

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

# 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 £2.30 and very healthy. (To reserve a salad children must register **S** in a morning)

**5 MEALS FOR £5**

### MONDAY

OUR HEALTHY HOMEMADE MEAL

#### Brazilian National Day

Homemade Brazilian Black Beans & Chicken Rice with 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 Banana Cake or **Homemade Fresh Fruit Salad or Yoghurt.**

### THURSDAY

OUR HEALTHY HOMEMADE MEAL

Homemade Chicken & Pasta Bake with 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 Jam Sponge and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

### TUESDAY

OUR HEALTHY HOMEMADE MEAL

Homemade Meatballs in Tomato and Pesto Sauce with Pasta 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.** Jelly & Fruit or **Homemade Fresh Fruit Salad or Yoghurt.**

### FRIDAY OUR HEALTHY HOMEMADE MEAL

Fish and Chips with Beans 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.** Ice Cream or **Homemade Fresh Fruit Salad or Yoghurt.**

### WEDNESDAY

OUR HEALTHY HOMEMADE MEAL

Homemade Braised Streak & Yorkshire Pudding 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 Chocolate Crackle & Custard 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.

**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.

# Crofty's Restaurant

Week commencing Monday 9th September 2013

#### Crofty's Milk Bar

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

