mashed Potatoes and a choice of Bread. **Choice of four Vegetables or salad choices. NO LIMIT on vegetables or salad choice. Selection of Wraps.** Homemade Black Forest Gateau or **Homemade Fresh Fruit Salad or Yoghurt.**

TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL
Homemade Vegetarian Mince & Yorkshire Pudding with Mashed Potato and a choice of Bread. **Fresh Juice of the day. NO LIMIT on vegetables or salad choice. Selection of Wraps.** Homemade Chocolate Crackle & Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetarian Nuggets with Chips, Peas and a Choice of Bread. **Choice of four vegetables or Salad Choices . Fresh Juice of the day. NO LIMIT on vegetables or Salad Choices. Selection of Wraps.** Ice Cream or **Homemade Fresh Fruit Salad or Yoghurt.**

WEDNESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Homemade Vegetarian Pasta Bake and a choice of Bread. **Fresh Juice of the day. Choice of four vegetables or salad choices. NO LIMIT on vegetables or salad choice. Selection of Wraps.** Homemade Chocolate Sponge & Pink Sauce 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 Fruit Kebabs and Milk Shakes open and available every morning break.
Milk Shakes available at lunch time

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