

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)

MONDAY

OUR HEALTHY HOMEMADE MEAL

Trafalgar Day Menu

Home Roast Chicken & Stuffing with Roast Potatoes and a Choice of Bread. **Fresh Juice of the day. Choice of four vegetables or salad options. Selection of Wraps. NO LIMIT on vegetables or salad choice.** Homemade Syrup Sponge & Custard 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 options. Selection of Wraps. NO LIMIT on vegetables or salad choice.** Jelly and Fruit or **Homemade Fresh Fruit Salad or Yoghurt.**

TUESDAY

OUR HEALTHY HOMEMADE MEAL

Homemade Braised Steak & Yorkshire Pudding with Mashed Potatoes and a Choice of Bread. **Fresh Juice of the day. Choice of four vegetables or salad options. Selection of Wraps. NO LIMIT on vegetables or salad choice.** Homemade Chocolate Crackle & Custard 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 options. Selection of Wraps. NO LIMIT on vegetables choice.** Ice Cream or **Homemade Fresh Fruit Salad or Yoghurt.**

WEDNESDAY

OUR HEALTHY HOMEMADE MEAL

Homemade Pork Casserole with Roast Potatoes and Choice of Bread. **Fresh Juice of the day. Choice of four vegetables or salad options. Selection of Wraps. NO LIMIT on vegetables or salad choice.** 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 Bar

Fruit Stall and Milk Shakes 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.

Crofty's Restaurant

Week Commencing Monday 21st October 2013

