

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 9th 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)

**5 MEALS FOR £5**

### MONDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

#### Brazilian National Day

Homemade Brazilian Black Bean and Vegetable Rice with a choice of Bread. **Choice of four vegetables or salad choices. NO LIMIT on vegetables or salad choice. Selection of Wraps.** Homemade Banana Cake or **Homemade Fresh Fruit Salad or Yoghurt.**

### THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Homemade Quorn Pasta Bake with a Choice of Bread. **Choice of four Vegetables or salad choices. NO LIMIT on vegetables or salad choice. Selection of Wraps.** Homemade Jam Sponge and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

### TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Homemade Vegetarian Meatballs in Tomato and Pesto Sauce with Pasta and a choice of Bread. **Fresh Juice of the day. NO LIMIT on vegetables or salad choice. Selection of Wraps.** Jelly & Fruit or **Homemade Fresh Fruit Salad or Yoghurt.**

### FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetarian Nuggets with Chips, Beans 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 Quorn Mince with Boiled Potatoes 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 Flapjack and Custard or **Homemade Fresh Fruit Salad or**

### 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**